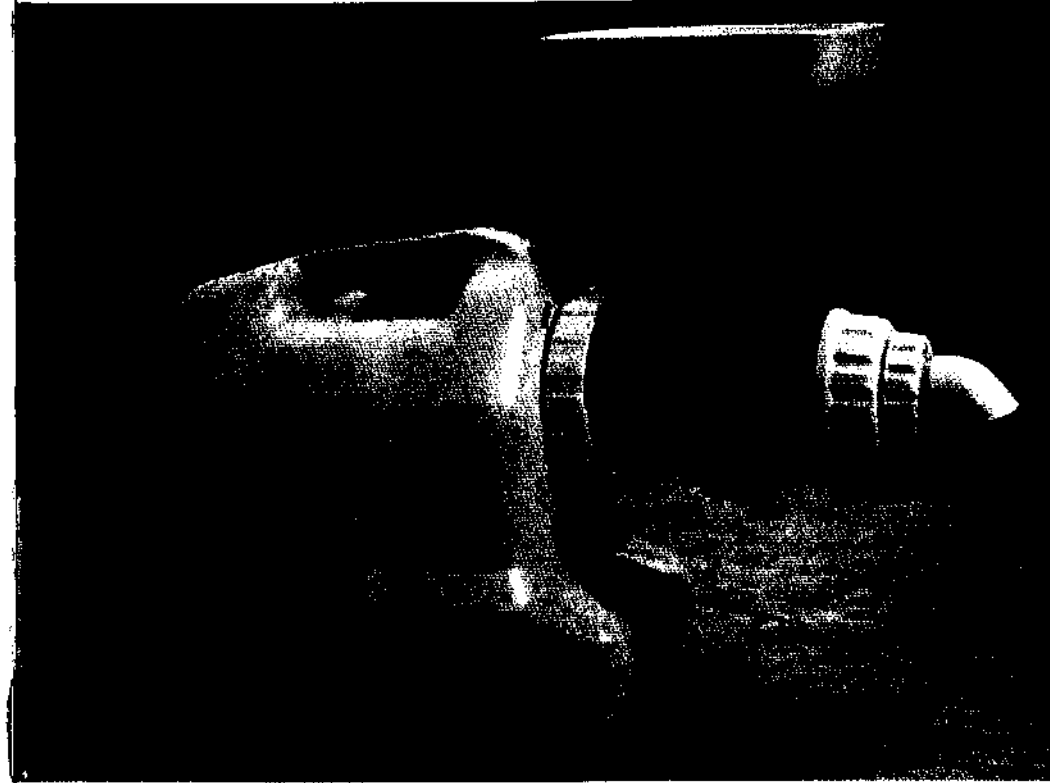


Omega®
JUICERS
Nutrition Center

Omega...
A Legendary
Name In
Fresh Juice
Extraction.

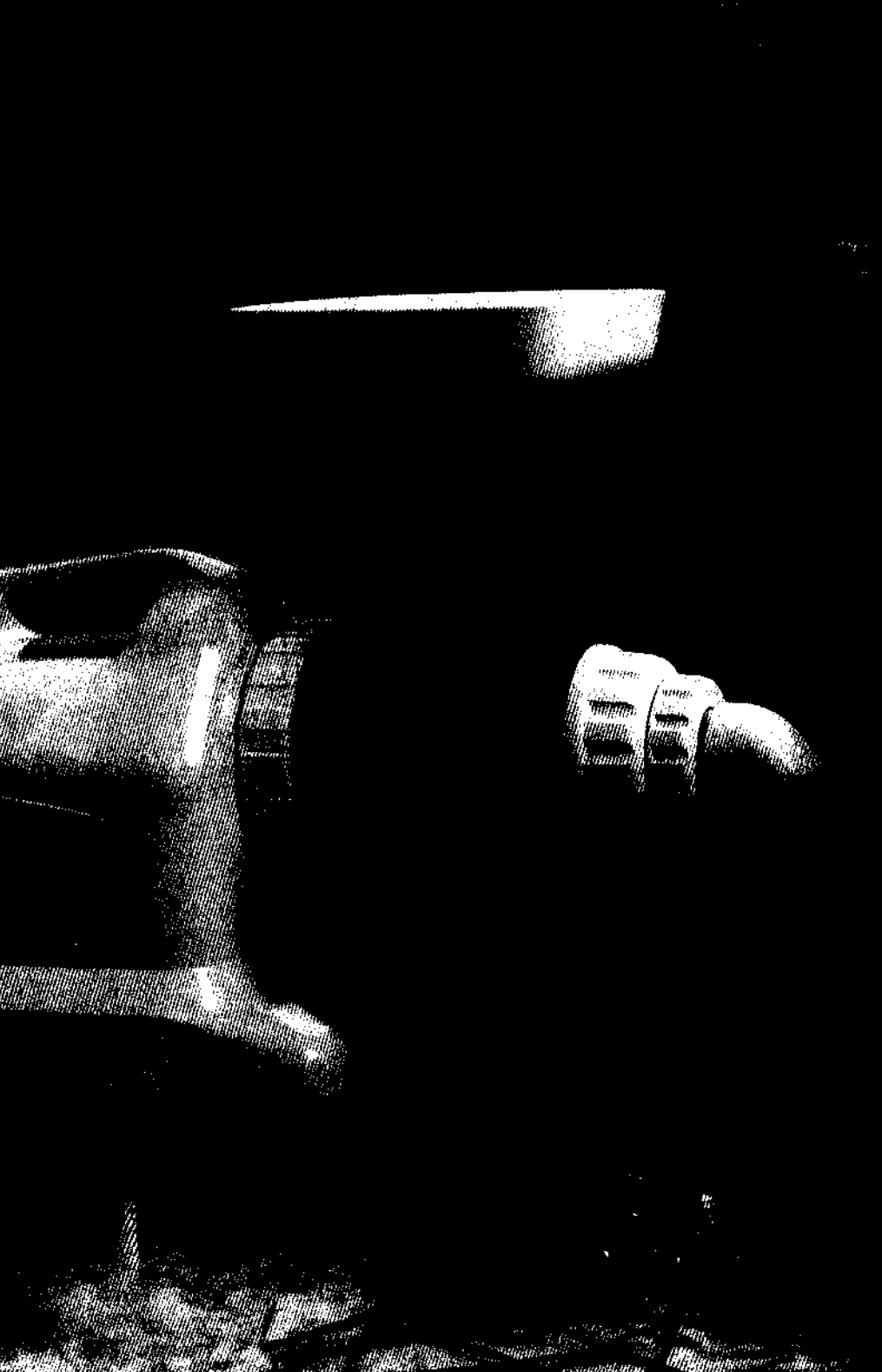


INSTRUCTION MANUAL FOR THE OMEGA 8002 NUTRITION CENTER

JUICERS

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HOUSEHOLD AND COMMERCIAL USE



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

- Read all instructions.
- To protect against risk of electrical shock, do not put the motor base in water or other liquids.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use, before putting on or taking off parts and before cleaning.
- Avoid contact with moving parts.
- DO NOT operate any appliances with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner.
- Return appliance to the nearest authorized service facility for examination, repair or electrical adjustment.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
- DO NOT use outdoors.
- DO NOT let cord hang over edge of table or counter.
- Be sure to switch to off position after each use of your juicer.
- DO NOT put your fingers or other objects into the juicer opening while it is in operation. If food becomes lodged in the opening, use the plunger or another piece of fruit to push it down. When this method is not possible, turn the motor off and disassemble juicer to remove the remaining food.
- DO NOT plug in until familiar with all the instructions and operating procedures.
- DO NOT unplug from electrical outlet by pulling on the cord. To unplug, grasp the plug, not the cord, and pull.
- Turn off all controls before unplugging from or plugging into an electrical outlet.

WARNING: This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electrical shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

SAVE THESE INSTRUCTIONS.

OMEGA MODEL 8002 NUTRITION CENTER

This heavy-duty juicer features a patented, stone mill-like screw, made of hygienic U.S. FDA-approved melamine, which prevents poisonous heavy metals from mixing with your fresh juices.

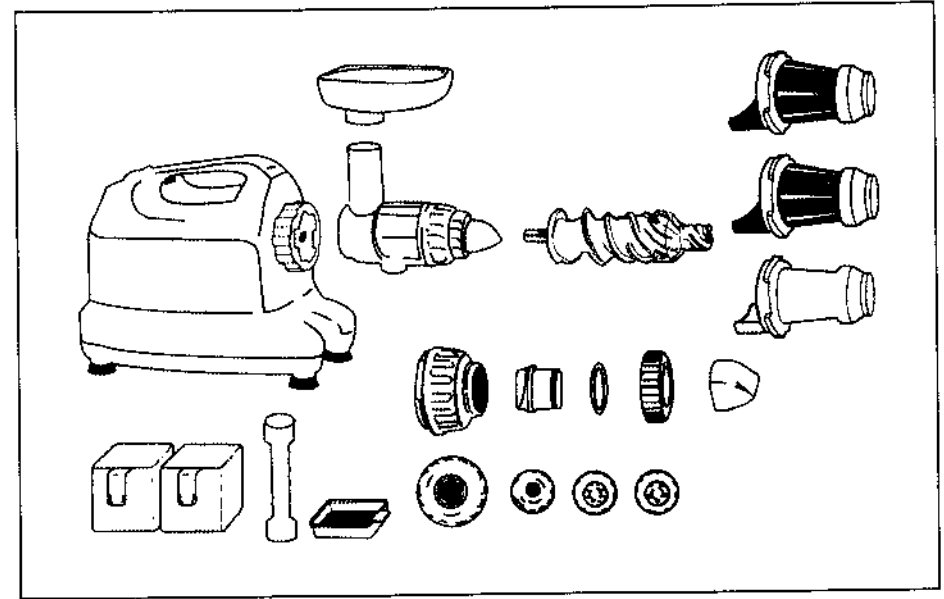
The Omega 8002 Nutrition Center's low speed of 80 RPM's ensures full taste and the highest nutritional value.

The Omega 8002 Nutrition Center is easy to assemble and disassemble for quick cleaning.

The Omega 8002 Nutrition Center assures you many years of trouble-free, dependable service. Ten-year warranty on all parts and labor.

MULTI-PURPOSE JUICER/FOOD PROCESSOR

- **FRUIT JUICE EXTRACTOR** Omega 8002 Nutrition Center efficiently juices hard and soft fruits: even citrus fruits, usually one of the hardest fruits to juice.
- **VEGETABLE JUICE** The Omega 8002 Nutrition Center juices all kinds of vegetables including carrots, beets, celery, peppers, and radishes without destroying the natural flavor and nutritional benefits. Fresh taste and full nutrition are guaranteed with this unique extraction process.
- **WHEATGRASS AND LEAFY GREENS** Wheatgrass, kale, cabbage, spinach, and pine tree needles are just some of the natural products that can be juiced with the Omega 8002 Nutrition Center. Enjoy the best that nature offers in raw foods of all kinds and juice them for full nutritional benefits.
- **FOOD PROCESSOR** The Omega 8002 Nutrition Center chops and minces, providing natural flavor and nutrition from garlic, scallions, red pepper, ginger, and most other foods, including herbs and seasonings. Soft foods for special diets (i.e. babies and geriatric patients) are quick and easy to prepare with the mincing set-up.
- **PASTA EXTRUDER** Homemade spaghetti, linguini or breadsticks can be extruded in just minutes with the included pasta nozzles.
- **HOMOGENIZER** Make fresh frozen desserts, natural baby food and nut butters using your fresh fruit and vegetables.
- **GRINDER** Grind coffee beans and flour.

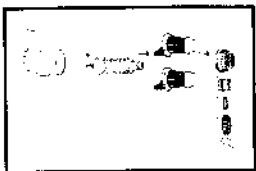


SPECIFICATIONS

Model Name	Omega 8002 Nutrition Center
Dimensions	Height: 11 1/2" (cm) Width: 8" (cm) Length: 16 1/2" (cm)
Weight	17 lbs.
Voltage	120V/60Hz
Motor	1/3 HP single-phase induction
Screw RPM	75 to 85

ASSEMBLY INSTRUCTIONS

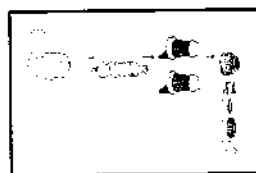
For Juicing



STEP 1 Place the screw into the drum. Insert the desired juicing cone (small or large) into the drum. Place the juicing nozzle assembly* onto the drum's end and turn it counterclockwise until it is firmly in place.

* Assembling the juicing nozzle assembly – place juicing insert into the juicing drum cap. Take note of the two notches when inserting. Place the O-ring onto the juicing insert. Place the juicing end cap onto the juicing drum cap – tighten by turning counterclockwise. Slide the pulp deflector onto the notched end of the juicing insert. Proceed to step #2

For All Non-Juicing Functions



STEP 1 Place the screw into the drum. Insert the blank into the drum. Place the appropriate nozzle onto the end of the drum cap and turn it counterclockwise until it is firmly in place. Place the drum cap assembly onto the drum's end and turn it counterclockwise until it is firmly in place. Proceed to step #2



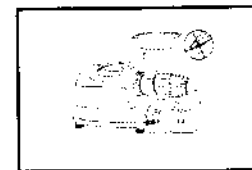
STEP 2 Insert and connect the assembled drum set with the main body by turning the locking clip clockwise. Place the hopper onto the chute.



STEP 3 Place juice bowl and waste bowl under drumset. Plug power cord into wall outlet. Press the power switch down on the ON side of the switch.

Congratulations! You are ready to use your Omega 8002 Nutrition Center.

All items will be placed down the feed chute. Use the plunger to press the items into the chute. Leave the machine running while you process the items. When juicing, the juice will exit the bottom of the drum and the pulp will exit out the end of the juicing drum cap. For all other functions, everything will exit through the end of the drum cap.



STEP 4 **DO NOT** place any metal objects into the hopper. If drumset is clogged or the machine stops operating, press the reverse button 2 to 3 times and press the **ON** button again to resume normal operation.

STEP 5 Switch the juicer **OFF** before changing or touching any moving parts. Remove the drumset from the main body by turning the locking clip counterclockwise. Pull the screw forward to disassemble it from the drumset. After each juicing session, wash all parts in warm soapy water.

All of the removable parts are dishwasher safe. **DO NOT** place the motor housing into the dishwasher.

Do NOT run juicer more than 30 minutes continuously at any on time.

Choosing the Right Cones, Nozzles, and Settings

Juicing Cones These are the cones with the stainless steel mesh. They are used for all juicing functions and **only juicing functions**.

There are three different cones.

Large Mesh Cone Use this cone when juicing soft fruits and vegetables.

Small Mesh Cone Use this cone when juicing firm fruits and vegetables, wheatgrass and leafy greens.

Blank Cone This is the cone constructed of solid polycarbonate with a stainless steel rim on the inside. It is used for all functions **except juicing**.

All three nozzles may be used with the blank cone.

Round Nozzle

- Mincing and chopping vegetables
- Making nut butters
- Homogenizing frozen fruit, milk or yogurt
- Extruding breadsticks

Pin Hole Nozzle Should be used for spaghetti-style pasta extrusion.

Three Slot Hole Nozzle Should be used for linguini-style pasta extrusion.

DRUM CAP SETTINGS

Due to variations in ripeness of produce or wetness of items you process, it is difficult to be specific about which drum cap setting to use. Although we suggest a setting for each process, another setting may work better with the actual items you are processing at that time.

Drum Cap Setting – Juicing The drum cap setting may be adjusted by tightening the juicing end cap onto the juicing drum cap. A tighter setting will apply more pressure on the items being pressed. *Example:* when juicing, if the efficiency level is not as high as you would like, you may try a tighter drum cap setting. If the juice seems to have too much pulp, or if the drum is backing up with pulp and juice, then less pressure may be suitable.

Drum Cap Setting – Non-Juicing The drum cap setting may be adjusted by tightening the nozzle onto the drum cap. A tighter setting will apply more pressure on the items being pressed. *Example:* when extruding pasta, if the drum is backing up and not extruding the pasta, then less pressure may be suitable. When mincing, if the drum is backing up with pulp and juice, then less pressure may be suitable.

STRAINER

The included strainer, which fits on both of the bowls, should only be needed after processing items that seem to have too much pulp in the juice or foam on the top of the juice. It is best to use the strainer at the end of the juicing process by pouring all of the prepared juice through the strainer.

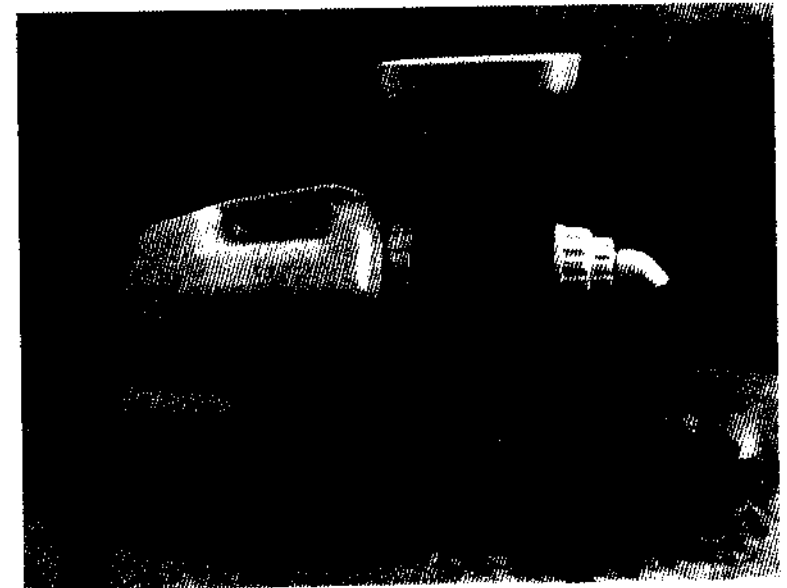
GROUND COFFEE BEANS

Blank Cone This is the cone that is solid plastic. It is used for all non-juicing functions.

Drum Cap Setting – Non-Juicing The drum cap setting may be adjusted by tightening the nozzle onto the drum cap. A tighter setting will apply more pressure on the items being pressed. *Example:* when extruding pasta, if the drum is backing up and not extruding the pasta, then less pressure may be suitable. When mincing, if the drum is backing up with pulp and juice, then less pressure may be suitable.

To grind, gather needed quantity of coffee beans.

Place the items in the chute at a steady pace. The items will come out finely ground. There should be no need to run the items through twice. Some coffee beans may have a higher oil content than others, especially gourmet coffee beans. These should be dried out overnight in order to process more easily.



FRUIT AND VEGETABLE JUICER

Juicing Cones These are the cones with the stainless steel mesh. They are used for all juicing functions and **only juicing functions**.

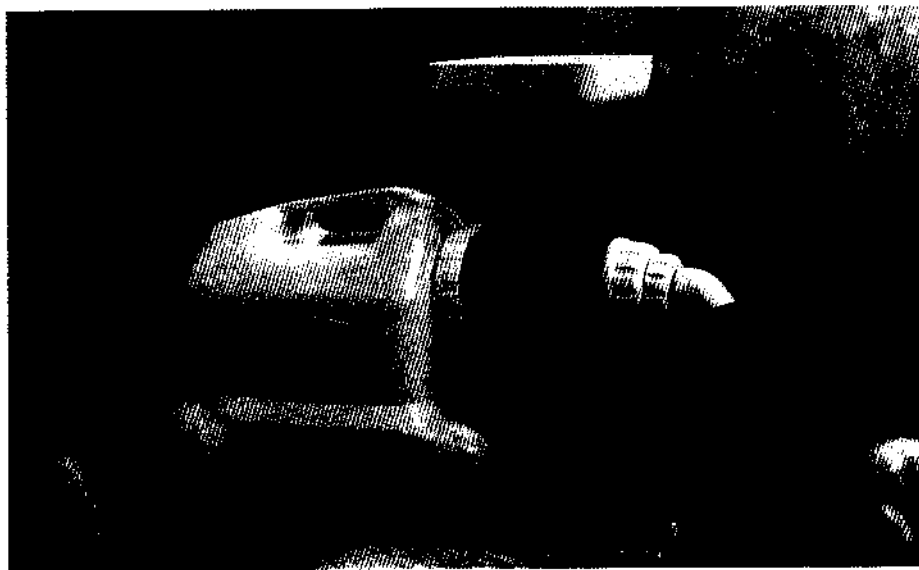
There are two different cones.

Large Mesh Cone Use this cone when juicing soft fruits and vegetables.

Small Mesh Cone Use this cone when juicing firm fruits and vegetables, wheatgrass and leafy greens.

Drum Cap Setting – Juicing The juicing drum cap setting may be adjusted by tightening the juicing end cap onto the juicing drum cap. A tighter setting will apply more pressure on the items being pressed.

Example: when juicing, if the efficiency level is not as high as you would like, you may try a tighter drum cap setting. If the juice seems to have too much pulp, or if the drum is backing up with pulp and juice, then less pressure may be suitable.



HELPFUL HINTS

- The included strainer, which fits on both of the bowls, should only be needed after processing items that have more pulp or foam for your taste. It should not be used during the juicing process. It should be used at the end of the juicing process by pouring all of the prepared juice through the strainer.
- While the **Omega Nutrition Center** can extract juice from unpeeled fruits and vegetables, we recommend you thoroughly wash and peel your fresh ingredients to remove accumulated chemicals.
- Cut fruits and vegetables into small pieces so that juice may be extracted more thoroughly.
- Turn on the machine and let it run without interruption until all the juice has been extracted.
- When using a combination of soft and firm produce, alternate the items. It is best to start with the softer items and to finish with the firmer items.
- When using all soft items, use the Large Mesh Cone with a medium setting. If the pulp in the drum seems to back up or the results are too mushy, you may try a looser setting.
- If the pulp in the drum starts to back up or the juicer starts to vibrate slightly during operation, turn off the machine and empty the drumset. Reassemble and resume normal operation.
- Do not juice anything that will change the taste in a negative way. (*example:* orange rind)
- Items that are traditionally thrown away for meals may be juiced. (*example:* carrot or beet stems)
- Soft produce will process more easily if refrigerated.
- Items like ginger, lemon and beet may be added for taste. They should all be used according to your taste. Although they are listed on many of our recipes, they are optional. Make drinks that suit your personal taste or health needs.
- After placing the last piece of fruit or vegetable into the hopper, keep the machine running for a few seconds longer to ensure the machine has extracted the last drops of juice.
- Clean the drumset after each use of the **Omega 8002 Nutrition Center**.

WHEATGRASS AND GREENS JUICER

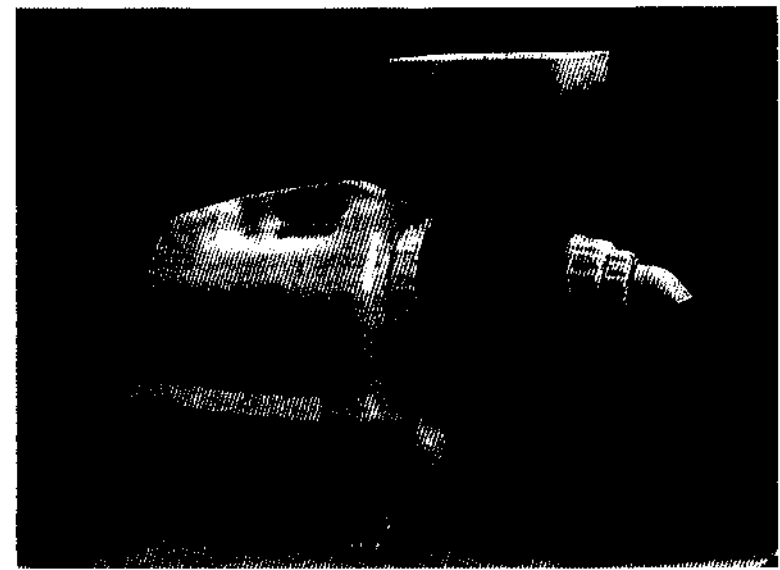
Juicing Cones These are the cones with the stainless steel mesh. They are used for all juicing functions and only juicing functions.

Small Mesh Cone Use this cone when juicing firm fruits and vegetables, wheatgrass and leafy greens.

Drum Cap Setting – Juicing The drum cap setting may be adjusted by tightening the juicing end cap onto the juicing drum cap. A tighter setting will apply more pressure on the items being pressed. *Example:* when juicing, if the efficiency level is not as high as you would like, you may try a tighter drum cap setting. If the juice seems to have too much pulp, or if the drum is backing up with pulp and juice, then less pressure may be suitable.

HELPFUL HINTS

- A tighter setting should be best for juicing wheatgrass and leafy greens like kale, parsley and spinach.
- It is best to put smaller amounts in and push them into the chute with the plunger rather than trying to force very large amounts into the chute.
- Allow most of the juice to exit before pushing the next item in.
- When using a small item or piece of an item for taste, insert that item during the first half of the juicing process. If inserted at the end, the full taste may not come through.
- Various green drinks may be too strong for some people. If so, it is advised to add carrots or beets, which will sweeten or mask the taste of the greens so you may still enjoy its benefits and nutrients.
- The included strainer fits on both of the bowls. It should only be needed when processing items that seem to have too much pulp in the juice or excessive foam on the top of the juice. The strainer should not be on any of the bowls during the juicing process. It should be used at the end of the juicing process by pouring all of the prepared juice through the strainer.



WHEATGRASS AND GREEN RECIPES

Wheatgrass

5 or 6 handfuls of wheatgrass

Wheatgrass regimens should be started slowly. This natural anti-oxidant can make people nauseous until their body gets used to it. Only an ounce or so is suggested until your body acclimates. Mixing with carrots can soften the taste.

Carrot Parsley

A “bunch” of parsley

4 or 5 carrots

Inserting the parsley first, followed by the carrots.

Wheatgrass Carrot

Handful of wheatgrass

5 or 6 carrots

Insert the wheatgrass, followed by the carrots.

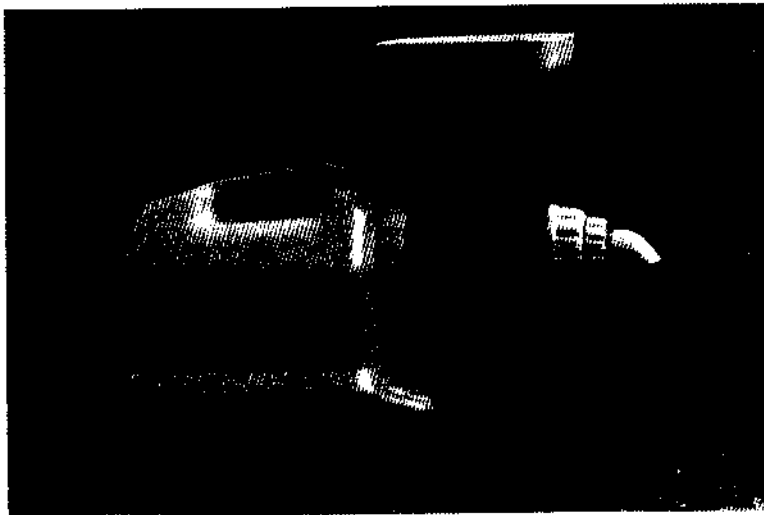
HOMOGENIZING - NUT BUTTERS, FROZEN DESSERTS, ETC.

Blank Cone This is the cone that is solid plastic. It is used for all non-juicing functions.

Drum Cap Setting – Non-Juicing The drum cap setting may be adjusted by tightening the nozzle onto the drum cap. A tighter setting will apply more pressure on the items being pressed. *Example:* when extruding pasta, if the drum is backing up and not extruding the pasta, then less pressure may be suitable. When mincing, if the drum is backing up with pulp and juice, then less pressure may be suitable.

HELPFUL HINTS

- Nut butters are an all-natural version of peanut butter.
- Most nuts need additional oil added.
- Remove all skins and shells from nuts.
- Fruits can be cut into pieces and then frozen prior to juicing them.
- Juice can be frozen in ice cube trays and those cubes can be put through the machine.
- You may add milk, yogurt, syrups, or sugar to change the taste or consistency.



HOMOGENIZING RECIPES

Nut Butter

2 or 3 cups of nuts
Peanut oil (or other nut oil)
Salt (optional/to taste)

Place small handfuls of nuts in the juicer. Allow the nuts to process before placing the next handful in the chute. Most nuts will need small amounts of oil added at times to keep the moisture level higher. Most nuts will need to be processed multiple times to gain a smoother consistency.

Banana - Banana Berry

2 or 3 bananas (peeled)
6 to 12 berries (no stems or seeds)

It is helpful to cut the bananas into smaller pieces before freezing. Place items in a zip-lock style bag. Place the items in the freezer overnight. Place the frozen pieces into the juicer. The result is an ice cream or frozen yogurt-type dessert. You may run the item through multiple times to increase creaminess.

Baby Food

Fruits and/or vegetables (cleaned, no stems, rinds or seeds)

Place fruits or vegetables into the chute. Most items should be processed twice. Most baby food should be diluted with water due to strength of straight juice. For taste or softness, some items may be cooked prior to processing.

MINCING AND CHOPPING

Blank Cone This is the cone that is solid plastic. It is used for all non-juicing functions.

Drum Cap Setting – Non-Juicing The drum cap setting may be adjusted by tightening the nozzle onto the drum cap. A tighter setting will apply more pressure on the items being pressed. *Example:* when extruding pasta, if the drum is backing up and not extruding the pasta, then less pressure may be suitable. When mincing, if the drum is backing up with pulp and juice, then less pressure may be suitable.

HELPFUL HINTS

- The mincing/chopping function can be used in many “food processor” type ways.
- Seed and peel any part of the fruit or vegetable that you do not want in the finished product.
- Remove any fat from meat or poultry if not desired in the finished product.
- Bone and scale fish before processing.
- You can chop or grind meat, fish, fruit, vegetables, herbs, and soaked rice and beans.
- Uses include marinades, salsas, soups and sauces.

MINCING AND CHOPPING RECIPES

Salsa

- 1 1/2 cups tomatoes (seeded)
- 1/4 cup red onions (peeled)
- 1 tbsp. garlic
- 1 tbsp. jalapeno
- 1 to 2 tbsp. cilantro – to taste (optional)
- 2 limes
- Salt (to taste)
- Freshly ground pepper (to taste)

The two limes are needed for the juice only. You may juice them first or squeeze them for the juice. Process the first five items while alternating. If the mixture seems too wet, some juice may be drained. Add the lime juice. Stir. Salt and pepper to taste.

GROUND BEEF, POULTRY, OR SEAFOOD

This can be used to grind any types of beef, poultry, or seafood.

To grind, gather needed quantity of cubed pieces.

Place the items in the chute at a steady pace. The items will come out finely ground. There should be no need to run the items through twice.

PASTA EXTRUSION

Blank Cone This is the cone that is solid plastic. It is used for all non-juicing functions.

Drum Cap Setting – Non-Juicing The drum cap setting may be adjusted by tightening the nozzle onto the drum cap. A tighter setting will apply more pressure on the items being pressed. *Example:* when extruding pasta, if the drum is backing up and not extruding the pasta, then less pressure may be suitable. When mincing, if the drum is backing up with pulp and juice, then less pressure may be suitable.

HELPFUL HINTS



- Decide which style of noodle you would like to make and place the appropriate nozzle on the 8002. Place the pasta in the shape of balls or tubes (slightly smaller than the opening).
- Water may be added if the dough becomes too dry.
- Sprinkle a small amount of flour on the holding dish before making pasta. This will prevent sticking.
- Sprinkle a small amount of flour on the pasta as it piles up. This will prevent sticking.
- Pasta may be cut with scissors or knife to desired length.
- A consistent motion without any gaps will give you longer noodles as the pasta exits.
- The freshly made pasta should be put into boiling water. It will cook much quicker than store-bought pasta. Keep checking in order to remove the pasta at the desired consistency.
- If you would like to get more creative, you can make any flavorful additions you'd like. Spinach, basil, or sundried tomatoes may be added to the pasta dough.

- Leftover vegetable juice or pulp may be mixed into dough for extra flavor.
- The pasta function of the 8002 is to only extrude pasta. The unit is not designed to make pasta. The following recipe can be done by hand or in a mixer.
- If you would like to attempt the full process of making the pasta in the 8002, try the following: after the ingredients are mixed enough that you now have a ball of dough, run the dough through the 8002 several times to knead the dough. Do not use any nozzle when doing this.

PASTA EXTRUSION RECIPES

Pasta Dough

3 cups Seminola flour (most flours may be substituted)
3 eggs
1/8 tsp. salt
Water (as needed)

Place the flour on a large, flat surface. Make a bowl or well-type shape in the pile of flour to hold the other ingredients. Beat the eggs. Add the eggs and salt into the bowl of flour. Use a fork to the flour. Use fork to slowly incorporate the eggs into the inner layers of flour. Once the eggs become incorporated into the flour, begin kneading. Continue kneading until the dough becomes very firm.

If the dough does not feel dry enough, knead it by hand – adding semolina to the dough as you knead. Start by dusting a non-porous surface with semolina and place the dough on the dusted surface. Sprinkle some more of the semolina over the top of the dough, then knead the dough until it is smooth and very firm.

When you can set the dough on a clean countertop (without a dusting of flour underneath it) and trust that it won't stick, the dough is ready. Because of the size of the semolina grain, the dough may not be as smooth as it would be with a flour-based dough.

Wrap the pasta dough into an airtight plastic-wrapped ball. Set dough in a clean, dry area. Let it sit at room temperature for about an hour to give the gluten inside the flour a chance to relax. If the dough isn't given a chance to relax, it will be too stiff to work with and will yield tough noodles. Once your dough has had a chance to rest, unwrap it and make noodles.