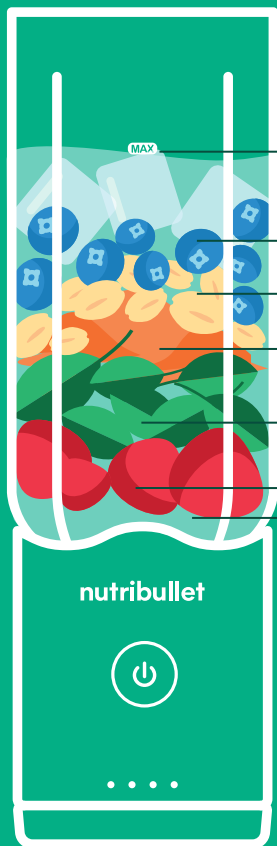


Building a smoothie.

For the best smoothie results,
add ingredients in the order listed below.



- 7 ice
- 6 frozen fruits & vegetables
- 5 powdered ingredients (protein, matcha, cacao, spices), oats
- 4 yogurt, nut & seed butters
- 3 greens (fresh or frozen)
- 2 fresh fruits & vegetables
- 1 liquid ingredients (milk, nut milk, water, etc.)



WARNING! Do not overfill with ice and always use sufficient liquids.

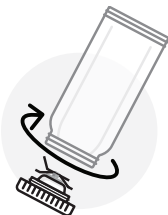
Scan the QR code for access to delicious recipes.



nutribullet Flex™ Quick Start Guide.



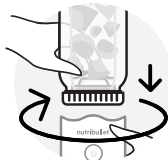
- 1** Charge the **Motor Base**.
Clean the **Cup** parts, ensuring all parts are completely dry before blending.



- 2** Steadily twist the **Blade Block** onto the **Blending Cup** until it stops, ensuring a tight seal.



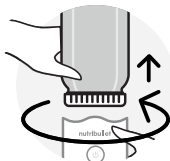
- 3** Build your smoothie. Twist on the **Sip Lid**, ensuring it's closed and in a locked position.



- 4** Attach the **Cup** to the **Motor Base**. The **LED Light Ring** will blink white twice when properly aligned.



- 5** Wake and blend. Press once to wake, press again to run a 30-second blend cycle.



- 6** Grip the **Cup** to twist up and off in a counter-clockwise motion.
Pop the lid and enjoy!



Scan the QR code for access to the full User Guide.