



Nutrition and Health
Enjoy fresh and healthy juice every day!



Fretta

BY AUMATE

MASTICATING JUICER

HEALTHY RECIPES



Leading a healthy lifestyle

Thanks for using Fretta masticating juicer, we are dedicated to bring consumers a fashion and healthy lifestyle. Fretta juice machines adopt cold press technology, it can retain the flavor and nutrients of vegetables and fruits, so that you can enjoy fresh and healthy fruit juice or vegetable juice.

Fresh vegetable juice contain natural vitamins and various enzymes, can provide the human body needs, also can be absorbed easier than eating fruit directly. It is the fastest way to furnish vitamins and minerals to your body, achieve the prevention of adult disease and cancer, beauty skin care, and the effect of anti-aging.

Tips

Avoid stomach discomfort, it is better to eat some staple food before drinking higher-acidity juice.

Adult: Drink 250ml each time, 1-2 times per day

Preschool children: Drink 150ml each time.



Health And Quality Concept

Masticating Juicer

In any season and any moment, you need a cup of nutritious juice to keep you and your family a healthy life.

A slow masticating juicer keeps all nutrition from fruits and vegetable by cold press technology, so fresh juice can provide you vitamins, enzymes, minerals and trace minerals at the same time.



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Care for Daily Health

Fresh fruit juice provides the human body of vitamins and minerals. After squeeze and filter, your body can directly absorb all essence. Therefore, our product not only ensure you to drink fruit juice, but also promote you to absorb it in a better way.



Pineapple Juice

- Ingredients
250g pineapple
- Operation: Remove the peel of pineapple, clean up and cut into suitable pieces, then put into machine and juice it.
- Efficacy: With the function of diuretic, antipyretic, jieshu, hangover, lower blood pressure, anti-cancer, etc. Eating pineapple in moderation have good therapeutic effect for high blood pressure, heat cough, sore throat, bronchitis, indigestion, drunk and other symptoms, also have kind of prevention of arteriosclerosis and coronary heart disease.



Pomegranate Juice

- Ingredients
3-4 pomegranate
- Operation: Clean up the pomogranate and remove the peel, then put pomegranate fruit into machine to juice it.
- Efficacy: Pomegranate juice contains a variety of amino acids and trace elements that have function of digestion, anti-gastric ulcer, soften blood vessels, blood sugar lowering blood sugar, lower cholesterol, can prevent coronary heart disease, high blood pressure.



Apple Radish Juice

Ingredients

1 Apple
1/2 Carrot
150g Milk
1 tsp Honey

Operation: Clean up carrots and apples, remove the core of apple, then cut them into small pieces and put into the machine. After get the juice, add milk, honey and mix well.

Efficacy: Apple radish juice is rich in carotene, it can provide vitamins that are beneficial to vision, and even play a role in protecting the retina and relieve the symptom of dry eye and night blindness. Apple carrot juice can clean up the blood vessels and effectively separate cancer cells.



Kiwi Juice

Ingredients

2 Kiwi
1 tsp Honey
2 Slices of lemon

Operation: Wash the kiwi and remove the peel, put cold water into the juicer, after getting juice, add honey, lemon juice stir well.

Efficacy: kiwi have effects of promoting stable mood, sedative mood. It contains natural inositol which contributes to brain activity and helps the melancholy people out of emotional depression, also can decrease cholesterol, promote heart health, help digestion, remove and prevent the accumulation of harmful metabolites in the body.

Cucumber Juice

Ingredients

250g Cucumber

Efficacy: Cucumber juice is very effective in stronger heart, soften blood vessels, regulate blood pressure, prevent excessive myocardial tension and atherosclerosis, also cucumber juice can enhance human brain development.

Recommendation: Cucumber juice is less fat and sugar, which is good for women under dieting, do not recommend adding any ingredient to cucumber juice to affects it's sweet taste.



Pear Juice

Ingredient

240g Pears
80g Yams
160g Cabbages

Operation

1. Clean up pears and slice in half and divide into 6 parts without peeling. Chop cabbages and yams into smaller pieces with about 4cm in length.
2. Put yams, cabbages, and pears into the machine to juice it.

Efficacy: Pear is rich in dietary fiber. The pear flavor is acidic and flat, with function of nourishing the lung, clearing dryness, relieving cough and reducing phlegm, nourishing the blood. Pear juice has the function of lowering blood pressure, clearing heat and

nourishing yin. therefore, people with hypertension, heart disease, and liver cirrhosis can often drink pear juice, which has a good effect on treating these disease. One cup of pear juice daily, it does not only help to thin the blood and inhibit clotting but also lower blood pressure.



Care for Daily Health

Vegetable and fruits not only can be made into delicious cuisines but also can be made into veggie-fruit juice which is rich in antioxidants. It would provide various vitamins, calcium, phosphorus, potassium, magnesium and many other mineral nutrients for our bodies. So that it could help adjust body function, heighten cell viability and gastrointestinal dysfunction as well as improve secretion of digestive juices and reduce fatigue.



Vegetables -Wheatgrass

Wheatgrass is rich in different kind of vitamins, especially of VA, VC and VE. They are very easy to digest and absorbed by our bodies due to they are natural vitamins.

Besides, wheatgrass is also full of minerals. It contains calcium, ferrum, and phosphorus which are vital for human health. Other mineral such as manganese, sodium, cobalt zinc and most importantly of potassium are all contained.

Wheatgrass is beneficial to prevent rotten teeth, improve body's acid constitution and reduce the fatigue because it contains high basicity minerals which can help reduce the absorptivity of phosphoric acid. Though wheatgrass's effective components can maintain for a week in the refrigerator, we recommend drink it immediately when it was made into juice.

The effective components of wheatgrass can only keep for a half hour in room temperature, so please keep it in fridge if you can not drink it at once. Due to the wheatgrass juice tasted a little bit grassy but sweet, it may not so friendly for the beginner, so we recommend you can drink it with other fruit juice together at the first time.



Celery Juice

- Ingredients
250g fresh celery
- Operation: Clean up the celery, put the ingredients into the machine and juicer it.
- Efficacy: Weight loss, balance blood pressure, smooth the nerves swelling, subsidies nourishing, detoxification.



Apple + Cucumber + Spinach Juice

- Ingredients
290g apple
30g spinach
70g cucumber
- Operation
 1. Clean up all ingredients, cut off the ends of the cucumber, remove prickles, and slice into appropriate sizes.
 2. Slice the apple and remove the seeds.
 3. Put all ingredients into machine and juice it.
- Efficacy: the cucumber's potassium helps with hydration, the apple's dietary fiber promotes digestion, and spinach's iron helps prevent anemia.



Wheat Grass + Green Apple + Lemon

- Ingredients
20g wheatgrass
2-3 green apple
1/2 lemon
- Operation: Wash all the ingredients, then put the ingredients into the machine and juice it.



Green Workout Juice

- Ingredients
364 Apples
80g Celery
150g Cucumber
55g Dandelion Greens
- Operation:
 1. Clean up all the ingredients.
 2. Chop cucumber, celeries and dandelion greens into smaller pieces with about 3-4 cm in length. Remove seeds from apple. Cut in half and divide into 4 parts
 3. Put all ingredients into machine and juice it.



Tomato Juice

- Ingredients
1 tomato
1 tsp Honey
- Operation: Wash the tomatoes, cut into small pieces and put into the machines to juice it, after getting juice, add a little honey in it.
- Efficacy: Tomato juice can not only soften blood vessels, promote calcium, iron absorption, but also had beauty, increase appetite, improve protein digestion, reduce the effect of stomach swelling food product.



Spinach Apple Juice

Ingredients

- 1 Bunch Spinach
- 2 Apples Seeds and Stems Removed
- 1/2 lemon(do not put in the juicer)

Operation:

- 1. Clean up all ingredients well and chop it in a little piece
- 2. Put all ingredients in your juicer and process juicing
- 3. Squeeze the lemon juice to the spinach juice by hand,mix well and drink.

Efficacy:Spinach is high in antioxidants including flavonoids and carotenoids, as well as a variety vitamins and minerals.As far as leafy greens are concerned, this one is super rich in nutrients. Recent research had shown the glycolglycerolipids in spinach can protect the lining of the digestive tract from inflammation and other potentially damaging conditions.



Tomato Juice Vegetable Apple Juice

Ingredients

- 2 Apples
- 200g cabbage
- 1 celery

Operation:

Clean up the cabbage,celery stems,apple. Cut apple and then put them together into the machine and juice it.

Efficacy:

It can achieve the effect of losing weight, good for people who can easily fatigue can also play a refreshing effects.



MASTICATING JUICER

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Start your day in fresh and healthy way!