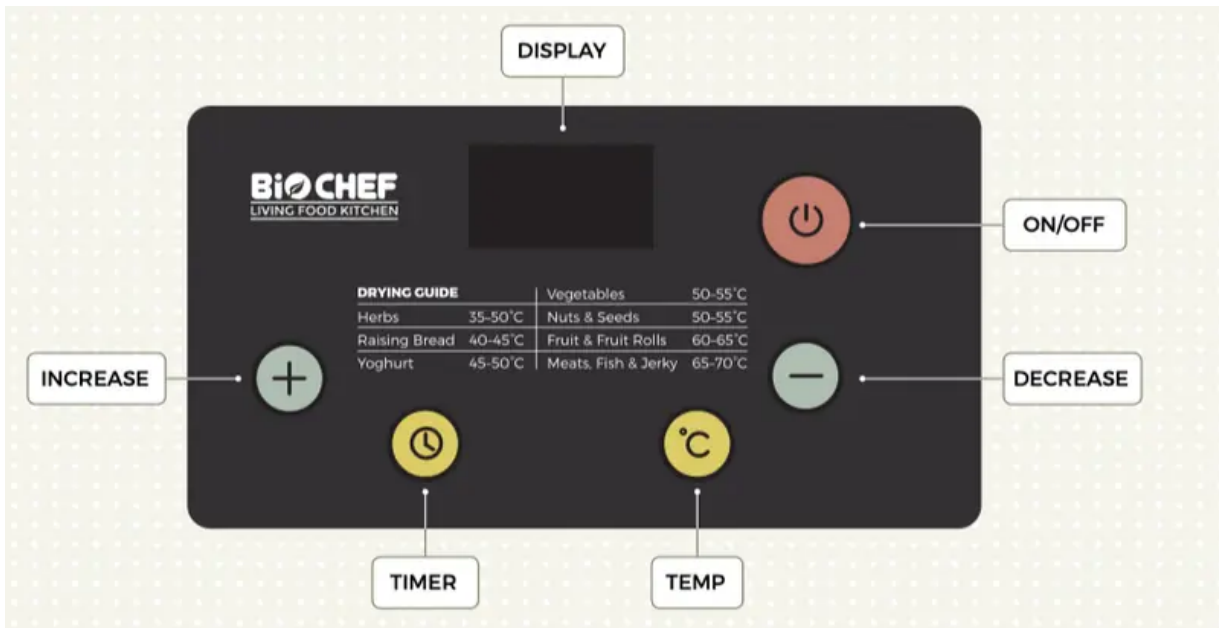












Operation of 8 and 10 Tray Dehydrator

Control Panel






The digital control allows for easy adjustment of the temperature inside the dehydrator. In addition, the timer function will automatically turn off the dehydrator when the selected time has elapsed.



Adjusting Temperature




1. Press the  button for 3 seconds to turn on the unit.
2. Press the  button, the display window will flash, and then press  or  buttons to select the desired temperature. To change the temperature rapidly, hold down the  or  buttons. The temperature range for this dehydrator is 35-70°C / 95-158°F.
3. At any time you can adjust the temperature by using the ,  and  buttons. You can stop the dehydrator at any time by pressing the  button.

Setting Timer

1. Press the  button, the display will flash, and then press the  or  buttons until the desired time is displayed (30 minutes to 24 hours). To change the time rapidly, hold down the  or  buttons.

2. The time in the display window will begin to countdown.

3. The dehydrator will automatically shut off after the set time has expired. If dehydration is completed, remove food from dehydrator. If additional drying time is needed, follow the preceding steps to continue dehydrating.

4. At any time, you can adjust the time by using the ,  and  buttons. You can stop the dehydrator at any time by pressing the ON/OFF button.

History of Dehydration

Drying is a method of food preservation that works by removing water from the food, which inhibits the growth of bacteria and has been practiced worldwide since ancient times. The most astonishing fact about food preservation is that it permeated every culture at nearly every moment in time. To survive, ancient man had to harness nature. In frozen climates they froze meat on ice, and in tropical climates they dried foods in the sun.

Evidence shows that Middle Eastern and Oriental cultures dried foods as early as 12,000 B.C. in the hot sun. The earliest written record we know stated that the Phoenicians and other fishing people of the Mediterranean used to dry their catches in the open air. Sun drying tea leaves was very common among the early Chinese and many other early cultures were also known to have consumed plenty of dried foods.



During the ages of exploration in the 15th and 16th centuries, most sailors on long sea voyages ate varieties of dried food in order to stay alive. When Columbus discovered the New World, dehydrated food played an important part in sustaining his crew and in preventing any outbreak of nutritional diseases like scurvy and beriberi.

Leathery dried meat (or jerky) acted as staples for far roaming “mountain men” who braved the Sierra Nevada Mountains and the unexplored Pacific Coast of America. By 1795, the French had

developed the first dehydrator - a device designed to regulate the drying conditions and to speed up the drying process.

Dehydrated food became popular during World War I. Due to America sending a steady stream of supplies to Europe of which dried food made up a good portion. Interest in drying food dropped off somewhat after the war, though it rekindled during the Great Depression and World War II. After modern refrigeration and freezing appliances became popular dehydration again dwindled as people no longer felt the need to preserve their own food.

Today, because of the uncertainties with which we live, dehydrating is once again becoming more and more popular as a method of preserving food. Dried food takes up less space than frozen food, or canned food, no electricity is required to keep the food, you don't have to cook or thaw the food and you won't have any leftovers that could spoil. Dehydration offers a whole new and wonderful world of variety, healthy snack options and tasty raw food.

Read ALL of these instructions thoroughly before using your dehydrator

1. Save these instructions for future reference;
2. Examine the carton and the unit for any damage that may have occurred during shipping. Contact your point of sale to report any damage;
3. Never leave your dehydrator unattended;
4. Close supervision is required if the unit will be used around children;
5. Only for use indoors in a clean, dry location, free of flammable objects;
6. Do not move the dehydrator while in operation;
7. Continuous operation above 68°C / 155°F is not recommended, as the external surface will become very hot;
8. This unit may scratch household bench surfaces;
9. Do not use if the power cord or controls have been damaged in any way. Contact Vitality 4 Life before attempting to make any repairs;
10. Do not use sharp utensils inside the unit;
11. Turn off the Dehydrator before plugging or unplugging from an electrical outlet;
12. Leave the Dehydrator unplugged when not in use;
13. Allow the dehydrator to cool completely before cleaning;
14. Never immerse the dehydrator or power cord in water or any other liquids;
15. Never plug the dehydrator into a damaged electrical outlet;
16. Do not allow the cord to contact the sharp edge of a counter, table or any hot surface;
17. The use of attachments or accessories not provided with the dehydrator is not recommended and will void the warranty.



How to set up your dehydrator

1. Remember to register your warranty with Vitality 4 Life, you can register by either visiting our website and completing our online form or calling us directly;
2. Make sure the power switch is turned off. Place the dehydrator on a clean, dry surface away from children and pets;
3. Plug into an undamaged electrical outlet; **Warning:** Do not use an extension cord with your dehydrator.
4. Turn on the unit, please see “How to set the timer” for detailed instructions;
5. Heat the unit at 35°C / 95°F for 45 minutes to remove any moisture;
6. If the unit stops for any reason, turn off, unplug and then repeat Steps 3 and 4. If the unit continues to not operate normally, turn off, unplug and contact Vitality 4 Life;
7. Follow your recipe to prepare the food that you wish to dehydrate;
8. Using oven mitts slide the dehydrator trays out of the unit and load the product to be dehydrated onto the trays; For best results: Do not overlap the product and be sure to leave space between the items to allow for maximum air circulation.
9. Using both hands for maximum stability, gently slide the dehydrator trays back into the unit;
10. Set the temperature by turning the knob on top of the unit. Monitor the internal temperature and adjust as needed;
11. Moisture may collect on the surface of the food; this can be blotted off with a paper towel;

12. Moisture may collect on the surface of the food. This should be blotted off this can be blotted off with a paper towel.

Dehydrating Food

While most food types can be dehydrated at a temperature of approximately 55°C / 131°F, when dehydrating meats, poultry and fish (making jerky, biltong etc) the temperature needs to be raised to guard against pathogens such as Salmonella and E. Coli.

WARNING – It is recommended that meat and poultry are dehydrated at a temperature of at least 68°C / 155°F, or alternatively the meat should be preheated to at least 68°C / 155°F to guard against pathogens.

Fish should be steamed or baked to at least 93°C / 200°F until flaky before dehydrating at a temperature of least 68°C / 155°F.

Choosing Food to Dehydrate

- For best results only use highest quality foods.
- Produce in peak season has more flavour and more nutrients.
- Meats, fish and poultry should be lean and fresh.
- Do not use food with bruises and blemishes. Bad produce can spoil the entire batch.
- Remove as much fat as possible from meats prior to dehydrating. You can use a paper towel under meat when dehydrating to absorb fat.

Tips for Pre-Treatment of Foods

With most types of cooking, preparation is important for the best results. Foods that are prepared correctly prior to dehydration will taste better and have a better appearance.

Cut, shred or dice the food uniformly. Slices should be between 6mm and 20mm thick. Meats should not be thicker than 5mm.

To avoid browning of fruits soak cut fruit in lemon or pineapple juice for 2-3 minutes, then place in the dehydrator. Alternatively soak in an ascorbic acid solution (made as per manufacturers instruction) for 2-3 minutes, then place in the dehydrator.

Waxy fruits, (such as peaches, grapes, blueberries, etc.) should be dipped in boiling water to remove the wax. This allows moisture to escape easily during dehydration.

Blanching can also be used to pre-treat foods for dehydration.

Preparation of Foods

For best results, select the freshest foods available to dehydrate. Note that immature fruits and vegetables do not have as much colour and flavour as those that are fully matured. Foods should be dehydrated as soon after purchase as possible. Foods high in sugar such as apples, pears, peaches and bananas are prone to darkening due to oxidation of the sugars.

Below are some pre-treatments that will help to reduce this effect:

Lemon and pineapple juice are natural antioxidants. Place the sliced produce in fresh lemon or pineapple juice for a few minutes, remove, drain and place on the dehydrator shelf. For extra flavour, try sprinkling on cinnamon or other spices.

Ascorbic acid mix, (a form of vitamin C) is available at most health food stores and is can be used in tablet or powder form. Use about 2-3 tablespoons of powder or ground tablets per litre of water; stir to completely dissolve the powder and place fruit into the solution for 2-3 minutes. Remove, drain and place on the dehydrator shelf.

Blanching is used primarily to prepare fruits and vegetables for dehydrating that have skins that will toughen during drying. This process helps lock in the colour and flavour as well as soften the skin of grapes, cherries, prunes and plums. There are two blanching methods: Water and Steam.

Water Blanching - Fill a large saucepan about half full of water. Bring the water to a boil and use tongs to place food directly into the water, cover the saucepan and let it simmer for approximately 3 minutes. Remove, drain and place on the dehydrator shelf.

Steam Blanching - Using a steamer pot such as one used in Chinese cooking, put 5-8 centimetres of water in a saucepan and bring to a boil. Place the food into the steamer basket, place over the saucepan and cover. Steam food for approximately 5 minutes, then remove and place on the dehydrator shell.

PLEASE NOTE: There are no exact rules that apply to food dehydration, as results can be affected by room temperature, relative humidity and moisture levels in the food that you are drying. To become proficient it will be necessary to experiment with your drying techniques. If you use too much heat, food may harden on the outside while being moist inside; however, with too little heat your drying times will be very long. With a little practice you will be creating tasty, ready to eat snacks in no time.

Dehydrating Tips

- Do not overlap foods. Make sure foods are flat when placing on dehydrating trays. Overlapped foods can greatly increase drying time.
- Make sure foods are completely dry before removing. If you are not sure, cut a sample down the middle to check for internal dryness.
- Make sure to label containers when you store your dehydrated food.

- Proper storage helps maintain quality food. Package the food when cool. Foods can be kept longer if stored in a cool, dark and dry place. The ideal storage temperature is 16°C / 61°F or lower.
- Vacuum sealing is a great way to keep dehydrated foods.
- Food will shrink approximately $\frac{1}{4}$ to $\frac{1}{2}$ their original size and weight during dehydration. Make sure not to cut pieces of food to be dehydrated too small.

Food Storage

Dried foods should be allowed to condition before being placed into a storage container. Generally, let stand for approximately one week in a dry, well ventilated and protected area. The conditioning time allows for further drying and removes most of the remaining moisture.

Dried foods can be placed into clean, dry, insect resistant containers, preferably glass jars. Heavy gauge plastic freezer bags can also be used. Remember to eliminate as much air as possible before sealing the bag. When used properly, vacuum sealers provide the ideal storage method. The less air present, the less potential for the formation of mould.

Reconstitution

Dried foods do not need to be reconstituted for consumption. Many people prefer to eat them in their dried state. If you want to reconstitute your food, here are some basic guidelines:

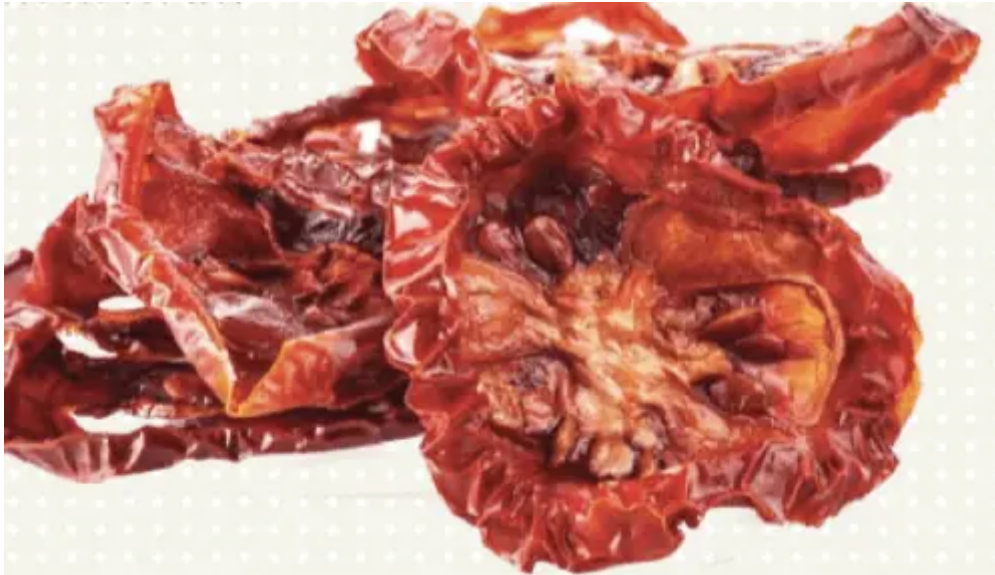
- Soak food in unsalted water for 3-7 minutes and then prepare as usual. If you are boiling them, use the same water they soaked in to preserve nutrients. If you plan to soak foods for more than one hour, they should be placed in the refrigerator to prevent bacterial growth.
- One cup of dried vegetables will reconstitute approximately two cups.
- One cup of dried fruit will reconstitute to about one and a half cups.
- Reconstitution times will vary depending on the thickness of the food and the water temperature used.
- Warm water will speed up reconstitution but may result in some flavour loss.

Drying times

The following charts are guidelines for the preparation of various fruits, vegetables and meats. Drying times will vary depending on the room temperature, relative humidity and moisture levels in the food that you are drying. If the moisture level is low, the drying time will be on the low end of the range. However, if the moisture level is high, the drying time will be on the high end of the range.

Keep in mind that drying times are also affected by the amount of food placed on the shelves. Overloading the shelves will slow the drying time and may produce poorer results.

When dehydrating foods, it is important to check on the dryness of the product. If the product is not thoroughly dried, mould may form during storage (see Food Storage). To test for dryness, remove a piece of food from the dehydrator and allow it to cool to room temperature. Bend and tear the piece to check for internal moisture.



Vegetables 50-55°C / 122-133°F

FOOD	PREPARATION	TEST	TIME (HRS)
Asparagus	Wash and cut into 25mm pieces	Crunchy	4-6
Beans, Green or waxed	Wash, remove ends and cut into 25mm pieces or French style	Crunchy	9-12
Beetroot	Remove 10mm of the top, scrub thoroughly. Peel if preferred and cut into 5mm slices.	Pliable	9-12
Broccoli	Wash and trim and cut into 1cm pieces. Dry the florets whole.	Crunchy	10-14
Cabbage	Wash and trim, cut into 3mm strips	Crunchy	8-11
Carrots	Wash and trim tops, peel or scrape if desired. Cut into 3mm thick slices.	Pliable	7-11
Corn	Cut kernels from cob and spread on the mesh tray.	Crunchy	7-10
Cucumber	Wash and trim, cut into 3mm slices	Pliable	4-8
Eggplant	Wash and peel, cut into 6mm slices	Pliable	4-8
Mushroom	Wash and cut into 8mm slices	Pliable	4-7
Parsnips	Scrub and steam blanch (if desired) and cut into 8mm slices	Pliable / Tough	7-11
Capsicum	Wash and remove seeds and white section. Cut into 6mm strips or rings	Pliable	4-8
Potatoes	Use new potatoes, wash and peel if desired. Steam blanch for 4-6 minutes. Cut into French style or 6mm thick circles.	Crunchy / Pliable	7-13
Summer Squash	Wash and cut into 6mm slices	Pliable	10-14
Tomatoes	Wash and slice into 6mm circles	Pliable	10-14
Zucchini	Wash and cut into 5mm slices	Crunchy	7-11

Fruits 60-65°C / 140-150°F

FOOD	PREPARATION	TEST	TIME (HRS)
Apples	Wash, core and peel if desired.	Pliable	7-15
Apricots	Was, halved and remove pit. Slice in half and dry skin side down	Pliable	18-20
Bananas	Peel and slice into 3mm slices	Pliable	7-10
Figs	Wash, cut out blemishes and quarter. Dry skin side down.	Pliable	18-20
Kiwi Fruit	Wash and slice into 6mm slices	Pliable	8-11
Nectarines	Wash, halve and remove pit. Slice if desired and dry skin side down.	Pliable	8-17
Peaches	Wash, halve and remove pit. Slice if desired and dry skin side down.	Pliable	8-16
Pears	Wash, core and peel if desired.	Pliable	4-8
Pineapple	Peel, remove fibrous parts and remove core. Cut into 6mm slices or wedges.	Pliable	11-18
Rhubarb	Wash and cut in 25mm lengths	Pliable	6-10
Strawberries	Wash, cut of tops and slice into 6mm pieces	Crisp	7-15
Watermelon	Cut off rind, cut into wedges and remove seeds. Cut into 10mm pieces.	Pliable and sticky	8-10

Meat and Fish 62-65°C / 144-150°F

FOOD	PREPARATION	TEST	TIME (HRS)
Jerky	Use lean meat and remove as much fat as possible as fat turns rancid with time. Cut 6mm thick slices and place on shelves.	Pliable	7-8

Troubleshooting

SYMPTOM	PROBABLE CAUSE	REMEDY
Dehydrator does not turn on	The wall power supply is not on.	Make sure power is in on position
	The dehydrator switch is not on	Press the power on button
Fan is working but there is no heat	Heater malfunction	Turn the dehydrator off. Call the service centre.
Heater is working but the fan is not working	Check for any foreign object lodged in the fan.	Turn the dehydrator off. Check to see if there is any foreign object. If still not working, call the service centre.
Not dehydrating correctly	Too much food on the tray	Reduce the food quantity
	Food is overlapping on the tray	Evenly space food on the tray
Water drops on the door	Too much food on the tray	Reduce the food quantity
	Food contains too much water	Reduce the food quantity and increase dehydrating time
Over heating or little heating	Temperature control system is not working properly	Turn the machine OFF and contact the service centre.
Foods are not evenly dehydrated	The thickness of the food is not even	Evenly slice the food
	Too much food on the tray	Reduce the food on the tray
Abnormal sound from the fan	Screen cover in front of fan is rubbing the fan blade	Turn off the machine and unplug from power source. Gently pull screen away from fan blades by using needle nose pliers.

Warning



This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

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