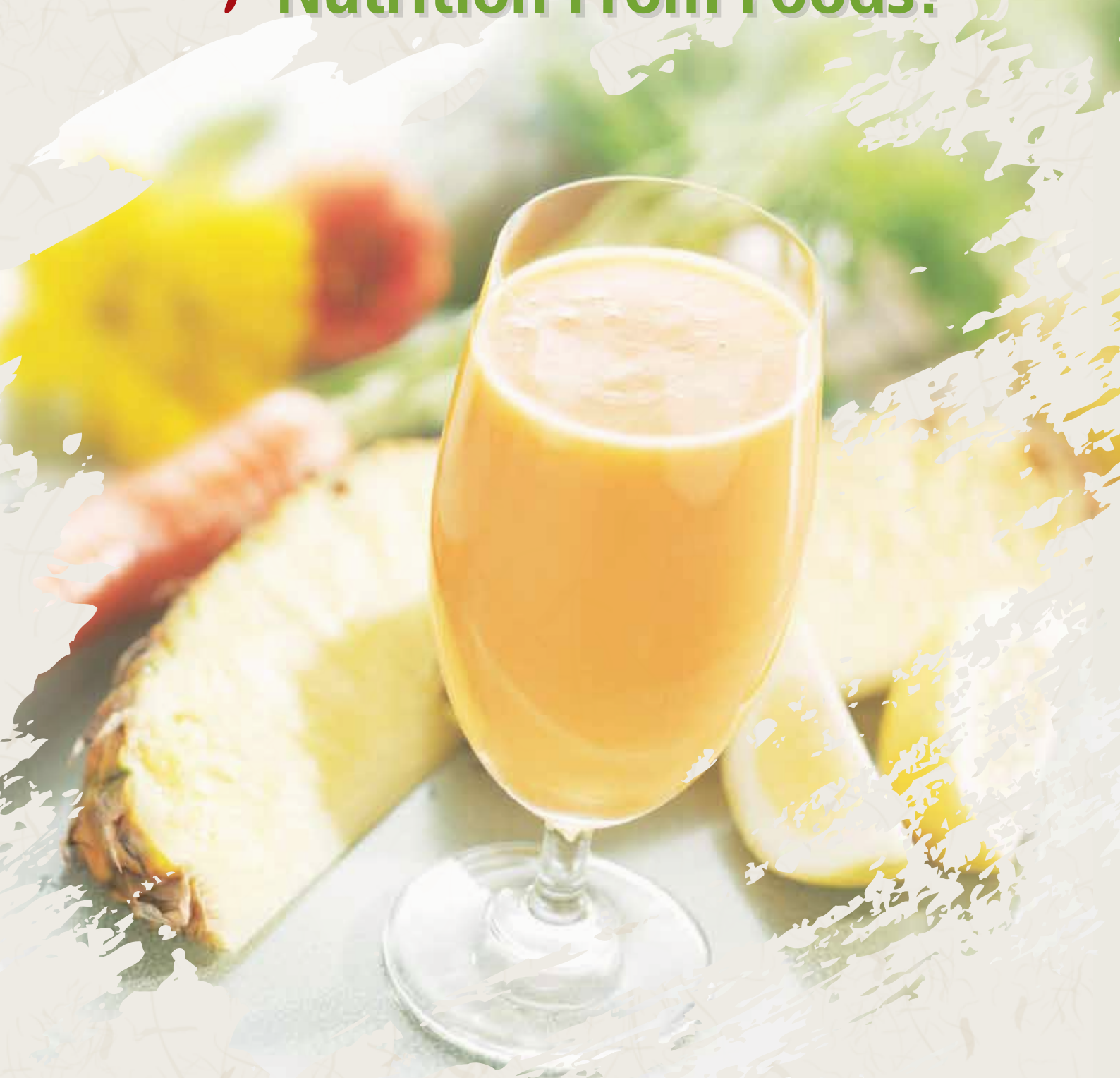


Power To Unlock The Nutrition From Foods!



Creating Healthy Lifestyles for over 90 years!



Products

Creating Healthy Lifestyles for Over 90 Years!

In the early 1920s, the founder of Vitamix, Mr. W.G. Barnard, was a self-taught salesman of "modern" home products. In 1937, he introduced an all new creation – the blender – to his product line. That was the very first Vitamix machine.

In 1949, Vitamix used a new medium, television, to demonstrate the power and functions of the new and improved Vitamix. That was the first-ever direct response TV commercial and it had turned Vitamix into a household name since then.

Vitamix Corporation is now under the direction of the third and fourth generations of the Barnard family. From the first Vitamix to the latest Vitamix TNC5200 in 2009, Vitamix truly revolutionized what could be done in a blender. Vitamix Corporation relies on the power of sophisticated research and testing to constantly improve their products. The entire Vitamix team has been focused on performance and durability of the machines which are supported by more than 250 patents and is committed to making sure that the Vitamix machines are always the BEST.

Nowadays, Vitamix can be found in over 45 countries around the world and many doctors and nutritionists have recommended it to their clients.



*Pre-war
(1937 - 1948)*



*Papa Barnard
(1940 - 1950)*



*Mark 20
(1950 - 1965)*



*Kitchen Centre
(1968 - 1995)*



*Vitamix 3600
(1970's - 1995)*



Vitamix TNC, Your Real "Whole Food" Machine!

Vitamix Corporation introduced the first blender to the world more than 90 years ago. After that, they were focused on developing innovative technology for making Vitamix TNC, the unique "Whole Food" machine which has obtained more than 250 patented features. Its powerful, commercial-grade motor drives, precision-designed stainless steel blades can rupture food cells many more times than others so that more nutrients can be liberated from our food and absorbed more quickly by our body.

Vitamix TNC changes the habit, method and concepts of our diet, creating a brand new healthy eating lifestyle like "Whole Foods Concept" and "Raw Diet" etc.

As the saying goes, "Whole Foods should be your medicine and your medicine should be Whole Foods." It is time for you to look into this easy and effective way of maintaining a healthy lifestyle and make Vitamix TNC a part of your healthy regime.



What Makes Vitamix TNC Different!

SPILL-PROOF LID WITH REMOVABLE LID PLUG

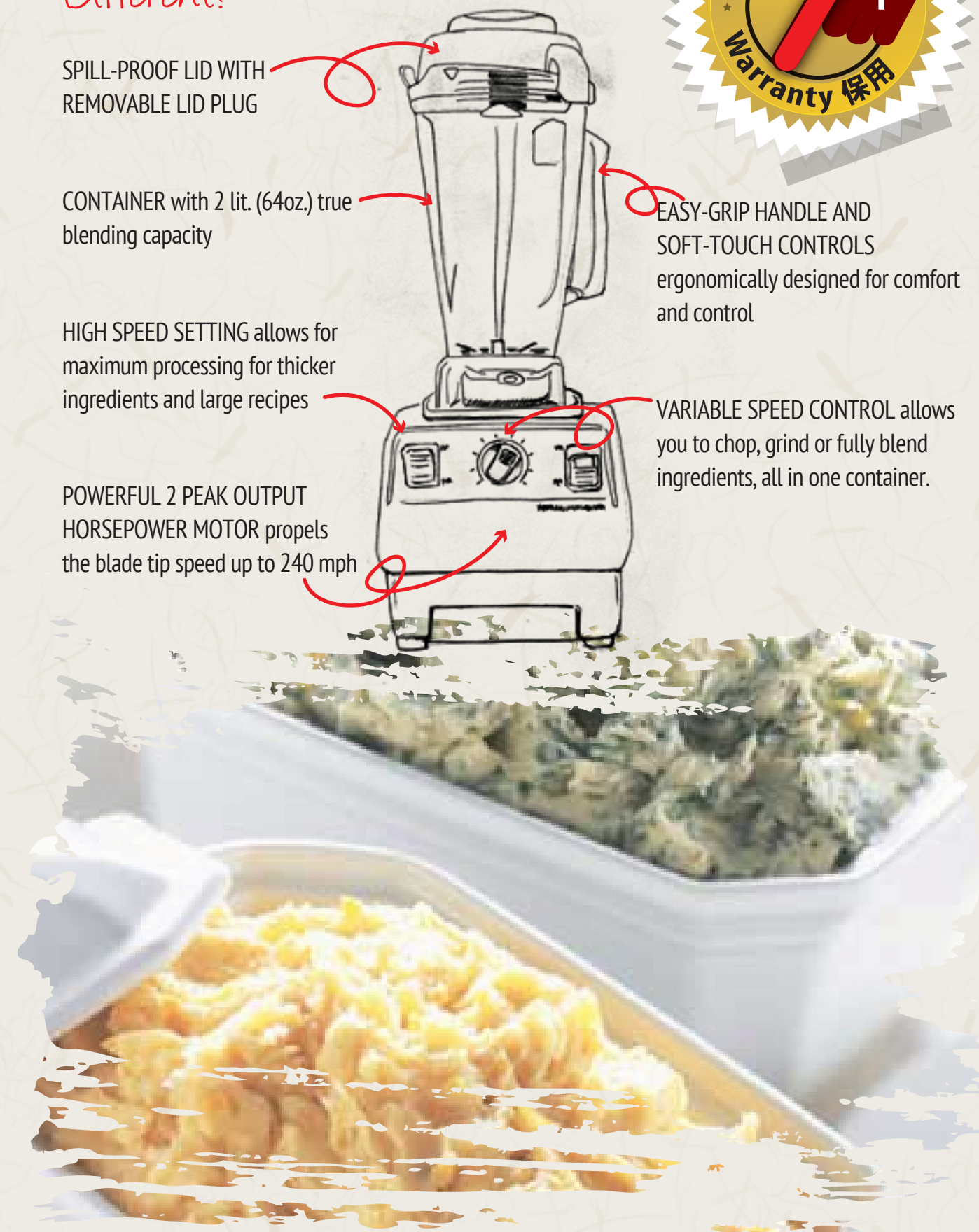
CONTAINER with 2 lit. (64oz.) true blending capacity

HIGH SPEED SETTING allows for maximum processing for thicker ingredients and large recipes

POWERFUL 2 PEAK OUTPUT HORSEPOWER MOTOR propels the blade tip speed up to 240 mph

EASY-GRIP HANDLE AND SOFT-TOUCH CONTROLS ergonomically designed for comfort and control

VARIABLE SPEED CONTROL allows you to chop, grind or fully blend ingredients, all in one container.



What Comes with Vitamix TNC and Vitamix Super TNC?



Vitamix TNC includes:

- ✓ 2 peak hp motor base
- ✓ wet container (2 lit.)
- ✓ tamper
- ✓ "Whole Food Recipes: Taste of Asia" cookbook
- ✓ "Getting Started" guide book
- ✓ "Quickstart" instructional DVD




Vitamix Super TNC includes:

- ✓ 2 peak hp motor base
- ✓ wet container (2 lit.)
- ✓ dry container (0.9 lit.)
- ✓ tamper
- ✓ "Whole Food Recipes: Taste of Asia" cookbook
- ✓ "Whole Grains" cookbook
- ✓ "Getting Started" guide book
- ✓ "Quickstart" instructional DVD

Care for and Clean Your Vitamix TNC?

Here we will explain the various aspects of your Vitamix TNC in details and provide you with some tips on how to care for and clean your Vitamix machine.

 About your Vitamix TNC

 Care and Cleaning of Vitamix TNC

"Whole Foods should be Your Medicine, and Medicine should be Your Whole Foods."

Phytochemicals are naturally occurring chemicals in plants that give fruits, vegetables, grains and beans their medicinal, disease-preventing and health-enhancing properties. Mother Nature engineers "Whole Foods", i.e. foods that include skins, pulps and seeds so as to contain the precise amounts and ratios of vitamins, minerals, fibers and phytochemicals. Any disruption of that balance by juice extraction, peeling, degerminating or other refining processes reduces the healing and nourishing powers of whole foods.

Some phytochemicals are anti-inflammatory, antibacterial, antiviral and anti-osteoporotic etc. They capture free radicals and prevent them from damaging DNA. Dr. James Duke of the USDA (U.S. Department of Agriculture) sums it up perfectly: "One gram of preventive phytochemicals is better than a ton of curative drugs", as most of the modern prescription drugs are laboratory imitations of phytochemicals from plants.

People eating whole foods can expect to live a long healthy life because their phytochemicals can help you lower cholesterol, detoxify the liver, alleviate pain, clear up bronchitis and nasal congestion.

Give Your Body and Brain the Best: Eat Whole Foods!

Healthy bodies must perform thousands of biochemical and psychochemical functions every minute. Therefore, whenever we eat whole foods, we can almost hear our body thanking us for providing such excellent nutrition.



You Are What You Eat! See the different between these two people on two different diets.

Eats mostly refined food

Eats high fat and calories from fast food

45% of calories come from fat

42 teaspoons refined sugar Intake daily (powerful appetite stimulant)

Less fiber intakes

Causes

- ✓ More allergies
- ✓ More arthritis
- ✓ More sugar diabetes
- ✓ More sleep disorders
- ✓ More depression
- ✓ More heart attacks
- ✓ Higher blood pressure

Eats more fresh produce

Eats more whole grain products

More fiber intakes

Less calories and fat intakes

Less sugar intake

Reap the Benefits

- ✓ More nutrition can be absorbed
- ✓ Healthier digestive system
- ✓ Healthier immunity system
- ✓ Higher energy level
- ✓ Less heartburn
- ✓ Less disease



6 Simple Steps to Lasting Weight Loss

Diets actually make your fat cells fatter.

Trying to starve a fat cell only boosts its ability to store fat, take in new fat, and multiply. Fat cells respond to starvation by holding onto the fat they already have and becoming more aggressive at taking in new fat once the diet is over.

When you skip breakfast, for example, your stomach growls and sends a message to your body that it is starving and it immediately begins to store fat for future use.



THE VITAMIX SOLUTION:

Regular meals and healthy snacks of fiber-filled whole foods are all part of the Vitamix Lifestyle.

If you don't eat breakfast, start tomorrow! Breakfast provides you with the nutrition you need to supercharge your brain, so you function better all morning long. Choose Vitamix homemade whole wheat bread or quick and easy whole food juice and breakfast becomes nutritious as well as delicious. Whole foods are packed with appetite-suppressing fiber that helps you start the day satisfied and still peel off the pounds. The reason you feel satisfied is that fiber enables your body to convert dietary fat to glycogen, which tells you that you're not hungry anymore. The bonus is that glycogen not only helps you feel satisfied while eating less fat, but also increases fat-burning.

Diets that restrict nutritional intake mess with your metabolism.

When you follow a very low calorie diet, you risk starving your body of vital nutrients. This can trigger a complex chain reaction that will eventually tell your metabolism to stop burning so many calories. Then, when you start eating normally again, it takes quite a while for your metabolic rate to get back up to speed. Meanwhile, you start gaining weight – often as much or more than you originally lost.

THE VITAMIX SOLUTION:

The Vitamix Lifestyle is packed with delicious healthy foods that give your body the nutrients it needs to operate efficiently.

Your Vitamix comes with a “Whole Food Recipes : Tastes of Asia” cookbook that gives you almost 400 time-tested, delicious recipes. Whole foods prepared in the Vitamix provide maximum nutrition and keep your metabolism burning at a steady rate. This nutrition will help fight infection, improve memory, reduce your risk of stroke and defy disease, while also helping you lose weight. Don't wait another day.



6 Simple Steps to Lasting Weight Loss

Most diets require too many changes in eating habits.

Behavioral scientists believe it takes 30 to 40 days of repetition for the human brain to master a new habit. New “diets” often require you to learn multiple rules and regulations and record the results of various charts and tables on top of changing your eating pattern. Attempting too many changes in dietary habits at one time can overload the brain and all but guarantee defeat!

Many diets are based on taste bud boredom.

A diet that forces you to eat bland, unappetizing food or chalky-tasting milkshakes, causes you to fantasize about “forbidden food.” These mental images generate cravings which cause impulses that entice you think of ways to satisfy your deprived taste buds. Failure is virtually guaranteed, because boring food is no match for the power of your imagination!

THE VITAMIX SOLUTION:

The Vitamix Lifestyle helps you add healthy new habits gradually – and keep them for a lifetime!

Make only one or two changes to your diet at first. It’s especially easy to start by making delicious Vitamix whole food juice for breakfast or substituting it for high-carbohydrate snacks. Once you get used to that change, your brain will be free to make additional lifestyle changes that you can stick to!

THE VITAMIX SOLUTION:

The Vitamix Lifestyle satisfies taste buds with nutritious and delicious variations of your favorite foods.

The Vitamix “Whole Food Recipes : Tastes of Asia” cookbook includes whole food fruit smoothies, soups, savory sauces as well as delicious low-fat frozen treats. You also get fabulous whole food juice recipes to try, plus salsas – the list goes on and on! And your Vitamix Super TNC comes with an additional “Whole Grains” Cookbook filled with many ways to enjoy the great tasting goodness of whole grains. Vitamix whole food meals give you a powerful arsenal of delicious, low-fat, low-sugar foods to help you enjoy the process of reaching your weight-loss goals.

6 Simple Steps to Lasting Weight Loss

The high price of dieting can be more discouraging than anything.

Many popular diets include long lists of what you should and shouldn't eat, including foods not available in the supermarket. So you're paying to be on a diet and paying high prices for special foods hyped as the "magic bullet" to rapid weight loss – but they seldom are!

The desire to lose weight NOW is unrealistic.

When you don't see the desired results, it's easy to get discouraged and give up. Motivation disappears when your goal is tied only to the end result rather than sound strategy.

THE VITAMIX SOLUTION:

The Vitamix Lifestyle doesn't come with a list of special foods, complex formulas and charts. All you need is a few minutes and fresh, whole fruits, grains and vegetables.

The "magic" of fresh, whole foods is that you can eat all you want and still lose weight.

When you eat high-calorie, high-fat foods, you tend to keep on eating and eating, because fat doesn't make us feel full. Whole foods, however, are rich in fiber which makes us feel full and we stop eating sooner. That's the beauty of the Vitamix Lifestyle!

THE VITAMIX SOLUTION:

The Vitamix Lifestyle helps you choose realistic goals – like substituting a favorite "forbidden food" with a healthy alternative.

As you incorporate healthy lifestyle changes into your daily routine, positive results will be gradual, but inevitable. Changing to a Vitamix Lifestyle will have positive results. Increasing your whole foods intake, cutting sugar and reducing fat will give you more energy and boost your immune system. You will also lose weight at a pace your body is comfortable with. The best part is, your new Vitamix Lifestyle will help you keep the weight off – successfully.

Give Your Baby a Healthy Start with Vitamix TNC!

A healthy baby is every parent's dream. Prenatal care is the first step forwards that goal and you should be careful about everything you eat and drink when you are pregnant to ensure your baby a lifetime of good health.

Whether you are a parent, grandparent, caregiver, family member or friend, a happy and healthy baby is the ultimate goal. And the key to that is to provide the baby with the very best in nutrition and nurturing. Your Vitamix TNC machine can be a big help! By using Vitamix TNC to prepare baby food, you are serving up two of life's greatest gifts to the baby – good health and delicious food.

When you use your Vitamix TNC machine to make your own baby food, you will know what is going into your baby's diet and what is not -- like preservatives, fillers, extra sodium and sugar!

 Vitamix Baby Food





Recipes

Whole Fruit Smoothie

Ingredient:

Red grape, with seeds	1/2 cup (120 ml)
Strawberries	1/2 cup (120 ml)
Fresh pineapple, rind removed	1" slice (1" tk)
Whole orange, peeled	1
Banana, peeled	1
Apple	1/4
Honey or other sweetener, to taste (optional)	1 tablespoon (15 ml)
Ice cubes	1 cup (240 ml)



Procedure:

- Place liquid and soft fruit in the container first, solid items last, and lock the lid on.
- Select VARIABLE and set SPEED DIAL at #1, turn on the switch and quickly increase speed to #10, then to HIGH.
- Run the machine for 30 – 60 seconds.

Whole Soyabean Milk

Ingredient:

Whole soya beans	1 cup (240 ml)
(soya beans must be soaked for 6 hours or more and steamed for at least 30 mins or more before use)	
Sweetener, to taste (optional)	1/3 cup (80 ml)
Ginger (optional)	1 slice
Water	3 cups (720 ml)



Procedure:

- Place all ingredients in the container, and lock the lid on.
- Select VARIABLE and set SPEED DIAL at #1, turn on the switch and quickly increase speed to #10, then to HIGH.
- Run the machine for 5 minutes.

Creamy Broccoli Cheddar Cheese Soup

Ingredient:

Broccoli (boiled)	1 cup (240 ml)
Cheddar cheese	70 g
Milk	1 cup (240 ml)
Warm water	1/4 cup (60 ml)
Potato	1/2 cup (120 ml)
Salt and black pepper to taste	



Procedure:

- Place warm water, 1/2 broccoli, cheddar cheese, and 1/4 potato in the container.
- Lock the lid on.
- Select VARIABLE and set SPEED DIAL at #1, turn on the switch and quickly increase speed to #10, then to HIGH.
- Run the machine for 1 minute.
- Turn the machine to VARIABLE and select SPEED Dial at #1. Place milk, 1/2 broccoli and 1/4 potato in, and then blend until



Whole Wheat Bread

Ingredient:

Whole kernel wheat	1-3/4 cup (180 ml)
Active dry yeast	2-1/4 teaspoons (12 ml)
Warm water	1-1/4 cups (300 ml)
Salt (optional)	1 teaspoon (5 ml)
Honey (optional)	1 tablespoon (15 ml)
Olive oil (optional)	1 tablespoon (15 ml)
Lemon juice (optional)	1 teaspoon (5 ml)



Procedure:

- Lightly coat a loaf pan with vegetable cooking oil or shortening. Preheat oven to 180oC.
- Place wheat in the Dry Container. Lock the lid on. Select VARIABLE and set SPEED DIAL at #1, turn on the switch and quickly increase speed to #10, then to HIGH. Grind wheat for 1-1/2 minutes. Stop the machine to allow the flour to cool for a few minutes.
- Select VARIABLE and set SPEED DIAL at #5, turn on the switch again, and blend until a hole forms in the center of the mixture.
- Pour yeast, salt, oil and 1 cup of water into the hole in the flour, then lock the lid on.
- To knead the dough, 2 steps are required:-
 - i. Turn the machine on HIGH, quickly turn the machine ON and OFF 5 times.
 - ii. Open the lid, use a rubber spatula to scrape the sides of the container. Pull the dough away from the container sides and into the center of the mixture.
- Repeat the above 2-step process 7-8 times, or until the dough binds together into a soft elastic mixture.
- To remove the dough, add in the 1/4 cup of water, turn the machine ON and OFF 5 times to lift the dough up and away from the blades. Invert the container over the prepared pan and let the dough fall into the pan. Use a wet rubber spatula to remove any remaining dough.
- Use a wet (or oiled) rubber spatula to shape the loaf. Allow the dough to rise 30 minutes. Bake at 180oC for 1 hour, or until a toothpick inserted into the center comes out clean.

Pineapple Sorbet

Ingredient:

Fresh pineapple, rind removed	3 slices (1" tk)
Sugar or other sweetener, to taste	1/3 cup (80 ml)
Water	2 tablespoon (30 ml)
Ice cubes	1/2 cup (120 ml)



Procedure:

- Place 2 slices of fresh pineapple in the container first, sugar and ice cube last, and lock the lid on.
- Select VARIABLE and set SPEED DIAL at #1, turn on the switch and quickly increase speed to #10, then to HIGH.
- Use the tamper to push any fruits and cubes into the blades, while the machine is processing.
- Run the machine for 30 – 60 seconds or until the mixture is blended and frozen. Then pour them into cups.
- Place 1 slice of fresh pineapple and water in the container, and lock the lid on.
- Select VARIABLE and set SPEED DIAL at #1, turn on the switch and quickly increase speed to #10, then to HIGH. Run the machine until pineapple is pureed to a smooth consistency.
- Pour on top of the readied sorbet, and serve immediately.





Related Products

Excalibur Food Dehydrator

"Living Foods" Concept

"Living foods are provided by nature, organically grown in their original, uncooked state. Living foods provide the body with the life-giving, easy-to-digest nourishment needed to strengthen the immune system. Seeds, grains, nuts, fruits and vegetables in their natural, uncooked state are the living foods used to rebuild health - physically, mentally, and emotionally." – from Ann Wigmore Foundation.

Living foods are easier for our body to digest than cooked foods because they contain living enzymes which assist our body's digestive enzymes in breaking down food into digestible proteins.

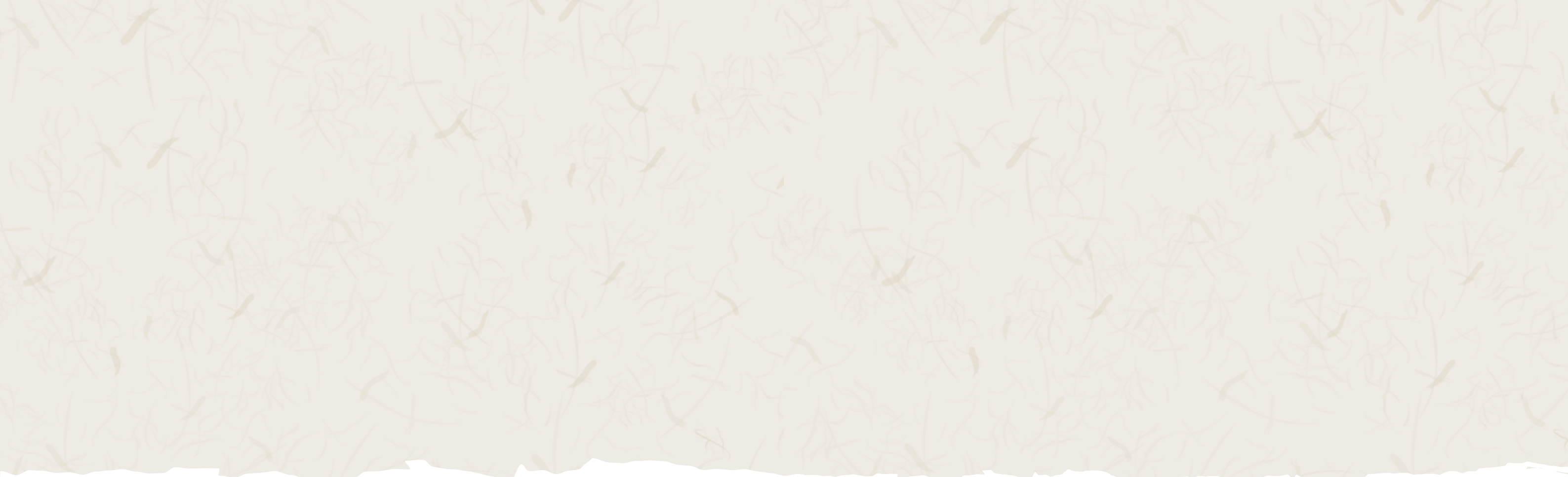
Enzymes are most susceptible by high heat, like cooking, when they are in a wet state. However, dehydration, which removes food moisture through evaporation, uses far less heat than cooking and is therefore the best way to preserve the living enzymes of raw fruits and vegetables. As the food becomes drier, the enzymes inside become more stable, and can withstand temperature up to 46oC. A good dehydrator will let you dry foods at temperatures low enough to keep enzymes viable.



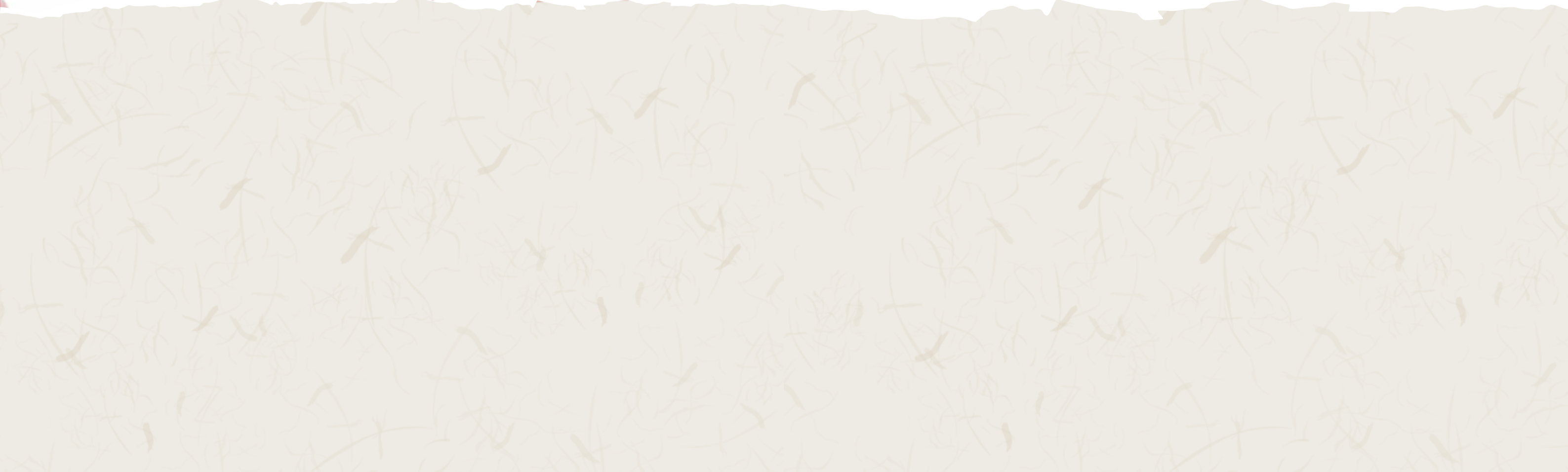
Excalibur®, the Best Food Dehydrator for Your Healthy Lifestyle!

An expert on food dehydration technology for more than 35 years, Excalibur food dehydrator is the No. 1 choice for the health conscious. Excalibur uses two unique technologies, Parallexx™ Horizontal Airflow Drying System and Hyperware™ Fluctuation Thermostat, that make it superior to other ordinary dehydrators.

 Excalibur Food Dehydrator catalogue



F&Q



About Vitamix TNC

Q: Is the Vitamix TNC a blender?

A: Absolutely not. The precision designed container and high-performance blades combined with a powerful motor can deliver capabilities that cannot be performed by any other single appliance like a blender. Visit the “Products” page for more details on the patented Vitamix TNC technology.

Q: Is the Vitamix TNC a Juicer?

A: Not even close. A juicer extracts juice from the whole fruit or vegetable and discards the pulp, peels and seeds. The Vitamix TNC, on the other hand, starts with the whole fruit or vegetable and ends with it. It delivers what is known as the “whole food juice” which contains all the juice plus all the nutritious fiber found in the parts of fruits and vegetables you normally eat.

Q: The Vitamix TNC is pretty expensive, isn't it?

A: Not at all – when you consider all the things it does. Do not think blender – think Vitamix TNC. Your Vitamix TNC is guaranteed for 7 years. But, the most important is that your Vitamix TNC can do something no other single appliance can do, i.e. it can make frozen treats, cook soup, make juice from whole fruits and vegetables, grind grain and even knead the dough. It can also give you 30 other ways to prepare healthy, whole food meals. The Vitamix TNC is definitely a worthwhile investment in your good health.

Q: I have heard that using the Vitamix TNC can save me money. That sounds like a stretch – prove it!

A: Well, speaking of stretching – you will definitely stretch your grocery budget further because you will be using the whole food – skins, seeds, pulp and all – when you make drinks and meals with the Vitamix TNC. You will find that fresh, whole food meals cost less than packaged dinners and also save on the cost of pills and supplements. The phytonutrients you get from processing fruits and vegetables in the Vitamix TNC are your best source of health-enhancing vitamins and minerals. Once you own your Vitamix TNC, my guess is you will say goodbye to all these pills and supplements!

About your health

Q: What makes you think this machine will improve my family's health?

A: If your family is like most families, you will most likely consider preparing five to nine servings of fruits and vegetables every day pretty boring. However, once you discover how easily the delicious Vitamix TNC whole fruit smoothies and frozen treats can be made, you will find that healthy eating is a choice not a chore.

Q: I have read that Vitamix TNC whole food juice gives me more nutrition than munching a whole apple, a bunch of grapes or some carrot sticks. How can that be?

A: It is all about precision technology. Our teeth simply do not have the power to break through the cell walls of whole foods and release all the nutrition locked inside. The Vitamix TNC does a much better job with laser-crafted, stainless steel blades traveling at 240 m.p.h. They crush and cut through whole foods to give you maximum benefits from the most nutritious parts of whole foods such as grape or apple skins and strawberry seeds. You do not even begin to break down the whole food fiber when you chew.

Q: My family hates eating vegetables. I bet you cannot do much for us.

A: Bet you we can! Here is a little trick our demonstrators do that always amazes people who avoid eating vegetables. They secretly put cabbage, carrots or squash into our whole fruit smoothies and ask if anyone can taste them. No one can! Try this trick with your family – and make sure you try some of the delicious fruit and vegetable juice recipes like “Citrus Carrot Cocktail” or “Apple Banana and Sweet Potato Cooler” as well. Your family will definitely be in for a pleasant surprise! You can find these recipes in your “Whole Food Recipes for Better Living” cookbook.

Q: My doctor just told me that I needed to lose weight. Can Vitamix TNC help me?

A: You bet. Weight gain is often the result of eating too much of the wrong foods – those loaded with high fructose corn syrup, fats, refined white flour etc – and foods that are totally lacking in fiber. Take a look at some of the labels on your processed, packaged foods and be prepared for a shock! Your Vitamix TNC will put you back in control of your diet and your weight because Vitamix TNC whole food meals make healthy eating simple – and best of all – scrumptious. They are packed with fiber and fabulous flavor requiring no added sugar or salt.

About usage of Vitamix TNC

Q: Does the Vitamix TNC bake the bread?

A: Definitely no. The Vitamix TNC only prepares the bread dough for rising and baking which takes you 5 minutes to go, from grinding your choice of whole grains into flour. The Vitamix TNC will mix and knead the dough which you can be put in a bread pan to rise and bake in your oven.

Q: When making juice in the Vitamix TNC, does it require adding liquid in the process?

A: Yes, when making juice in the Vitamix TNC, water and/or ice should be added.

Q: Can I just throw in any whole fruits and vegetables?

A: Yes, but some combinations of fruits and vegetables can produce results that do not taste good. We recommend testing in small batches first when straying from the kitchen tested recipes in our cookbooks.

END