



OPTIMUM H3000 ESSENTIAL

Cold Press Juicer



USER MANUAL

CONTENTS

WELCOME TO YOUR OPTIMUM H3000 ESSENTIAL	1
SAFETY FIRST	2
GETTING TO KNOW YOUR OPTIMUM H3000 ESSENTIAL	4
ASSEMBLY	5
USING YOUR OPTIMUM H3000 ESSENTIAL	7
JUICING TIPS	10
DISASSEMBLY	11
CLEANING AND MAINTENANCE	13
STORAGE	15
TROUBLESHOOTING	16
PRODUCT SPECIFICATIONS	18
WARRANTY TERMS AND CONDITIONS	19
CONTACT US	20

WELCOME TO YOUR OPTIMUM H3000 ESSENTIAL

Say hello to your new kitchen powerhouse – the Optimum H3000 Essential. Designed for health lovers and juice enthusiasts alike, this high performance horizontal cold press juicer is ready to transform your fruits, vegetables, leafy greens into vibrant, nutrient packed creations.

Whether you're whipping up green juices, zingy citrus blends, creamy nut milks or refreshing sorbets, the H3000 Essential has you covered. With its horizontal design and slow speed extraction, you'll enjoy:

Maximum juice yield – Squeeze out every last drop with minimal waste.

Nutrient rich goodness – Cold press technology locks in vital enzymes and nutrients.

Smooth, vibrant juices – Less foam, less separation, more flavour.

Quiet but mighty – Gentle enough for early mornings, strong enough for tough ingredients.

Built to keep up with your healthy lifestyle, the H3000 Essential features a powerful auger, wide feeding chute and easy to clean parts – so you can spend more time enjoying your juice and less time scrubbing up.

Before you get started, take a moment to explore what this machine can do. This guide is packed with tips and tricks to help you get the best results every time. Happy juicing!

SAFETY FIRST

WHEN USING YOUR OPTIMUM H3000 ESSENTIAL COLD PRESS JUICER ALWAYS FOLLOW BASIC SAFETY PRECAUTIONS INCLUDING:

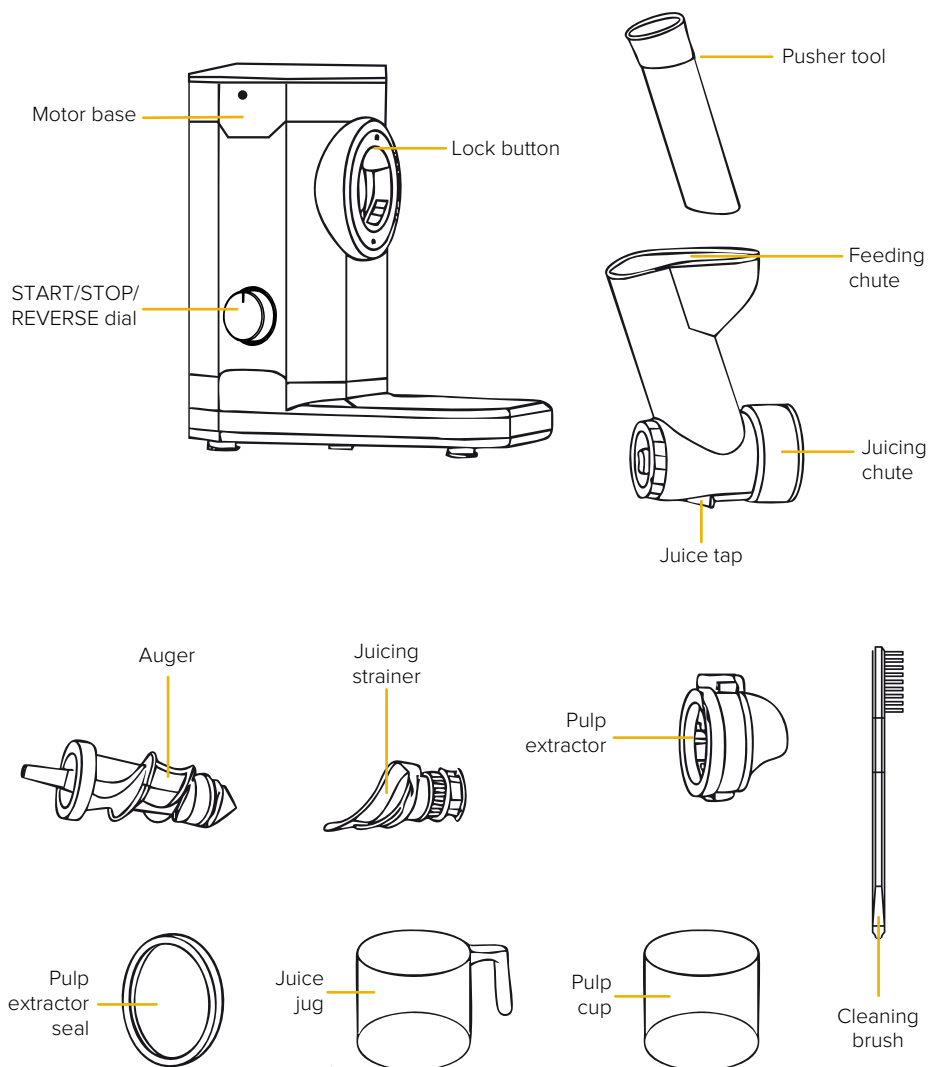
1. Read and follow all instructions and warnings in this manual carefully.
2. To protect against the risk of injury due to electric shock, do not immerse the H3000 Essential in water or any other liquid.
3. Only connect the appliance to a grounded power outlet. Always make sure the power plug is inserted into the power outlet properly.
4. The input voltage of this appliance is between 220-240V, at 50-60Hz. Ensure the power source is compatible with the appliance before connecting it to avoid damage.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instructions concerning the use of the appliance by a person responsible for their safety.
6. Do not operate the appliance if the power cord or plug are damaged, or if it malfunctions or is damaged in any way. Return the appliance to the distributor for inspection or repair. Do not attempt to repair the appliance yourself to avoid the risk of injury.
7. Do not operate the appliance with wet hands.
8. If you have any issues operating the appliance, first refer to the troubleshooting section. If the problems persist, contact and return the appliance to the distributor for inspection or repair. Do not disassemble the juicer base yourself.
9. Unplug the power cord from the power outlet before assembling, disassembling, cleaning or putting your hands near any moving parts of the appliance to avoid injury.
10. Ensure the detachable parts of the appliance are installed properly before use. The pulp extractor and feeding chute should be in the 'lock' position to prevent leakage, spillage, or parts becoming loose during juicing.
11. If you find any abnormality or damaged parts, stop using the appliance immediately and contact the authorized service centre for repair and servicing. Do not attempt to repair the appliance to avoid damage or injury.
12. Place the appliance on a flat, stable and level surface, away from any water or heat sources. Do not use the appliance on carpets, towels, plastic, paper, or flammable surfaces.
13. Do not allow the appliance to operate longer than 30 minutes at a time. Always allow time for the motor to cool down for 30 minutes before juicing again.
14. If the appliance is overloaded or blocked during juicing, twist the dial to the REVERSE function. If the blockage still remains, unplug the juicer and remove any food or pulp and restart the appliance.
15. Do not squeeze lemon juice directly into the appliance.
16. Always ensure the appliance conforms to food safety and hygiene standards by following the cleaning and maintenance instructions in this manual.
17. Use water to clean the appliance and all detachable parts, which come into direct contact with ingredients, after every use. Do not use abrasive materials, harsh cleansers or corrosive liquids (e.g. acids, acetone, etc.) to clean the appliance.
18. Exercise extra care when handling parts of the appliance with sharp edges, emptying the cups of their contents and during the cleaning of the appliance.
19. Switch off and unplug the appliance during long periods of inactivity.
20. Never use anything but the pusher tool to move ingredients through the feeding chute.
21. Never use any objects (e.g. knives or chopsticks) to remove blockages in the outlets. Follow proper cleaning procedures instead.

SAFETY FIRST

22. The appliance is intended to be used in households and similar applications only such as staff kitchen areas in shops, offices, working environments, farm houses, by clients in hotels, motels and other residential type environments, including bed and breakfast type environments.
23. Not suitable for children.
24. This appliance is intended for house hold use only. Do not use the appliance outdoors or for any other purpose than intended.
25. Use the unit only as described in this manual.
26. Do not touch or move any moving parts during operating of the machine.
27. Do not open the unit when it is operating.
28. Do not let the cords hang over the edge of table or the like.
29. To avoid damaging the unit, do not overload the machine and also do not run the juicer without fruits or vegetables being inserted into the chute.

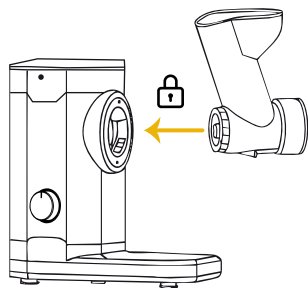
IMPORTANT: FAILURE TO FOLLOW SAFETY INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY. MISUSE OF YOUR COLD PRESS JUICER MAY DAMAGE YOUR APPLIANCE AND VOID YOUR WARRANTY.

GETTING TO KNOW YOUR OPTIMUM H3000 ESSENTIAL



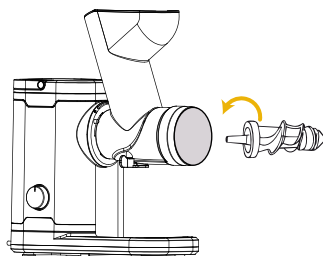
ASSEMBLY

1.



Attach the juicing chute to the motor base. Position the chute so it fits into place and moves slightly back into the base. Then rotate it anticlockwise until it locks firmly into position.

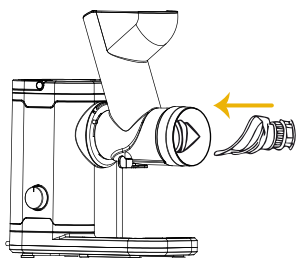
2.



Insert the auger through the centre of the juicing chute and down into the motor base.

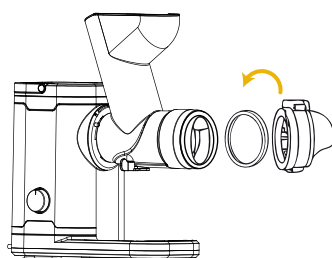
Tip: Gently rotate the auger while inserting it to help lock into place.

3.



Fit the juice strainer over the auger with the mesh facing downward. The wider end of the strainer should rest underneath the auger. Push towards the motor base until it sits securely in place.

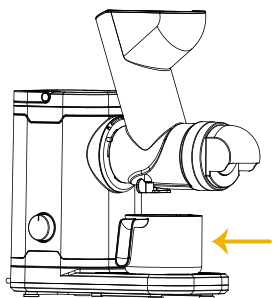
4.



Attach the pulp extractor with the pulp extractor seal to the juicing chute. Align it with the auger, juice strainer and feeding chute, then rotate it anticlockwise to lock it in place. If not installed correctly, there may be a gap between juicing chute and pulp extractor, or the extractor may fall off.

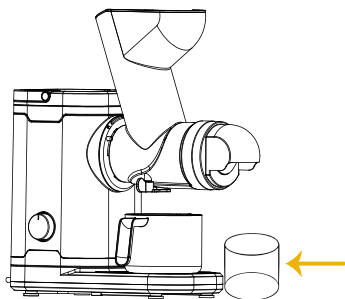
ASSEMBLY

5.



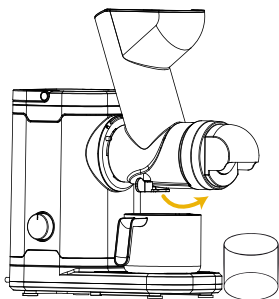
Place the juice jug below the juice tap.

6.



Place the pulp cup underneath the pulp outlet on the pulp extractor.

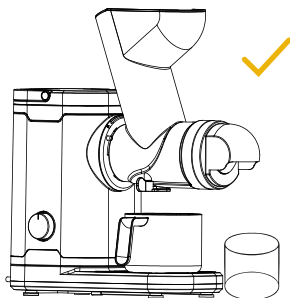
7.



Open the juice tap by pulling it towards you.

USING YOUR OPTIMUM H3000 ESSENTIAL

1.



Assemble your H3000 Essential according to the assembly instructions.

2.

Wash and prepare your ingredients for juicing.



Cut fibrous vegetables such as celery into smaller pieces.



Hard ingredients like root vegetables should be cut into 30 x 30 x 90 mm pieces.



Peel or pit any fruits with thick skins, hard shells or large seeds.

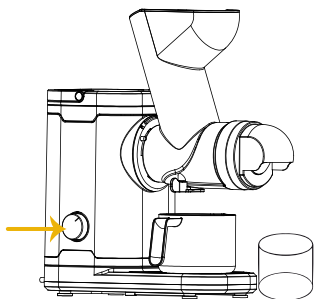


Peel all citrus fruits, including lemons, limes and oranges.



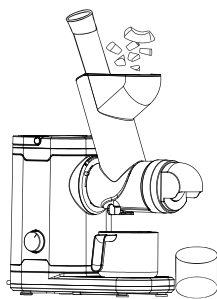
Refer to the Juicing Tips section for more guidance.

3.



Turn the dial to **START** to begin juicing.

4.

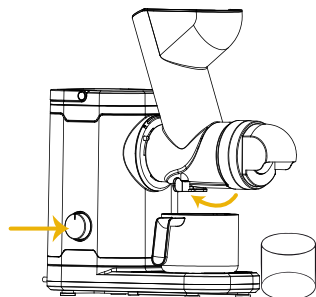


Add ingredients slowly through the safety flipper at the top of the feeding chute. Use the pusher to gently guide ingredients down.

Tip: Do not use excessive pressure with the pusher.

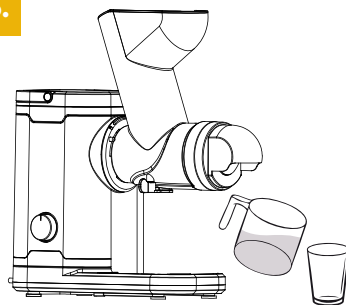
USING YOUR OPTIMUM H3000 ESSENTIAL

5.



Once juicing is complete and no more juice is flowing from the juice tap, turn the dial to STOP and close the juice tap.

6.



Remove the juice jug and pour the juice into a glass to serve.

Tip: Drink the juice as soon as possible to preserve its freshness. Prolonged exposure to air may affect flavour, colour and nutrient content due to oxidation.

USING YOUR OPTIMUM H3000 ESSENTIAL

Reverse function

The REVERSE function on your H3000 Essential is a handy tool designed to help clear blockages and keep your juicer running smoothly.

If ingredients become stuck or the juicer begins to slow down or stops mid juicing, simply twist and hold the dial to the REVERSE position. This will gently rotate the auger in the opposite direction, helping to dislodge any stuck ingredients or buildup inside the juicing chute.

As soon as you release the dial, it will automatically return to the STOP position. Once the blockage is cleared, wait a moment and then turn the dial to START to continue juicing.

Tip: Always use the REVERSE function in short bursts, no longer than 10 seconds at a time and avoid using continuously.

JUICING TIPS

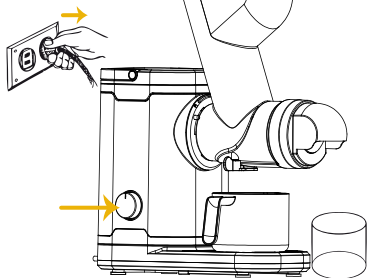
Get the most from your Optimum H3000 Essential with these helpful tips:

- ▶ **Cut everything before juicing:** Always cut all ingredients into smaller chunks to ensure smooth operation and prevent blockages. This helps the juicer work more efficiently and protect the motor.
- ▶ **Prep your produce:** Cut hard ingredients like carrot, beetroot, and ginger into small pieces (around 30 x 30 x 90 mm). For fibrous things like celery, chop into short lengths (3-5 cm) to avoid long fibres wrapping around the auger.
- ▶ **Alternate ingredients:** Feed soft and hard ingredients one after the other. For example, cucumber then carrot to keep the juicer running smoothly and to extract the maximum juice.
- ▶ **Go slow and steady:** Feed ingredients in slowly, allowing time for the juicer to process them before adding more. Overloading can reduce performance.
- ▶ **Let the juicer do the hard work:** Use the pusher gently as the auger is designed to do the heavy lifting without needing force.
- ▶ **Run for 30 seconds after the last piece:** Let the motor continue running briefly after the final piece to squeeze out every last drop of juice.
- ▶ **Peel and pit your fruit:** Remove skins from citrus fruits (oranges, lemons, limes, grapefruits, melons) and take out large pits or seeds before juicing. This avoids bitterness and protects the motor.
- ▶ **Juice only firm apples:** Soft or floury apples can clog the juicer and produce little juice.
- ▶ **No ice or frozen ingredients:** These can damage internal parts and are not suitable for cold press juicing.
- ▶ **Don't juice the wrong things:** Avoid juicing sugarcane, very starchy fruits like bananas or mangoes, or fibrous leaves such as aloe vera, as these can clog and damage your juicer.
- ▶ **Berries need a little extra help:** Soft fruits like strawberries, blueberries and raspberries are low in juice and can create pulp buildup. Combine them with firmer produce like apples or cucumber to improve flow and yield.
- ▶ **Use reverse for blockages:** If the juicer slows or stalls, twist the dial to REVERSE for a few seconds to clear the auger, then continue juicing.
- ▶ **Drink your juices fresh:** Cold press juice is best enjoyed immediately to get the full flavour and nutritional benefits. If storing, keep in an airtight container in the fridge and consume within 48 hours.

DISASSEMBLY

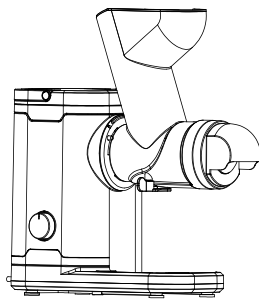
How to disassemble your H3000 Essential for cleaning:

1.



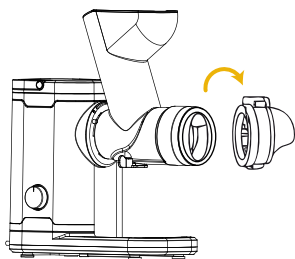
Turn off and unplug the juicer: Before disassembling, make sure the juicer is turned off and unplug from the power outlet for safety.

2.



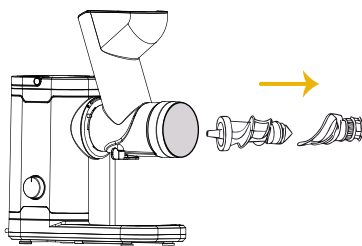
Remove the juice and pulp containers: Take away the juice jug and pulp cup from underneath the juicer.

3.



Unlock and twist off the pulp extractor: Grip the pulp extractor and rotate it clockwise to unlock from the juicing chute. Carefully move it away from the juicing chute and set it aside.

4.

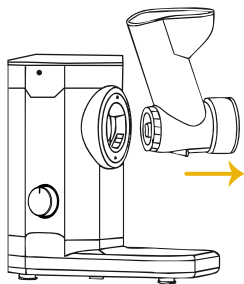


Remove the juicing strainer and auger: Pull out the juicing strainer by removing it from the juicing chute. Then pull the auger out of the chute.

Tip: You may need to slightly twist the auger to loosen it from the motor base.

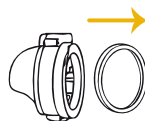
DISASSEMBLY

5.



Detach the juicing chute from the motor base: Hold the lock button on the motor base and rotate the juicing chute clockwise until it unlocks from the motor base. Gently move it away from the juicer.

6.



Disassemble the pulp extractor seal if needed: If a deeper clean is needed, you can also remove the silicone pulp extractor seal by gently pulling it off the pulp extractor.

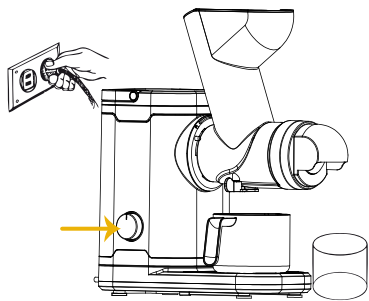
Handy tips:

- ▶ Rinse all parts immediately after use to prevent pulp from drying and sticking.
- ▶ All parts are hand wash only and not dishwasher safe.
- ▶ For best results, clean the mesh on the juice strainer with the included brush after each use.

CLEANING AND MAINTENANCE

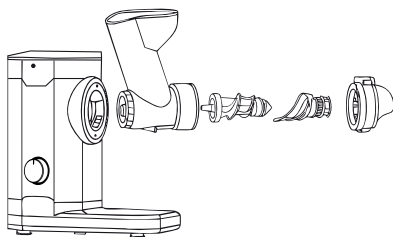
After each use:

1.



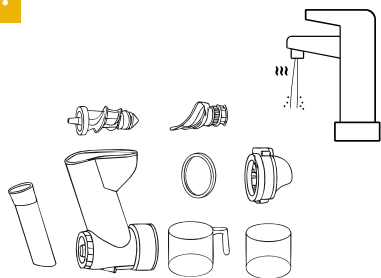
Turn the dial to STOP and unplug the juicer from the power outlet before cleaning.

2.



Disassemble all removable parts carefully (refer to the disassembly section).

3.



Rinse each part under running warm water straight after juicing to prevent pulp from drying and sticking.

4.

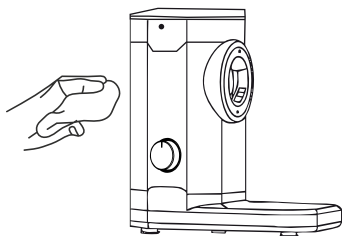


Use the cleaning brush provided to scrub the strainer gently, this helps remove any fine pulp stuck in the mesh.

CLEANING AND MAINTENANCE

After each use:

5.



Wipe down the motor base with a soft, damp cloth. Never submerge the motor base in water or spray it with running water.

Deep cleaning (weekly or as needed):

- ▶ Soak the strainer, auger and other components (except the motor base) in warm soapy water for 15-30 minutes to help remove any build up.
- ▶ Rinse thoroughly and allow all parts to air dry completely before reassembling or storing.

Important maintenance tips:

- ▶ Avoid using harsh cleaners, metal brushes or abrasive pads as they may damage your juicer parts.
- ▶ Do not place any parts in the dishwasher. Exposure to high heat can cause damage. Hand wash only with warm soapy water.
- ▶ Regularly inspect the pulp extractor seal and other parts for wear and tear. Replace if needed to maintain optimal performance.
- ▶ A little TLC goes a long way, regular cleaning will help extend the life of your juicer and will keep your juice tasting fresh.

STORAGE

Once your H3000 Essential is clean and dry, it's ready to be packed away or proudly shown on your kitchen bench.

- ▶ Make sure all parts are completely dry before storing to prevent mould or unwanted odors. Leave parts to air dry or towel dry thoroughly after cleaning.
- ▶ You can store the juicer fully assembled for convenience or disassembled if you're short on space. Either way works, just make sure the parts are clean and dry.
- ▶ To avoid tangles or damage, gently wrap the power cord around the base or use a cord tie before storing.
- ▶ Store your juicer in a cool, dry place away from direct sunlight, stovetops, or other heat sources.
- ▶ For frequent use, keeping your juicer assembled on the kitchen bench makes daily juicing quick and easy.

TROUBLESHOOTING

Issue	Solution
Difficult to assemble or disassemble	- Follow the step by step instructions carefully. - Use gentle twisting motions to lock/unlock parts. - Do not force parts as this may cause damage.
Juicer won't start	- Ensure the juicing chute is properly locked onto the motor base. - Check the power cord is plugged in. - Make sure the microswitch is engaged (juicing chute and parts correctly assembled).
Juicer stops mid use or slows down	- Ingredients may be blocking the auger. - Use the REVERSE function by twisting and holding the dial to clear blockages. - Avoid overloading with too many hard ingredients at once.
Juicer is noisy or vibrating	- Juicing chute or pulp extractor may not be securely locked. - Check for any hard objects like seeds stuck in the auger and juicing chute. - Make sure the juicer is placed on a flat, stable surface.
Smell from motor	- A new motor may emit a slight smell during the first few uses, this is normal. - Make sure there is ventilation around the juicer and motor isn't blocked. - If smell persists or worsens, contact customer support.
Excess pulp in juice	- Juice strainer may be clogged or damaged, clean or replace if needed. - Make sure all parts are correctly assembled to avoid pulp leaking into the juice.
Low juice yield	- Make sure fruits and vegetables are fresh and properly prepared. - Avoid overloading the feeding chute and insert ingredients slowly. - Clean the juice strainer thoroughly to prevent clogging.

TROUBLESHOOTING

Issue	Solution
Juice separating	- Fresh juice naturally separates over time. - Shake or stir juice before drinking. - Store juice in airtight containers and refrigerate immediately.
Juice tap leaking	- Make sure the juice tap is fully closed. - Check for any damage or misalignment of the juice tap and seal.
Stained parts	- Some fruits and vegetables (like beetroot or carrots) can stain parts. - Clean parts immediately after use with a mild detergent. - Use baking soda paste or vinegar to help remove stains.

PRODUCT SPECIFICATIONS

Product:	Optimum H3000 Essential
Power:	250W
Voltage:	220-240V
Frequency:	50-60Hz
Feeding chute size:	70mm-50mm
Dimensions:	35 cm x 16.5 cm x 37 cm
Weight:	3,5kg
Juice cup capacity:	300ml
Pulp cup capacity:	500ml



Disposal:

Do not dispose of this device with normal household waste. When it reaches the end of its service life, it must be taken to a designated collection point for recycling electrical and electronic equipment. The materials in this product are recyclable as indicated by their labels. By properly recycling or repurposing this device, you help protect the environment. Contact your local municipal to find out where the nearest disposal facility is located.

WARRANTY TERMS & CONDITIONS

The warranty outlined below only covers distributors of the Optimum range of appliances. Please contact your distributor for a full product warranty.

Effective as of 1st January 2014

1. Optimum® ("we") warrants this appliance to be free from defects in materials and workmanship. As long as you use it according to this user manual, Optimum® warrants that it will perform satisfactorily in household use for a period of 1 year.
2. Any warranties beyond this standard period are offered as extended terms by the selling distributor. This means you can only claim them through that provider.
3. We will repair, replace your appliance if any defects occur under normal use and care within this manufactures warranty period at our discretion and only if the selling distributor cannot do so. This is done solely at our option with no charge for parts. This warranty does not extend to any accessories whether included or purchased separately. If your distributor determines that your appliance has a major fault, they may offer a replacement at their own discretion.
4. If your appliance needs repair while it is under warranty and your distributor cannot provide the repairs, you are responsible for the cost of returning it to us (or an approved service provider), and also for the cost returning it back to you.
5. Whilst your appliance is in transit, you assume all risk for it. The warranty does not cover any further damage during transportation.
6. You must ensure that you properly package your appliance when you return it to avoid any damage to it during transit.
7. To enable us to process your warranty claim, ensure you include an explanation of any problem. We will not look for faults for you and will only repair described faults as covered under warranty.
8. This full warranty is void if your appliance has been subjected to abuse, negligence, accident, alteration, failure to follow operating instructions, or exposed to abnormal or extreme conditions.
9. Cosmetic changes that do not affect performance will not be considered defects or fall under this warranty. These changes include discoloration of any parts of your appliance, or the effects of using abrasive cleaners. The warranty does not cover cleaning or removing any food products from your appliance, or repairing any damage caused by allowing them to build up.
10. This warranty does not cover normal wear and tear on your appliance or its parts.
11. This warranty does not cover any defect caused by an accident, misuse, abuse, improper installation or operation, lack of reasonable care, unauthorized medication, loss of parts, tampering or attempted repair by anyone we have not authorized to make repairs.
12. The warranty will not apply if the damage, malfunction of failure results from alterations, accident, misuse, abuse, fire, liquid spillage, maladjustment of customer controls, use on an incorrect voltage, power surges and dips, thunderstorm activity, acts of God, voltage supply problems, tampering or unauthorized repairs by any persons, use of defective or incompatible, exposure to abnormally corrosive conditions or entry by any insect, vermin or foreign object in the product.
13. The warranty does not cover damage from using your appliance with an alternate power source (e.g. solar, inverter, generator, etc). We do not recommend using these devices to power your appliance.
14. You must keep your purchase docket and receipt as both proof of purchase, and proof of the date on which you made the purchase. You will need to present your purchase docket or receipt when making a claim under this warranty.
15. If you do not present your receipt of purchase, this warranty is invalid. Consumer Law allows us to request reasonable proof of purchase to service a warranty claim.
16. This warranty does not imply, intend to or detract from any consumer rights listed in, and able to be enforced from, Regulated Consumer Law. If any condition is found to be breach of the Consumer Law, only that single condition shall be void, and all other conditions will remain in place.

CONTACT US

Please contact the distributor located in the country where you made your original purchase for all support, servicing and warranty inquiries.

Your distributor is:



Australia:

☎ 1300 309 900

New Zealand:

☎ 0800 741 369

Our customer support team is available during business hours and we also offer 24/7 online after hours support for appliance faults, repairs and warranty assistance.

🔧 **Support Centre:** <http://froothie.com.au/pages/customer-care>

✉ **Email:** support@froothie.com.au and support@froothie.co.nz

🌐 For international customers, please visit www.froothieinternational.com and select your country to find the correct distributor.

