

■ LIVING WELL | MONTEL

# HealthMaster™ ELITE

## Owner's Manual

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Do Not Operate The  
HealthMaster Before  
Reading This Entire Manual

FOR HOUSEHOLD USE ONLY.

Model: JLA-8  
120 VAC 60Hz 1200W

SEE WARRANTY INFORMATION  
IN THIS MANUAL



Also for red and white models.

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# IMPORTANT SAFEGUARDS

**IMPORTANT: Read this manual carefully and completely before attempting to operate the HealthMaster. Failure to do so could result in serious personal injury.**

- Blades are sharp. Handle carefully.
- Children should not be permitted to operate this, or any other kitchen appliance, without the constant supervision of a qualified adult.
- Do not attempt any home repairs to this unit. Should the unit require repair, such repair should only be performed by a qualified professional.
- Unit For Indoor Use Only. To reduce the risk of electric shock, never expose any part of this appliance including the power cord, plug or motorized Base to rain, moisture or immersion in liquids of any kind.
- The unit has a polarized plug. One prong is narrower than the other and it will fit only one way into an electrical outlet. Never force the plug into the outlet. If it doesn't fit after trying it one way and then reversing it ... contact an electrician. Do not modify the plug in any way.
- Never use an adaptor or an extension cord.
- Never assemble, disassemble or handle the unit while it is plugged into an electrical outlet. Keep unplugged when not in use.
- The HealthMaster comes equipped with a "Tamper" utensil. This is the only utensil you should ever use while operating this unit. Using other utensils may damage the unit and cause possible personal injury.
- To prevent overheating, do not block any ventilation intake openings (see page 5).
- Use on a dry, stable surface.
- When preparing fresh baby food always consult with your physician (pediatrician) before making any dietary changes. Certain fruits and vegetables are not recommended for infants or young children due to immature digestive systems, allergies, or other developmental reasons.
- When preparing fresh baby food, to prevent choking, always make sure all fruits and vegetables are completely liquified before feeding them to a baby.
- To avoid personal injury: Never remove the Lid while the motor is running. If something is stuck press the power OFF button, wait for motor to stop running, unplug the unit then remove the Cap only, insert the Tamper to dislodge stuck food. If food remains stuck, disassemble and remove the blocked food.
- Make sure the Lid is attached properly before pressing the ON button.
- Avoid contacting moving parts.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
- The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury to persons.

# IMPORTANT SAFEGUARDS (continued)

- Never use hands, fingers, or other utensils to insert food into the Pitcher. Use the Tamper only.
- Never leave the HealthMaster unattended while motor is running.
- Never add ingredients to the HealthMaster while unit is running at a speed of higher than #1.
- We do not recommend pressing the RUN button when the Pitcher is empty.
- Always use one hand to hold the Pitcher handle as this unit operates at high speeds.
- Never put fruits with pits in the HealthMaster. Remove pits prior to placing items into the Pitcher.
- The maximum capacity is 70 ounces. Use significantly less with thicker ingredients.
- When processing foods with a dense consistency such as peanut butter, grains, or doughs, do not process for more than 30 seconds at a time. Over processing can cause the motor to overheat.
- Always make sure the Lid and E-Z Lock Cap are position before use.
- Do not let cord come in contact with stove, other hot surfaces or hang over edge of table or counter.



**WARNING** Failure to follow these instructions can result in death, fire, or electric shock.

## Specifications Model: JLA-8 120 VAC 60Hz 1200W

### Avoiding Serious Injury and Burns While Processing Hot Liquids

- Make sure the Lid and E-Z Lock Cap are securely in place and locked when processing hot liquids.
- When processing hot liquids always start on speed #1. Then increase rapidly to the required speed for that recipe. Use caution when using hot liquids as steam may escape from the sides of the E-Z Lock Cap.
- Always hold the Pitcher securely by the handle while processing hot liquids.

# SAVE THESE INSTRUCTIONS

# Parts & Accessories

**IMPORTANT:** Your HealthMaster has been shipped with the following components. Check everything carefully before use. If any part is missing or has been damaged in shipping do not use this product and contact shipper using the customer service number located in the back of this owner's manual.



# Assembling The HealthMaster™

Unwind power cord to desired length.

This appliance was designed with built-in power cord storage beneath the Base. Store the excess length of cord neatly underneath to avoid accidental tipping of machine while in use.



**WARNING:** Do not plug power cord into electrical outlet until unit is fully assembled.

**Power to unit will not take place unless steps 1–5 in this section are followed carefully.**

1. Place the motor Base on a stable, dry surface.
2. Firmly seat the Pitcher onto the Base. The Pitcher will fit on the Base 4 different ways. The 4 knobs on the Base should fit into the corners under the Pitcher. Once seated properly, this will activate the weighted safety switch.



Figure A



**NOTE:**

At this point you may want to place the ingredients for processing into the unit. Insert ingredients into the Pitcher, soft foods first, harder items last. The E-Z Lock Cap can be removed during operation to add additional ingredients or to insert the Tamper. The E-Z Lock Cap should only be removed at speed #1. Always replace Cap when you are finished inserting Tamper or additional ingredients.

# Assembling The HealthMaster™ (continued)

3. Insert the E-Z Lock Cap into the Lid (aligning the Cap's tabs with the Lid's slots) and turn clockwise to the lock symbol.

**NOTE:**

While the power is ON and as air pressure inside the Pitcher increases, steam will release from the openings on the side of the Cap. To release the steam, turn the Cap counterclockwise to the unlock symbol.



4. Place Lid on Pitcher and push down until Lid lip meets the top of the Pitcher.



5. Make sure the unit is assembled properly before connecting the power cord to the electrical outlet. Once the HealthMaster is plugged in, the ON/OFF button will light up blue. But the LED Display will not be lit up. This means the HealthMaster is not on but there is power.
6. BEFORE pushing the ON button — hold the top of the assembled unit to prevent tipping when starting. Once you push the ON button, the LED Display will illuminate.
7. After pushing the OFF button wait until the Blades completely stop spinning and unit is unplugged before removing the Cap, Lid, or the Pitcher.

**NOTE:** Unit will not turn on until Weighted Safety Switch is fully engaged. Should the unit overheat during operation the motor will automatically shut off. To restore power allow the machine to cool down for 35 minutes.



# Controls

**Attention: The unit will not run on the RUN setting unless a time is selected. If you have to blend for less than 1 minute, manually stop the unit by pressing the STOP button.**

**ON/OFF Button:** Push once for ON. Push once for OFF. The button lights up BLUE when the HealthMaster is plugged in. It is ON when the LED Display is illuminated.

**SPEED Selection:** Use the (+) and (-) buttons to select the speed, 1 through 8.

**TIME:** Use the (+) and (-) buttons to select the amount of time in minutes, 0 through 10 minutes. A time must be selected in order for it to run on the RUN setting. If you have to blend for less than 1 minute, manually stop the unit by pressing the STOP button.

**PULSE:** Press and release to get a single burst of speed for each pulse until you have achieved the desired results. The button lights up BLUE when activated.

**RUN/STOP:** Press RUN/STOP to start the HealthMaster. If the speed was not set, the HealthMaster will run at speed 1. The button lights up BLUE when activated. You must press RUN/STOP again to stop. A time must be selected in order for it to run on the RUN setting. If you have to blend for less than 1 minute, manually stop the unit by pressing the STOP button.

**ICE:** Pressing the ICE button causes the HealthMaster to operate on a cycle of 1 second on and 4 seconds off. The button lights up Blue when activated. Press ICE again to stop.



## Using the Tamper

The Tamper is useful when preparing thick or frozen mixtures. The Tamper can be used while the machine is running.

1. Make sure Lid is secure and locked in place.
2. Remove E-Z Lock Cap from Lid.
3. Insert Tamper through the opening in the Lid.
4. Hold the Pitcher handle with one hand, grasp Tamper with the other hand.
5. Move up and down or in a circular motion to move contents around the Blade.

### Tips for Using the Tamper:

When preparing thick mixtures that don't circulate freely, insert the Tamper and move in a circular motion. This will help remove any air or ingredients trapped by the Blade. The Lid prevents the Tamper from making direct contact with the Blade.

**NOTE:** In the event the motor overheats during operation it will automatically shut off. To restore power, allow it to cool down for 35 minutes before using.



# Using Your HealthMaster™

- Always remove all stems and large pits such as peach, mango, apricot, etc. before processing as these items can damage the Blade and cause the motor to malfunction.
- Unless otherwise instructed, insert wet ingredients into the HealthMaster™ first, then dry ingredients, then ice if needed.
- Thoroughly wash all fruits and vegetables before juicing to remove any dirt or chemicals.
- Fruits and vegetables juice best when they are fresh and firm.
- Always serve fresh foods immediately. After just a few seconds they begin to lose vitamin potency.

## Making Hot Soups & Sauces

1. Carefully add liquids and solids, avoiding splashing that could cause personal injury when liquids are hot. (When recipe calls for hot liquid to be added to the Pitcher, let sit for 3–5 minutes with the E-Z Lock Cap removed, allowing the steam to escape.)
2. Secure Lid and E-Z LOCK Cap on the Pitcher making sure Cap is in the locked position.
3. Push the ON control button and then the RUN button.
4. Slowly increase the speed control from #1 to #8 (as specified by the recipe). Let the machine run until desired consistency or temperature has been reached. The average cook time is 6–8 minutes on speed #8. This will vary depending on the texture of the ingredients and the starting temperature.
5. Do not remove Lid and E-Z LOCK Cap until the power is OFF and the unit has been unplugged. Wait for motor to shut off and the Blades to completely stop.
6. To open Lid, first remove the E-Z LOCK Cap to let steam escape then remove Lid.

### Pureeing Cooked Soups & Sauces

1. Carefully add hot soup or sauce, avoiding splashing that could cause personal injury. Let sit for 3–5 minutes with the E-Z Lock Cap removed, allowing the steam to escape before blending.

## Making Frozen Blends & Treats

1. To make ice cream and sorbet, add liquids and soft ingredients (i.e. soft fruits) first, then frozen ingredients. In order to make successful frozen treats with the HealthMaster you must always follow the recommended ratio of ingredients. 1 part liquid to 3–4 parts frozen ingredients. Changing this ratio can damage the Blades or the motor.
2. Place the Lid on securely. Remove E-Z LOCK Cap from Lid and insert Tamper.  
**NOTE:** You will need to use the Tamper to move ingredients around quickly.
3. Press ON button. Press RUN button. Increase the speed to #8 (high) and blend to desired consistency.

## Making Dough

1. To make dough for fresh bread or pizza, add the dry ingredients into the Pitcher first. Secure the Lid without the Cap.
2. Press ON button. Increase the speed to 4. Press RUN button. Add the wet ingredients into the Pitcher while the motor is running. Allow it to run for 5-8 seconds only. Press STOP button.
3. Increase the speed to 8. PULSE approximately 20 times until the mixture becomes a crumbled texture. Press OFF button.
4. Remove the Lid and Pitcher. Pour the dough into a bowl. Turn the gear end of the Blade under the Pitcher to get all the dough out.
5. Knead the dough into a ball on a floured surface. Place the dough back into a covered bowl. Let the bowl and dough sit in a warm place for approximately 45 minutes or until doubled in size.
6. Divide dough into pieces to bake bread, pitas, pizza and more.

## Chopping with the HealthMaster™

The HealthMaster chops food to a fine texture quickly and easily for use in salads, soups, and baking:

1. Place ingredients in the Pitcher. Do not fill more than 1/4 full.  
We recommend using smaller pieces when chopping.
2. Secure Lid and Cap then select ON button.
3. Set to recommended speed.
4. Use the PULSE button until all ingredients have been processed.

**NOTE:** The speeds may vary depending on the ripeness of ingredients when using fresh fruits and vegetables.

### Recommended Speed Settings For Chopping

- Broccoli #3 –4
- Cauliflower #3 –4
- Zucchini/Squash #3–4
- Hard Boiled Eggs #3 –4
- Olives #2–3
- Potatoes #2–3
- Onions #2–3
- Nuts #3
- Carrots #3 –4
- Mushrooms #2–3
- Breadcrumbs #2–3

## Cleaning and Maintenance

1. Press OFF button and wait until the motor completely stops.
2. Using dry hands, unplug the power cord from electrical outlet.
3. Disassemble the machine.
4. Wash the Lid and Cap in warm soapy water. Rinse and dry thoroughly before first use.
5. NOTE: DO NOT put unit in dishwasher. We recommend washing the Pitcher by hand. For safety reasons, do not touch the blade directly with your fingers. Fill the Pitcher with warm soapy water. Attach the Pitcher to the Base. Then secure the Lid and Cap in place. Press ON button. Increase the speed to 8. Then press the RUN button. Allow it to run for about 1 minute. Rinse and dry thoroughly.

## Cleaning and Maintenance (continued)

6. Make sure Base and parts are completely dry before storing in a cool, dry place.
7. Never use abrasive materials or cleansers to clean the main Base or any of the parts. This can scratch the finish causing permanent damage.



**CAUTION:** To avoid personal injury use caution while cleaning inside of Pitcher as Blades are sharp. Handle carefully.

## Troubleshooting

**NOTE:** The HealthMaster is a very powerful unit. When operating properly, the motor gives off a loud but smooth sound that changes in pitch as the motor speed is increased. This is normal.

Problem	Possible Reasons and Solution
There was a burning smell when the HealthMaster was first turned on.	<ul style="list-style-type: none"> <li>• There may be a short term Burn-Off Odor when the HealthMaster is first used. This is from a lubricant used in manufacturing the motor.</li> </ul>
Motor does not run after ON button is pushed.	<ul style="list-style-type: none"> <li>• Check to see if unit is plugged in.</li> <li>• Pitcher is not seated correctly.</li> <li>• Check if all parts are assembled properly.</li> <li>• Check if any food is causing Blade to lock.</li> </ul>
Normal Loud Smooth Sound becomes unpleasant, more pronounced and uneven, producing erratic and sometimes uncontrolled unit vibration.	<ul style="list-style-type: none"> <li>• Push power button to OFF immediately.</li> <li>• Unplug unit and check for proper assembly.</li> <li>• Reassemble and retry unit.</li> </ul>
The unit shuts off while in use.	<ul style="list-style-type: none"> <li>• The auto shut off feature has been activated due to overheating.</li> <li>• Push OFF button, allow to cool down for 35 minutes.</li> <li>• Check the thickness and quantity of mixture, if overloaded, reduce accordingly.</li> </ul>

**NOTE:** In the event the motor overheats during operation it will automatically shut off. You may have overloaded the HealthMaster. Remove excess contents. To restore power, allow the machine to cool down for 35 minutes before use.

# FREQUENTLY ASKED QUESTIONS

## about the LIVING WELL MONTEL HealthMaster™

This summary briefly answers common questions. Read operating manual before use.

**Q. What is the difference between this unit and other blenders on the market?**

A. The Healthmaster is not a typical blender. This unit is designed to do 31 kitchen jobs in one. The Healthmaster will make everything from hot soups to cold ice cream in one step.

- |                            |                             |
|----------------------------|-----------------------------|
| 01. Pulverize fruit.       | 17. Shred cooked meat.      |
| 02. Liquefy vegetables.    | 18. Mash potatoes.          |
| 03. Make frozen treats.    | 19. Cream butters.          |
| 04. Simmer soup.           | 20. Chop vegetables.        |
| 05. Blend smoothies.       | 21. Emulsify whole produce. |
| 06. Grind nut butters.     | 22. Dice onions.            |
| 07. Whisk salad dressings. | 23. Aerate egg whites.      |
| 08. Melt chocolate fondue. | 24. Juice.                  |
| 09. Purée baby food.       | 25. Powder sugar.           |
| 10. Grate cheese.          | 26. Knead dough.            |
| 11. Whip cream.            | 27. Prepare yogurt.         |
| 12. Fold batter.           | 28. Make soy milk.          |
| 13. Mince herbs.           | 29. Create coffee drinks.   |
| 14. Mix cocktails.         | 30. Grind grains.           |
| 15. Beat sauces.           | 31. Make cold sorbets.      |
| 16. Crush ice.             |                             |

**Q. What 20 different kitchen appliances can the HealthMaster do the job of?**

A. They are as follows:

- |  |  |
|--|--|
| 01 - Blender                           | 11 - Food mill                                   |
| 02 - Minichopper                       | 12 - Cheese / Veggie grater                      |
| 03 - 10" cook's knife                  | 13 - Juicer                                      |
| 04 - Immersion blender (stick blender) | 14 - Meat grinder                                |
| 05 - Snow Cone Maker                   | 15 - Hand mixer                                  |
| 06 - Coffee mill / grinder             | 16 - Nut butter maker                            |
| 07 - Spice mill / grinder              | 17 - Garlic Press                                |
| 08 - Ice Cream maker                   | 18 - Soy milk maker                              |
| 09 - Smoothie maker/ bar blender       | 19 - Milk shake maker                            |
| 10 - Ricer                             | 20 - Latte whip or other milk frothing apparatus |

**Q. What is the Pitcher made out of?**

A. It is made of a BPA free plastic.

**Q. How many speeds does the unit have?**

A. The unit has 8 variable speeds.

**Q. What are the dimensions of the unit?**

A. 19.75"H x 9"W x 8.25"D (assembled)

**Q. How is the unit able to make soups?**

A. The centrifugal force of the Blade spinning causes friction which heats up the contents.

**Q. How many ounces does the Pitcher hold?**

A. 70 ounces (2000ml)

**Q. Why is there steam coming from my Lid?**

A. There is a Safety Valve release built into the Lid. This allows steam and pressure to release from the unit when soups are being made. The Cap allows steam and pressure to release from the sides when hot liquids are being processed.

**Q. Why won't the machine turn on?**

A. The unit must be properly assembled or it will not power on at all. The Pitcher must engage the safety switch. Unit will not turn on until Weighted Safety Switch is engaged. The display will not light up unless it is properly assembled.

**Q. Why has the motor shut off while using?**

A. The unit has a built in safety feature that will shut down the machine to prevent overheating. Allow the machine to cool down for about 35 minutes. The machine will then power back on.

**Q. Why does the Blade only spin once and then stop when the "ICE" button is pressed?**

A. The "ICE" button is only used when trying to move contents from the bottom of the Pitcher. It is not a feature that will remain running when pressed.

**Q. What is the horsepower of the unit?**

A. Almost 2 horsepower motor.

**Q. What is the wattage?**

A. 1200 watts

**Q. How often should I change my Blades?**

A. The Blades of the unit will never have to be replaced.

**Q. Is it normal for my machine to be loud?**

A. Yes, this is a powerful motor. And there will be some noise associated with it.

**Q. Can I make flour in the unit?**

A. Yes, you can.

**Q. Do vegetables need to be cooked before putting in machine?**

A. No.

**Q. Is the unit dishwasher safe?**

A. The Base is not dishwasher safe. We recommend washing the Pitcher, Lid and Cap by hand. Fill the Pitcher with warm soapy water. Attach the Pitcher to the Base. Then secure Lid and Cap in place. Press ON button. Increase the speed to 8. Then press the RUN button. Allow it to run for about 1 minute. Rinse and dry thoroughly.

**Q. Is it normal for the motor to have a slight burning smell?**

A. Yes, it is normal for the unit to have a factory smell. After a few uses the smell will dissipate.

**Q. Can anything other than the Tamper be used in the machine?**

A. No. The Tamper is specially designed to stop 1 inch above the Blade. We do not recommend that anything other than the Tamper provided is used.

## Manufacturer's Limited Warranty

The manufacturer warrants that your HealthMaster™ is free of defects in materials and workmanship and will, at its option, repair or replace any defective HealthMaster™ that is returned to it. The HealthMaster motor has a Lifetime Guarantee, and all other parts and components are warranted for 60 days from the original date of purchase. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.
2. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
3. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

### Procedure for Warranty Repairs or Replacement:

If warranty service is necessary, the original purchaser must pack the product securely and send it postage paid with a description of the defect, proof of purchase, and a check or money order for \$29.99 to cover return postage and handling to the following address: HealthMaster™, P.O. Box 3007, Wallingford, CT 06492.

## HealthMaster Elite Replacement Parts



To order please call or for more information visit:

**[www.myhealthmaster.com](http://www.myhealthmaster.com)**

**or call 1-973-287-5189**

*Please allow 3-4 weeks for shipping.*

**YES!** Please send me the following HealthMaster Elite items:

- HealthMaster E-Z Lock Cap  
for only \$9.99. FREE s&h.  
Total \$9.99.
- HealthMaster Tamper  
for only \$9.99. FREE s&h.  
Total \$9.99.
- HealthMaster Lid  
for only \$14.99. FREE s&h.  
Total \$14.99.
- HealthMaster Pitcher  
for only \$49.99. FREE s&h.  
Total \$49.99.

VISA    MasterCard    Discover

Exp. Date \_\_\_\_\_

Credit Card # \_\_\_\_\_

Check    Money Order

(NJ, PA, CT residents add sales tax. CA, NV & NY add applicable rate.) U.S. currency only

Print Name \_\_\_\_\_

Address \_\_\_\_\_

Apt. \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone# \_\_\_\_\_

E-mail \_\_\_\_\_

**Please make checks payable to: HEALTHMASTER ELITE**

Mail Payment Today To: HEALTHMASTER, 26 Barnes Industrial Rd. North,  
P.O. Box 3125, Dept. YD2098, Wallingford, CT 06494



■ LIVING WELL | MONTEL  
**HealthMaster™**  
ELITE

## **OWNER'S MANUAL**

Congratulations on your purchase of the HealthMaster™ Elite.  
We are very proud of the functional design and exceptional quality of this product.  
Our manufacturing process is geared to deliver long years of product service to our  
valued customers. Should you experience any problem with your purchase,  
our dedicated customer service staff is here to serve you.

**We are available at:**

**1-973-287-5189**

**or see our website at:**

**[www.myhealthmaster.com](http://www.myhealthmaster.com)**

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