

# contigo®

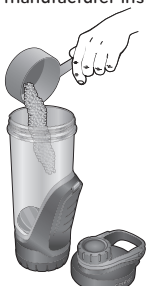
## Shake and Go™ Fit Shaker Bottle with Gym Storage Care and Use Instructions

### ⚠ CAUTION

- Product is NOT designed for hot liquids. Use only with cold liquids.
- Not for use with carbonated beverages.
- Prior to drinking, make sure the lid is properly threaded to the body and screwed on completely.
- DO NOT overfill. Fill liquids to just below the threading in the body.
- DO NOT microwave or freeze.
- DO NOT use cleaners containing bleach, chlorine, abrasives, and/or other harsh chemicals.
- DO NOT continue to use product if damaged.
- DO NOT carry bottles containing liquid in bags to help prevent accidental opening.

### USAGE RECOMMENDATIONS:

To use, insert your ingredients into the bottle with the shaker ball and shake according to drink manufacturer instructions. Make sure the lid is screwed on tightly before shaking.



Pour in the powder



Shake



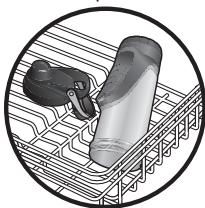
Ready to drink

### RECOMMENDED FOR:

Protein powders, nutrition supplements, meal replacements and any other powdered beverages.

### CLEANING INSTRUCTIONS:

- Wash thoroughly before first use.
- Rinse immediately after each use with warm water.
- Lid, plastic body and the ball are top-rack dishwasher safe.  
Ball can be placed in the silverware bin.



- If washing by hand, soak lid and ball for 10 minutes in hot soapy water. Hand wash body with warm water and mild detergent. Rinse all parts thoroughly before drying.
- For best cleaning results use Contigo® bottle brush available at [www.GoContigo.com](http://www.GoContigo.com).



10 min.



- ALWAYS STORE BOTTLE WITH LID REMOVED to allow parts to dry completely.



For complete warranty information, see [GoContigo.com](http://GoContigo.com).

[www.GoContigo.com](http://www.GoContigo.com)

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please contact us at 1-888-262-0622 or [GoContigo.com](http://GoContigo.com).