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.

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.

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

For complete warranty information, see GoContigo.com.

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