

**DR. MERCOLA®**  
HEALTHY HOME



# YOGURT MAKER

**Owner's Manual**

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## **PACKAGED MATERIALS:**

- 1 Kinetic Culture Yogurt Maker Unit
- 1 Unit Cover
- 7 Glass Jars
- 7 Jar Lids
- 1 Owner's Manual

Thank you for purchasing Dr. Mercola's Kinetic Culture Yogurt Maker. This yogurt maker uses PTC (Positive Temperature Coefficient) technology which allows you to accurately control the temperature of the unit. Follow the instructions provided with your Kinetic Culture Yogurt Maker to assist with easy set up and usage.

## **FEATURES:**

Unique structure allows for equal heat transmission, allowing for active cultures to be maintained.

Transparent unit cover allows you to observe the current state of the yogurt during the fermentation process.

Uses PTC technology to provide a consistent temperature and safe operation.

Convenient single serving glass jars allow the yogurt to stay fresh and be taken on the go.

Includes 7 glass jars for fermentation.

Incorporates a timer with a full-automation function.

Sound prompts when fermentation is complete.

# Important Safeguards

We are interested in your safety while using Dr. Mercola's Kinetic Culture Yogurt Maker. We have included these general safeguards; please take the time to carefully read them. They provide important information regarding safe use and general maintenance of the appliance. Nonobservance of these safeguards may compromise the safety of the appliance, result in injury, and/or void the warranty.

## READ AND SAVE THESE INSTRUCTIONS

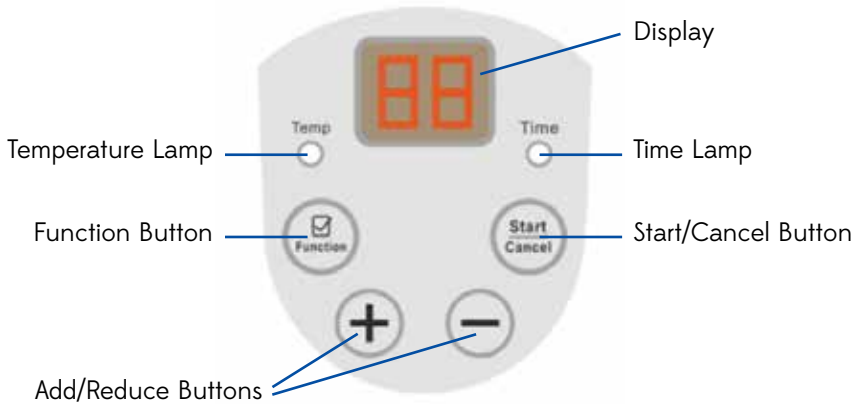
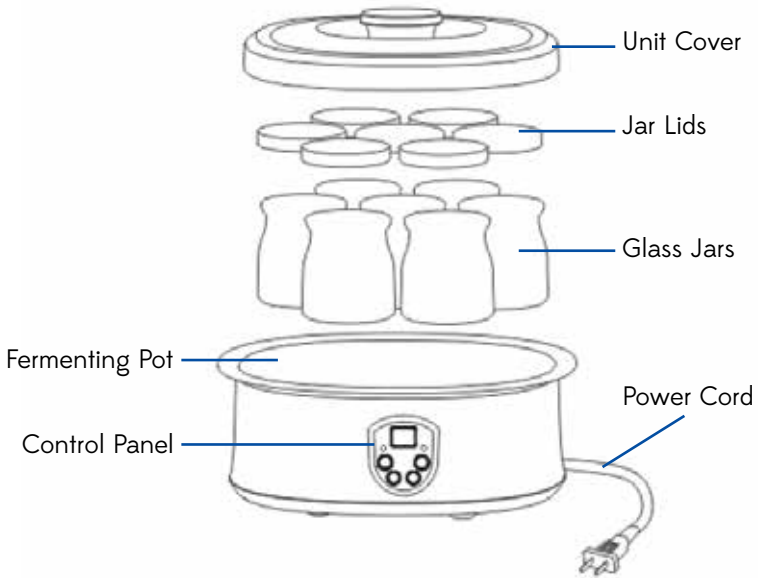
1. Keep this Owner's Manual safe for future reference.
2. To protect against risk of electrical shock, do not put the appliance or cord in water or other liquid. If appliance or cord falls into water or liquid, unplug the cord from the outlet immediately. Do not reach into the water or liquid.
3. To avoid accidental injury, close supervision is necessary when appliance is used by or near children.
4. Unplug appliance from the outlet when not in use, before taking parts off and before cleaning. To unplug, grasp plug and pull from the electrical outlet. Never directly pull the cord. Allow it to cool off before putting on or taking off any parts.
5. Do not operate appliance with a damaged cord or plug, or after appliance malfunctions, or after the appliance has been dropped or damaged in any way.
6. The use of attachments not recommended or sold by Natural Health Partners LLC may cause a fire, electrical shock, or injury.
7. This Kinetic Culture Yogurt Maker is designed for household use only. Do not use outdoors.
8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
9. Do not place on or near a hot gas or electric burner, or in a heated oven. Do not place any parts in the microwave oven.
10. Do not operate while under the influence of alcohol or other substances that affect your reaction time or perception.
11. Never move the appliance when it is operating.
12. Do not touch the appliance with wet or damp hands.
13. After each use, clean all parts that have had contact with food. Follow the cleaning instructions in this manual.
14. Store the appliance and all of its parts in original packaging. **STORE OUT OF THE REACH OF CHILDREN.**
15. To operate the Kinetic Culture Yogurt Maker, plug cord into the wall outlet. To disconnect, remove plug from wall outlet.
16. Do not use the Kinetic Culture Yogurt Maker for other than the intended use.

17. After unpacking the appliance, check unit to be sure that it has been received undamaged and that no parts are missing. If you are in any doubt, contact the Mercola.com Customer Service team at (877) 985-2696.
18. Before connecting to an outlet, check that the supply voltage details marked on the appliance agree with those of the electrical supply. The label with this information may be found on the bottom of the appliance.
19. Household electrical installation must be carried out in accordance with manufacturer's instructions. The manufacturer is not responsible for damage or injuries to persons, animals or objects caused by incorrect use or installation.
20. Do not put on top of a vibrating surface such as the top of a refrigerator, or leave exposed to drafts.
21. Do not keep or consume yogurt that has been kept in the refrigerator for more than 2 weeks.
22. Never put the appliance in the refrigerator.
23. Do not touch hot surfaces. Use handles or knobs.
24. Do not move the appliance when it contains hot liquids.
25. To disconnect, turn any control to "off", then remove plug from wall outlet.

**NOTICE:** This appliance has a polarized plug (one blade is wider than other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

- a) A short power-supply cord should be used to reduce the risk of becoming entangled in or tripping over a longer cord.
- b) An extension cord may be used if care is exercised.
- c) If an extension cord is used:
  - 1) The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance; and
  - 2) The cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

# Diagrams & Control Panel Information



# Getting Started

Unpack your Kinetic Culture Yogurt Maker. Remove all contents from the box. Check to make sure you have all the parts listed in “Packaged Materials” on Page 2. Keep the original packaging to store your Kinetic Culture Yogurt Maker.

## BEFORE FIRST TIME USE:

1. Remove any labels or stickers from appliance.
2. Before first use or after periods of prolonged storage, thoroughly wash cover, glass jars and blue lids in warm, soapy water then rinse and dry completely.
3. Wipe the inside of the Yogurt Maker with a damp cloth.

**CAUTION:** Disconnect from power supply after each use. Always ensure that the appliance is completely cool before cleaning and storing. Always disconnect from power supply and clean thoroughly before storage. This appliance must be used for the purpose for which it was designed, namely for making yogurt. Any other use must be considered improper and therefore dangerous.

## TO OPERATE:

1. Insert the Power Plug into a wall outlet. The number “88” will be displayed and a sound will be made to indicate that the appliance is turned on and is ready for use.
2. Set the temperature of the appliance by pressing “Function” and using the + and - buttons to set the appropriate temperature. Set the temperature to 43°C for basic yogurt. Once the temperature has been set, press “Start”.
3. Set the timer of the appliance by pressing “Function” again and using the + and - buttons to set the appropriate time (6 to 8 hours). Press “Start” once the desired time has been set.



# Instructions For Use

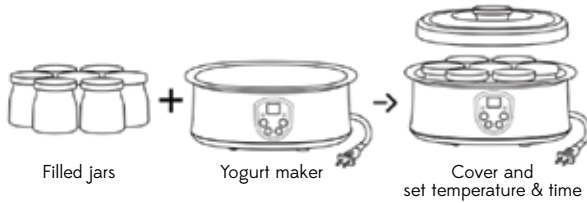
Prepare the following:

- Stainless steel, ceramic or tempered glass pot
- Thermometer
- Wooden, nylon or stainless steel utensil for stirring
- 1 packet of Dr. Mercola's Kinetic Culture Yogurt Starter
- 1.5 quarts of fresh milk
- Instant milk powder or pectin (optional, to thicken)

1. Ensure all these utensils are thoroughly washed and dried before starting to make yogurt.
2. Add 1.5 quarts of milk to the stainless steel, ceramic or glass pot. Dr. Mercola recommends high-quality raw, unpasteurized milk, preferably AGA (American Grassfed Association) Certified, or Organic Certified. You can use whole, reduced fat, or skim milk. For best results use milk that is still within its sell by date. Do not use ultra-high-temperature (UHT) or canned milk as the yogurt may not set up properly.  

OPTIONAL: Adding instant milk powder or pectin to the milk can be done at this stage. Doing so will make a thicker yogurt. Start with 3-6 tablespoons and customize to your taste preference. Stir well to ensure all powder is dissolved before heating.
3. Heat milk to 185°F (85°C). This is best accomplished using a double boiler or a water bath to avoid scorching milk. Milk should be stirred frequently with a clean utensil.
4. Keep milk at 185°F (85°C) for 30 minutes - this will help give a thick consistency. Continue to stir frequently during this time with a clean utensil.
5. Cool milk to 110°F (43°C) - this is best accomplished in a sink or pan filled with cold water. During cooling it is also helpful to stir occasionally. If using a glass pot, make certain it is tempered glass to avoid cracking when cooled. If using a Dr. Mercola Healthy Home Ceramic Pot, do not submerge in cool water as this could cause breakage due to thermal shock.
6. Add one packet of Kinetic Culture Yogurt Starter and stir well with a clean utensil.
7. Pour mixture equally into the glass jars.





8. Place the jars - without the blue lids - into your Kinetic Culture Yogurt Maker.

9. Cover the Yogurt Maker with its clear cover.

10. Set temperature to 43°C, and timer to desired length, and press “Start” (see page 7 for Operation Instructions).

11. The yogurt should finish culturing within 6-8 hours. For the first batch try 7 hours. Experiment with future batches to adjust culturing time based on your preference. A longer time will result in a thicker, more tart yogurt, while a shorter time will provide a thinner texture and milder flavor.

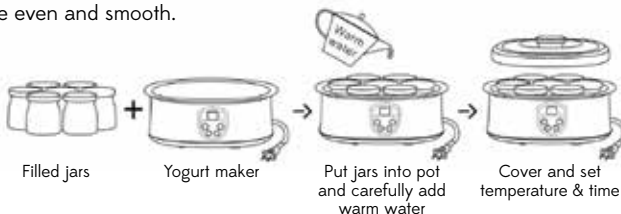
12. Remove jars from unit, cover with individual lids, and cool yogurt overnight in refrigerator, or at least 6 hours.

13. After cooling, open jars to find the yogurt has curdled. There may be some whey (or yellowish/green liquid) around the top or sides of jars - this is normal. Using a clean utensil, stir yogurt to make a smooth consistency.

14. At this point yogurt may be eaten, or the jars can be stored for up to two weeks in the refrigerator.

15. The yogurt will be tart since no sugar has been added. Enjoy plain or add fruit, honey, nuts, jam, granola or other favorite ingredients for a healthful and nutritious food.

Note: In order to shorten the fermentation time and improve the equality of heat transmission, you can carefully add warm water into the fermenting pot so that the yogurt will be more even and smooth.



### KEEPING FRESH:

It is recommended that you enjoy your yogurt within 2 weeks. Please note that the flavor may become increasingly tart as time progresses.

# Cleaning and Maintenance

## **UNIT:**

1. Disconnect from power outlet. Always ensure that the Kinetic Culture Yogurt Maker is completely cool before cleaning.
2. Wipe the inside of the fermenting pot and the unit cover with a damp cloth.
3. Allow unit to dry and return to original packaging for storage. **KEEP OUT OF REACH OF CHILDREN.**

## **JARS:**

1. Empty leftover contents.
2. Rinse well with warm water.
3. Wash jars and lids by hand with soap and warm water, or place jars in dishwasher (top-rack safe).

# Troubleshooting

## **Indicator lamp is not lighting up:**

Ensure plug is properly connected to wall socket.

## **The fermentation time is complete, but the yogurt is still liquid.**

### **Should the fermentation time be extended?**

The yogurt may not fully thicken until it has been cooled. If yogurt is still liquid after cooling for at least 6 hours, try these troubleshooting tips.

- Was the milk heated to the appropriate temperature for 30 minutes? Not heating the milk for the recommended length of time, or over-heating for an extended length of time could cause variances in texture.
- Was the milk fully cooled to 110°F (43°C) before adding the Kinetic Culture Yogurt Starter packet? Adding Yogurt Starter while milk is too hot could cause the cultures to die off.

If you are having issues operating the unit, please contact the Mercola.com Customer Service team at (877) 985-2696.

# Specifications

Voltage . . . . .	.120v
Rated Capacity . . . . .	7 Glass Jars with a total 49 fl. oz. capacity
Power Usage . . . . .	20 Watts
Dimensions . . . . .	10.8" L x 9.6" W x 5.8" H
Weight . . . . .	3 lbs. 14 oz.

# Warranty

Your Kinetic Culture Yogurt Maker is warranted to be free from all defects in material and workmanship in normal household use for a period of 2 years from date of purchase. The warranty is granted only to the original purchaser. The warranty is subject to the following provisions. This warranty does not cover normal wear and tear. Any damages or malfunctions caused by negligence, abuse, improper use, or use not in accordance with the Owner's Manual are not covered by this warranty. If the unit is dropped, damaged, or immersed in liquids, these are not covered by this warranty. Likewise, any defects or damages caused by unauthorized service are not covered. Using this unit for commercial purposes voids this warranty. Natural Health Partners LLC will, at its option, repair or replace a defective Kinetic Culture Yogurt Maker that is covered by this warranty. As a matter of warranty policy, Natural Health Partners LLC will not refund the customer's purchase price. To obtain warranty service you must return the defective Kinetic Culture Yogurt Maker along with proof of purchase to Natural Health Partners LLC. All delivery charges on parts, or units, submitted under this warranty shall be borne by purchaser. Unless this Warranty is expressly renewed or extended by Natural Health Partners LLC, any repaired or replaced part of unit shall be warranted to the original purchaser only for the length of the unexpired portion of the original warranty.

FURTHER LIMITATIONS AND EXCLUSIONS ARE AS FOLLOWS: Any warranty that may be implied in connection with your purchase or use of the Kinetic Culture Yogurt Maker, including any warranty of merchantability is limited to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you. Your relief for the breach of this warranty is limited to the relief expressly provided above. In no event shall Natural Health Partners LLC be liable for any consequential or incidental damages you may incur in connection with your purchase or use of the Kinetic Culture Yogurt Maker. 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. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.



# DR. MERCOLA<sup>®</sup>

## HEALTHY HOME

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