



VITAMIX 5200

## Owner's Manual

Read and save these instructions



Vita-Mix® Corporation  
8615 Usher Road  
Cleveland, OH 44138-2103 U.S.A.  
440-235-4840 / 800-848-2649  
[www.vitamix.com](http://www.vitamix.com)

## IMPORTANT SAFEGUARDS

### The following safety precautions should always be followed

1. Read all instructions.
2. To protect against the risk of electrical shock, do not put the motor base in water or other liquid.
3. **▲WARNING!** Adult supervision is necessary when the appliance is used by, or near children.
4. **▲WARNING!** Unplug the power cord from the wall outlet when the Vitamix machine is not in use, before disassembling, putting on or taking off parts and before cleaning.
5. **▲CAUTION!** Never touch moving parts.
6. Do not operate any appliance with a damaged cord or plug, if the appliance malfunctions, or has been dropped or damaged in any manner. Call Vitamix Customer Service 440-235-4840 or 800-848-2649 or email [service@vitamix.com](mailto:service@vitamix.com) at once for examination, repair, replacement, or electrical or mechanical adjustment. If purchased outside the U.S.A. or Canada, contact your local Vitamix dealer.
7. The use of attachments, including canning jars, not recommended or sold by Vitamix may cause risk of injuries to persons.
8. The use of attachments, not recommended or sold by Vitamix may cause fire, shock, or injury. Do not use attachments not recommended or sold by Vitamix, doing so will void the warranty. Alteration or modification of this product in any form is not recommended as such may result in bodily injury.
9. Do not use outdoors.
10. Do not let the machine or power cord touch hot surfaces or hang over the edge of a table or counter. External heat sources may damage your appliance.
11. Keep hands and utensils out of the container while the motor is running to prevent the possibility of severe personal injury and/or damage to the Vitamix machine. A rubber spatula may be used, but only when the Vitamix machine is not running. Tamper may be used while the motor is running, but only when the main part of the lid is in place.
12. **▲WARNING!** The blades are sharp. Handle carefully. Never try to remove the blades while the container is sitting on the motor base. Do not operate with loose or damaged blades. To reduce the risk of injury, never place the blade assembly on the motor base without the Vitamix container properly attached.
13. The maximum normal load is marked on the blending container; substantially less with thick mixtures.
14. The container should not be more than  $\frac{3}{4}$  full when the tamper is left in place while blending. Do not exceed 30 seconds of continuous blending with the tamper in place.
15. When making nut butters or oil based foods, do not process for more than one minute after the mixture starts circulating. Over-processing can cause dangerous overheating.
16. **▲WARNING!** When processing hot liquids: The 2-part lid must be securely locked in place. This allows steam to escape naturally, and will prevent the lid from coming off when the machine is turned on. Do not start hot liquids on High speed. Always start hot liquids on Variable 1, then quickly increase to the speed indicated in your recipe. Never start on High with hot liquids. Use caution with hot liquids. Spraying from under the lid plug can occur, or escaping steam may cause scalding.
17. Always operate the Vitamix with the complete 2-part lid in place. The lid plug should only be removed when adding ingredients, or when using the tamper.

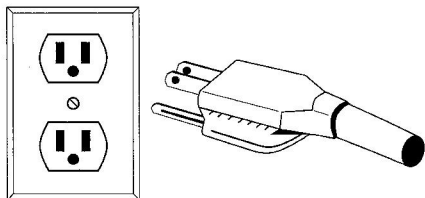
18. Do not process hot liquids with a non-latching lid. Always use provided lid.
19. Do not leave foreign objects in container such as spoons, forks, knives, or the lid plug as this will damage the blades and other components when starting machine, and may cause injury.
20. Save these safety instructions.

### Save these safety instructions

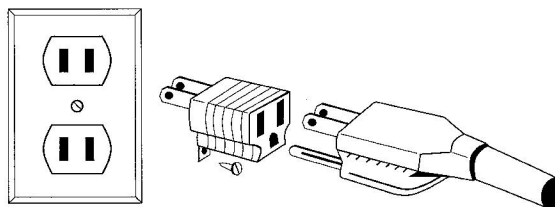
Enjoy the safety of this grounded appliance. The Vitamix power cord comes equipped with a three-prong (grounding) plug which mates with a standard three prong wall outlet (Figure A).

If you do not have a three prong outlet, you can use it with a regular two-prong outlet with the use of an adapter (available at hardware stores) (Figure B). Do not cut or remove the third (ground) prong from the plug on the power cord.

Consult your electrician if you are not sure the wall outlet cover is grounded through the house wiring. With a properly grounded two prong wall outlet, ground the Vitamix machine by attaching the tab on the adapter to the wall outlet cover by means of the screw in the center of the cover (Figure B).



**Figure A**



**Figure B**

### IMPORTANT NOTES

- Before returning this product for any reason, including repair, please first contact our Customer Service Department 440-235-4840 or 800-848-2649 or email [service@vitamix.com](mailto:service@vitamix.com) to receive a "Return Authorization Number".
- If purchased outside the U.S.A. or Canada, please contact your local Vitamix dealer. Please have your machine's serial number available when contacting customer service.
- Please have your machine's serial number available when contacting customer service. The Vitamix Variable Speed model is for household use only. Please review your warranty certificate before use.

## SERVICE & REGISTRATION

### **Congratulations!**

You are about to see how quick, easy and delicious healthy eating can be.  
The possibilities are endless, and we know you will enjoy your new Vitamix lifestyle.

1. Read all instructional material found in this booklet.
2. Follow the cleaning instructions on page 11 to prepare your machine for use.
3. Try our recipes first. We have spent years testing them for delicious results. Your Vitamix machine will blend any fruit or vegetable, but not all combinations are palatable. Start with the recipes in our Getting Started guide. We hope you will be delighted with the recipes and the results.
4. Use the recipe book as a guideline to create your own recipes. Start by substituting "like" ingredients, then go creative when you become comfortable with your machine.

**Please Note:** Instructions appearing in this publication are not meant to cover every possible condition and situation that may occur. Common sense and caution must be practiced when operating and maintaining any appliance.

### **Vitamix Service**

Record the model number and serial number of this appliance in the spaces provided below for future reference. These numbers are provided on the back of the motor base.

Model Number \_\_\_\_\_

Serial Number \_\_\_\_\_

(found under the barcode on the back of the machine base.)

Date of Purchase \_\_\_\_\_

Purchased From \_\_\_\_\_

### **Product Registration**

If you purchased your Vitamix machine directly from Vita-Mix Corp., from [www.vitamix.com](http://www.vitamix.com) or 800-VITAMIX, then your Vitamix machine's Full Warranty has been activated. There is no need to register your machine.

#### **Your machine is not yet registered with Vitamix if purchased from:**

- A retail/wholesale location
- A U.S.A. or International Dealer
- A military base show
- Received your Vitamix machine as a gift,
- Are not the original owner of the machine.

**You can register your Vitamix machine online at [www.vitamix.com/warranty](http://www.vitamix.com/warranty), by filling out the enclosed owner's registration card and mailing it back to us (no postage necessary), or by calling 800-VITAMIX.**

**Failure to register your machine will not diminish your warranty rights.**

**Keep your cancelled check or bank credit card transaction statement. The date on these items establishes the warranty period, should service be required. If service is needed, it is in your best interest to keep all receipts.**

## EXPLODED PARTS

**2-Part Lid:** Your new machine has our latest lid design. It is easy to put on and take off, and easy to clean. Always use the lid when the machine is in operation.

New lids should not be forced into place. For ease in using a new lid, lightly coat the rim and seal below the rim with vegetable oil. Wipe away excess. Snap the lid onto the container and leave in place for a few minutes. Once the lid has been left on the container it will be much easier to lock or remove, and will not require the use of vegetable oil.

**Lid Plug:** Insert through the lid and secure by turning clockwise. Remove the lid plug to use the tamper or add ingredients. Your lid plug is conveniently marked with measurements making it easy to add ingredients.

### To Lock the Lid in Place:

1. Position lid on container with lid flaps midway between the spout and the handle.
2. Push the lid onto the container until it locks in place.
3. The lid must always be secured when processing, especially hot liquids that may scald.

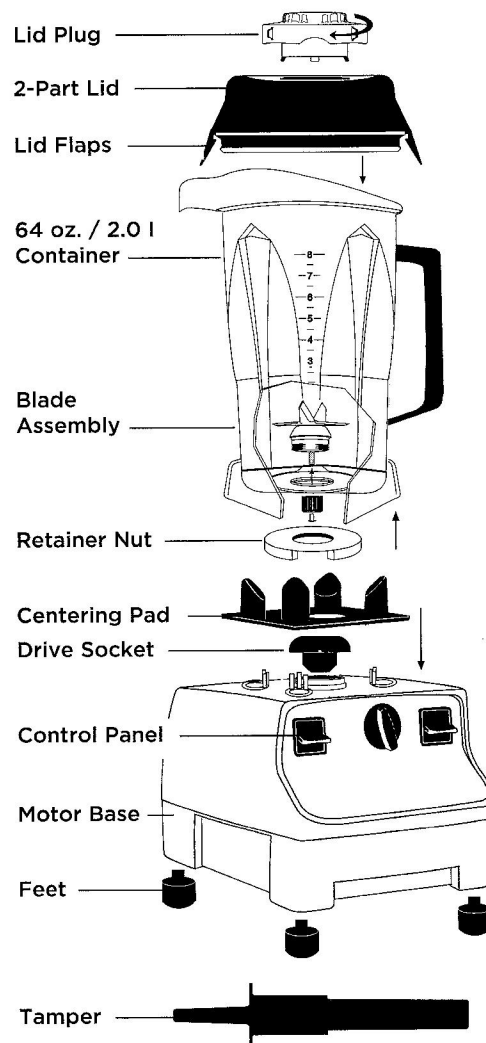
**CAUTION:** Never put hands, spatulas, etc. in the container while the machine is running.

**To Remove the Lid:** Lift up on one lid flap while holding the container securely.

**To Remove the Lid Plug:** Rotate the lid plug counterclockwise from the "locked" to "unlocked" position and lift out.

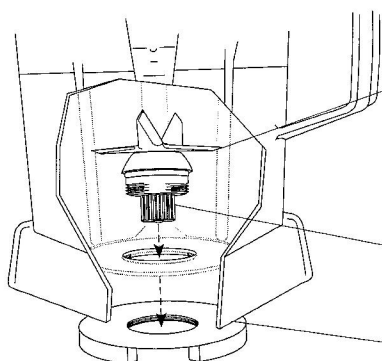
**Container:** Ounces, cups and milliliters are clearly marked. A second Dry Blade container is available for purchase to grind grain and knead bread dough. The blade is marked "D". Grinding grains will cloud the lower three inches (8 cm) of the container. For this reason, it is important to keep each blade matched with its original container.

**Automatic Overload Protection:** Your Vitamix motor is designed to protect itself from overheating. If the motor shuts off, turn the power switch OFF for up to 45 minutes to reset. Reset time will be extended if high room temperatures exist. To reduce the reset time, unplug the machine, remove the container and blow air into the center section of the bottom with a hair dryer on the cool setting.



# BLADE ASSEMBLY

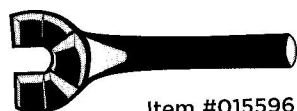
**CAUTION:** Use a cloth to protect your hands while handling the blades; they are sharp.



**Blade Agitator Assembly:** The blade assembly is removable (see below). When inserting the blade assembly through the container bottom, align the flat sides. Do not allow blade assembly to move from position while installing and tightening the retainer nut. If this occurs, leaking will take place. Test with small amount of water before putting container on base to operate.

**Drive Spline:** Mates with the drive socket on the motor base to turn the blades and is part of the blade assembly.

**Retainer Nut:** Must be snug. A wrench is necessary to fully tighten (see below).



Item #015596

Retainer Nut

To remove, turn counterclockwise

Drive Spline

Retainer Nut Wall

## Recommended blade assembly removal with wrench

**CAUTION:** Do not remove blades unless absolutely necessary!

**Removing Blade Assembly:** Turn container upside down and grip firmly. Insert wrench in groove of container and rotate counterclockwise to loosen retainer nut. Remove retainer nut by hand. A special wrench designed for this purpose (Item #015596) may be purchased through Vitamix Customer Service at 800-848-2649.

**CAREFULLY** remove blade assembly by using a cloth to protect your hands and gripping with the cloth and lifting straight out.

**Replacing Blade Assembly:** Using the cloth to protect your hands carefully grip blade assembly, insert into the container bottom and align sides. Place retainer nut on and hand tighten. Carefully turn clockwise until secure, using wrench. Do not force. Note: Holding the blade assembly with a cloth will prevent movement during tightening of the nut and avoid the possibility of stripped threads or a cracked container.

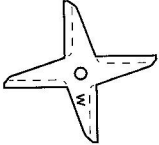


## WARNINGS!

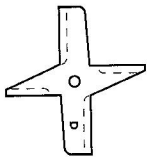
**Never attempt to disassemble the blade assembly or motor base.** Call Customer Service at 800-848-2649 or email [service@vitamix.com](mailto:service@vitamix.com) information regarding repair services. Customers outside the U.S.A. and Canada should contact their local dealer.

## About the Blades

The Vitamix machine comes standard with the wet blade container. The blade is identified by a "W" for wet. This blade is utilized for most of your recipes. The dry blade container is considered an accessory and may be purchased separately. The dry blades are found exclusively in the 32 oz container, while the wet blades come in all containers.



**Wet Blade Container:** Designed for processing liquids including juice, frozen mixtures, sauces, soups, purees, batters, and for wet chopping. The wet blades can also grind grain and knead dough, but they are not quite as efficient as the dry blades in this application. If used for grinding, your container will mar and become cloudy.



**Dry Blade container:** Designed specifically for grinding dry materials such as grains, cereal and coffee. Also used for kneading bread dough. The dry blades can NOT process liquids efficiently, and the blades are clearly marked "D".

**Caution:** Grinding dry material for more than 2 minutes could damage your machine. Regular use may result in cosmetic marring of the container and cause the blades to become dull.



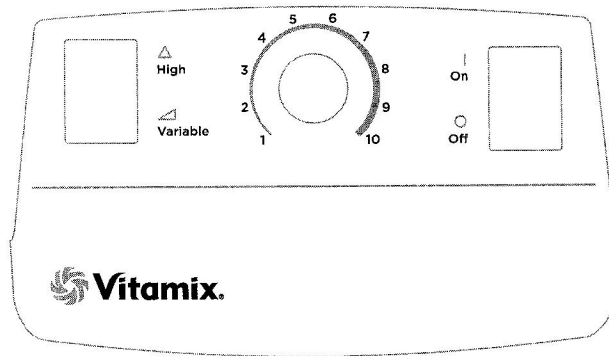
### WARNINGS!

- **CAUTION:** The blades are sharp. Handle carefully.
- Never try to remove the blades while the container is sitting on the motor base.
- Do not operate with loose or damaged blades.
- To reduce the risk of injury, never place the blade assembly on the motor base without the Vitamix container properly attached.
- Holding the blade assembly with a cloth will prevent movement during tightening of the nut and avoid the possibility of stripped threads or a cracked container.

## Herb Grinding

Grinding some herbs may release volatile oils, causing the container to discolor permanently. Others have strong odors that may linger in the container, affecting the flavor of other foods. The grinding of some herbs and spices may also cause the blade to dull over time, or the container to crack. If you grind herbs on a regular basis, you may wish to purchase a separate Dry Blade container and replace blades as needed.

## CONTROL PANEL



**On/Off Switch (I)/(O):** Push up to turn On. Push down to turn Off.

**High/Variable Switch (Δ)/(∇):** High is the fastest speed available. Switch to Variable to activate all the lower variable speeds.

**Variable Speed Dial:** Selects many speed settings. It is active only when the High/Variable switch is set in the Variable position.

### Hints for Setting Speeds

Always start machine with left switch on the down Variable position and center dial at 1. Increase speed as needed depending on the recipe used. This is especially important when starting thick mixtures, hot mixtures, stirring, chopping, grinding meat, and preparing single servings. Use Variable speeds cautiously.

**Note:** Blending too long at too low a speed setting will overheat the machine and cause the automatic overload protection to turn the machine off.

Use High speed as much as possible for whole food juices, soups, shakes, frozen mixtures, making purées, nut butters and grinding grains. Processing times will generally be less than one minute (most take less than 30 seconds). High speed provides the best quality of refinement, breaking down ice, frozen fruit, whole fruits or vegetables, and grains to a smooth lump-free consistency. It also runs the motor's cooling fan to avoid overheating.

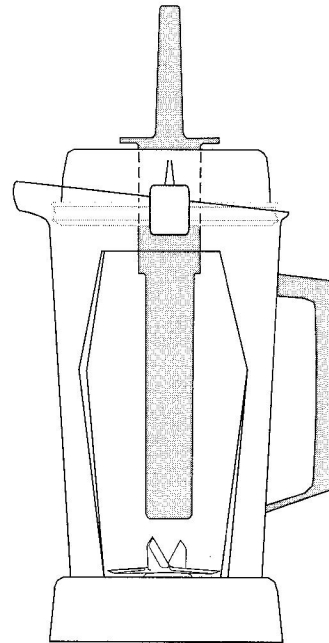
If you are unsure, watch the blending process. When using High speed, if the food does not circulate the machine may be overloaded or may have trapped an air bubble. Stop the machine and release the air bubble by inserting the tamper through the lid plug. If the tamper does not produce the desired results, reduce the machine speed. Often a lower speed allows food to circulate when higher speeds do not. Once the food is circulating freely, switch to High, and continue processing.



The tamper allows you to accelerate the process of very thick and/or frozen mixtures that cannot be processed in a regular blender. Using the tamper maintains circulation by preventing air pockets from forming. While the machine is running, and only through the lid plug opening, use the tamper to press ingredients into the blades as you make frozen ice creams and nut butters, or purée fruits and vegetables.

**CAUTION:** Use the tamper only with the lid locked in place and lid plug removed.

- The splash disk (near the top of the tamper) and lid prevent the tamper from hitting the blades when lid is secured properly in locked position.
- The container should not be more than  $\frac{3}{4}$  full when the tamper is used during blending.
- Do not use the tamper for more than 30 consecutive seconds (to avoid overheating).
- If thick mixtures stop circulating, you have probably trapped an air bubble. Insert the tamper through the lid and stir to release it.
- Holding the tamper straight down may not always help the ingredients circulate. If need be, point the tamper toward the side or corner of the container.



## SPECIAL FEATURES



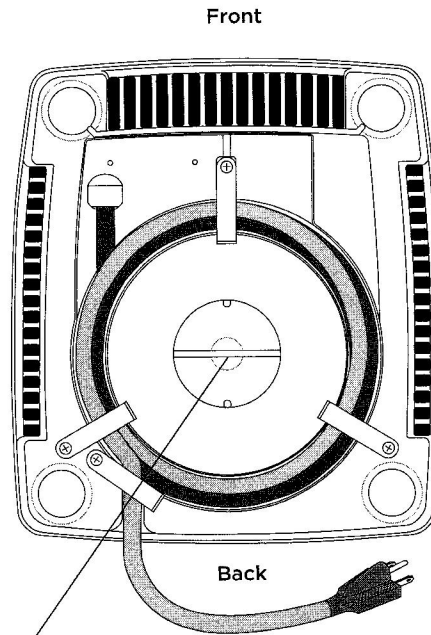
### Bottom View / Cord Wrap

Plastic Cord Retainers hold the cord securely. There is no need to unscrew the cord retainers to let out more cord. They are flexible, and return to position after the cord is lifted out.

**Power Cord:** Your machine is equipped with a six foot long cord. Store the unused portion neatly underneath.

### Automatic Overload Protection

Your Vitamix machine is equipped with a special feature: Automatic Overload Protection. This built-in feature is designed to protect the motor and prevent your machine from overheating. That means peace of mind for you as a Vitamix owner. When engaged, this Automatic Overload Protection will cause the motor to shut off and possibly emit a light odor. THIS IS NOTHING TO BE ALARMED ABOUT. It simply indicates that this special feature of your Vitamix machine has kicked in and protected the motor.



Center Section of Base



### Tips to prevent “overloading” your Vitamix machine:

- Process only Vitamix recipes when learning to use the machine
- Do not process recipes at lower speeds than recommended
- Do not process recipes at higher speeds than recommended
- Do not process recipes longer than suggested
- Use your tamper to keep process thicker mixtures and keep ingredients moving around and through the blades

If your Automatic Overload Protection should ever be activated, simply switch the machine to the OFF position and unplug it. Wait 20 to 45 minutes and your machine will reset and you may resume using it with confidence.

**Note:** Higher room temperatures may increase the time your machine takes to reset.

#### Try the following to reduce reset time:

- Unplug the machine
- Remove the container
- Blow air into the center section of the bottom of base (see above illustration) with hair dryer on “Cool” setting



## CARE AND CLEANING

To prepare your new machine for initial use, follow Step 1 of the container cleaning instructions below. This will clean the unit, and break-in the motor.

### Motor Base

Before using your Vitamix machine for the first time, see Step 1 of the container cleaning instructions below to clean your machine and break in the motor.

#### Then, after each use . . .

1. Unplug the power cord.
2. Wash the outside surface with a damp soft cloth or sponge, which has been rinsed in a mild solution of liquid detergent in warm water. Never immerse the motor base in water or other liquid. The centering pad can be removed for more thorough cleaning.
3. Thoroughly clean the switches so they work freely. They may become sticky from use. Use a moistened cotton swab to clean the grooves around the water shielded switches. Immediately dry any excess water.
4. Polish with a soft cloth.

### Lid

Separate the lid and plug. Wash in warm soapy water. Rinse clean under running water, and dry. Reassemble before use.

### Container

1. Fill container half full with warm water and add 2 drops of liquid dish washing detergent. Snap or push the complete 2-part lid into locked position. Select Variable 1. Turn machine on and quickly increase speed to Variable 10, then to High. Run the machine on High speed for 30-60 seconds. Turn the machine off, rinse and drain the container.
2. If any solid residue remains, remove the blade assembly (see page 6) and wash all container parts in warm soapy water. Rinse and drain. Reassemble before use.
3. **To Sanitize:** Follow Step 1 as needed. Fill container half full with warm water and 1½ teaspoons liquid bleach. Snap or push the complete 2-part lid into locked position. Select Variable 1. Turn machine on and quickly increase speed to Variable 10, then to High. Run the machine on High speed for 30-60 seconds. Turn machine OFF, and allow mixture to stand in the container for an additional 1½ minutes. Pour chlorine mixture out, return container to motor base. Allow container to air dry. Do not rinse after sanitizing.

### IMPORTANT NOTES

Because of the high pH balance of automatic dishwasher soaps, Vitamix does not recommend washing your container in the dishwasher.

## GENERAL INSTRUCTIONS

### Variable Speed Operation

1. Set the Wet Blade container on the motor base by aligning it over the centering pad.  
(The motor must be completely stopped.)  
**Note:** Use the Dry Blade and container only for hard dry materials such as grain grinding and bread kneading.
2. When loading container remove from the machine base. Place liquids and soft foods in the container first, solid items and ice last. Although not necessary for blending, you may want to cut or break food into smaller pieces for more precise measuring of ingredients.
3. Always use the complete 2-part lid when blending (unless the tamper is inserted through the lid). When blending hot ingredients, make sure the lid is securely latched (see page 5).
4. Select the desired speed. Many foods are blended on High speed. It is recommended that all mixtures requiring High speed start on Variable 1. Turn machine on and quickly increase speed to Variable 10, then to High. Your container will shift and get into an aligned position. If the mixture stops circulating, you have probably trapped an air bubble. If inserting the tamper through the lid plug while blending does not release it, reduce the speed by switching from High to Variable and turning the dial from 10 to 5, using the tamper to stir until it "burps." If these methods do not work, stop the motor, remove the container from the motor base, and use a rubber spatula to press the air bubble away from the blades. Return the container to motor base, replace the lid and continue blending.
5. To prevent possible splashing, rest your hand lightly on the lid while turning the motor on (except when processing hot liquids). Hot mixtures and very full containers should be started on Variable 1, quickly increased to 10, then switched to High.
6. Due to the machine's speed, processing times are much quicker than standard appliances. Until you are accustomed to the machine, count your time carefully to avoid over processing.
7. After turning the machine off, wait until the blades completely stop before removing the lid or container from the motor base.

**Note:** The automatic overload protection shuts the motor off. It does so to protect the machine from overheating. To restart, wait for it to cool down with the power OFF (up to 45 minutes). (To reduce the reset time, see page 10.) When the motor shuts off always review your processing technique and your instructions.

**Your recipes may:**

- be too thick
- have too much material in them
- be processed too long at too low a speed setting. Use High speed whenever possible.

If the motor seems to be overheating, but the automatic overload protection has not turned the machine off, stop and remove the container.

Due to varying ice temperatures, ice shapes, softness of food, speed of processing, etc., the quantity of ice required in a recipe and blending times may vary slightly from those mentioned in recipes.



**WARNINGS!**

**When processing hot liquids always:**

- Use caution; escaping steam or splashes may scald.
- Lock the lid. This will prevent expansion from blowing it off when the machine is turned on.
- Start on Variable 1, quickly increase to 10, then switch to High speed.
- **Never start on High speed with hot liquids.**

## SPECIFICATIONS

### **Vitamix® 5200**

**Motor:**

≈2 peak output horsepower motor

**Electrical:**

120 V, 50/60 Hz, 11.5 A

Uses a U.S.A. three-prong grounded cord.

**Dimensions:**

Height: 17.4 in. / 44,2 cm

Width: 8.8 in. / 20,32 cm

Depth: 9.0 in. / 22,86 cm

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When applicable:



To see the complete line of Vitamix® products,  
visit [vitamix.com](http://vitamix.com)



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8615 Usher Road  
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