



## Instructions for Use

- Wash before using.
- To prevent leaking or spills, fill to just below the threads in the metal body.
- Owala brand products are designed to be as simple and easy to clean as possible. Best practices for cleaning each part may vary.
- To clean, begin by separating pieces. Remove the carry loop before washing, then twist off the lid. Next, twist off the spout, then pull the straw out of the spout.
- There is a tab in the middle of the lid made to align precisely with the spout for a perfect seal every time. Twist and pull this tab to remove.
- Remove the gasket around the lid tab and the ring gasket around the spout piece.
- The lid tab, spout, both gaskets, and straw can all be placed in the utensil case of the dishwasher.
- Hand washing the cup is recommended to preserve its finish.
- Do not use harsh chemicals (such as bleach, abrasives, etc.).
- Dry before storing.
- Visit [OwalaLife.com](http://OwalaLife.com) for additional information.

## Warnings

- Do not microwave, freeze, or boil.
- In order to minimize bacterial growth, do not use to store warm dairy products, baby food, or other perishable liquids.
- Not for use with dry ice, liquid nitrogen, non-beverages or non-foods.
- Altitude changes (such as during airplane travel or while ascending mountains), or exposure to hot temperatures (such as leaving the bottle in a car on a hot day) may cause pressure to build up in the bottle and may cause the contents to leak or spray when opening the bottle. To prevent this, loosen the lid by a quarter turn to release pressure; before fully opening the lid and drinking.
- Always ensure all seals and gaskets are installed and properly sealed before use.
- Hot, carbonated, and perishable liquids and other contents may cause pressure to build up within the bottle and may leak or spray when opening the bottle.
- Always use caution and keep out of reach of children when using this product with hot liquids to avoid accidental injury.
- Never use with liquid hot enough to scald.
- The straw allows generous amounts of liquid to be drawn suddenly into the mouth from the bottom of the bottle where the temperature of hot liquids is usually higher than it is at the liquid's surface.
- Always open with caution.
- To avoid any potential risk of strangulation, never attach to loose clothing or accessories.
- Keep all components not in use out of reach of children.