

# The Podpress Capsule System

## GETTING STARTED GUIDE

Congratulations on your purchase of the REFLO Podpress capsule refilling system. You are now just moments away from sustainably drinking coffee capsules of your own preferred flavours and saving money with every cup. It's important that you follow these steps carefully to ensure the best use of your Podpress system.

You can also visit [reflo.co](http://reflo.co) for step by step guides on coffee choice, grinding, filling and drinking coffee sustainably.

### Package Contents:

- 1 x Podpress
- 1 x Podpress "Fill & Tamp Tool"
- 10 x Re-usable Capsules



### SEALING USING PODPRESS

1. Place Podpress on a clean level workspace and set the Cap aside.



2. Fill a capsule with ground coffee and place it in Podpress as shown. It should sit nicely in the pocket, with its flange resting on the Podpress surface. If not, look at the actuating button and make sure it is fully extended (sitting about 5mm out from Podpress' body).

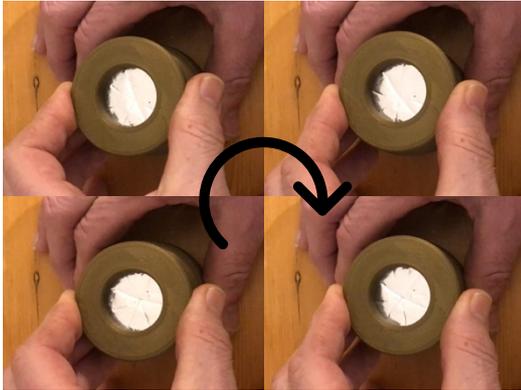


3. Take a piece of ordinary kitchen aluminium foil and place it over the capsule and body (a big or small piece, doesn't matter as long as it more than overlaps the body of Podpress by about 10mm all around)



4. Put the Podpress cap over the foil around the centre of Podpress, and press down until you hear and feel a click and the cap is contacting Podpress body. In this process a circle of foil has been cut and separated from the sheet.

5. Holding the Cap in one hand and Body in the other, press the Actuating Lever fully in, simultaneously letting the Lever raise the capsule and Cap off its seat by about 5mm. Do not release the Actuating Lever yet. With the Lever held in, the capsule can now move sideways in Podpress, ready for the sealing process.



6. Keep holding the Actuating Lever in, and then move Podpress Cap and capsule in an orbital motion, following the upper track of Podpress body. Don't twist the Cap, just "orbit" about the centre. Orbit just once (in this action, you are folding the foil under the capsule flange). Now gently release the Actuating Lever and let the capsule return to its seat on Podpress body.



7. With the Actuating lever fully released, press the Podpress Cap down one more time and this will complete the sealing process. It shouldn't move much at all. This action compresses the folded foil under the capsule flange, holding it firmly in place.



8. Remove Podpress Cap, press the Actuating Lever one more time, and it will lift the capsule from the base so you can remove the capsule and make your coffee in your machine (or store it for a drink later).

ENJOYING!

9. Brew a coffee, sit back and appreciate the difference you are making!

