

Instruction Manual

Product Number: FJU

Thank you for purchasing the THERMOS Vacuum Insulated Sports Bottle.

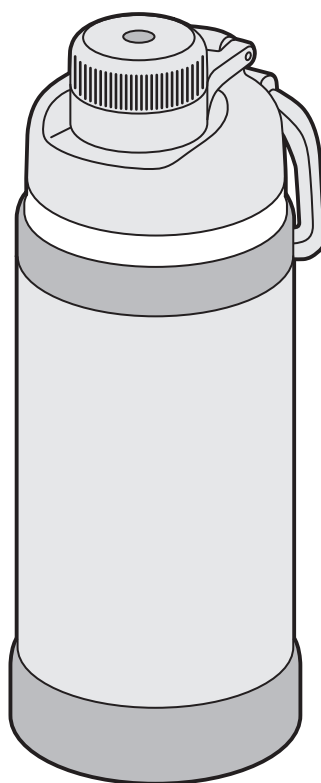
This page gives detailed handling instructions for the product.

For Household Use

For Cold Retention Only

Before Use

- Check that all the parts are included.
- Thoroughly clean all parts.



Contents

Before Use

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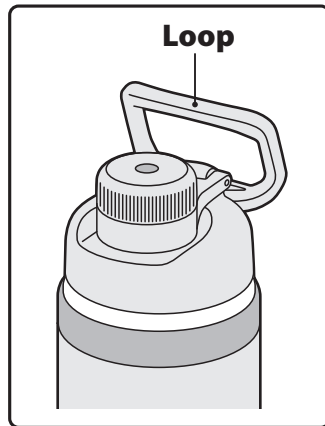
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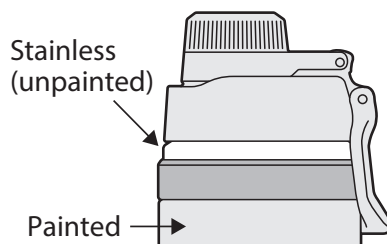
Part Names

Before use, check that all the parts are included.



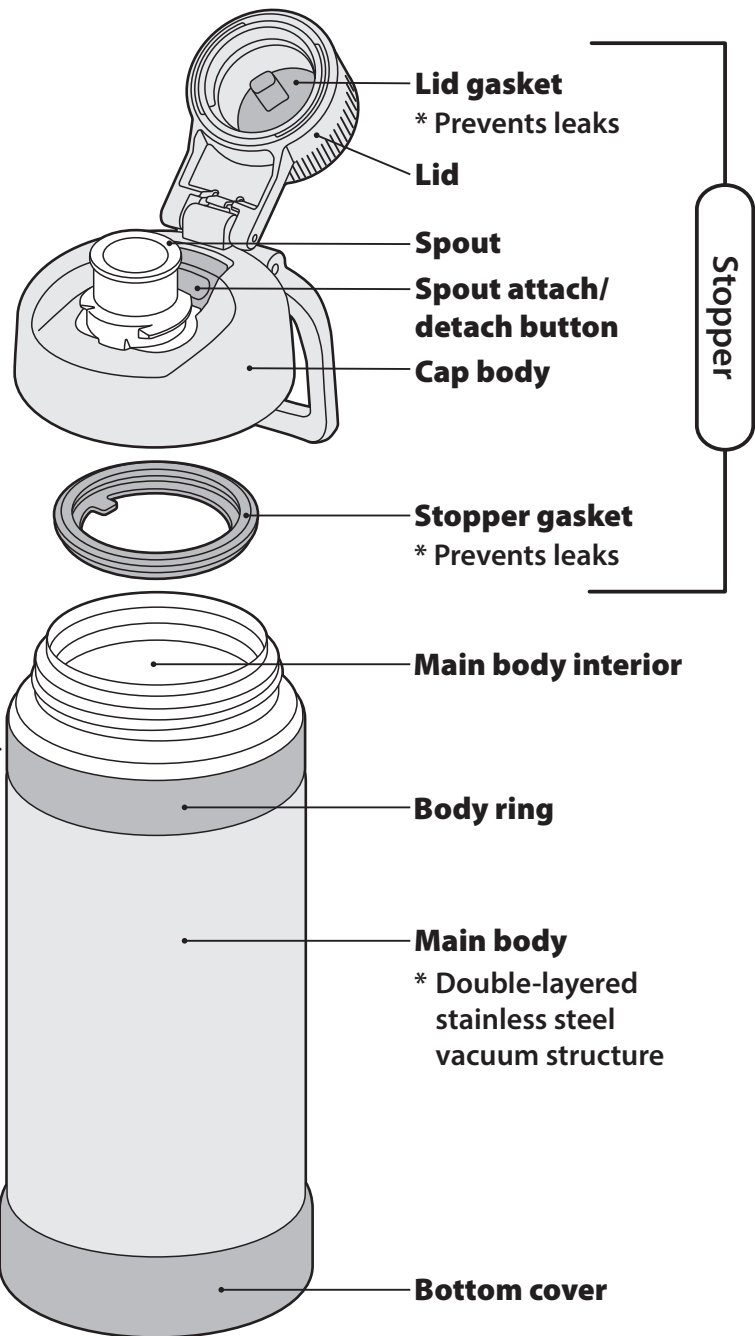
Attachment position of the body ring (P.9)

Confirm that the stainless (unpainted) section is visible when the stopper is closed.

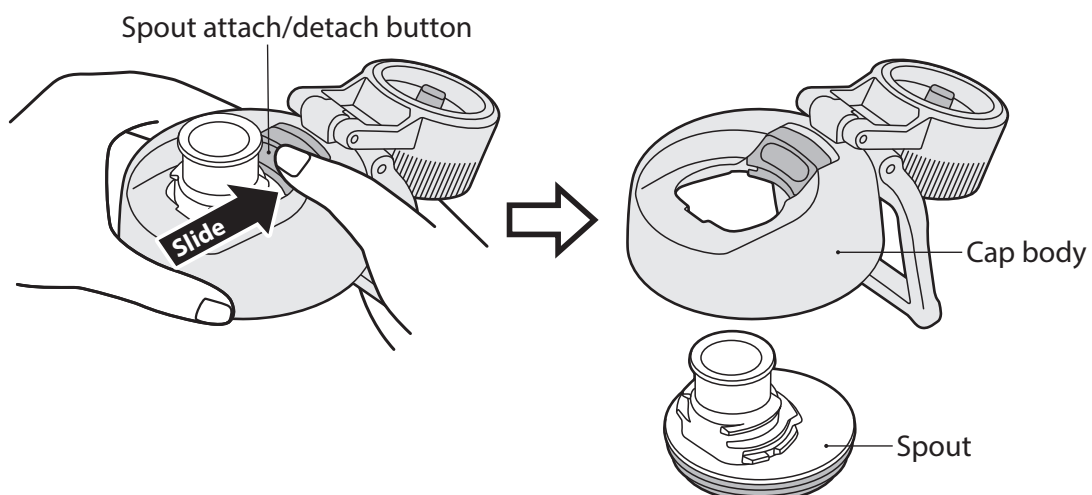


Properly attach the stopper's two dedicated gaskets before use.

* Otherwise, the contents may leak.



Remove the spout to clean it. (P.8 1)



Precautions

Read these precautions carefully before use and be sure to follow them.

Meaning of displayed markings

■ To ensure that this product is properly used, the extent of harm or damage caused by improper usage is categorized as follows.

 Warning	This mark indicates content that could result in death or serious injury.	 Caution	This mark indicates content that could result in minor injury or property damage.
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■ Symbols

 Prohibited	This mark indicates actions to avoid.	 Required	This mark indicates actions that must be followed.
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Warning



Keep this product out of reach of young children. Also, make sure it is not used as a toy.

* Small parts are a choking hazard and are at risk of being swallowed. Also, this behavior may result in injury.



Do not pour a hot drink into this product.

* Otherwise, hot liquid directly entering the mouth may result in burns.
* If the internal pressure rises, the stopper may not open or may fly off, causing the contents to burst out and possibly resulting in burns, injury, or staining your belongings.



Caution



Do not use this product for purposes other than drink storage.

* Doing so may cause injury.



Do not leave this product near a stove, gas heater, or other fire source.

* Doing so may cause burns. Additionally, the product may become deformed, possibly causing leaks that could stain your belongings.



Ensure that the spout is securely attached to the cap body before use.
( P.8 ②)

* Otherwise, the contents may leak, possibly staining your belongings.



Close the stopper and lid securely.
( P.5 ③)

* Otherwise, the contents may leak, possibly staining your belongings.



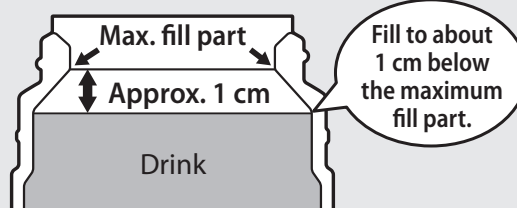
Attach only the dedicated parts to this product.

* Otherwise, the contents may leak, possibly staining your belongings.



Keep the drink level below the prescribed position illustrated.

* Overfilling may cause the drink to overflow when closing the stopper. Also, the contents may leak during use, possibly staining your belongings.



(Cross section)



Be careful of tipping over the product when the main body contains a drink.

* Otherwise, the drink may spill, possibly staining your belongings.



Properly attach the stopper's two dedicated gaskets.
( P.8 ③, P.9 ④)

* Otherwise, the contents may leak, possibly staining your belongings.

Precautions

To care for the product, be sure to follow the instructions below.



Do not boil this product.

Prohibited

- * Heat may cause the product to become deformed, possibly causing leaks that could stain your belongings.



Required

Remove the body ring and bottom cover from the main body, clean each part, and thoroughly dry the parts before reattaching them.

- * Otherwise, the water may seep, possibly staining your belongings or causing rust. Also, holding the body ring and bottom cover while they are wet may cause the main body to fall out, possibly resulting in injury or damaging the product.



Prohibited

Do not put this product in the microwave.

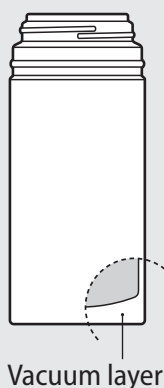
- * The metal parts will spark, possibly resulting in damage to the microwave.
- * Heat may cause the product to become deformed, possibly causing leaks that could stain your belongings.



Prohibited

Avoid using this product if you hear sloshing sounds coming from inside of the double-layered vacuum structure (vacuum layer).

- * If liquid from the vacuum layer seeps into the main body, consuming it may cause health issues.



Prohibited

Do not tilt or shake the main body when closing the stopper. (P.5 ③)

- * Otherwise, the drink may overflow. Also, the contents may leak, possibly staining your belongings.



Prohibited

Avoid dropping the product, knocking it, or otherwise subjecting it to strong impact.

- * Doing so may cause injury, or the contents may leak, possibly staining your belongings. It may also result in insufficient cold retention or a damaged stopper.



Prohibited

Do not leave a drink in this product for a long time.

- * Otherwise, the drink may spoil or go bad. Also, if the internal pressure rises due to gases released through spoilage, the stopper may not open or may fly off, causing the contents to burst out and possibly resulting in injury or staining your belongings.



Prohibited

Dry ice and carbonated drinks

- * If the internal pressure rises, the stopper may not open or may fly off, causing the contents to burst out and possibly resulting in injury or staining your belongings.



Prohibited

Perishable items such as milk, other dairy, and fruit juice

- * Otherwise, the drink may spoil or go bad. Also, if a drink is left unattended for a long time, gases released through spoilage may increase the internal pressure until the stopper cannot open or flies off, causing the contents to burst out and possibly resulting in injury or staining your belongings.



Prohibited

Tea leaves and pulp

- * If the crevices become clogged, the contents may leak, possibly staining your belongings.



Prohibited

Do not turn the product upside down while holding the bottom cover.

- * Doing so may cause the main body to fall out, possibly resulting in injury or damaging the product.



Required

Carry the loop in hand. Do not carry it by putting it around your wrist or arm.

- * If you fall while carrying it around your wrist or arm, this may cause injury.



Prohibited

Do not swing around the product while holding the loop and do not pull the loop forcefully.

- * Swinging the product around may cause it to strike the people around you, possibly causing injury. Pulling the loop forcefully may damage the product.

Precautions



Required

Do not leave your beverage for too long inside.

* Otherwise, the drink may spoil or go bad.



Prohibited

Do not carry the stopper by holding the lid. Also, do not attach or remove the stopper while the lid is open.

* Damage to the lid may cause leaks, possibly staining your belongings. Furthermore, the main body may fall and cause injury.



Required

Avoid cramming large pieces of ice inside. Break them into smaller pieces.

* The maximum fill part on the inside of the main body may become deformed, possibly causing leaks that could stain your belongings.



Prohibited

Never modify, disassemble, or repair the product.

* Doing so may cause damage or result in an accident.

Notes on Use

Refrain from inserting soups and other high-salt content items into the container.

* The main body uses stainless steel for its interior lining. However, exposure to salt may potentially cause rusting and diminish its ability to keep beverages cold for an extended period.

After use, immediately clean the product and thoroughly dry it. If you have gone out or otherwise cannot properly care for the product after use, quickly and thoroughly rinse the interior of the main body with water.

* Otherwise, the product may rust or lose its cold retention.

When placing the product in a bag, place it upright to prevent any potential leaks.

Due to the product's structure, water droplets (condensation) may form on the stopper when humidity is high. Please handle with care.

Do not put this product in the freezer.

* Doing so may result in damage or insufficient cold retention.

If the cold retention is reduced, stop using the product.

Before going out, turn the product upside down to check for leaks.

* If the product leaks, check the items listed in "In This Case" on P.11.

When carrying the product, be sure to follow the instructions below.

- Confirm that the stopper and lid are securely closed.
- Do not turn the stopper in the direction that loosens it or subject it to strong impact.

* Doing so may loosen the stopper and cause the main body to drop.

Do not open or close the stopper while holding the loop.

* Doing so may damage the loop.

Attach the body ring in the proper position.

( P.9)

* Otherwise, the stopper will not close properly, possibly causing leaks that could stain your belongings.

How to Use

Thoroughly clean all parts before use.

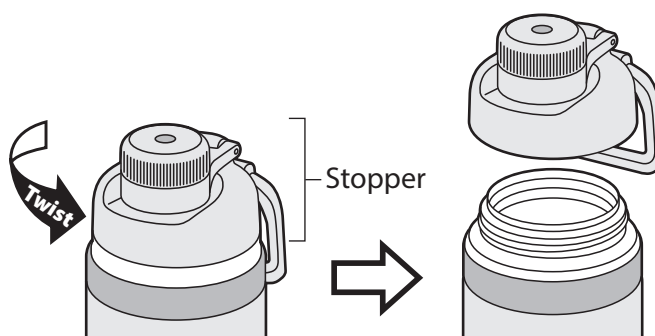
1 Removing the stopper

Twist the stopper in the direction of the arrow to remove it.

Before Use

Thoroughly clean the stopper and the inside of the main body.

(👉 P.7)



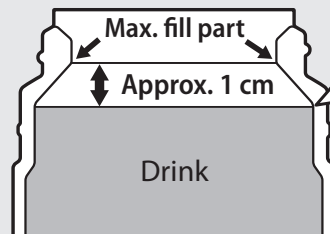
2 Pour in your drink

Keep the drink level below the prescribed position illustrated. Overfilling may cause the drink to overflow when closing the stopper.



Before inserting the content, insert a small amount of cold water into the main body to precool the inside for about 1 minute. Doing so will increase its cold retention ability.

Caution



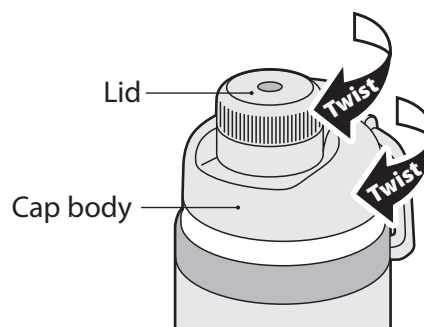
Fill to about 1 cm below the maximum fill part.

(Cross section)

3 Closing the stopper and lid

Twist the cap body and lid in the direction of the arrows and close them securely.

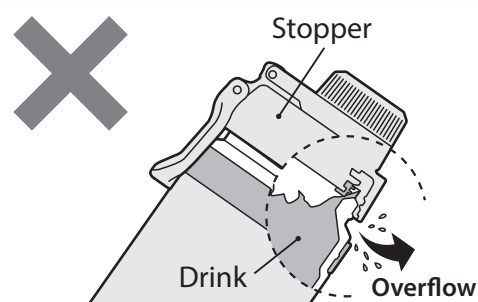
* Confirm that the spout and gasket are securely attached. (👉 P.8 ②③, P.9 ④)



Caution

Do not tilt or shake the main body when closing the stopper.

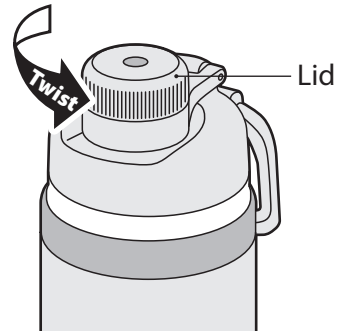
* If the drink overflows, it may spill, possibly staining your belongings.



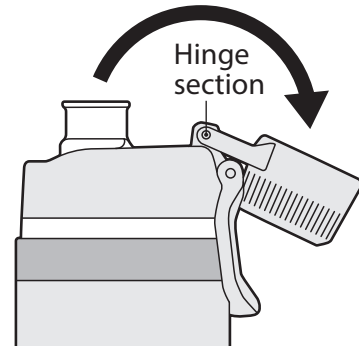
How to Use

4 Drink your beverage

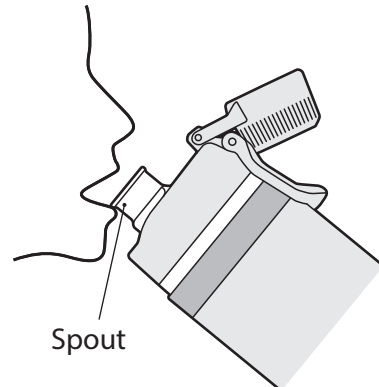
- ① Keep the main body upright and twist the lid in the direction of the arrow to open it.



- ② Fix the lid to the hinge section.



- ③ Bring the spout to your mouth, and drink while tilting slowly.



5 When finished drinking

Keep the main body upright and twist the lid in the direction of the arrow to close it securely.



Product Care

To prevent smells, stains, and mold and keep the product clean for a long time, always properly maintain it after use.

- After use, immediately clean the product and thoroughly dry it.
- Remove all parts, and clean them thoroughly.
- If you will not be using the product for a long time, clean it thoroughly to remove any dirt, thoroughly dry it, and then store it in a place that is not too hot or humid.

Part name How to wash		Stopper			Main body		Body ring
		Lid Cap body	Spout	Lid gasket Stopper gasket	Inside	Outside	Bottom cover
Running water rinse		✓	✓	✓	✓	✓	✓
Soak and wash		✓	✓	✓	✓	✗	✓
Bleach	Oxygen-based	✓	✓	✓	✓	✗	✓
	Chlorine-based	✗	✓	✓	✗	✗	✓
Dishwasher* Dish dryer		✓	✓	✓	✓	✓	✓
Heat resistance		100°C	100°C	140°C	—	—	140°C

* Before using a dishwasher, dryer, and detergent, check the instruction manuals to confirm the conditions of washable parts (heat resistance, etc.) and the washing method.

Precautions during Product Care

Before performing product care, read these precautions carefully and be sure to follow them.



Prohibited

Do not boil this product.

* Heat may cause the product to become deformed, possibly causing leaks that could stain your belongings.



Prohibited

If using a dishwasher, do not place the main body on exposed metal parts of the dish rack.

* Otherwise, the paint or printing may peel off.



Prohibited

Do not wash the outside of the main body by soaking.

* Doing so may cause discoloration or peeling of the paint and printing.



Required

Remove the body ring and bottom cover from the main body, clean each part, and thoroughly dry the parts before reattaching them.

* Otherwise, the water may seep, possibly staining your belongings or causing rust. Also, attaching the body ring and bottom cover while they are wet may cause the main body to fall out, possibly resulting in injury or damaging the product.



Prohibited

Do not use chlorine bleach (except on the gaskets, body ring, and bottom cover).

* Otherwise, the product may rust or lose its cold retention. Doing so may also damage the stopper.



Prohibited

Do not use paint thinner, benzene, steel scrubbers, polishing powder, or cleansers to clean this product.

* Doing so may cause rust, scratches, or damage.

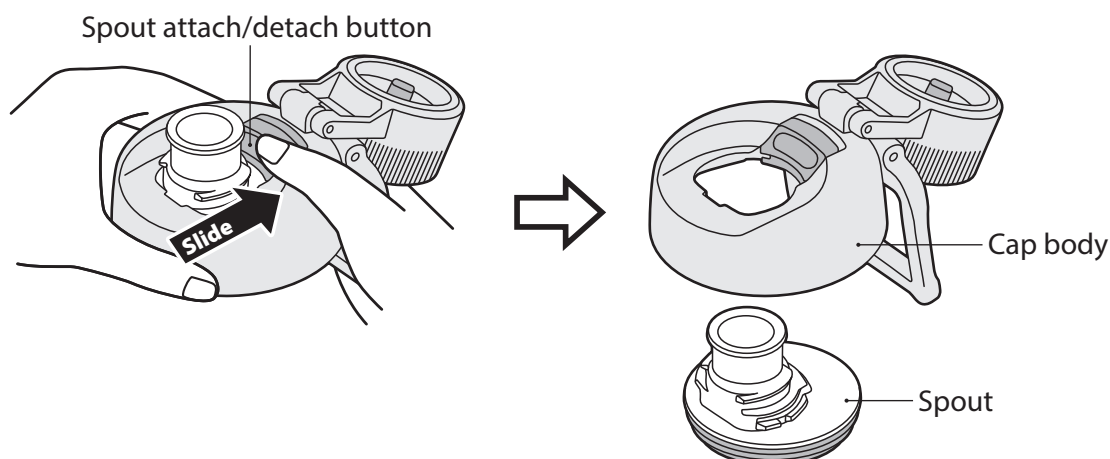
Product Care

Attaching and removing the spout, and attaching the gaskets

■ How to remove the stopper (P.5 ①)

① How to remove the spout

Slide the spout attach/detach button outward and press the spout out in a downward direction.

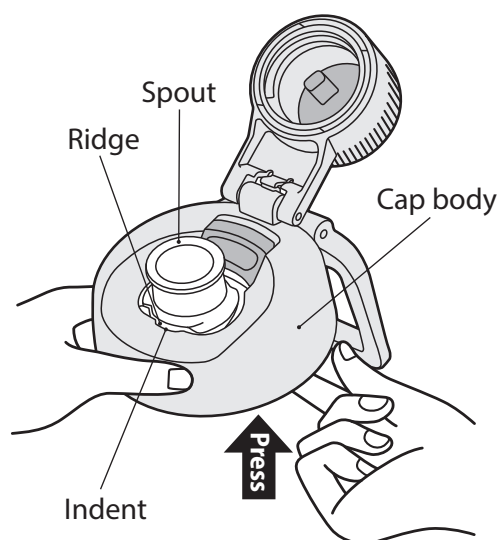


② How to attach the spout

- ① With the lid open, insert the spout from the area below the cap body and then place the ridge of the spout on the indent of the cap body.
- ② Press the spout from the bottom until you hear a click to attach it securely.

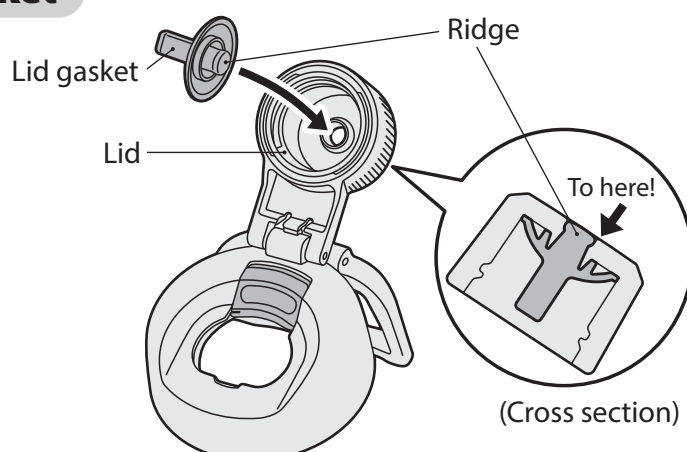
Request

After attaching the spout and gaskets, open and close the lid, and confirm that the lid securely closes.



③ How to attach the lid gasket

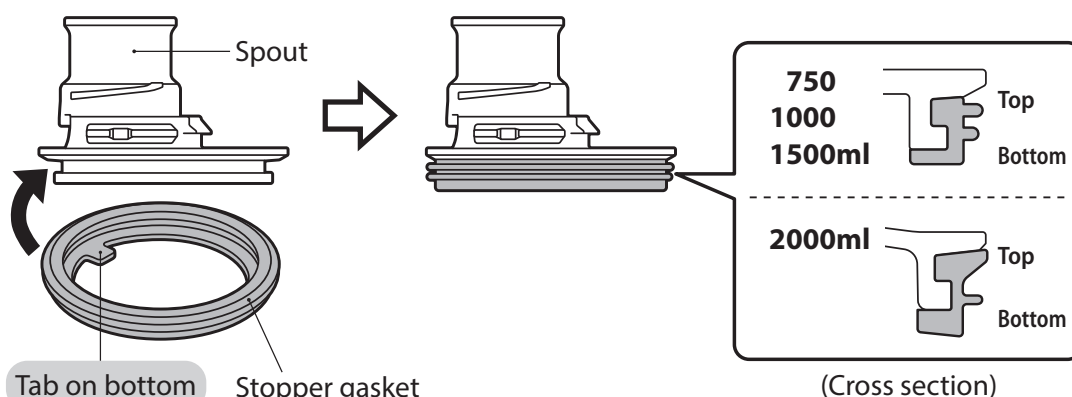
Firmly push the protruding part of the lid gasket into the round hole in the lid.



Product Care

4 How to attach the stopper gasket

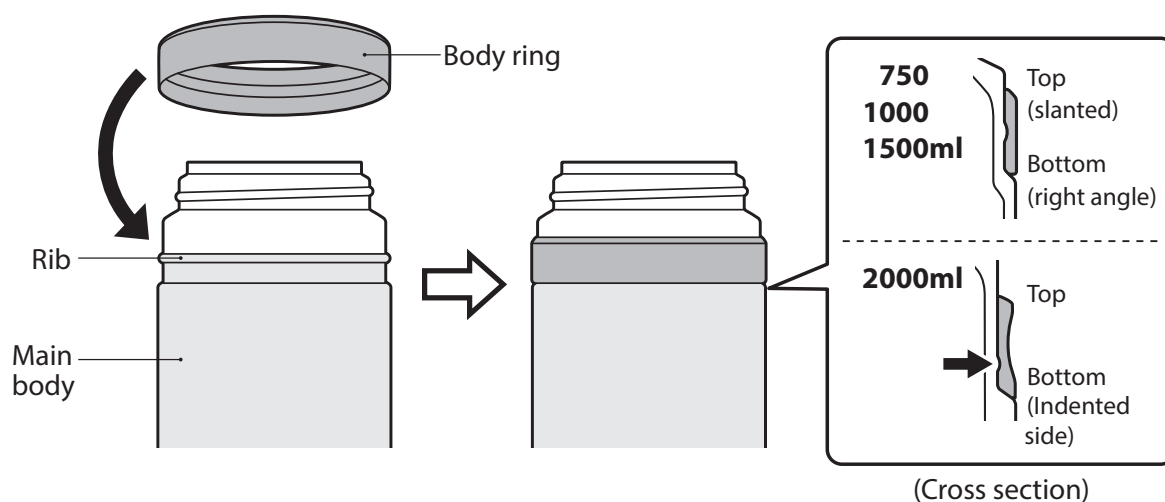
Check which side is the top or bottom, and attach the stopper gasket properly to the spout. After you attach it, press evenly around the stopper gasket to ensure that no part is raised.



How to attach the body ring

Check the attachment position and which side of the body ring is the top or bottom before attaching it to the rib on the main body.

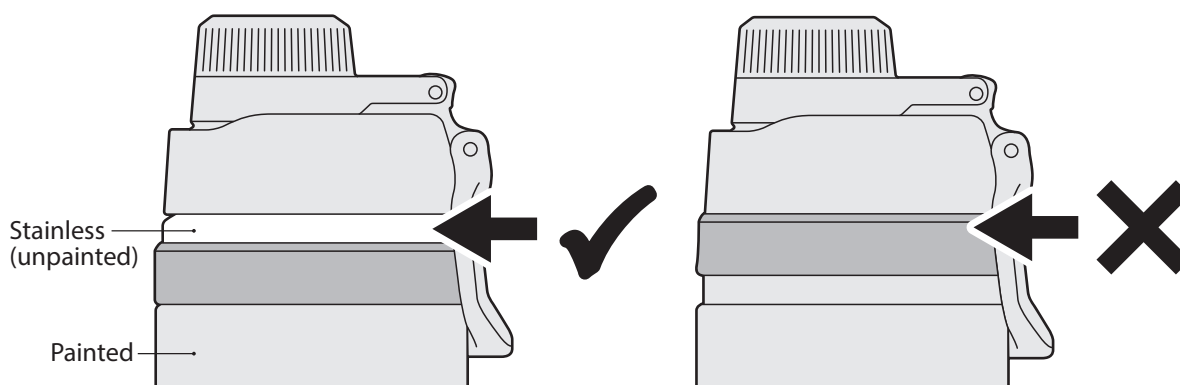
After you attach it, press evenly around the body ring with your fingers to ensure that no part is raised.



! Check

Confirm that the stainless (unpainted) section between the body ring and the stopper is visible when the stopper is closed.

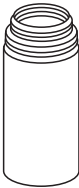
If the stainless (unpainted) section is not visible, the body ring is attached in the wrong position. Please reattach it in the correct position.



Product Care

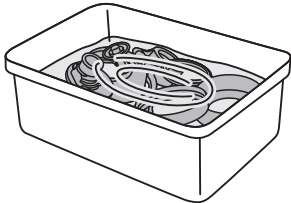
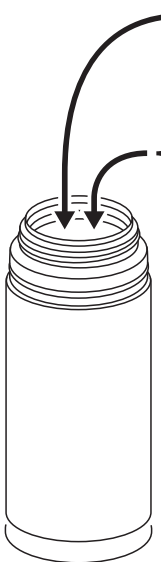
Normal product care

- Use neutral dish detergent that is diluted in lukewarm water, and after rinsing, drain out all of the water and thoroughly dry the parts.

Stopper Lid, cap body, spout, lid gasket, stopper gasket Body ring Bottom cover 	Use a soft sponge. * After product care, be sure that the spout, gaskets, and body ring are attached in the proper places. ( P.8②③, P.9)
Main body 	Use a soft sponge or bottle brush. Wipe the outside with a dry cloth immediately after washing. * Otherwise, water droplets may leave marks or cause rust.

Thorough product care

- Use kitchen bleach in accordance with its warning label, and after rinsing, drain out all of the water and thoroughly dry the parts.

Stopper Lid, cap body, spout, lid gasket, stopper gasket Body ring Bottom cover 	For tea stains, etc. Mix bleach and water in a bowl or other container, and soak each of the parts. (Approx. 30 min.)  Prohibited Do not use chlorine bleach for the lid or cap body. * Doing so may cause rust or damage the stopper.
Main body interior  Lukewarm water Add one - Oxygen bleach - Vinegar - Citric acid	For tea stains, etc. Use oxygen bleach only on the inside. (Approx. 30 min.)  Prohibited: Chlorine bleach Do not attach the stopper. * Doing so is dangerous, as pressure will rise inside the main body, and the stopper may suddenly fly off. Specks of red rust This is caused by a buildup of iron and other impurities in the water. Pour a mixture of 90% lukewarm water and 10% vinegar into the main body, and then wait about 30 minutes before rinsing it well. Gritty residue This is caused by a buildup of calcium and other impurities in the water. Pour a mixture of lukewarm water and 1% to 2% citric acid into the main body, and then leave it for about 3 hours without attaching the stopper before rinsing it well.

In This Case

If an uncertain situation arises, check the items below.

Issue	Cause	Solution
The stopper is leaking.	The stopper is not securely closed, or it is loose.	When closing the stopper, hold the main body upright, and do not tilt or shake the main body while closing it. (P.5 3) If the body ring is attached in the wrong position, the stopper will not close properly. Attach the body ring in the proper position. (P.9)
	The lid is not securely closed, or it is loose.	Close the lid securely. (P.5 3, P.6 5)
	Too much drink is inside.	Keep the drink level below the prescribed amount. (P.5 2)
	The gaskets have slipped.	Securely attach the two gaskets in the proper positions. (P.8 3, P.9 4)
	The spout is not attached.	Be sure to attach the spout. (P.8 2)
	The stopper or gaskets are damaged or worn.	Purchase replacement parts, which are sold separately. (P.12)
The inside of the main body is discolored.	The interior is stained.	Use oxygen bleach to clean the interior. (P.10)
	Specks of rust are attached to the interior.	This is caused by a buildup of iron and other impurities in the water. Use vinegar to clean the interior. (P.10)
	Gritty residue is attached to the interior.	This is caused by a buildup of calcium and other impurities in the water. Use citric acid to clean the interior. (P.10)
Part of the outside of the main body has discolored to a whitish color.	Dishwasher detergent or limescale has attached to the product.	Run boiling water over the discolored area, and immediately wipe the outside with a dry cloth. If you leave the product wet, the water droplets may leave marks. The main body will become hot, so be careful of burns.
The cold retention is ineffective.	The drink put inside was not cold enough.	Pour a cold drink into this product. Precooling the inside of the main body before use is also effective.
	There is not enough drink.	Increase the amount of ice or drink.
The product smells bad.	The inside of the main body or the stopper is dirty.	Clean the product and thoroughly dry it. If this does not remove the smell, use oxygen bleach. (P.10)
The gasket is discolored.	The gasket is stained or moldy.	Use bleach to clean the gasket. (P.10) If the dirt or mold cannot be removed, dispose of the gasket and purchase a replacement, which is sold separately. (P.12)

How to Purchase Replacement Parts (Sold Separately)

Confirm the product number and color name, and then make a purchase using the method specified below.

(The product number and color name are indicated on the bottom of the main body.)

① **THERMOS online shop (replacement part sales)**

https://www.shopthermos.jp/shop/goods/p_search.aspx

Order parts from the URL above. (Please be aware that the available parts are limited.)

Web address: <https://www.thermos.jp/>

To improve the product, some of its specifications may be changed without prior notice. Therefore, please be aware that the illustrations in this guide may differ slightly from the actual product.