

SHARP

Be Original.

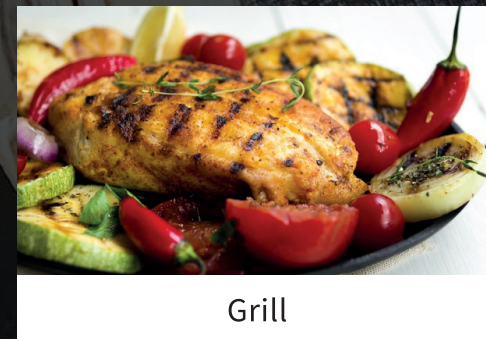
One appliance. Many ways to enjoy it.

Sharp Healso comes with unique superheated steam technology. It gives you whole new ways to prepare your favourite meals that are delicious and full of nutrition.

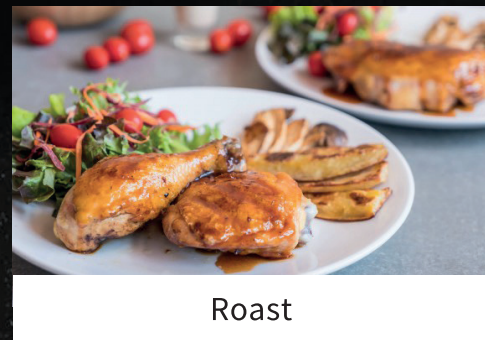
Supersteam, Steam, Convection and Microwave.



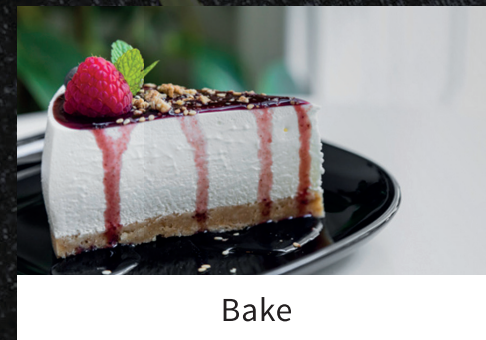
Steam



Grill



Roast



Bake

Specifications

Model No.	AX-1600V-R
Colour	Red (-R)
Oven Capacity (L)	31
Auto Cooking (No. of Menu)	34
Cooking Program	Superheated Steam / Grill / Convection / Microwave
Interior Material	Non-Sticky Stainless Steel
Door Type	Pull - Open
Control Panel Type	Dial
Output Power (W)	Microwave: 800
	Steam: 1250
	Grill: 1450
	Energy save: <1
Oven Tray Dimension (W x D) (mm)	313 x 290
Inside Dimension (W x H x D) (mm)	320 x 225 x 340
Outside Dimension (W x H x D) (mm)	592 x 579 x 505
Weight (Kg)	24
Rating Voltage & Frequency	220V ~ 50Hz 1.55kW

Sharp Business Systems (India) Pvt. Ltd.

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Toll Free: 1800-4254-322 | E-mail: sharp@service007.com | Website: www.sharpindia.co.in



It's not a
Microwave.
It's a health
revolution.

**COOKBOOK
FEATURING**

26
DELICIOUS
AND
HEALTHY
INDIAN
RECIPES

included with every
Sharp Healso.



HEALSIO





Why choose between nutrition, convenience, and taste when you can have all three?

Sharp Healso brings you an innovative way to enhance your cooking without compromise. With a variety of cooking modes and a unique technology, Healso ensures that you never have to pick between food that's easy to prepare, delicious to eat, and good for your health because now you can get all three in one modern package.

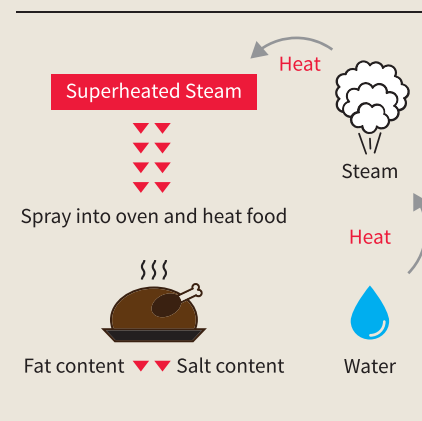
So don't wait, it's time to UPGRADE YOUR LIFE with Sharp Healso.

Superheated Steam The Healso Advantage

Sharp Healso combines the convenience and efficiency of a microwave, the versatility of a convection oven and the unique technology of Superheated Steam to help you enjoy the joys of cooking, without affecting flavour or nutrition. Whether you're experimenting with new recipes, discovering twists on old favourites, or just trying to live your healthiest life without sacrificing your love for food, Sharp Healso is the ultimate way to revolutionize your kitchen experience.

Its one-of-a-kind capabilities come from Superheated Steam Technology, which creates steam by heating water to 340°C at normal pressure, in comparison to normal steam which is obtained at 100°C. The Superheated Steam Technology transfers high-intensity heat (539 cal/g), known as "latent heat" to the food. This causes excess fat and salt to melt away, making it healthy without impacting the flavour.

The Healso also comes with a new door mechanism that makes the oven compartment as air-tight as possible, allowing cooking with water to take place in a low-oxygen environment. This retains essential nutrients found naturally in food, without any oxidation, resulting in naturally delicious cooked dishes.

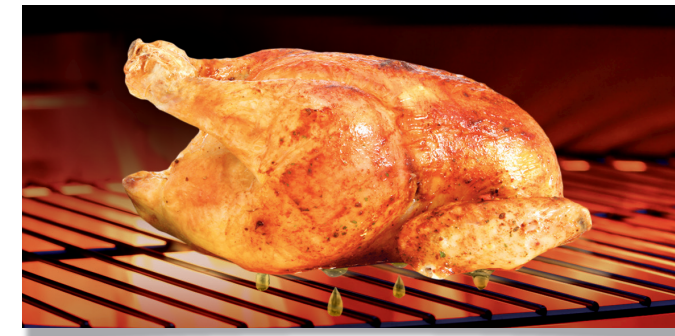


Benefits of Superheated Steam Technology

Enjoy Luscious Roasts With Less Fat and Salt

Superheated Steam Effect

Superheated Steam roasts meat and fish to a beautiful golden brown as huge amounts of latent heat transfers to your food to melt away excess fat and salt.



Retention of Nutrients by Minimizing Food Oxidation

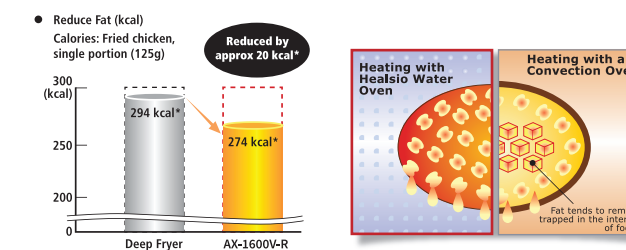
Super-Low Oxygen Cooking

Healso's super-low oxygen environment retains essential nutrients when normally large amounts of anti-oxidants like vitamin C, E and polyphenols are lost to oxidation in the heating process.



Reduces Fat and Calories

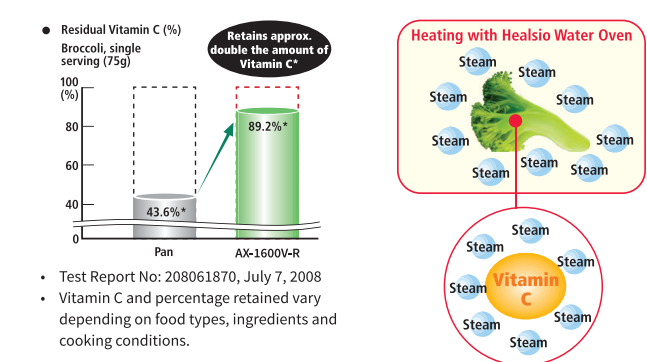
Cook delectable roasted and fried food quickly with less calories.



- Test Report No: 208061050, June 24, 2018.
- Calories differences comparing water oven with regular cooking devices.
- Total calories and percentage of fat reduced vary depending on food types, ingredients and cooking conditions.

Preserves Vitamin C

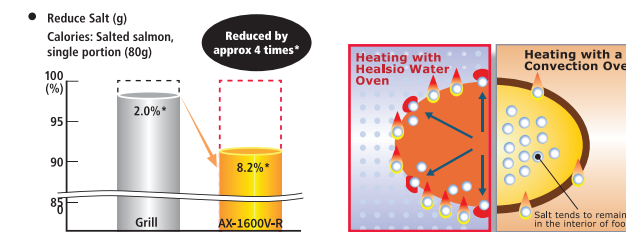
The vital Vitamin C in everyday meals is preserved.



- Test Report No: 208061870, July 7, 2018
- Vitamin C and percentage retained vary depending on food types, ingredients and cooking conditions.

Reduces Salt

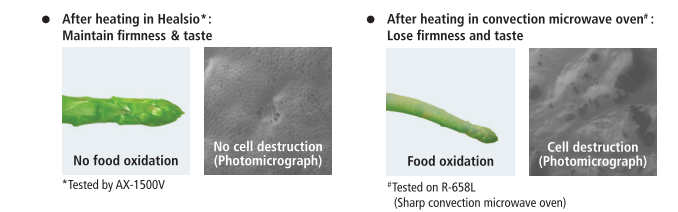
Excess salt is absorbed, drips away from the food surface and abundant moisture is retained.



- Test Report No: 208071996, August 6, 2018.
- Salt content and percentage of salt reduced vary depending on food types, ingredients and cooking conditions.

Protects Taste and Flavour

Minimal loss of natural flavours, moisture and nutrients.



- Sharp calculations: Organisation contracted to perform analysis: Japan Food Research Laboratories.
- Collaboration with Professor Masahide Imaki and Associate Professor Ayaka Yazawa, Osaka Prefecture University.