Connect with EatSmart

f EatSmart Products

t EatSmartScales

g+ EatSmart Products

P EatSmartScales

www.eatsmartproducts.com

www.eatsmartblog.com

EatSmart

Precision Body Check

Digital Body Fat Bathroom Scale with Body Water,
Bone Mass, Mineral Mass, BMI and Cal-Pal™
Calorie Estimation

Model ESBS-55

ESBS-55
IBESBS55B 10.16
WC

FCC INFORMATION

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operation. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

INTRODUCTION

Thank you for purchasing an EatSmart Product. Your EatSmart Precision Body Check Digital Bathroom Scale has been specifically designed for your use, with an easy to use interface and superior EatSmart accuracy. All of our precision instruments for weight measurement are engineered and designed to meet the highest quality standards.....to assure you years of uncompromising accuracy and consistently dependable, convenient performance.

This EatSmart body fat scale is designed and manufactured in a facility certified ISO 9001 Quality, BSCI Certification and Safety Management Systems and ISO13485 Medical Devices Quality Management System. The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat, total body water, bone mass and muscle mass. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body, the percentage of total body water, percentage body fat, bone mass and muscle mass. The body fat scale also calculates body mass index (BMI) and estimates basal metabolic rate (BMR) which the scale will display as "kcal". The body fat scale is also equipped with an "Athlete Mode" for athletes whose body build is different from non-athletes.

Note: Please read this Instruction Manual carefully and keep it handy for future reference.

Your EatSmart Bathroom Scale comes with the following:

•   **EatSmart Digital Bathroom Scale**
•   **Instruction Manual**
•   **3 AAA batteries located on the underside of the cardboard packing insert**
•   **2 Year EatSmart Guarantee**

Please fill out your purchase information for future reference:

Date Purchased: _____

Place of Purchase: _____

Order ID (if any): _____

If you have any questions please contact us -
eatsmartproducts.com.

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with features and operations before using the unit.

- The warning signs and the sample icons shown here are listed in order for you to use this product safely and correctly as well as to prevent product damage, risk and injury to you and others.
- The icons and meanings are as follows:

⚠ **PRECAUTION NOTICE**	Indicates the right conditions to use the product and to prevent damage, risk and injury.
⚠ **IMPORTANT NOTICE TO USERS**	Indicates important notices users should read before using the product.
⚠ **CARE AND MAINTENANCE**	Indicates matters in which the possibility of damage may happen as a result of incorrect handling and improper maintenance.

INTENDED USE

This scale is intended to measure body weight and impedance and estimate percentage of body fat and body water, bone mass and muscle mass using BIA (Bioelectrical Impedance Analysis). It is intended for use by healthy adults with active, moderately active, to inactive lifestyles for body composition assessment in the home environment.

⚠ PRECAUTION NOTICE

- Do not use the scale on people who have body implants such as a pacemaker, artificial limbs, contraceptive devices, or metal plates or screws. It may cause the device to malfunction or produce an inaccurate result. When in doubt, consult your physician.
- Do not disassemble the scale as incorrect handling may cause injury.
- Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

⚠ IMPORTANT NOTICE TO USERS

- This product is intended for adults ages 18 to 80.
- Make sure to use only the type of battery stated (see Section "OPERATION").
- The "Athlete" mode is applicable only to people 18-80 years of age.
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- For body fat, body water, bone mass and muscle mass estimates, always estimate in bare feet.

PRODUCT DESCRIPTION

LCD Readout

▾ & ▴ Buttons
POWER Button
SET Button

Platform with Electrodes
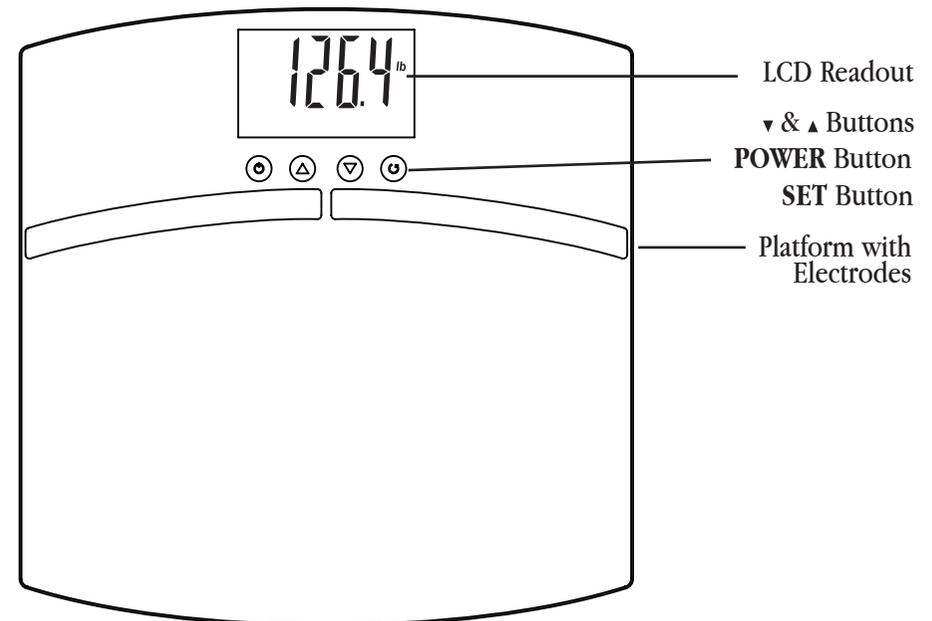
LCD READOUT & BUTTON DESCRIPTION
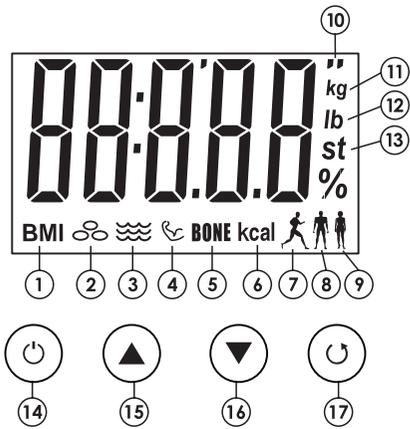
1. BMI Readout
2. Body Fat % Reading
3. Body Water % Reading
4. Muscle Mass % Reading
5. Bone Mass % Reading
6. Cal-Pal™ Daily Calorie / Basal Metabolic Rate (kcal)
7. Athlete Mode Icon
8. Male Icon
9. Female Icon
10. Height Displayed in Feet/Inches
11. Weight Readout in Kilograms (kg)
12. Weight Readout in Pounds (lb)
13. Weight Readout in Stone (st)
14. POWER Button
15. ▲ Forward Button
16. ▼ Back Button
17. SET Button

FUNCTION KEYS

POWER
• Turn the scale on and off

SET
• Confirmation button for selection

▲ or ▼
• Changes value of height, age and activity level, toggle between Male / Male athlete and Female / Female athlete in Body Fat function
• Select memory P1 - P8 in Memory mode & Recall mode
• Recall settings of memory locations

BACK VIEW

Battery Compartment
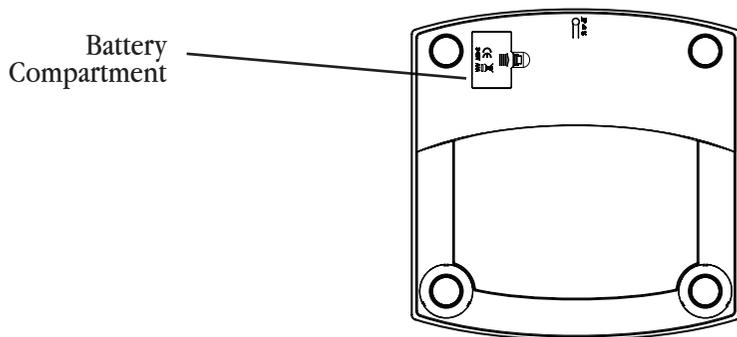
OPERATION

Battery Installation and First Time Setup

1. This scale operates on 3 'AAA' batteries. Batteries are included and located in the underside of the cardboard packing insert. Remove any plastic wrap from the batteries before installation. Remove any screws and open the battery cover on the back of the scale unit. Place the batteries into the battery compartment according to the "**+**" and "**-**" polarity symbols at the bottom of the compartment. Replace the battery compartment cover and screw(s).
Always replace all batteries at the same time: do not combine old and new batteries. Do not mix Alkaline, Carbon-Zinc (standard) or Nickel-Cadmium (rechargeable) batteries.
Remove the batteries if the scale will not be used for a long period of time.

⚠ **TIPS**

Replace batteries when "**Lo**" is displayed.

Direction of the 3 AAA batteries
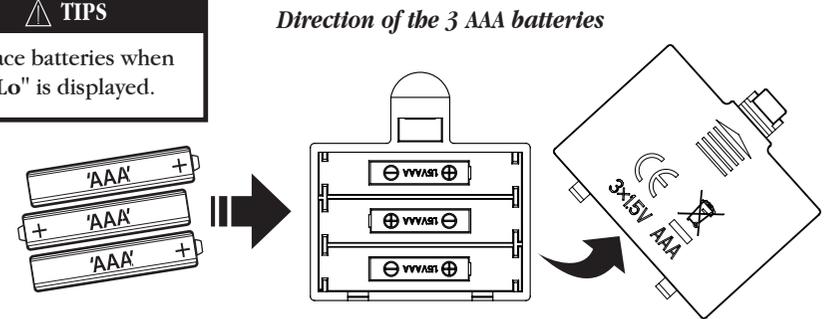
2. Set units of measurements. Your scale is set at the factory to weigh in pounds (lb). Press the "kg lb st" button on the bottom of the scale to switch to kilogram (kg) or stone (st) units of measurement. (1 stone = 14 pounds.)
3. Some models have a static cling label on the LCD lens to prevent scratching. Remove before use.
4. Place the scale on a hard, flat surface. Carpeted, uneven or cushioned flooring can negatively affect the accuracy of the reading. When in doubt, call 866-843-3905 (8 to 5 MST).

5. The scale needs to be initialized and calibrated before first use and after moving your scale. Place the scale on flat, hard surface. The harder the surface the more accurate your readings will be. Carpeting or uneven floors may affect accuracy. Avoid soft flooring like Pergo™ or types of linoleum. Firmly press on the glass platform to activate the backlight, but do not stand on the platform. Allow the scale to read '**0.0**' and wait for it to turn off. Your scale is now calibrated and ready for use. If you move the scale, or replace the batteries, repeat step #5 to calibrate again.

Weighing Operation

Your EatSmart Bathroom Scale operates as a basic body weighing scale. No special programming is required.

1. **Select your desired measurement unit.** Your scale is set to default to pounds at the factory but you can switch the measurements to kilograms or stones by pressing the "**kg st lb**" button, located on the underside of your scale.

2. **Place the scale on a hard, flat surface.** Carpeted, uneven or cushioned flooring can negatively affect the accuracy of the reading. When in doubt, call 866-843-3905 (8am to 5pm MST).

3. **Initialize and calibrate the scale.** If you are using the scale for the first time or moving the scale you must first auto-calibrate the scale (see steps 4-5 under "Operation" section of this manual.)

4. **Step on.** Place both feet on the center of the glass and stand still.

5. **Your weight will appear on the LCD.** Your weight will blink 3 times and the scale will beep when your final weight has been calculated.

6. **Step off the scale.** The scale will turn off automatically after approximately 10 seconds.

> **Important:** Your EatSmart scale operates with "Step-On" technology but still needs to be auto-calibrated after battery installation or after the scale is moved, to ensure accuracy.
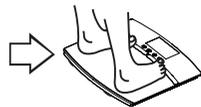>
> Firmly press the glass platform to activate the backlight but DO NOT stand on the platform. Allow the scale to read '**0.0**' and wait for it to turn off. Your scale is now calibrated and you can step on and weigh yourself normally.
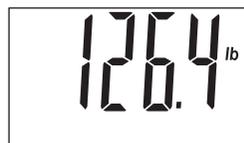

| Press on platform to turn on scale | Allow the scale turn off | Step evenly on platform | Weight Display |

Body Fat And Total Body Water Estimating Operation

⚠ IMPORTANT NOTICE TO USERS

This scale has 8 personal memory numbers (P1-P8). Before estimating body fat and body water, you must first save your height, age, gender, normal/athlete mode option and an activity level selection into a memory number. The scale will then use these factors to estimate your results. Once you have saved your personal data into memory, it will only need to be reentered if there is a change to the data.

The accuracy of the results depends on how you stand on the scale. Position your feet with maximum contact on the metal electrodes on the platform. This ensures the best contact between your feet and the metal contacts. Stay on the scale until the body fat estimation is completed and the result is displayed. Clean, slightly moist feet will provide the best results.
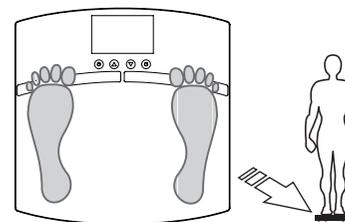
Feet centered on platform (✔)   Feet not centered on platform (✗)

To Program Your Personal Data

1. Press the " ⏻ " (On/Off) button to

turn the scale on.

2. Select a Memory number

Press the "▲" or "▼" button to choose a memory number (P1-P8 users).

Press the " ↻ " (Set) button to select the displayed memory number. A gender / athlete mode icon blinks.

3. Select Gender/Athlete

Press the "▲" or "▼" button to toggle between male ( )/

male athlete ( ) / female ( ) / female athlete ( ).

Press the " ↻ " (Set) button to confirm. An Activity Level number blinks.

Definition of an Athlete:
The general consensus among researchers is that a quantitative dimension could be used in defining an athlete. For example, an athlete could be defined as a person who consistently trains a minimum of three times per week for two hours each time, in order to improve specific skills required in the performance of their specific sport and/or activity.

4. Select an Activity Level

Press the "▲" or "▼" button to choose an Activity Level (1-5). Press the

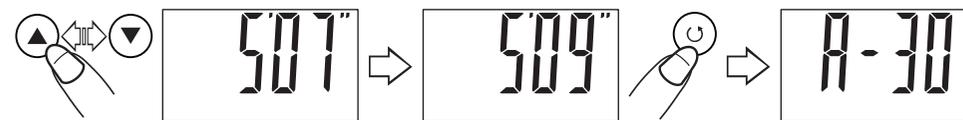" ↻ " (Set) button to select the displayed activity level. The height digits blink.
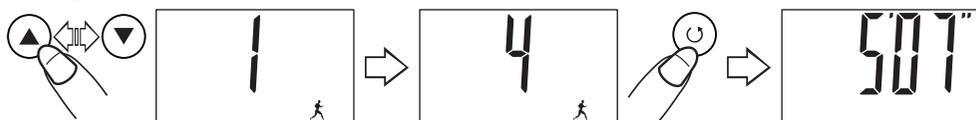
Select your Activity Level according to the following guidelines:
Level-1 Sedentary / very inactive: little or no exercise
Level-2 Limited Activity: exercise/sports 1-3 days a week
Level-3 Moderate Activity: exercise/sports 4-5 days a week
Level-4 Very Active: exercise/sports 6-7 days a week
Level-5 Extremely Active: physically demanding exercise/sports or athletic training
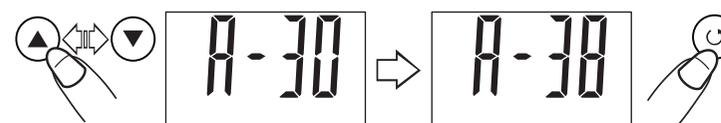
5. Enter Your Height

Press the "▲" or "▼" button to increase/decrease the height digits.

Press the " ↻ " (Set) button to to select the displayed height. The age digits blink.

6. Enter Your Age

Press the "▲" or "▼" button to increase/decrease the age digits. Press the " ↻ " (Set) button to to select the displayed age.

7. The scale shows a dash pattern ("**-----**"), then "**0.0**". The scale will automatically shut off after a few seconds. Your personal information is saved in memory. Note: You may step on the scale for a reading with bare feet when "**0.0**" appears on the screen.

BODY FAT AND TOTAL BODY WATER ESTIMATING OPERATION USING MEMORY

Note: in order for the scale to estimate your body fat, total body water, bone mass and muscle mass, you must first enter your personal data into memory.
The scale has 8 personal memory settings. This allows up to 8 users to store and recall their own height, age, gender/athlete mode option and activity level selection. Follow steps in the previous section "Program Personal Data" to input your personal information into a memory location.

A. To Recall Personal Data from Memory for Body Fat & Total Body Water Estimation

You must have bare feet for estimation results. Remove your shoes and socks before proceeding. Clean, slightly moist feet will provide the best results. Position your feet with maximum contact on the metal electrodes on the platform.
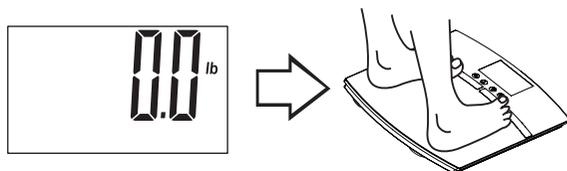
1. Press the " ⏻ " (On/Off) button to turn the scale on. A memory number (P1-P8) blinks.
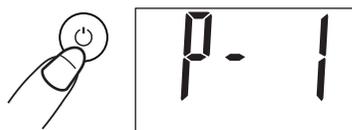
2. Press the "▲" or "▼" buttons until your memory number appears. Wait for the screen to show "**0.0**".
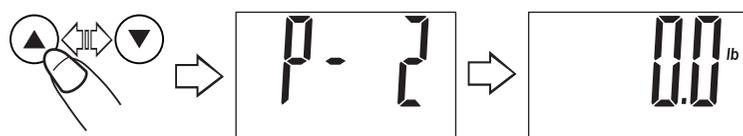
3. When "**0.0**" appears on screen, step on the scale with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.

4. Stand still while the scale measures your weight.

5. Your weight will display for 2 seconds, and then the scale will begin to estimate your body composition. The screen shows a moving zeros pattern ("**oooo**") while estimating. Continue to stand still on the scale.
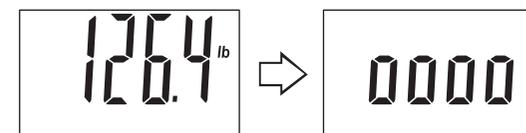
6. After a few seconds, your BMI, body fat %, body water %, muscle mass %, bone mass %, Cal-Pal™ daily calorie (KCAL) and weight estimates will display.

BMI	BODY FAT%	TOTAL BODY WATER%
MUSCLE MASS%	BONE MASS%	KCAL
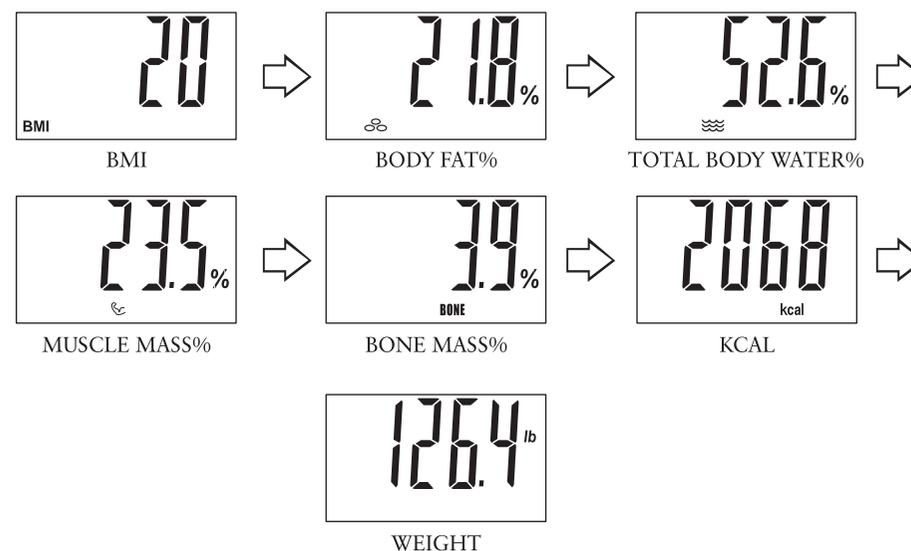
WEIGHT

7. The results are repeated, and then the scale will turn off automatically.

B. Automatic User Identification

After you have programmed your information and weighed yourself once, your EatSmart Precision Body Check scale will automatically recognize you by your weight and automatically pull up your personal data profile. After you have programmed your user and weighed yourself once, the scale will automatically recognize you for future weigh-ins. It does this based upon the weight of the user (it will detect all profiles within +/- 6.6 lbs/ 3 kgs). There is no need to reprogram any information or manually select a memory number if this is done correctly, except if you have lost or gained 6.6 lbs (3 kgs) from your last weigh-in.

1. Step on the platform directly with bare feet to turn the scale on. Position your feet evenly with maximum contact with the metal electrodes.

2. Stand still while the scale measures your weight.

3. Your weight will display for 2 seconds, and then the scale will begin to estimates your body composition. The screen shows a moving zeros pattern ("**oooo**") while estimating. Continue to stand still on the scale.

4. If there is only one user profile whose last weight reading is close to the person being weighed, the scale will select that user's memory number automatically. The body composition estimates will then display twice before the scale turns off.

5. If there is more than one user profile whose weight is close to the person being weighed (within +- 6.6 lbs.), both memory numbers will appear on the screen before the scale starts to estimate body composition.

For example:

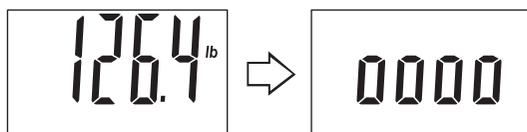Step off the scale. Press the "▲" or "▼" button to select memory number P1 or P2. Wait for the screen to show "**0.0**". Step back on the platform with bare feet, positioning your feet evenly on the scale platform with maximum contact with the metal electrodes.
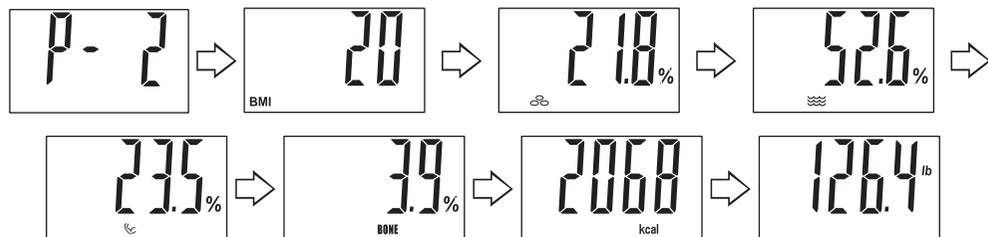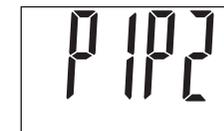
Stand still while the scale measures your weight. Your weight will display for 2 seconds, and then the scale will begin to estimates your body composition. The screen shows a moving zeros pattern ("**oooo**") while estimating. Continue to stand still on the scale.

The body composition estimates will then display twice before the scale turns off.

Note: For automatic user identification to work you must first select a profile, input your profile data and measure your weight at least once. If a user profile isn't automatically located, please re-do steps 1 and 2 carefully or call for support.

How to Delete a User Profile

In the event that two profiles conflict (within +- 6.6 lbs of each other) it is possible to delete one of the profiles by doing the following.

1. Step on the scale. Your weight will appear.

2. The scale will try to pull up a user profile. If there are two or more conflicting profiles the screen will display the conflicting numbers.

3. Press the "▲" button to select P1 or press the "▼" button to select **P2**.
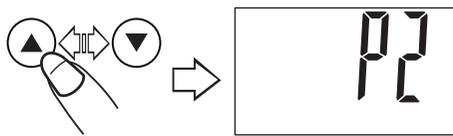
4. Press and hold the " ⟳ " (Set) button for 3 seconds and the display will show "**dEL**".

5. The next time the scale is turned on, all information pertaining to the deleted user will be cleared.

To Turn Off the Scale

Press and hold the " ⏻ " (On/Off) button for 2 seconds to turn the scale off. Or, if no buttons are pressed for a few seconds, the scale turns off automatically.

⚠ CARE & MAINTINANCE

To keep your EatSmart Bathroom Scale in the best possible condition, follow these directions as closely as possible.

1. Store and operate the scale in a safe, dry location. Drastic changes in temperature over time can affect the quality of weight measurement. Do not expose to direct sunlight, extreme hot/cold temperatures or humidity.

2. Do not disassemble the scale other than for replacing the batteries; it contains no user serviceable parts. Damage to the scale may occur as a result of improper handling.

3. Clean the scale after use with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.

4. Avoid excessive impact or vibration to the scale, such as dropping it onto the floor.

5. This scale is designed to read weights between 11 and 400 lbs / 5 and 182 kgs. To prevent damage, do not place more than 400 lbs / 182 kgs on it.

6. Do not store anything on the scale, as it is a sensitive weighing device.

7. Do not store the scale where you store cleaning chemicals. The vapors from some household products may affect the electronic components of your scale.

8. Do not dispose of batteries in fire. Batteries may explode or leak. When replacing batteries, if there is more than one battery in the scale, replace all batteries at the same time; do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (ni-cad, ni-mh, etc) batteries. Remove the batteries if the scale is not used for a long period of time.

9. Use the scale consistent with instructions provided in this manual.

⚠ WARNING!

NOTE: Please recycle or dispose of batteries per local regulations.

WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

PRECAUTION: Do not dispose of batteries in fire. Batteries may explode or leak. Remove the batteries if the scale will not be used for a long period of time.

PROBLEM SOLVING & QUESTIONS

1. If the scale does not turn on?

Check if the scale is powered up and started up. If not, please refer to the Operation Section "Battery Installation and First Time Setup". Check batteries for proper installation (polarities are correct).

2. If the scale displays "Lo"?

The batteries are running low. Replace all 3 worn batteries.

3. If the scale is inaccurate or weight varies?

Place feet in center of glass platform and stand still. Allow weight to lock in before looking down at display. Flooring may a be reason for fluctuation. Use the scale on the hardest floor available for accuracy. Do not move the scale unnecessarily.

4. If the scale displays "88888" for more than 6 seconds?

Calibration error. Step off the scale and wait until the scale automatically turns off. Start the scale again by pressing firmly on the scale platform to re-calibrate the scale. The display shows "0.0" and then turns off. The scale is ready for use again.

5. If the scale displays "Err" when measuring?

Overload warning. Remove the weight immediately; otherwise, permanent damage to the scale will occur.

6. If the scale displays "Err 1" when estimating body fat and body water values?

Contact error. Impedance cannot be measured. Please make sure that you are standing still on the scale and maintaining maximum contact between your feet and the metal contacts. If not, please refer to "Operation" section. You may need to moisten your feet to improve the electrical contact.

7. If the scale displays "Err L" when estimating body fat, body water, muscle mass and bone mass values?

Estimated values are lower than the minimum values the scale can estimate. Moistening your feet may help to improve the electrical contact.

8. If the scale displays "Err H" when estimating body fat, body water, muscle mass and bone mass values?

Estimated values are higher than the maximum values the scale can estimate. Moistening your feet may help to improve the electrical contact.

9. If after I tried the corrective actions above, I still can't solve the problem …

If Error messages persist after following the corrective actions above, remove and reinsert the batteries after 1 minute.

10. I have tried all corrective actions, but still can't solve the problem …

Please contact the Taylor Customer Service Department at 866-843-3905.

11. Why do I get a different body fat reading when I use a different brand of body fat scale?

Different body fat scales take estimations around different parts of the body and use different mathematic algorithm to estimate the percentage of body fat. The best advice is not to make comparisons from one device to another, but to use the same device each time to monitor any change.

PRODUCT SPECIFICATIONS

Model: EatSmart Digital Bathroom Scale ESBS-55

1. Bioelectrical Impedance Analysis (BIA) technology for body fat and total body water percentage, bone and muscle mass percentage estimations, calorie intake estimations, body mass index (BMI) calculation

2. High precision STRAIN GAUGE technology for weight measurement

3. Athlete (for ages 18-80 years) or Normal Mode selection

4. 8-user memories

5. 4-button operation

6. Auto-on and auto-off functions

7. Power saving LCD readout

8. Low battery indicator: "Lo"

9. Overload indicator: "Err"

10. Capacity: 400 lb or 182 kg

11. Graduation: 0.2lb or 0.1 kg

12. Body fat graduation: 0.1% (in the range from 4% - 60%)

13. Body water graduation: 0.1% (in the range from 27.5% - 66%)

14. Bone mass graduation: 0.1% (in the range from 2% - 20%)

15. Muscle mass graduation: 0.1% (in the range from 20% - 56%)

16. Age range from 18 to 80 years

17. Height range from 3'3" to 7'2.5" (100 to 220 cm)

18. Body fat range: 4 to 60%

19. Total body water range: 27.5 to 66%

20. Bone mass range: 2% - 20%

21. Muscle mass range: 20% - 56%

22. Operates with 3 AAA batteries (included)

23. Product dimension: 12.2" x 12.2" x 1" (Approx.)

24. Gift box dimension: 13.9" x 2" x 13.2" (Approx.)

25. Product weight: 5.3 lb (Approx.)

26. Total weight (product & gift box): 5.95 lb (Approx.)

27. Accuracy of weight measurement: $\pm$1.1 lb (11 lb $\sim$ 143.3 lb); $\pm$1.8 lb (143.3 lb $\sim$ 297.6 lb); $\pm$2.26 (297.6 lb $\sim$ 400 lb)

28. Output power for Body Fat Analyzer: $<$300uA

EDUCATION INFORMATION

Important Information to Know Before Using Your Scale

Before using the scale, you should know ...

1. Why is it important to monitor percentage body fat (%BF)?

The absolute weight traditionally determines whether or not a person is obese. Weight change in itself does not indicate whether it was the weight of body fat or muscle that had changed. In weight management, it is desirable that muscle mass be maintained while body fat is lost. Thus, monitoring the percentage of fat in the body is an important step toward successful weight management and body health.

2. How is percentage body fat (%BF) estimated?

The percentage of BF is measured by a method called Bioelectrical Impedance Analysis (BIA). The use of BIA to estimate body fat has been pioneered since the seventies. It was only in the past decade that the estimation of body fat using BIA technology was successfully offered to the consumer as a compact bathroom scale. With BIA technology, a low intensity electrical signal is sent through the body. The signal is very low and causes no bodily harm. Depending on the amount of body fat of the individual, the electrical signal will flow with a different degree of difficulty. The difficulty with which a signal flows through the body is called electrical impedance. Hence, by measuring the electrical impedance and applying to the data a proprietary algorithm, %BF can be estimated.

'Please note that the percentage of body fat and body water will not add up to 100%.'

Please be reminded that the %BF estimated with the scale represents only a good approximation of your actual body fat. There exist clinical methods of estimating body fat that can be ordered by your physician.

3. Why is it important to monitor percentage Total Body Water (%TBW) in the body?

Water is an essential component of the body and its level is one of the health indicators. Water makes up approximately between 50-70% of the body's weight. It is present proportionally more in lean tissue compared to fat tissue. Water is a medium for biochemical reactions that regulate body functions. Waste products are carried in water from cells for excretion in urine and sweat. Water provides form to cells; helps to maintain body temperature; provides moisture to skin and mucosa; cushions vital organs; lubricates joints and is a component of many body fluids. The amount of water in the body fluctuates with the hydration level of the body and state of health. Monitoring the level of body water can be a useful tool for one's health maintenance. Similar to body fat estimation, the %TBW function provided in this scale is based on BIA.

The estimated %TBW may vary according to your hydration level, that is, how much water you have drunk or how much you have sweated immediately prior to the estimation. For better accuracy, avoid fluctuation in hydration level prior to the estimation. The accuracy of the scale in estimating TBW will also decrease with individuals suffering from diseases that tend to accumulate water in the body.

Please be reminded that the %TBW estimated with the scale represents only a good approximation of your TBW. There exist clinical methods of estimating total body water that can be ordered by your physician.

The optimal %BF and TBW% of an individual varies according to age and gender.

The table as follows may be used as a guide:

Age	Fat (F)	Hydration (F)	Fat (M)	Hydration (M)	Status
	4.0 - 16.0%	66.0 - 57.8%	4.0 - 11%	66.0 - 61.2%	Low
	16.1 - 20.5%	57.3 - 54.7%	11.1 - 15.5%	61.1 - 58.1%	Optimum
≦ 30	20.6 - 25.0%	54.6 - 51.6%	15.6 - 20.0%	58.0 - 55.0%	Moderate
	25.1 - 30.5%	51.5 - 47.8%	20.1 - 24.5%	54.9 - 51.9%	High
	30.6 - 60.0%	47.7 - 27.5%	24.6 - 60.0%	51.8 - 27.5%	Very High

Age	Fat (F)	Hydration (F)	Fat (M)	Hydration (M)	Status
	4.0 - 20.0%	66.0 - 55.0%	4.0 - 15.0%	66.0 - 58.4%	Low
	20.1 - 25.0%	54.9 - 51.6%	15.1 - 19.5%	58.3 - 55.3%	Optimum
>30	25.1 - 30.0%	51.5 - 48.1%	19.6 - 24.0%	55.2 - 52.3%	Moderate
	30.1 - 35.0%	48.0 - 44.7%	24.1 - 28.5%	52.2 - 49.2%	High
	35.1 - 60.0%	44.6 - 27.5%	28.6 - 60.0%	49.1 - 27.5%	Very High

4. When should I use the scale's body fat and total body water functions?

For maximum accuracy and repeatability, it is recommended that the scale's body fat and total body water functions be used at approximately the same time of the day, e.g. before breakfast in the morning. It is also a good practice to avoid swings in hydration level of the body prior to the estimation. Establishing your own baseline value of %BF and %TBW and tracking their changes is better than merely comparing your %BF and %TBW value to the population's "normal" value.

The estimates provided are not substitutes for physician assessments. Consult your physician to determine what body fat percentage, total body water percentage, muscle mass percentage, bone mass percentage and daily calorie intake are most ideal for you.

5. What is Bone Mass?

Our Body Fat Scale estimates the weight of non-living bone mineral content. This is important for monitoring and maintaining healthy bones through exercise and calcium-rich diet.

An adult skeleton is made up of 206 bones, which come in several different shapes and sizes and have specific structure.

Your bones contain blood vessels, nerve cells and living bone cells known as osteocytes. These are held together by a framework of hard, non-living material containing calcium and phosphorous. A thin membrane called the periosteum covers the surface of your bones.

Bone Mineral Content differs according to age and sex.

(Source: Rico et al.1993)

The typical range of percentage bone mass (mineral content) of average men and women is between 4.0 to 5.3% (Rico 1993).

6. What is Muscle Mass?

Our Body Fat Scale estimates the weight of Skeletal Muscle Mass in your body. You have around 650 muscles in your body, and they make up roughly half of your body weight. These muscles can be divided into three different groups: skeletal, smooth and cardiac. All of these muscles can stretch and contract, but they perform very different functions.

Skeletal muscle: Produces movement, maintains posture, stabilizes joints and generates heat

Smooth muscle: Found in the walls of hollow organs

Cardiac muscle: Exists only in your heart

Skeletal muscle (SM)

The tissue most commonly thought of as muscle is skeletal muscle. Skeletal muscles cover your skeleton, giving your body its shape. They are attached to your skeleton by strong, springy tendons or are directly connected to rough patches of bone. Skeletal muscles are under voluntary control, which means you consciously control what they do.

Just about all body movement, from walking to nodding your head, is caused by skeletal muscle contraction. Your skeletal muscles function almost continuously to maintain your posture, making one tiny adjustment after another to keep your body upright. Skeletal muscle is also important for holding your bones in the correct position and prevents your joints from dislocating. Some skeletal muscles in your face are directly attached to your skin. The slightest contraction of one of these muscles changes your facial expression.

Skeletal muscle generates heat as a by-product of muscle activity. This heat is vital for maintaining your normal body temperature.

Skeletal muscle represents approximately 30% of body weight of a healthy 127.8 lb woman or 40% of a 154.3 lb man. (International Commission on Radiological Protection, 1975)

7. What is the Cal-Pal™ daily calorie intake estimator?

The Cal-Pal™ function estimates the number of calories required based on your body composition and user entered personal data. This tool can be used as a guide when setting calorie goals during weight loss and exercise programs. This estimate shows on the LCD as Kcal (Basal Metabolic Rate).

8. Why is the Athlete Mode necessary in a Body Fat Analyzer?

It has been found that body fat estimation using BIA could overestimate the percentage body fat of adult elite athletes. The physiological variation of athletes in bone density and level of hydration are two of the reasons said to account for the difference. The Athlete mode is selectable only for people 18-80 years old.

9. Definition of an 'Athlete'

The general consensus among researchers is that a quantitative dimension could be used in defining an athlete. For example, an athlete could be defined as a person who consistently trains a minimum of three times per week for two hours each time, in order to improve specific skills required in the performance of their specific sport and/or activity.

Distributed By:

Taylor Precision Products, Inc.

2220 Entrada Del Sol, Suite A
Las Cruces, New Mexico 88001
1-866-843-3905
www.shoptaylorusa.com

WARRANTY

The EatSmart warranty covers defects in material and workmanship of the product under normal use for a period of two (2) years from the date of retail purchase. The warranty does not cover damages resulting from misuse, abuse, immersion, normal wear and tear or unauthorized modification.

Should this scale require service (or replacement at our option) while under warranty, please contact EatSmart for return authorization and troubleshooting.

EatSmart 866-843-3905 (8 to 5 MST) or eatsmartproducts.com

There are no expressed warranties except as listed above. This warranty gives you specific legal rights which may vary from state to state.

NOT LEGAL FOR TRADE.

Made in China