

InBody230 Spec Sheet

Direct Segmental Multi-frequency Bioelectrical Impedance Analysis



Specifications:

Frequencies.....	20, 100 kHz
Measurements.....	10 impedance measurements 2 frequencies at each of 5 segments (Right Arm, Left Arm, Trunk Right Leg, Left Leg)
Test Duration.....	30 seconds
Weight Range.....	22~551 lbs. (10~250 kg)
Age Range.....	3~99 years
Height Range.....	3 ft. 1.4 in. ~7 ft. 2.6 in. (95~220 cm)
Database.....	1,000 entries
Dimensions.....	14 × 33.2 × 38.7 (W × L × H) : in. 356 × 843 × 984 (W × L × H) : mm
Weight.....	32 lbs. (14.5kg)
Warranty.....	1 Year Manufacturer's Warranty
Compatible Printers.....	Laser / Inkjet PCL 3 or above and SPL
Additional Features.....	Folds for portability
Accessories.....	Carrying Case, Thermal Printer, InBody Test Poster, Results Sheets, InBody Tissue
Outputs.....	Total Body Water, Dry Lean Mass, Lean Body Mass,Weight, Skeletal Muscle Mass, Body Fat Mass, BMI, Percentage of Body Fat, Segmental Lean Analysis, Basal Metabolic Rate (BMR), Impedance at each segment/frequency



About InBody

The InBody body composition analyzer stands in the center of an increasing interest in weight loss and exercise. The development and distribution of the InBody created awareness of terms such as "body composition" and "body fat" among those who promote healthy lifestyles. With the InBody, the prevention of obesity was clearly identified as the reduction and control of body fat rather than just overall weight loss. InBody continues to increase health awareness through the InBody Test.

The InBody is the world's first body composition analysis device that uses the 8-Point Tactile Electrode System with patented Thumb Electrodes and Simultaneous Multi-frequency-BIA, a patented technology that analyzes all five cylinders of your body at the same time to reduce variances in your results. With unparalleled performance in the domestic obesity diagnosis market, InBody has solidified its foundation as a professional medical device manufacturer. InBody is committed to further research and develop to achieve superior competitiveness and facilitate success across global markets in North America, Asia, and Europe.

InBody See what you're made of

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Sample Results Sheet:

InBody230

Name (I.D.)	Gender	Age	Height	Date	Time
HMS2580	Female	73years	4ft. 10.3in.	02.17.2010	09:00:12

SEE WHAT YOU'RE MADE OF

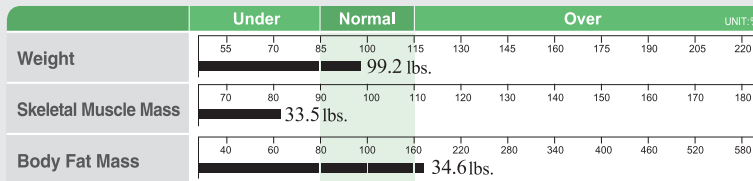
Body Composition

	Values	Lean Body Mass	Weight
Total Body Water	47.4 lbs.	64.6 lbs.	96.2 lbs.
Dry Lean Mass	17.2 lbs.		
Body Fat Mass	34.6 lbs.		

Body Composition

Body composition testing is the process of measuring the components of your body, in short what you're made of. Weight alone is not a clear indication of good health because it does not distinguish how many pounds are fat and how many pounds are lean body mass. By regularly monitoring your Body Fat, and Muscle Mass or Muscular Development, you can understand how your diet, lifestyle and exercise regime are influencing your body composition. Knowing what's working for you can help you target and reach your wellness, appearance and longevity goals.

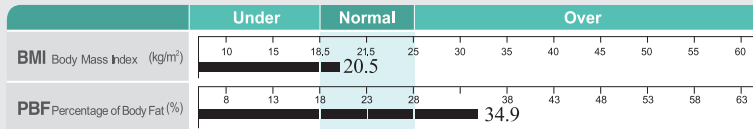
Body Composition Analysis



Body Composition Analysis

What we're made of impacts our health, appearance and our capabilities. Too much Body Fat increases our risk of developing diseases such as diabetes, heart disease and cancer. Carrying too much weight places undo strain on our joints, heart and vital organs. Ideally, the Skeletal Muscle Mass graph to the left should reach or surpass the normal range and the Body Fat Mass graph should be falling within the Normal Range.

Obesity Analysis



Obesity Analysis

BMI isn't a measurement but a calculation based on your height and weight. A BMI over the normal range can indicate a weight problem, or a degree of obesity. Individuals with large amounts of muscle mass for their height may also have a BMI over the normal range; this is not indicative of obesity or a health risk. Percentage of Body Fat is a measured component of your actual body composition, PBF is the percentage of your total weight that isn't muscle, bone or excess fluid. PBF is a more accurate means of assessing degrees of obesity or degrees of fitness.

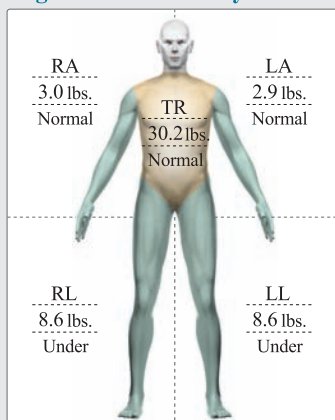
$$BMI = \frac{\text{Weight, kg}}{\text{Height}^2, \text{m}^2}$$

$$PBF = \frac{\text{Fat}}{\text{Weight}} \times 100$$

BMI Body Mass Index Under Normal Over

PBF Percentage of Body Fat Under Normal Over

Segmental Lean Analysis



Segmental Lean Analysis

Use this section to understand how your muscle mass is distributed throughout your body. Your segmental distribution could indicate that you have maintained or developed muscle mass proportionately. You may discover that you have a tendency toward a disproportionate amount of muscle in your legs or your trunk and arms. Genetically there are inherent tendencies toward more or less musculature in any of these areas. It's true that you can't "spot lose" fat but you can develop or maintain certain muscles by using them more.

Impedance

Z	RA	LA	TR	RL	LL(Ω)
20 kHz	461	471	28.3	379	383
100 kHz	419	433	25.5	349	354

Body Fat & LBM

Body Fat	- 11.2 lbs.
LBM	+ 13.4 lbs.

Fat : + (need more body fat mass)
- (lose body fat mass)

LBM : +(need more lean body mass)
0.0 lbs.(maintain current LBM)

Basal Metabolic Rate

BMR	1003 kcal
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The BMR is the minimal number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass. With age muscle depletes and BMR steadily decrease.