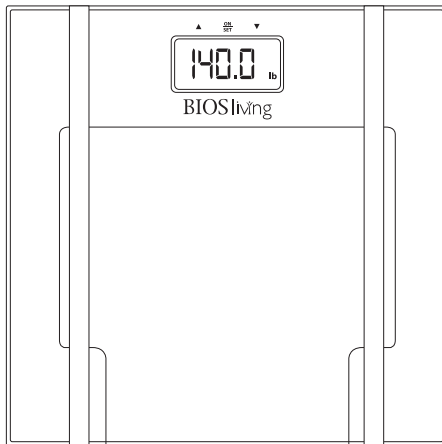
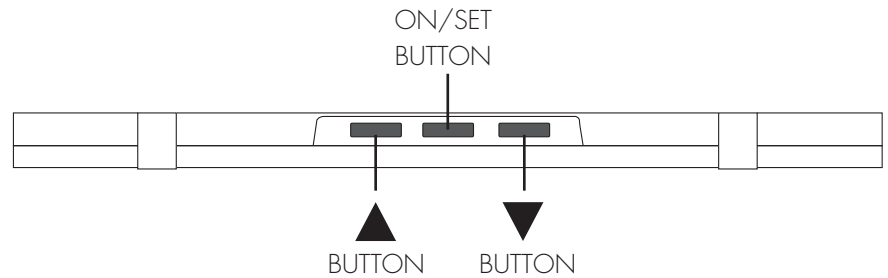


## FRONT VIEW



## TOP VIEW



## Introduction

Thank you for purchasing the BIOS Living Glass Lithium Body Fat Scale. This scale was developed with state-of-the-art electronics and high precision sensors to ensure accuracy. This precision device has a weight capacity of 330 lbs / 150 kg and is equipped with an auto power ON / OFF function.

## Features

- Auto ON / OFF
- Blue backlight LCD
- Graduation: 0.2 lb / 0.1 kg
- Measures 6 indicators:
  - Body weight
  - Body fat %
  - Hydration level
  - Bone mass
  - Muscle mass
  - BMI (Body Mass Index)
- Low battery / overload indication
- Accurate to 330 lbs / 150 kg
- LB / KG / ST switchable
- Stores data for 10 users
- Battery: 1 x CR2032/3V (included)
- 5 year warranty

## Battery Installation

Remove the plastic tab from the battery compartment, located at the back of the scale, before using. Replace the battery with 1 x CR2032 when "Lo" appears on the LCD display, according to the correct polarity. Once the battery is correctly inserted close the battery cover.

**Note: Please be aware that inserting the battery with the incorrect polarity may cause permanent damage.**

## Unit Conversion

To change the unit LB/KG/ST, press the "Unit" button located on the back of the scale, beside the battery compartment.

(See Figure 1)

## Using your Scale

1. Place the scale on a solid, level surface.

**NOTE: If the scale is placed on a soft surface, such as a carpet or an uneven floor, the results may be inaccurate or an error message may occur.**

2. Press and release the "ON/SET" button and wait for the "00" to appear on the display. For an accurate reading, gently step onto the scale with bare feet. Once a steady reading is taken, after a few seconds, the display will lock and flash the final weight.

**Note: This scale requires bare feet for proper conductivity while measuring body fat.**

3. The scale will automatically shut off after one minute.

## Setting Personal Data

1. Press the "ON/SET" button and wait for the "00" to appear on the display.

2. Press "ON/SET" again. One of the programmed memories between P00 and P09 will appear flashing on the display. Also, a symbol of a man or woman and the word "USER" will appear on the display.

3. Using the setting buttons "▲" or "▼", go to "P01" to introduce the data of the first person. Press "ON/SET" to finalize. The icon of the man or woman will appear flashing.



Figure 1

- Using "▲" or "▼" buttons, select the corresponding symbol and press "ON/SET". The height will appear flashing on the screen.
- Using the same buttons, "▲" or "▼", set the height and press "ON/SET" to finalize this. Age will appear flashing on the screen.
- Using the same buttons, "▲" or "▼", set your age and press "ON/SET" to finalize this.
- Wait for "00" to appear on the screen. Now your data has been successfully entered and is ready to use.

Repeat this process for each person using the scale.

### Weighing and Measuring Percentage

- Press the "ON/SET" button to turn scale ON.
- Press "ON/SET" again and use the setting buttons to select the correct pre-programmed user, between P00 and P09.
- After the pre-programmed number is selected, step on the scale (must be barefoot for an accurate reading). Do not sway and place your feet evenly apart, until the display shows your weight.
- Stay on the scale for a few seconds. You will see 0000 moving across the screen as the scale calculates your percentages.
- Your body fat, hydration level, bone mass, muscle mass and BMI will be displayed. The scale will cycle through the various measurements.

140.2

Your weight



Percentage of body fat



Percentage of water



Percentage of bone mass



Percentage of muscle

User

BMI

### Troubleshooting

Error	Problem	Solution
	Scale is overloaded	Step off the scale to avoid possible damage to the product
	An error has occurred when taking measurement	Step off the scale and wait a few minutes before using again
	Battery power is running low	Remove the batteries, wait 10 seconds, and re-insert them into the scale
	Scale is in an unstable position	Place the scale on a hard, even surface
	Incorrect personal data entered	Input your correct personal data (age, height, gender)

### Care and Maintenance

- Always keep the scale in a horizontal position and do not put in wet or hot conditions
- Avoid hitting or dropping the scale
- Do not** overload the scale, as this will damage the sensor
- Do not** immerse this product in water
- Clean the scale with a soft, damp cloth. **Do not** use chemicals or harsh abrasives
- Keep the scale surface dry and do not use on a slippery floor

### Specifications

<b>Power</b>	1 x CR2032 battery (included)	<b>Graduation</b>	0.1 kg / 0.2 lb
<b>Display</b>	LCD	<b>Minimum Effective Weight</b>	5 kg
<b>Max Capacity</b>	150 kg / 330 lbs		

### Five Year Warranty

If this product proves to be defective in material or workmanship within five years of purchase, please return it to the address below. It will be repaired or replaced without charge upon receipt of the unit prepaid with \$5.00 to cover handling, packaging and return postage. Please include proof of purchase, your full name, address, daytime phone number or email address.

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