TANITA

Monitoring Your Health

The Standard in
Bioelectrical Impedance Analysis
body composition equipment

Body Composition Analyzer

MC-980

- Body Weight
- Body Fat %
- Body Water %
- Muscle Mass
- Physique Rating
- Bone Mass
- Visceral Fat
- Metabolic Age
- Basal Metabolic Rate
- Body Mass Index
- Healthy range indicator
- Bioelectrical Data

MC-780

DC-360

DC-430

Understanding Body Analysis

BIA: an accurate and reliable method to evaluate progress of body composition changes

How Does Tanita BIA Work?

Tanita Bio-electrical Impedance Analysis (BIA) operates by passing small electrical signals through the body via four footplates electrodes (and four hand electrodes in segmental analysers). The conducting ability of body water is then used to calculate the amount of lean mass, body water, bone mass, basal metabolic rate and fat mass.

By entering personal information including gender, age and height into the body analysers, a personal and highly accurate body composition report can be produced.

How Accurate is Tanita BIA?

Tanita BIA validation studies are based on comparison with golden standard body composition techniques DEXA DPXL. The equation is derived from extensive measurements and correlation, using sophisticated statistical analysis.

The R2 value has proven to be highly accurate ranging from 0.85 to 0.98 depending on the analyzer selected.

What are the advantages of Tanita BIA?

- Different fat and lean tissue
- Monitors composition of weight loss or gain
- Highly predictive value with extensive validations
- Excellent consistency for repeated measurements
- Sensitive enough to detect clinically important differences
- Body fat and muscle mass centile curves available for children, adolescents and adults
- Simple and fast to use
- Highly suitable for large-scale health surveys
- Data capture available
- Measurement consultation sheets available
- Portable versions available
- Non-intrusive - no undressing needed
- Low risk - meets EU quality directives MDD, CE and NAWI

Does BIA have any limitations?

- Not recommended for use by patients with pace makers

Scientific research has shown that excess body fat is directly linked to lifestyle diseases such as type 2 diabetes, hypertension and certain cancers.

While Body Mass Index (BMI) has proved to be an effective screening tool on a population basis, it has recognized limitations when working on an individual level.

However, BMI provides information on body weight but it does not indicate whether this extra weight is due to increased fat or lean tissue.

Waist circumference is getting more popular as an alternative; however, it has been proved to be intrusive and inconsistent due to difficulties in locating the correct anatomical site.

Bio-electrical Impedance Analysis (BIA) is the only practical and accurate method of measuring body composition on a personal level. Tanita BIA is clinically proven to be accurate with high repeatability and is used worldwide in research laboratories, health clinics, weight management facilities and fitness center.

Tanita Body Composition Analyzers are successfully being used to evaluate the effectiveness and progress of health and fitness programs:

Receive an instant assesment of an individual's body composition status in just 20 seconds

Tanita monitors are perfect for providing a 'snapshot' of a person's health and fitness levels. The measurement data can be used to refer the individual for treatment or as a basis to develop personalized health and fitness program.

Consistently monitor progress of any weight management or fitness program

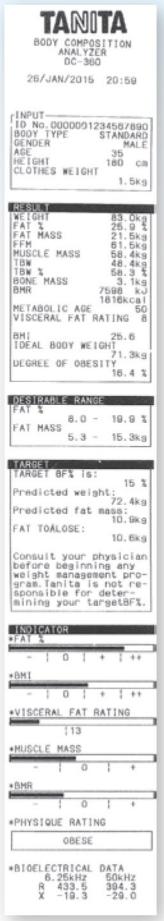
Data can be downloaded via software to monitor long term changes on body composition

Provide a more detailed and personalised service to client

By providing personal body composition information and setting step-by-step achievable goals such as improving hydration and muscle mass and reducing body and visceral fat, the client will be more motivated to continue a program. The readings will **clearly demonstrate** the changes in lifestyle even if the weight is not changing.

The Tanita Professional Body Composition Analyzers are made in Tanita award-winning factories in Japan, ensuring the highest quality materials and manufacturing. All analyzers come with a 1-year guarantee and require calibration after 300,000 uses.

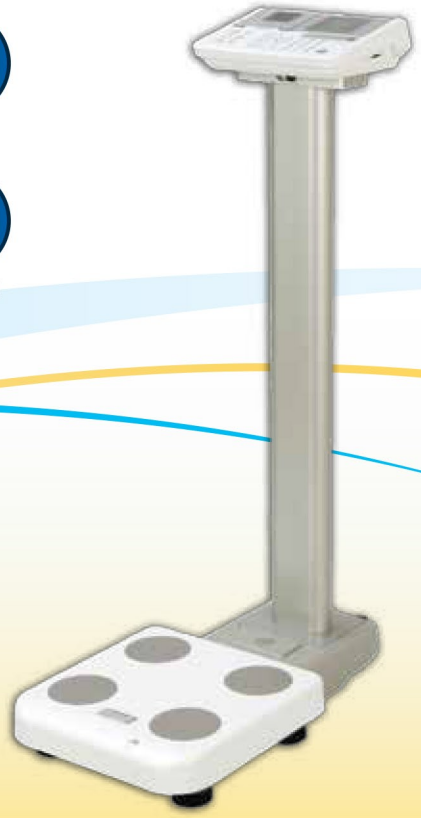
DC-360 | DUAL-FREQUENCY BODY COMPOSITION ANALYSER WITH THERMAL PRINTER AND LARGE PLATFORM

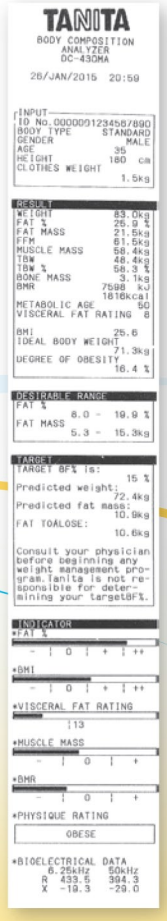


Other Features

- Dual-frequency for accurate measurement result.
- Whole body composition measurements available in 10 secs!
- Automatic result printout with integrated thermal printer for quick consultation reference.
- Data can also be transferred to PC via USB port and SD card (CSV format), allowing large anonymous data sets to be collated for research studies.
- Wide & low-level platform (395 x 390 x 67mm), easy for obese people/ elderly to step on.
- Dark surface and anti-scratch rugged electrode plates, perfect for robust use.
- Maximum weight capacity 270 kg/ 0.1 kg.
- Lightweight and portable is available in separate version.

DC-430 | DUAL-FREQUENCY BODY COMPOSITION ANALYSER WITH THERMAL PRINTER AND MEDICAL APPROVAL





Other Features

- MDD Approved NAWI Class III.
- Dual-frequency for more accurate measurement result.
- Whole body composition measurements available in 10 secs!
- Automatic result printout with integrated thermal printer for quick consultation reference.
- Data can also be transferred to PC via USB port and SD card (CSV format), allowing large anonymous data sets to be collated for research studies.
- Easy-to-read black backlit display, clear text in dim light.
- Easy operation with clear indicators on the display console to guide through the measurement process.
- Max weight capacity 270kg/ 0.1kg.
- Space-saving, portable separate version is available for selection.

MC-980 MA | MULTI-FREQUENCY SEGMENTAL BODY COMPOSITION ANALYZER WITH INTEGRATED MICROSOFT® WINDOWS® OPERATING SYSTEM

The MC-980 MA Multi Frequency Segmental Body Composition Monitor is the ultimate tool in providing in-depth information for truly personalized consultations. Tanita has incorporated the very latest multi-frequency BIA technology together with increased data display and flexibility via in-built Microsoft® Windows® software. A full body composition analysis is performed in less than 30 seconds.

The data is then analyzed and displayed on screen with full guidance notes and can easily be printed onto a consultation sheet for further discussion. Goals for weight and body fat can also be set to increase motivation and demonstrate progress of any weight or fitness program. All the user data can be stored and used for detailed trend analysis using data management software.

The MC-980 MA has been awarded NAWI and MDD Approval for use in medical treatments and consultations.

At a glance

- MDD Approved, NAWI Class III – required for medical assessments
- Integrated Microsoft®Windows® operating system allows simple link ability to other compatible devices
- 6-frequency allows intra and extra cellular water measurements
- Easy to use touch screen display allows free standing use
- Output to a full assessment sheet for easy consultation
- Simple modular system, can be assembled and disassembled in 10 minutes for ease of portability
- In-built software in various local languages
- Maximum weighing capacity is 300 kg
- Calibrated up to 300,000 uses with automatic calibration after each measurement

Technical Specification

Approved Usage	MDD approved for medical use
Age Range	5 ~ 99 years
Maximum Weight Capacity	300 kg
Graduation	0.1 kg
Product Dimension	450 x 490 x 1240 mm
Product Weight	33 kg
Power Source	230 V ac
Interface Connections	3x USB
Warranty	1 Year

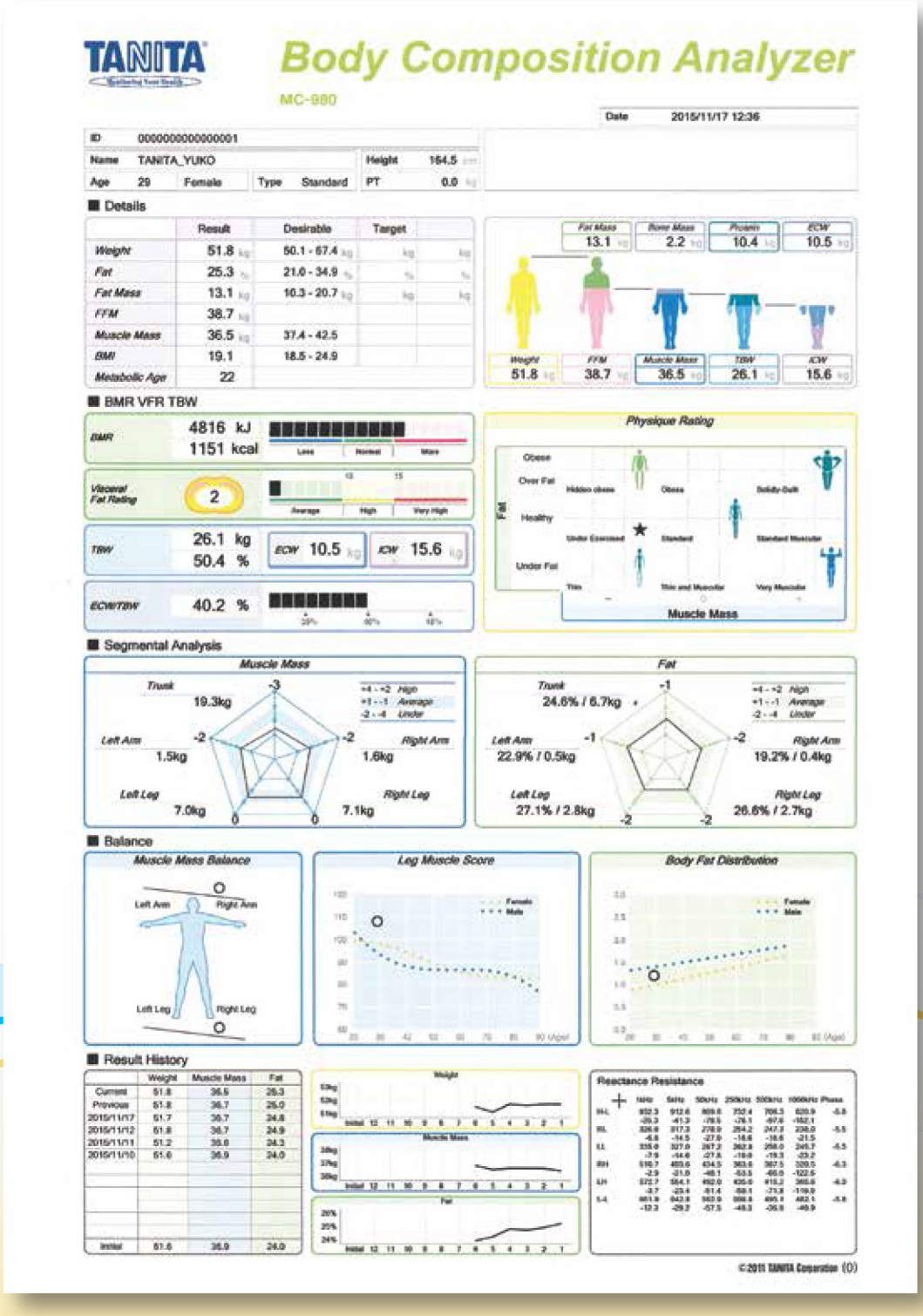
MC-980MA
White & Navy

Total Body Measurements

- Weight
- BMI
- Body Fat %
- Visceral Fat Indicator
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Protein kg
- Total Body Water Kg
- Total Body Water %
- Extra-Cellular Water Kg
- Intra-Cellular Water Kg
- ECW/TBW Ratio
- Basal Metabolic Rate
- Basal Metabolic Rate Indicator
- Bone Mass Indicator
- Metabolic Age
- Physique Rating

Segmental Measurements

- Segmental Body Fat %
- Segmental Body Fat kg
- Segmental Fat Distribution Analysis
- Segmental Fat Distribution Rating
- Segmental Muscle Mass Kg
- Segmental Muscle Mass Rating
- Segmental Muscle Mass Balance
- Leg Muscle Score
- Segmental Reactance/Resistance
- Segmental Phase Angle



MC 980 MA print out

MC-780 MA | MULTI-FREQUENCY SEGMENTAL BODY COMPOSITION ANALYZER WITH INTERACTIVE DISPLAY CONSOLE & IN-BUILT SD CARD FACILITY

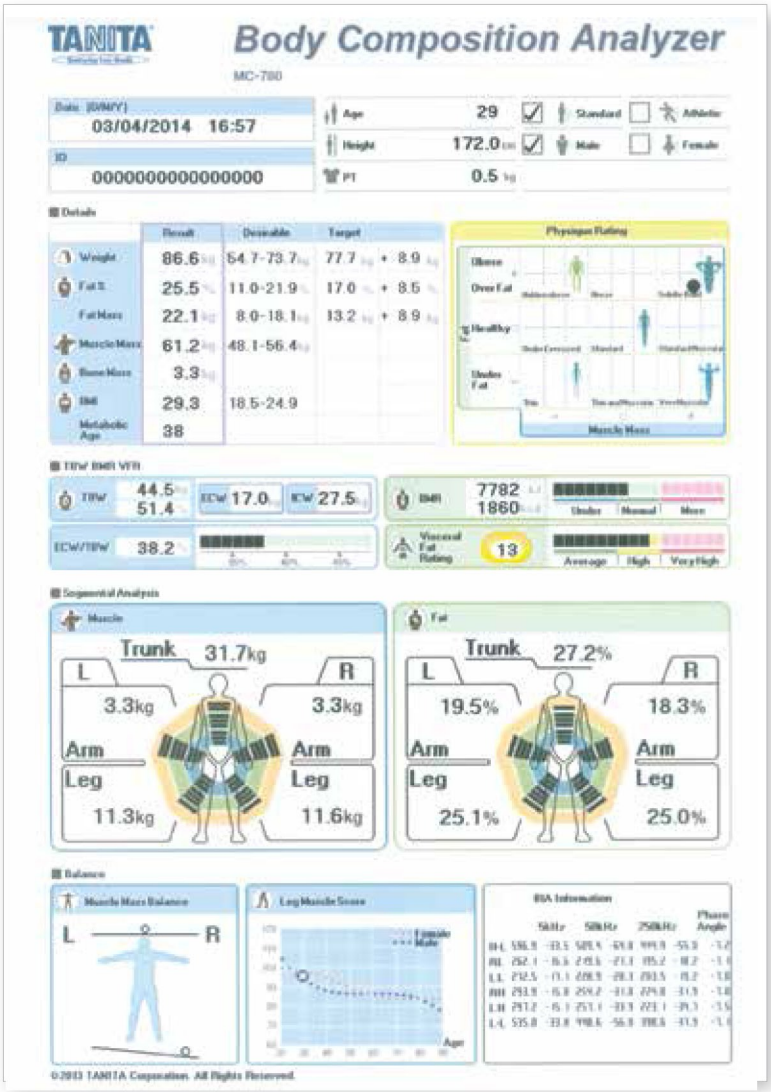
The MC-780 MA has been designed to be an interactive stand alone unit where clients can step on and take a measurement without special assistance. A full segmental body composition analysis is performed in less than 20 seconds. The large LED dual display shows whole body composition measurement data and detailed segmental analysis in an easy-to-read graph.

The measurement results are automatically stored on the SD card, sent to a PC or transferred to a printer to generate a full consultation sheet for further discussion.

Goals for weight and body fat can be set using the 'goal setter' mode to increase motivation and demonstrate real progress of any weight loss or fitness program.

All user data can be stored and used for detailed trend analysis using the GMON Health Monitor Software.

MC 780 MA print out



At a glance

- MDD Approved, NAWI Class III – required for medical assessments
- Accurate segmental body composition readings in seconds
- 3-frequency allows intra and extra cellular water measurements
- Easy to use interactive display allows free standing use
- In-built SD card facility allows data to be automatically collected and downloaded at convenience
- Client identity feature allows continuous data to be collected for each client effortlessly. Also allows large anonymous data sets to be collated for research studies
- USB Connection
- Display console can be reversed for confidential readings with children or when large obese clients step on
- Output to any Pictbridge printer for a detailed assessment sheet allowing a full consultation
- Lightweight, easy to disassemble and transport
- Maximum weighing capacity 270kg
- Calibrated up to 300,000 uses with automatic calibration after each measurement

Total Body Measurements

- Weight
- BMI
- Body Fat %
- Visceral Fat Indicator
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Physique Rating
- Total Body Water Kg
- Total Body Water %
- Extra-Cellular Water Kg
- Intra-Cellular Water Kg
- ECW/TBW Ratio
- Phase Angle
- Basal Metabolic Rate
- Basal Metabolic Rate Indicator
- Metabolic Age
- Bone Mass Indicator

Segmental Measurements

- Segmental Body Fat %
- Segmental Fat Distribution Rating
- Segmental Muscle Mass Kg
- Segmental Muscle Mass Rating
- Segmental Muscle Mass Balance
- Segmental Reactance/Resistance
- Segmental Leg Muscle Score

Available accessories

GMON software

MC-780MA (White & Silver)
Pole Version

Technical Specification

Approved Usage	MDD approved for medical use
Age Range	5 ~ 99 years
Maximum Weight Capacity	270 kg
Graduation	0.1 kg
Product Dimension	
- Pole Version	360x 360 x 1165 mm
- Separate Version	360 x 360 x 94 mm
Product Weight	
- Pole Version	15.5 kg
- Separate Version	11.1 kg
Power Source	AC 100 ~ 240 V
Interface Connections	RS232C, USB, SD Card
Warranty	1 Year

MC-780MA (Dark Grey)
Pole Version

	TANITA	TANITA	TANITA	TANITA
	MC 980	MC 780	DC 430	DC 360
CERTIFICATIONS				
MDD Approved for Medical Use	✓	✓	✓	
TOTAL BODY MEASUREMENTS				
Weight	✓	✓	✓	✓
BMI	✓	✓	✓	✓
Body Fat%	✓	✓	✓	✓
Visceral Fat Indicator	✓	✓	✓	✓
Fat Mass	✓	✓	✓	✓
Fat Free Mass	✓	✓	✓	✓
Muscle Mass	✓	✓	✓	✓
Protein Kg	✓			
Total Body Water Kg	✓	✓	✓	✓
Total Body Water%	✓	✓	✓	✓
Basal Metabolic Rate	✓	✓	✓	✓
Basal Metabolic Rate Indicator	✓	✓	✓	✓
Bone Mass kg	✓	✓	✓	✓
Metabolic Age	✓	✓	✓	✓
Physique Rating	✓	✓	✓	✓
Target Ranges	✓	✓	✓	✓
Goal Setter	✓	✓	✓	✓
Extra-Cellular Water Kg	✓	✓		
Intra-Cellular Water Kg	✓	✓		
ECW/TBW Ratio	✓	✓		
SEGMENTAL MEASURMENTS				
Segmental Body Fat%	✓	✓		
Segmental Body Fat kg	✓	✓		
Segmental Fat Distribution Rating	✓	✓		
Segmental Fat Mass%	✓	✓		
Segmental Fat Mass Kg	✓	✓		
Segmental Fat Free Mass	✓	✓		
Segmental Muscle Mass Kg	✓	✓		
Segmental Muscle Mass Rating	✓	✓		
Segmental Muscle Mass Balance	✓	✓		
Leg Muscle Score	✓	✓		
Segmental Impedance	✓	✓		
Segmental Reactance/Resistance	✓	✓		
Segmental Phase Angle	✓	✓		
TECHNICAL SPECIFICATION				
Weight Capacity	300kg	270kg	270kg	270kg
Graduation	0.1kg	0.1kg	0.1kg	0.1kg
Product Dimensions (mm)	450 x 490 x 1240	360 x 360 x 94	360 x 360 x 1070 Platform size: 360 x 360 x 94	Platform Size: 380 x 500 x 70 Platform size: 395 x 390 x 67
Product Weight	33kg	15.5kg	13.5kg (Column version) 7kg (Separate version)	11.2kg (Column version) 8.3kg (Separate version)
No. of electrodes	8	8	4	4
Frequency	Multi frequency	Triple frequency	Dual frequency	Dual frequency
Interface Connections	USB	RS232C, USB, SD Card	USB, RS232C, SD card	USB, RS232C, SD card
Printer	Any printer	Pictbridge	Integrated Thermal Printer	Integrated Thermal Printer