



OVER **100** YEARS
OF MEDICAL ACCURACY

WIDE BODY GLASS
6-IN-1 GLASS
BODY FAT SCALE
WITH BODY WATER ESTIMATION

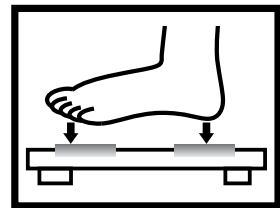
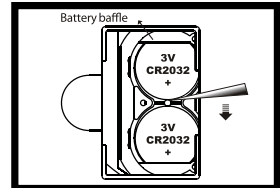
MODEL #D228



USER MANUAL

Congratulations! You have purchased a precision health monitoring product that should provide you with years of accurate use. To assure you obtain the best performance please read the following set-up and use instructions carefully before using the scale.

- Open the battery compartment on bottom of scale. Insert 2x 3 Volt CR2032 according to polarity. If display does not appear when scale is turned on, check this first.
- Your bare feet must touch the metal panels on the side of the scale. Accurate measurements will not be displayed if your feet do not make contact with these metal plates.
- Always weigh in bare feet to obtain health readings – body fat, body water. If only weight is desired it is not necessary to weigh in bare feet. ERR will appear after the weight is shown for the other health readings if you are not in bare feet.
- Always stand reasonably still. If there is too much movement, the scale cannot provide accurate measurements.
- Place scale on a hard surface. The scale will not weigh accurately on carpet. The body measurements and health and fitness materials are to be used for information purposes only. This health and fitness information is not intended as a substitute for seeking professional fitness and/or medical care.

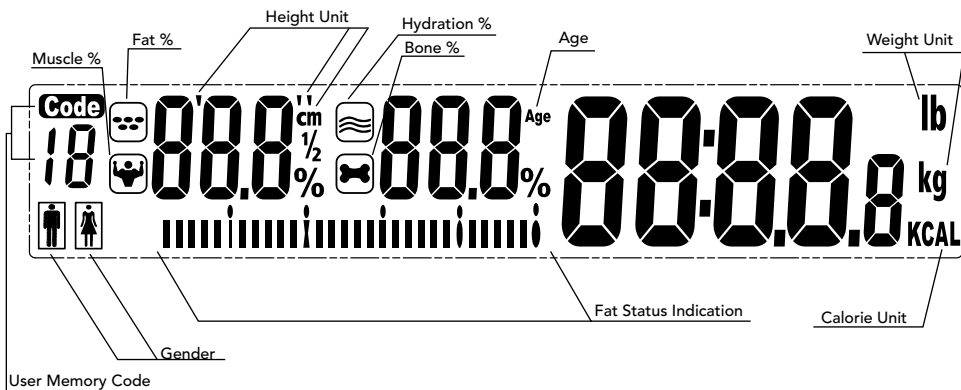


PREGNANT WOMEN, PEOPLE WITH EDEMA, PEOPLE ON DIALYSIS, OR THOSE USING A HEART PACEMAKER OR OTHER IMPLANTED MEDICAL DEVICE SHOULD NOT USE THIS SCALE.

Important Notice to Users

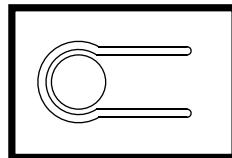
- This product is intended for adults and children 10-85 years of age.
- The body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, and intense exercise.
- While readings may vary between this body fat scale and other methods of estimation such as hydro-densitometry or hand-held calipers, your changes in body fat percentage, total body water percentage, muscle mass percentage, and bone mass percentage will be reflected accurately.
- This product is not intended for use by pregnant women. The result is inaccurate and the effects on the fetus are unknown.
- 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.
- Never begin a weight reduction or exercise program without first consulting your physician.
- This scale is designed for personal use in a home environment only and is not to be used for professional, commercial or industrial use.
- For body fat and body water estimates, always estimate in bare feet

LCD DISPLAY



SETTING UP YOUR SCALE

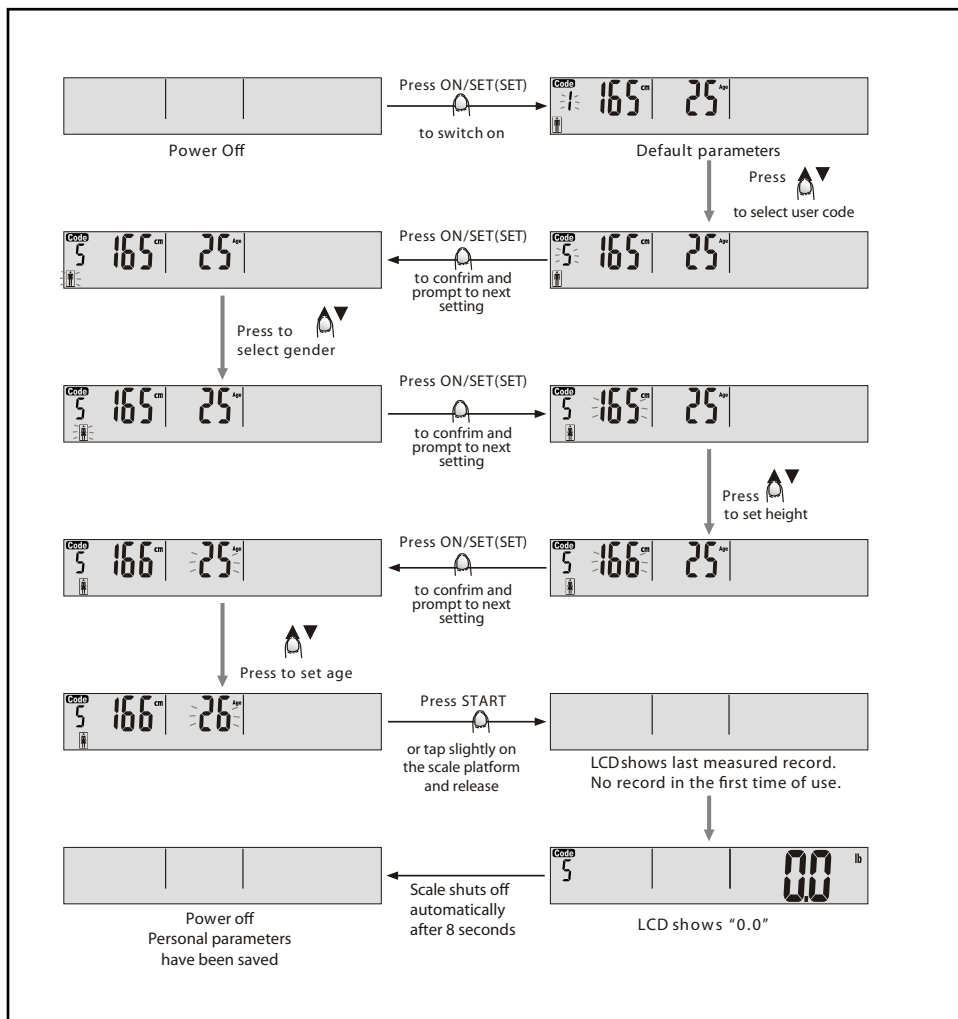
1. Locate the pound/kilogram (lb/kg) button under the scale near the top of the scale. Select lb or kg weight reading as desired. The scale will now weigh in pounds or kilograms as indicated.
2. Press ON/SET button once. The user number will start flashing. Select user number by pressing the two arrow buttons on the right side to move the number up or down. Press the ON/SET button when the desired user number is shown. (Note: Up to 12 users can be programmed.)
3. After the ON/SET button is pushed, the gender icon will start flashing. Press the up or down arrow to move between male and female. Press the ON/SET button.
4. In similar fashion, the display will prompt you to set your height and age. Press the ON/SET button after the proper information is shown to move to the next flashing display. Press START button once all information has been entered.



At the bottom of scale, you can find a unit conversion button as shown in picture

Parameter setting

Example: the 5th user, female, 166cm, 26 years old can set her parameters as follow:

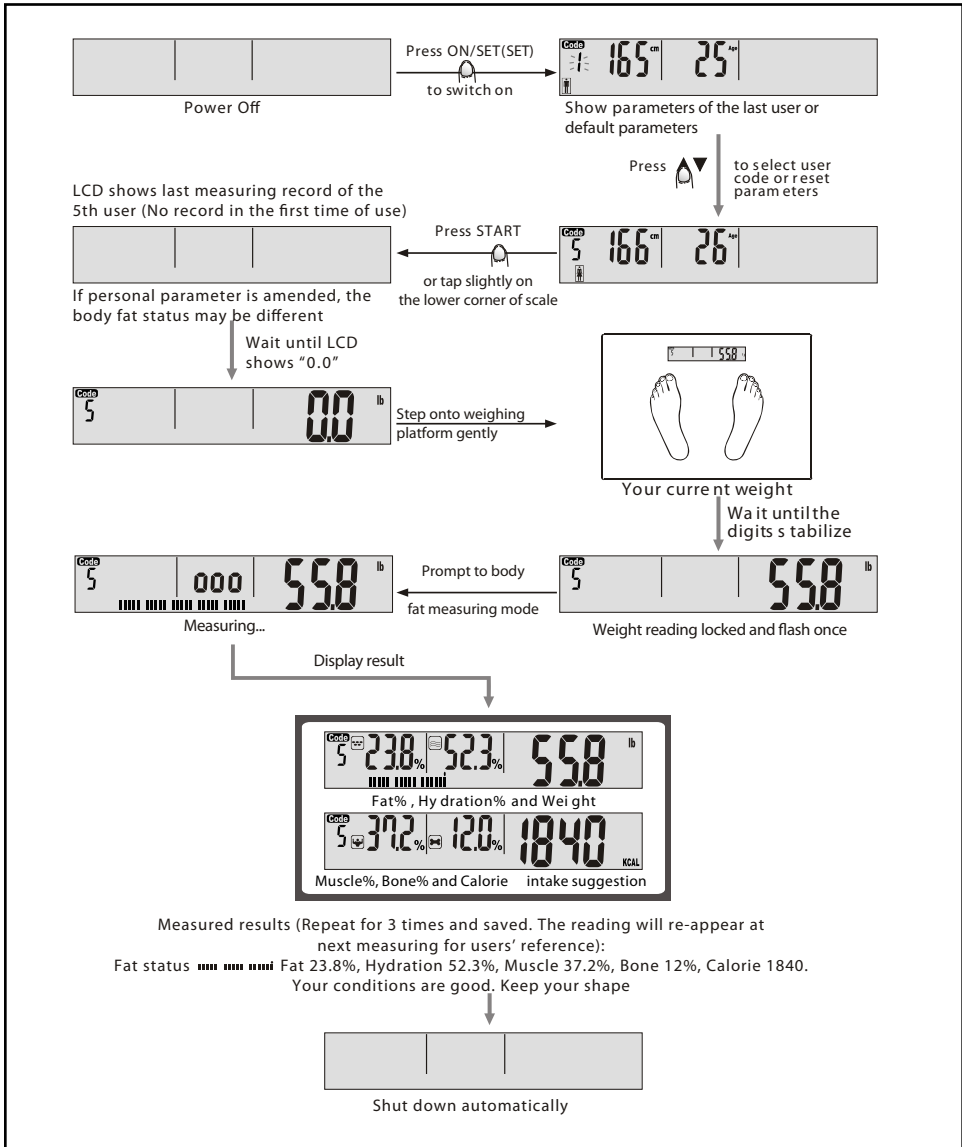


Note:

- During the parameter-setting, you can always tap on the weighing platform any time to set the scale to zero-point. You can start measuring based on the parameters just set/updated into the scale.
- After completing the setting cycle, you can always continue on pressing ON/SET (SET) again to go through another setting cycle of all parameters

2. To Start Measuring

To ensure accuracy, please remove your shoes & socks before stepping on.
 Example: the 5th user, female, 166cm, 26 years old can measure as follow:



USING THE SCALE

After all the user information is entered your scale is ready for use.

1. Press the SET button. The user number and related information will be shown. Use the button on the right to select the proper user number.
2. Press the START button again to show 0.0. Step on the scale in bare feet and stand still. Make sure to stand with you feet covering the metal plates.

The following information will be displayed after about 3 seconds.

- Weight reading will appear first and start flashing, then stop flashing when reading is confirmed.
 - Body Fat percentages and overall fitness assessment for Body Fat will appear next. The fitness assessment is shown in a series of bars that tells you if your body fat percent is above or below average relative to your user information on gender, height, and age.
 - Body Water percentage will appear next.
 - Muscle Mass percentage will appear next.
 - Bone Mass percentage will appear next on the display.
 - Recommended daily calorie intake will appear next
 - The information will be displayed three times and then the scale will turn off automatically.
3. If only weight is desired, tap on scale with your foot, wait for 0.0 to appear and step on scale. It is not necessary to press the SET button to select your user number.

WARNING INDICATIONS



Low Battery Indication

The battery power is running low, please replace with a new battery.



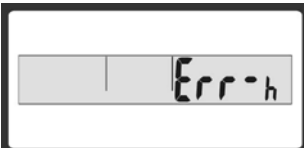
Over-load Indication

The weighing subject on the platform exceeds the maximum capability of scale.
Please step off to avoid damage.



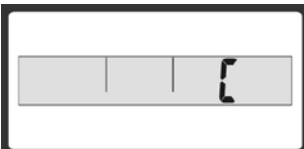
Low Fat% Indication

The Fat% is too low. Please lead a more nutritional diet and take good care of yourself.



High Fat% Indication

The Fat% is too high. Please watch your diet and do more exercise.



Re-test

Error exists, please re-test to get the correct result.

ADVICE FOR USE AND CARE

1. The glass platform will be slippery when it is wet. Keep dry.
2. Keep standing still during the course of weighing.
3. Treat the scale with care as it is a precise instrument.
4. Clean the scale with a damp cloth and avoid water getting inside the scale. DO NOT use chemical/abrasive cleaning agents.
5. Keep the scale in cool place with dry air.
6. If scale fails to turn on, check whether battery is installed properly, or battery power is low. Insert or replace new battery. Do not mix old and new batteries or different types of batteries (alkaline, carbon zinc, rechargeable).
7. If there is error on display or the scale will not turn off for a long period of time, please take out the battery for about 3 seconds, then install it again to correct error. If you cannot resolve the problem, please contact Detecto Customer Service for consultation.
8. Do not use for commercial purposes.

MORE IMPORTANT INFORMATION

INFORMATION ABOUT BODY FAT MEASUREMENT

Body fat scales measure body composition with the Bioelectrical Impedance Analysis (BIA) technique. The scale offers an estimated body fat percentage based on how long it takes a small, harmless electrical current to pass through the body. The more fat the electrical current encounters, the higher the body fat percentage is, since fat offers higher resistance to electrical currents than muscle. This is because electrical currents pass easily through the high volume of fluids that muscle tissue contains. The scale receives the results, which are equal to the user's total body density. The scale then plugs the body density figure into an equation to determine his body fat percentage based on height and weight.

INFORMATION ABOUT BODY FAT

Body fat is an essential part of the body. The fat in your body allows you to absorb the fat-soluble vitamins A, D, E and K. Fat also allows you to absorb substances called carotenoids, which act as antioxidants in your body. Body fat also aids with body temperature maintenance and insulation. There is a thin layer of fat directly underneath your skin. This fat layer acts like insulation and helps keep heat inside the body to maintain body temperature. In addition, a layer of fat also surrounds your bones, tissues, nerves and major organs, such as your heart and brain. This layer of fat acts as a protective cushion. If you are exposed to severe trauma or a sudden impact, the fat absorbs as much shock as possible to protect these organs from damage. While some fat is important in keeping your body functioning efficiently, too much fat can lead to severe medical problems, including heart disease, heart attack and stroke. The goal of weight loss is to maintain a balanced relationship between muscle mass and body fat. Please consult your physician for specific information regarding your health and weight loss plan.

INFORMATION ABOUT BODY WATER

Water is clearly the most important nutrient and the most abundant substance in the human body. Water comprises more than half of the human mass and is a major component in every cell. All the cells in the body, including skin, organs, and muscles can only function if they receive the proper amount of water. Dehydration will degrade a person's ability to exercise and burn calories, and will reduce protein synthesis which is needed to build or repair muscles. As a guideline, it is recommended that adults consume 64 ounces of water each day. Our table on Page 9 should only be used as a reference towards your fitness regime, diet and fluid intake. As always, please consult your physician.

INFORMATION ABOUT BODY MUSCLE

The muscular system is the body's network of tissues that controls movement both of the body structures and organs. Without the muscular system, all other essential functions of the body would not be able to take place. Muscles are essential to other body abilities as well, including circulation, digestion, and energy. Building strong muscles is a very important part of your overall health. When you strength your muscles, you will be able to see and feel the results. In addition, your body fat percentage will also decrease. This scale is designed to give you an accurate percentage of your body's muscle profile.

INFORMATION ABOUT BONE MASS

The human skeleton consists of 206 bones. The bones which form the skeleton consist of proteins and mineral substances. Whenever the bones meet in the human body there is a joint formed which performs a special function in the body. Without bones, the human body would not have a shape. Regular exercise is necessary to keep fit and to maintain the abilities of the bones efficiently. Exercise makes the muscles stronger and gives power to the body, all while keeping problems of the bones away. The bone mass feature of this scale measures the weight of the bones, or the amount of mineralized tissue in the bones in your body. Please consult your physician for specific information regarding your health.

INFORMATION ABOUT HEALTHY EATING

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. It's about feeling great, having more energy, and keeping yourself as healthy as possible— all of which can be achieved by learning some nutrition basics and using them in a way that works for you. Healthy eating starts with learning how to “eat smart”—it's not just what you eat, but how you eat. Learning the habits of healthy eating can boost your energy, sharpen your memory and stabilize your mood. You can expand your range of healthy food choices and learn how to plan ahead to create and maintain a satisfying, healthy diet.

PROBLEM SOLVING AND QUESTIONS

1. No weight is displayed?

Check if the scale is powered up and started up.

2. Why does the display read "Lo"?

Battery is running low. Replace the battery.

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

Please contact the Detecto Customer Service at 1-800-336-5282

FEATURES/SPECIFICATIONS

1. Size of LCD: 160x30mm

2. Using high precision strain gauge sensor

3. Multifunction: test body fat %, body hydration %, body muscle%, body bone% and suggest calorie intake requirement.

4. Built-in memory for 12 different users

5. Optional normal weighing mode (bypassing parameter setting): Auto step on weighing and consecutive add-on weighings

6. Low battery and overload indication

7. Last immediate memory recall

GUIDELINES FOR BODY COMPOSITION SCALES

MALE	AGE	BODY FAT %			BODY WATER %			BODY MUSCLE %			BONE MASS %		
		Low	Average	High	Low	Average	High	Low	Average	High	Low	Average	High
	20-39	< 8%	9-19%	> 19%	< 54%	55-65%	> 65%	< 37%	38-44%	> 44%	< 15%	16-20%	> 20%
	40-59	< 11%	12-22%	> 22%	< 49%	50-60%	> 60%	< 35%	36-42%	> 42%	< 15%	16-20%	> 20%
	60-79	< 13%	14-25%	> 25%	< 44%	45-60%	> 60%	< 33%	34-40%	> 40%	< 14%	15-19%	> 19%
FEMALE	AGE	BODY FAT %			BODY WATER %			BODY MUSCLE %			BONE MASS %		
		Low	Average	High	Low	Average	High	Low	Average	High	Low	Average	High
	20-39	< 21%	22-33%	> 33%	< 49%	50-60%	> 60%	< 31%	32-38%	> 38%	< 14%	15-19%	> 19%
	40-59	< 23%	24-35%	> 35%	< 44%	45-55%	> 55%	< 29%	30-36%	> 36%	< 14%	15-19%	> 19%
	60-79	< 24%	25-36%	> 36%	< 39%	40-55%	> 55%	< 28%	29-35%	> 35%	< 13%	14-18%	> 18%
MALE ATHLETE	AGE	BODY FAT %			BODY WATER %			BODY MUSCLE %			BONE MASS %		
		Low	Average	High	Low	Average	High	Low	Average	High	Low	Average	High
	20-39	< 6%	7-12%	> 12%	< 57%	58-64%	> 64%	< 40%	41-48%	> 48%	< 14%	15-19%	> 19%
	40-59	< 6%	7-13%	> 13%	< 51%	52-62%	> 62%	< 38%	39-46%	> 46%	< 14%	15-19%	> 19%
	60-79	< 8%	9-13%	> 13%	< 49%	50-63%	> 63%	< 37%	38-45%	> 45%	< 13%	14-18%	> 18%
FEMALE ATHLETE	AGE	BODY FAT %			BODY WATER %			BODY MUSCLE %			BONE MASS %		
		Low	Average	High	Low	Average	High	Low	Average	High	Low	Average	High
	20-39	< 14%	15-18%	> 18%	< 51%	52-60%	> 60%	< 33%	34-41%	> 41%	< 15%	16-20%	> 20%
	40-59	< 16%	17-20%	> 20%	< 49%	50-64%	> 64%	< 31%	32-39%	> 39%	< 15%	16-20%	> 20%
	60-79	< 17%	18-20%	> 20%	< 49%	50-64%	> 64%	< 30%	31-38%	> 38%	< 14%	15-19%	> 19%

The health and fitness materials provided are to be used for informational purposes only. The health and fitness materials are not intended as a substitute for seeking professional fitness and/or medical care. Above reference chart is available in a full page version on our website www.precisiononescales.com.

LIMITED LIFETIME WARRANTY

Your DETECTO product is warranted to the original consumer only, for the lifetime of the product, to be free from defects in materials and workmanship under normal use. This product is designed for personal use only. DETECTO, a division of Lava Lite LLC reserves the right to nullify the Warranty Agreement should the product be used in a commercial environment. This warranty is void if the product has been tampered with, misused, abused or modified. Our obligation under this Warranty is limited solely to the charge of repairing the product, including the cost of parts, or, at our option, replacing the product with an equivalent model. There are no express or implied warranties except as listed above. DETECTO, A DIVISION OF LAVA LITE LLC IS NOT LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR FAILURE OR MALFUNCTION OF THE PRODUCT AND ANY RECOVERY MAY NOT BE GREATER THAN THE PURCHASE PRICE PAID FOR THIS PRODUCT. EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THIS PRODUCT IS LIMITED TO A PERIOD OF ONE (1) YEAR FROM THE PURCHASE DATE. Some states do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you. This Warranty gives you specific legal rights and you may have other rights which vary from state to state.

To obtain warranty service, you must return the product freight pre-paid, in either its original packaging or packaging affording an equal degree of protection, to DETECTO, a division of Lava Lite LLC at 1200 Thorndale Avenue, Elk Grove Village, IL 60007.



For additional information regarding this product or its warranty, please contact us:

Detecto

A Division of Lava Lite LLC

1200 Thorndale Avenue

Elk Grove Village, IL 60007

1-800-336-5282

email: service@precisiononescales.com

