



Fast.

1 A full segmental body composition analysis is provided in less than 20 seconds. **7**

Accurate.

Tanita BIA has been clinically validated and shown to be highly accurate and repeatable.

Reliable.

Consistent results are guaranteed thanks to superior quality manufacturing and adherence to regulations including NAWI Class III and MDD IIa.

Compliance



Products with this symbol are in compliance with the requirements of the Directive 2009 / 23 / EC for weighing with non automatic devices in the medical sector and the Directive 93/42/EEC for medical devices. **22**



The scales with this symbol are validated to be accurate and legal for use within the medical sector according to EU regulations. It is compulsory to use a product with this compliance for use in all medical settings.



The scales with this symbol have been calibrated according to the precision class III in the Directive 2009 / 23 / EC.



Tanita has obtained the DIN EN ISO 9001 standard.

MC-780MA N (pole)

Key features of the MC780

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1. Multi-frequency segmental body composition analyser - 3 frequencies providing highly accurate whole body and segmental measurements

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2. Easy-to-use - the interactive console has been designed to guide the user through their personal data input without specialist assistance. The console can also be reversed for confidential readings or when large obese clients step on.

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3. The dual LCD display highlights the body composition measurements in a clear easy-to-understand format.

4. The in-built SD card facility allows data to be automatically collected and downloaded at convenience.

5. The client ID feature allows continuous measurement data to be collected for each client. The feature also allows large data sets to be collated for research studies effortlessly.

6. Any printer with Pictbridge can be connected directly to the MC780 to enable consultation sheets to be printed immediately after a measurement has been taken.

7. The MC780MA is compatible with GMon Health Monitor software allowing full database management and progress reports.

8. Modular 3-part system for fuss-free installation, maintenance and transport

New technology exclusively from Tanita.

The MC780 Multi Frequency Segmental Body Composition Analyser is perfect for providing an instant analysis of a client's health and fitness status and monitoring their progress over time.

The MC780MA has been designed to be an interactive unit where clients can step on and take a measurement without specialist assistance. A full **segmental** body composition analysis is performed in less than 20 seconds. The dual display clearly shows the measurement data and detailed segmental analysis in an easy-to-read illustrative format.

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

Goals for weight and body fat can also be set using the 'goal setter' mode 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 GMon Health Monitor Software.

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A full body composition analysis is performed in less than 20 seconds. The interactive display console clearly shows the measurement data and detailed segmental analysis in an easy-to-read illustrative format.

11.1

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Comprehensive analysis in **seconds**

This latest addition to the Tanita family of professional products brings fast, accurate results in seconds. The information is essential for providing a personalised and in-depth consultation on all aspects of body composition. The ability to register users and track their progress is also an invaluable tool in demonstrating the effectiveness of any weight loss or fitness program.

Client Profile

The personal data input and an ID number consisting of a maximum of 16 alpha numeric digits.

Core Body Composition Details

Shows the core components of body composition. The data is represented in kg and % formats to provide a clear picture of their health and fitness status. The Desirable Range indicates general healthy ranges whereas the Target is pre-set by the professional to act as a motivator.

14.3.3

BMR / VFR / TBW Analysis

The Basal Metabolic Rate shows the number of calories required to keep the body functioning when at total rest. This is further supported by a chart showing the effectiveness of burning calories.

14.5.2

Visceral Fat is the harmful fat in the abdominal area. The rating indicates whether the level is within the healthy range. Measuring levels of body water is especially important for patients, the elderly, children and athletes.

14.1.1

Total Body Water shows the weight and % of water in the body. This is further divided into extra cellular and intra cellular water levels.

14.1.8

The ECW/TBW ratio shows the relationship between extra cellular water and total body water. The optimal level is considered to be around 40%.

Physique Rating

Physique rating assesses muscle and body fat rating into 9 body types. As activity levels change over time the balance of body fat and muscle will alter which will change the user's overall physique

14.3.1

Segmental Analysis

The segmental readings provide indepth information for each arm, leg and the trunk area. By comparing the results to average readings shown with the shaded areas, the user can instantly see how their own fat and muscle levels compare.

Muscle Mass Balance

Shows the balance of muscle between the left and right side of the body.

Leg Muscle Score

A score is given to the user's physical condition, and plotted against average healthy values for gender and age. The score is based on the user's leg muscle mass divided by their body weight. e.g. a healthy 20-25 year old should achieve a score of 100.

Body Fat Distribution

The ratio of upper to lower body fat is calculated, and plotted against average healthy values for gender and age.

Reactance Resistance and Phase Angle Readings

The Reactance Resistance table indicates measurements for the impedance flow at each of the 3 multi frequency signals. Phase Angle is also shown. H-L = Hand - Leg, RL = Right Leg, LL = Left Leg, RH = Right Hand, LH = Left Hand,

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How Does Tanita BIA Work

Tanita Bio-electrical Impedance Analysis (BIA) operates by passing small electrical signals through the body between 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, gender, age and height a personal and highly accurate body composition report can be produced.

How Accurate is Tanita BIA?

Tanita validation studies are based on comparison with gold standard body composition techniques DEXA DPXL. The equation is derived from 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 Analyser selected (1).

What are the advantages of Tanita BIA?

- Differentiates 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
- Portable versions available
- Non intrusive - no undressing or contact
- Low risk - meets EU quality directives MDD, CE and NAWI

What are the limitations of Tanita BIA?

- Not recommended for use by patients with pace-makers
- Not as accurate as the 'gold standard' 4 compartment model

References

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4. Heymsfield SB, Gallagher D, Grammes J, Nunez C, Wang Z, Pietrobelli A. Upper extremity skeletal muscle mass: potential of measurement with single frequency bioimpedance analysis. *Appl Radiat Isot* 1998; 49:473-74.
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6. Ritchie JB, Miller CK, Smelchlas-Wright H. Tanita foot-to-foot bioelectrical impedance analysis system validated in older adults. *J Am Diet Assoc* 2005; 105:167-19.
7. Kettanah A, Heude B, Lommer A, Boys JM, Durmazliere F, Charies MA. Reliability of bioimpedance analysis compared with other adiposity measurements in children: the FLVS II Study. *Diabetes Care* 2005; 28:534-43.
8. Pietrobelli A, Malavolta M, Battistini NC. A role for bioimpedance analysis. *JGCR* 2009; 7:81-84.
9. SA Jebb, M Ezzuo, PR Murray-Royd, S Ezzuo, G Frithbeck, AM Prentice. Validity of the leg-to-leg bioimpedance to estimate changes in body fat during weight loss and regain in overweight women: a comparison with multi-compartment models. *International Journal of Obesity* (2006) 30: 1-7
10. HD McCarthy, TU Cole, T Fry, SA Jebb, AM Prentice. Body fat reference curves for children. *International Journal of Obesity* (2006) 30, 598-602

Multi frequency Segmental Body Composition Analyser with interactive display console and in-built SD card facility

LEVEL OF ACCURACY

- ACCURACY GRADE: NAW: Class III, MDD: Class IIa.

LEVEL OF PERSONALISATION

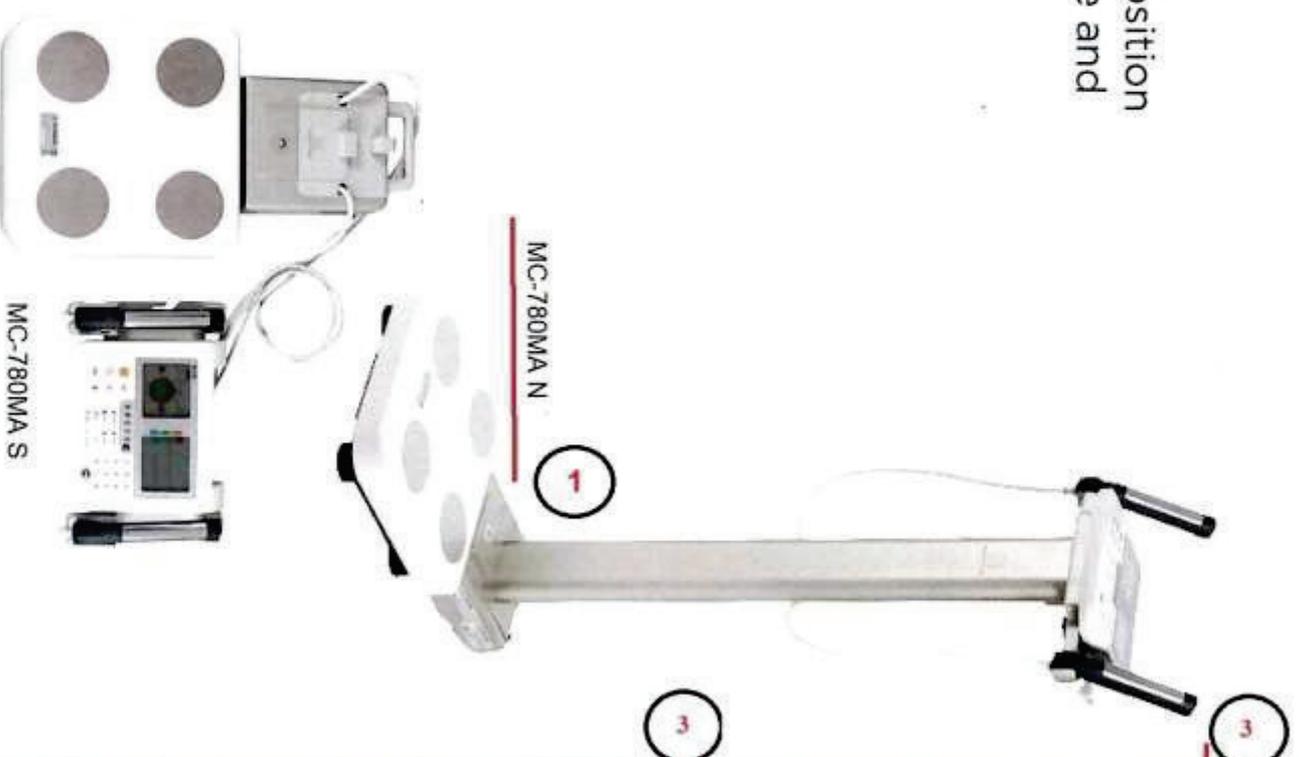
- 1 Full and fast segmental body composition analysis using clinically accurate multi frequency BIA technology.

INFORMATION OUTPUT

- 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 client consultation sheet allowing a full client assessment.

OTHER FEATURES

- Lightweight, easy to disassemble and transport
- Easy to use interactive display allows free standing use
- High weighing capacity 270kg
- Optional accessory: wireless Bluetooth compatible Parani



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 Mineral 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
- Segmental Phase Angle

Compatible Software

GMON
SOFTWARE

MADE IN
JAPAN

5 YEAR
GUARANTEE



Information Output: Software

6 The GMON PRO software package has been developed in partnership with the leading software developer Medizin & Service GmbH.

The software captures data from Tanita Body Composition Analysers, ERKA blood pressure monitor and Activity Monitors, transfers it to a computer, and provides a client database with professional reports, graphs and trend analysis that can be used for client education, research and clinical records.

In line with EU regulations, the software is Medically Approved, which complies with MDD (Medical Device Directive) regulations. (Council Directive 93/42/EEC of 14 June 1993 concerning medical devices.)

In addition to body composition data captured from the Tanita Analyser, the user can input target values and waist circumference measurements allowing a full overview of a clients health and fitness progress.

11.1 A full colour, printable, client consultation sheet showing segmental body composition analysis and ranges is available for MC-980 MA PLUS, MC-780 MA, DC-360, DC-430 MA and SC-240 MA



Scales connecting to software



MC-980 MA PLUS
More info ▶



MC-780 MA
More info ▶



DC-430 MA
More info ▶



DC-360
More info ▶



SC-240 MA
More info ▶



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GMon Health Monitor software

The GMON software automatically collects measurement data and offers a whole package of benefits including:

- Wireless connectivity from your MC780MA to a Windows tablet or PC via Bluetooth Adapter
- Generate easy-to-understand graphic consultation sheets for a full consultation.
- Store client data on a database and use for trend analysis for long term assessments
- Input additional data including blood pressure, waist circumference and pulse readings for a full medical assessment
- Link to data collected from other Tanita devices such as the AM180 Accelerometer to correlate physical activity with changes in body composition. A complete lifestyle analysis.
- Calculates personal health risk categories in a clear simple format
- Allows goal setting for key body composition variables

Product Specification

Accuracy Grade

Power source

Electric current range

Impedance measurement

Measurement System

Measurement Frequency

Measurement Current

Electrode Materials

Measurement Part

Measurement Range

Accuracy at First Calibration

Weight measurement

Measurement System

Maximum Capacity

Minimum Graduation

Accuracy at First Calibration

Display

Interface

Usage conditions

Temperature range

Relative humidity

Product weight

Product size

Platform

Product Height

Input items

Single measurement

Clothes Weight

Serial No.

Gender

Body Type

Age

Height

Target Body fat %

ID

Gender

Body Type

Age

Height

Clothes Weight

Output items

Whole Body Analysis

Weight

Fat %

Fat Mass

FFM

Muscle Mass

BMI

Bone Mass *2

Metabolic Age*2

Basal Metabolic Rate*2

Visceral Fat Rating*2

TBW

TBW %

ECW*2

ICW*2

ECW / TBW*2

Segmental Analysis

Muscle Mass

Muscle Mass Rating*2

Fat %

Fat Mass

Fat Rating*2

Body Balance Evaluation

Physique Rating*2

Muscle Mass Balance*2

Leg Muscle Score*2

Others

Bioelectrical data

MDD : CLASS IIa

NAWI : CLASS III

230V AC (50/60Hz)

0.3A

Multi-Frequency 8 Electrode

5kHz / 50kHz / 250kHz

90 °A or less

Feet : Stainless steel / Handgrips : plated

Whole body / Right arm / Left arm / Right leg / Left leg

75.0 - 1,500.0(0.1increments)

+2%

Strain Gauge Load Cell

270kg (Including Preset tare value)

0.1kg

+0.2kg

Dual LCD screen

USB B-type connector (Device)

RS-232C

USB mini-B (for Pictbridge printer)

SD card

5-35°C

30-80% (without condensation)

14kg

Platform size: 360 x 360 mm

1165 mm

0 - 10.0kg (0.1kg increments)

within 16 digits

Female / Male

Standard / Athletic*1

5 - 99 years

90.0 - 249.9cm (0.1cm increments)

4-55%(1% increment)

within 16 alphanumeric characters

Female / Male

Standard / Athletic *1

5 - 99 years

90.0 - 249.9cm (0.1cm increments)

0 - 10.0kg (0.1kg increments)

0~270.0kg (0.1kg increments)

1.0 - 75.0% (0.1% increments)

(0.1kg increments)

(0.1kg increments)

(0.1kg increments)

(0.1 increments)

(0.1kg increments)

(1kcal / 1kJ increments)

1 - 55 (1 increments)

(0.1kg increments)

(0.1% increments)

(0.1kg increments)

(0.1kg increments)

(0.1% increments)

(0.1kg increments)

(0.1kg increments)

(0.1kg increments)

-4 - +4 (1 increments)

(0.1% increments)

(0.1kg increments)

-4 - +4 (1 increments)

Reactance / Resistance / Phase Angle



Tanita Europe BV
Hoogoorddreef 56a
1101 BE Amsterdam
The Netherlands

T. +31 (0)20 5602970
E. info@tanita.eu
W. www.tanita.eu

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14.3.3



WHAT IS BASAL METABOLIC RATE (BMR)?

(Applicable age 18-99)

WHAT IS BMR?

Your Basal Metabolic Rate (BMR) is the minimum level of energy your body needs when at rest to function effectively including your respiratory and circulatory organs, neural system, liver, kidneys, and other organs. You burn calories when sleeping.

About 70% of calories consumed every day is used for your basal metabolism. In addition, energy is used when doing any kind of activity however, the more vigorous the activity is the more calories are burned. This is because skeletal muscle (which accounts for approximately 40% of your body weight) acts as your metabolic engine and uses a large amount of energy. Your basal metabolism is greatly affected by the quantity of muscles you have, therefore increasing your muscle mass will help increase your basal metabolism.

By studying healthy individuals, scientists have found that as people age, their metabolic rate changes. Basal metabolism rises as a child matures. After a peak at the age of 16 or 17, it typically starts to decrease gradually.

Having a higher basal metabolism will increase the number of calories used and help to decrease the amount of body fat. A low basal metabolic rate will make it harder to lose body fat and overall weight.

HOW DOES A TANITA BODY COMPOSITION MONITOR CALCULATE BMR?

The basic way of calculating Basal Metabolic Rate BMR is a standard equation using weight and age. Tanita has conducted in-depth research into the relationship of BMR and body composition giving a much more accurate and personalized reading for the user based on the impedance measurement. This method has been medically validated using indirect calorimetry (measuring the breath composition).*

*Reliability on equation for Basal Metabolic Rate:

At 2002 Nutrition Week: A Scientific and Clinical Forum and Exposition

Title: International Comparison: Resting Energy Expenditure Prediction Models:

The American Journal of Clinical Nutrition.



WHAT IS DAILY CALORIE INTAKE (DCI)?

(Applicable age 18-99)

"Daily Calorie Intake (DCI)" is the sum of calories for basal metabolism, daily activity metabolism (activities including daily household chores), and diet-induced thermogenesis (energy used in connection with digestion, absorption, metabolism, and other eating activities). It is an estimate of how many calories you can consume within the next 24 hours to maintain your current weight.

HOW DOES A TANITA BODY COMPOSITION MONITOR CALCULATE DCI?

DCI = BMR x Activity Level

Activity Level

	1	2	3
Female	1.56	1.64	1.82
Male	1.55	1.78	2.10

Source: World Health Organization (WHO)

14.3.2



WHAT IS METABOLIC AGE?

(Applicable age 18-99)

This feature calculates your BMR and indicates the average age associated with the type of metabolism.

If your BMR Age is higher than your actual age, it is an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which will improve your metabolic age.

You will obtain a reading between 12 and 90. Under 12 will be displayed as "12" and over 90 displayed as "90".

Specifications

GB

If Necessary

Model Number		MC-780MA N
Accuracy Grade		MDD: CLASS IIa NAWI: CLASS III
Power Source		100 to 240V AC
Electric Current Range		18VA
Impedance Measurement	Measurement System	Multi-Frequency 8 Electrode
	Measurement Frequency	5kHz/50kHz/250kHz
	Measurement Current	Up to 90 μ A
	Electrode Materials	Feet: Stainless steel/Handgrips: plated
	Measurement Part	Whole body/Right arm/Left arm/Right leg/Left leg
	Measurement Range	75.0 Ω to 1,500.0 Ω (0.1 Ω increments)
	Accuracy at First Calibration	\pm 2%
Weight Measurement	Measurement System	Strain Gauge Load Cell
	Maximum Capacity	270kg (including preset tare value)
	Minimum Graduation	0.1kg
	Accuracy at First Calibration	\pm 0.2kg
Display		Dual LCD screen
Interface		USB B-type connector (device)
		RS-232C
		USB mini-B (for PictBridge printer)
		SD card*4
Usage Conditions	Temperature	5°C to 35°C
	Relative humidity	30% to 80% (without condensation)
Product Weight		Pole type: 15.5kg / Separate type 11.1kg
Product Size	Platform	Platform size: 360mm x 360mm Height: 94mm
	Height(Column Mounted Version)	1165mm

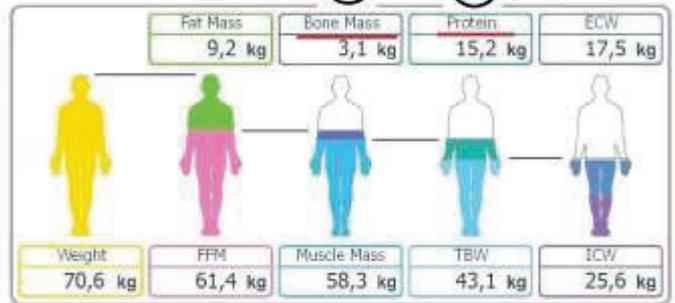
11.2.1 Date 2021.08.16 10:36 11.2.2

11.2.3 ID egidijus
 11.2.4 Name E J
 11.2.4 Age 54 male 11.2.4 Type Normal PT 15 1,0
 11.2.4 Height 176,0

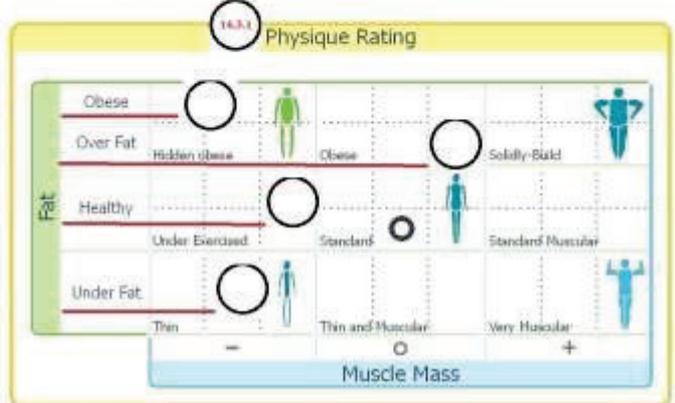
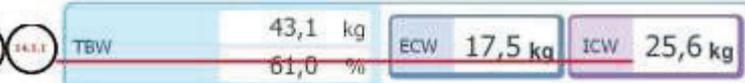
Sarcopenic Index (SMI): 8,01 kg/m² /
 Skeletal Muscle Mass (SMM): 34,3 kg (48,6%) 14.3.7

Details

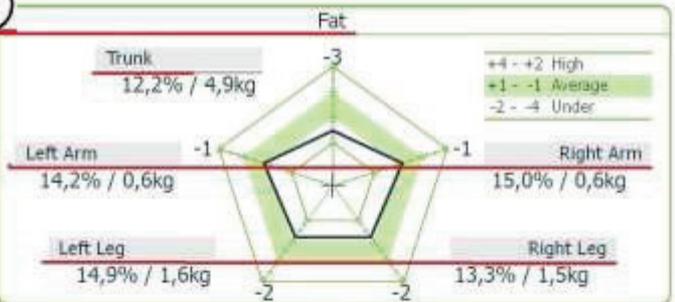
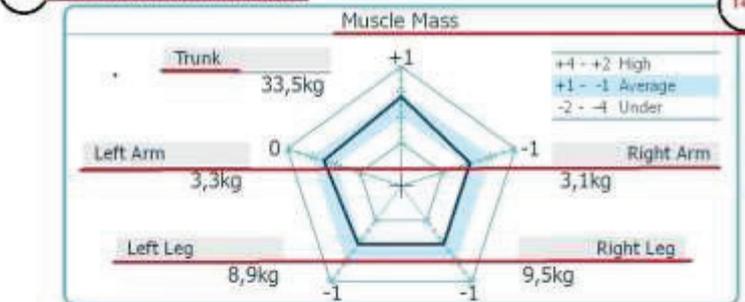
MC-780	Result	Desirable	Target
Weight	70,6 kg	68,1-83,6 kg	kg kg
Fat	13,1 %	11,0-22,0 %	% %
Fat Mass	9,2 kg	7,6-17,3 kg	kg kg
FFM	61,4 kg		
Muscle Mass	58,3 kg	52,5-66,5	
BMI	22,8	22,0-27,0	
Metabolic Age	39,0		



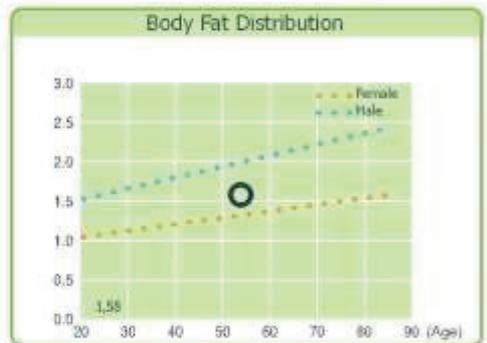
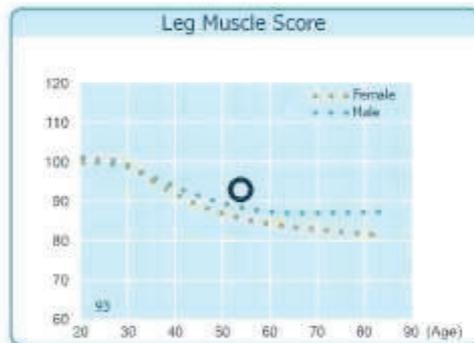
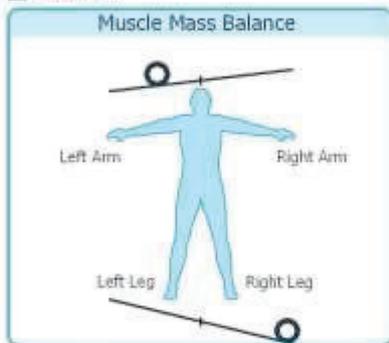
BMR VFA TBW



Segmental Analysis

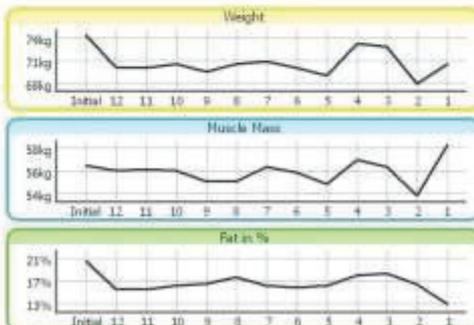


Balance



History

	Weight	Muscle Mass	Fat in %
Current	70,6	58,3	13,1
2019.03.01	68,0	53,9	16,5
2018.03.15	72,9	56,4	18,5
2017.09.18	73,3	57,0	18,1
2017.01.26	69,1	54,9	16,3
2016.11.16	70,1	55,9	16,0
2016.09.19	71,0	56,4	16,3
2016.05.06	70,6	55,1	17,8
2016.04.14	69,6	55,1	16,7
2015.10.08	70,6	56,1	16,3
2015.10.04	70,1	56,2	15,6
2015.10.02	70,2	56,1	15,8
Initial	74,4	56,5	20,6



Reactance Resistance 12

	1kHz	5kHz	50kHz	250kHz	500kHz	1MHz	Phase Angle
H-L	641,2	539,6	473,5				7,4°
RL	39,1	69,8	56,5				
	266,4	225,1	200,8				6,8°
LL	15,3	27,0	17,9				7,0°
RH	335,9	284,0	248,1				7,6°
LH	332,8	280,0	244,7				7,8°
L-L	552,6	465,7	415,3				6,9°
	32,6	56,7	37,2				

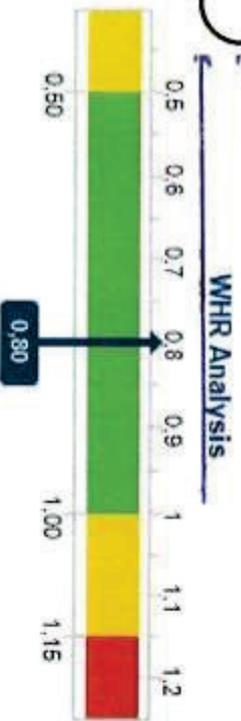
ID: mindaugas@mingeda.lt
Mindaugas Olsauskas
Age: 36,4 Years

PM1 WHR Waist circumference Other body values

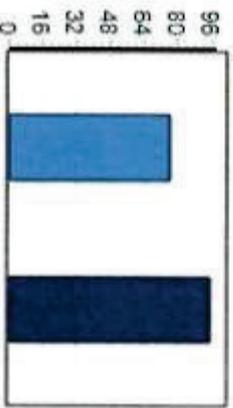
INPUTS

Waist circumference: [cm]
Hip circumference: [cm]
Date: 2018.06.27 15:39

Save WHR = 0,80



WAIST CIRCUMFERENCE



Waist circumference
Hip circumference

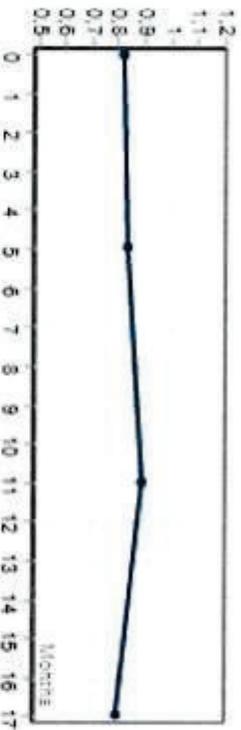
Body Composition Risk

Body Measures Risk

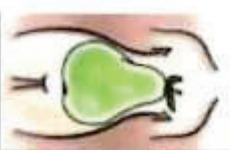
ANALYSIS

- Value Progress
- Value Table
- WHR Risk

PROGRESS ANALYSIS

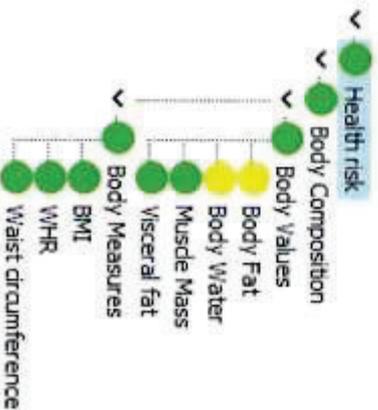


BODY TYPE



Gynoid Type

RISK TREE



State: 2018.06.27 15:39

- Health risk
- Risk - Value table
- Reports
- Help

BMI WHR Waist circumference Other Body values

ID: mindaugas@mingeda.lt
Mindaugas Oļšauskas
Age: 36,4 Years

INPUTS

Waist circumference: [cm]

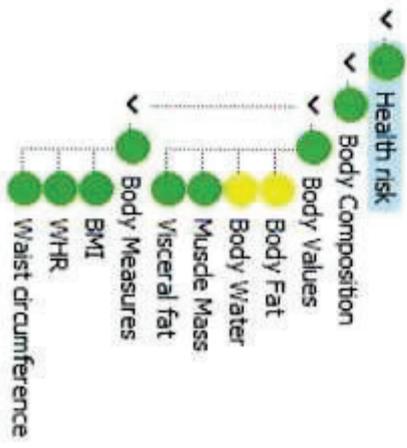
Date: 2018.06.27 15:39

WHR = 0,42

ANALYSIS

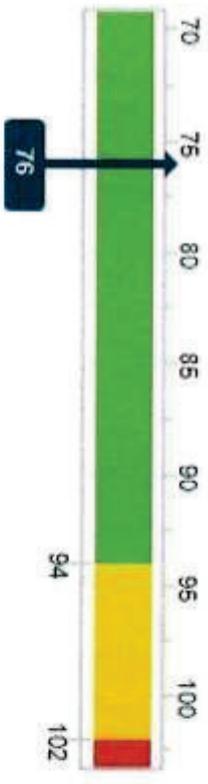
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-
-

RISK TREE

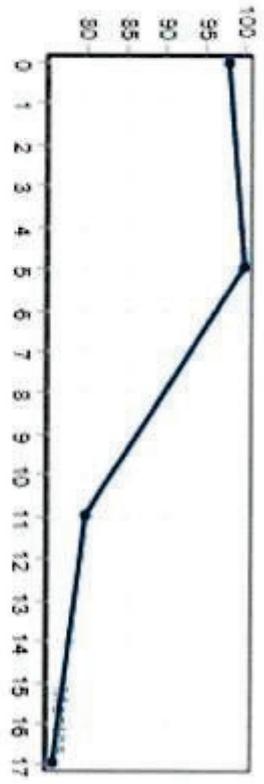


ANALYSIS

Waist circumference-Analysis [cm]



PROGRESS ANALYSIS



State: 2018.06.27 15:39

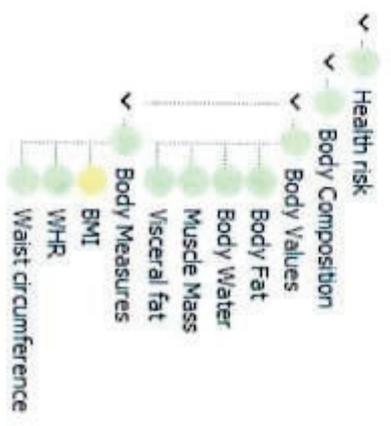
ID: mindaugas@mtingeda.lt
 Mindaugas Ošauskas
 Age: 37,1 Years

Goal values

14.5.3

14.5.3

RISK TREE



Actual Date	Goal Value	Optimum	Actual Value	Goal value	Change	Weeks	Goal Date
1* 2016.03.10	Weight [kg]	65,52-81,9 (73,03)	65,6	68,6	3 (4,6%)	1	2016.03.17
2 2016.03.10	Body Fat [%]	8-20 (14,86)	8,2	9	0,8 (9,8%)	24	2016.08.25
3 2017.09.18	Muscle Mass [kg]	55,49-70,31 (59,75)	59,4	59,75	0,35 (0,6%)	12	2017.12.11
4 2017.09.18	Weight [kg]	68,8-85,18 (76,99)	68,1	68,2	0,1 (0,1%)	12	2017.12.11
5 2017.09.18	Body Fat [%]	8-20 (14,86)	8,2	8,3	0,1 (1,2%)	12	2017.12.11
6 2018.06.28	Muscle Mass [kg]	55,49-70,31 (59,75)	58,8	60	1,2 (2,0%)	24	2018.12.13
7 2018.06.28	BMI [kg/m ²]	20-25 (22,29)	20,51	22,29	1,78 (8,7%)	24	2018.12.13
8 2018.06.28	THI.Hip [cm]	111,07	95	104,5	9,5 (10,0%)	12	2018.09.20
9 2018.06.28	THI.Waist [cm]	85	76	83,6	7,6 (10,0%)	12	2018.09.20
10 2018.06.28	WHR	0,5-1 (0,77)	0,8	0,77	-0,03 (-3,8%)	12	2018.09.20

- Body Fat [%]
- Body Fat [kg]
- Muscle Mass [kg]
- THI.Hip [cm]
- THI.Waist [cm]
- Waist circumference
- Weight [kg]
- WHR

> New Goal Value

> Delete Goal Value

> Save

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- > Health risk
- > Risk - Valuetable
- > Reports
- > Help



21

Health Monitor Software

All professional body composition analysers connect

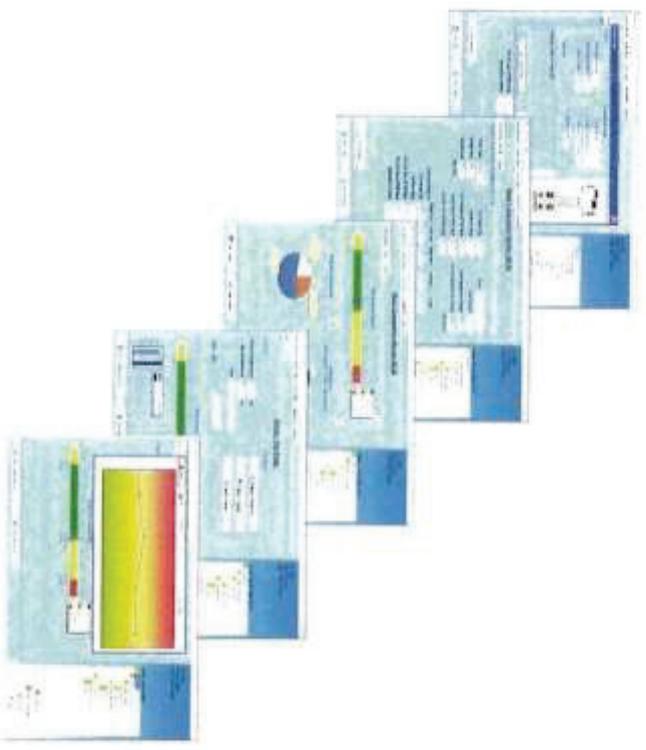
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10

The GMON software package has been developed in partnership with a leading software developer Medizin & Service GmbH. The software captures data from Tanita Body Composition Analysers and accelerometers, transfers it to a computer, and provides a client database with professional reports, graphs and trend analysis that can be used for client education, research and clinical records. In line with EU regulations, the software is Medically Approved, which complies with MDD (Medical Device Directive) regulations. (Council Directive 93/42/EEC of 14 June 1993 concerning medical devices.)

In addition to body composition data captured from the Tanita Analyser, the user can input of target values and waist circumference measurements allowing a full overview of a clients health and fitness progress.

A full colour, printable, client consultation sheet showing segmental body composition analysis and ranges is available for the BC418MA, BC418, MC780 and MC980.



At a glance

- One step body composition measurements transferred automatically to database
- Trend analysis of each body composition measurement to show client progress
- Medical Device Directive Certificate included in the pack
- Compatible with Windows operating systems up to and including Windows XP, Vista, 7 and 8
- Database version Firebird 2.0.5
- All cables included in pack
- Multi language versions available



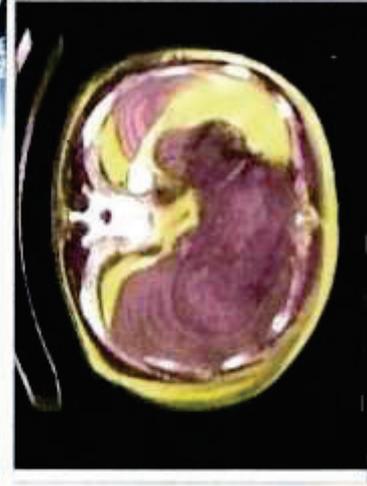
Visceral Fat

14.5.2

TANITA

- Body fat falls roughly into subcutaneous and visceral fat.
- Visceral fat is fat stuck to the inside of the abdominal cavity, which is more active than subcutaneous fat. The fat readily decomposes itself actively during an exercise or when in low nutrition.
- Obesity with visceral fat is a hotbed for lifestyle-related illness. Visceral fat is highly likely to cause a complication. ---
-- Obesity increases the risk of diabetes about 5-fold, hypertension about 3.5-fold, and heart disease about 2-fold.
- The health risk is higher when the Visceral Fat is larger than 130cm².
- TANITA shows the Visceral Fat as an index of
- 1 = around 10cm².

Obesity with visceral fat



Obesity with subcutaneous fat

