

INTRODUCTION

Thank you for purchasing the PROTON Body Fat & Hydration Scale. Please read this instruction manual carefully before using the scale.

This scale can be used to measure body weight, body fat% and body water (hydration)%. Analysis is based on the body's electrical impedance known as Bio-electrical Impedance Analysis (BIA).

BIA is a factor related to the % of body fat and water content in concurrence with the physical data of the person (i.e. Age, Gender, Height).

PLEASE READ THESE NOTES CAREFULLY BEFORE USING THE SCALE

1. The scale readings of body fat and hydration are meant for personal reference and monitoring and should not be used for any diagnosis and/or direct treatment or control of any disease state. It is strictly advised that you consult a doctor or physician for any medical advice.
2. People with pacemakers or any other medical implant with electronic components are not recommended to use this scale as pacemaker or implant performance may be affected. Scale reading may also be affected.
3. To prevent any interference with scale readings, please do not use this device anywhere near any equipment with strong magnetic fields. Keep at a distance from such equipment when using the scale or simply turn the equipment off.
4. The fat % and hydration % evaluated by the scale is only for reference. The physical outlook of the body does not necessarily give concurrent fat% and hydration% readings nor will two people of the same physical build, age and sex give the same reading.
5. Please consult your doctor or physician to determine the most suitable fat% / hydration% for you.
6. The Proton Body Fat and Hydration Scale is **NOT SUITABLE** for the following people:

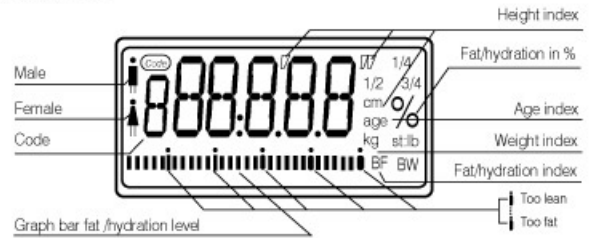
- ⚠ Children under 10 years of age and adults over 100 years of age
- ⚠ People with symptoms of fever, oedema and osteoporosis
- ⚠ Anyone taking medication for cardiovascular disorders
- ⚠ Pregnant women
- ⚠ Athletes undergoing more than 10 hours a day of intensive sports activity
- ⚠ Those with a pulse rate under 60 beats per minute.

SPECIFICATIONS

PARAMETER	DEFAULT SETTING	RANGE
Memory	1	1 to 8
Gender	Male	Male / Female
Height	165cm	100cm -250cm
Age	25	10-100

Maximum weighing capacity	150 kg / 330 lb / 24 stone
Minimum weighing capacity	2 kg / 4.4 lb / 0.315 stone
kilogramme / pound / stone	Convertible
Measuring range for Body Fat	4.0 – 45 %
Body fat differential resolution	0.1 %
Measuring range for Hydration	37.88 – 66 %
Hydration differential resolution	0.1 %
Automatic shut off	
Low battery power indicator	("LO")
Overload Indicator	("Err")
Power	1 x 9V Alkaline battery

LCD DISPLAY



FRONT PANEL - BUTTONS

- ⏻ ON / SET
- ▶ START
- ▲ UP (to increase)
- ▼ DOWN (to decrease)

OPERATING INSTRUCTIONS

Remove the battery cover on the underside of the scale and install the battery 1 x 9V Alkaline battery correctly as indicated.

Place the scale on a dry flat solid ground, ensuring that the unit is stable. Avoid placing on carpeted surfaces.

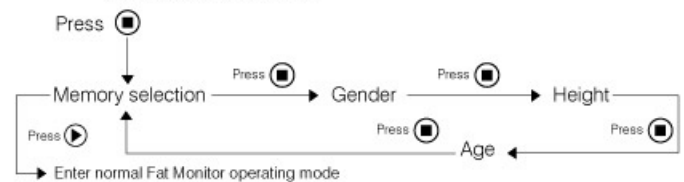
To use as normal weighing scale:

(Disregard any parameter setting for fat and hydration)

1. Turn the scale on by slightly tapping on the lower right hand corner of the platform. LCD will switch on to general weighing mode showing '0.0 kg' / '0.0 lb' or '0.0 st'.
2. Step on the scale gently. Digits on the display will immediately start to increase until they stabilize followed by flashing and final display. This display will remain for 8 seconds and then LCD will automatically shut off.

To use as body fat and hydration scale:

1. Press the ON/SET button. All LCD segments will light up briefly and prompt to setting mode.
 - By pressing ON/SET button again you will be taken through a cycle of setting all parameters starting from MEMORY. See Diagram 2 (below)



- Press UP / DOWN arrows to alter the "MEMORY" parameter for you.
- Press SET button to lock in the parameter setting and this will prompt to the next parameter – "GENDER"
- Once again, use the UP / DOWN arrows to select the gender.
- Press SET button and this parameter will be locked in and the LCD will prompt you to the next parameter – "HEIGHT"
- Repeat the above procedure until all the parameters have been set

Note: At this point you can continue to press the SET button several times to review your parameters and reassure that they are correct.

1. Press button to exit setting mode and enter fat and hydration monitoring mode. LCD will display '0.0 kg' / '0.0 lb' or '0.0 st'. and the scale is ready to measure fat % and hydration%.
2. Gently step onto the scale with clean bare feet making sure to align the feet over the metal conductive pads. Feet must not touch each other.

BODY FAT & HYDRATION SCALE - PHC 511BFH

Note: If you step on to the scale too late after the LCD display automatically turns off then simply press the ON/SET button again and the LCD will show your current settings. Then press the button again to enter fat and hydration monitoring mode.

- As soon as you step on to the scale, the LCD will display incrementing digits until it reaches your current weight.
- Within a few seconds the scale will automatically display your fat % (displayed as 'BF') and hydration % (displayed as 'BW'). This display will prompt back and forth alternately between fat% reading and hydration % reading up to 5 times and then automatically shut off.

During measuring of body fat and hydration, at the bottom of the LCD display, you will see a line of vertical bars. This line serves to give you an indication of your fat% level compared to normal statistics. ie whether you are statistically underweight, normal or overweight for the parameters entered.

You can take this as a reference of your condition.

- Weighting is complete. Whenever you switch your scale on with the ON/SET button for a fresh operation you should always repeat the steps above to verify or adjust all personal data and previously measured records before measuring again.

ERROR MESSAGES

LCD may occasionally show 'Err'. Simply switch off the scale and reinstall the battery. The scale is ready for use. All segments of the LCD light up unambiguously to show that all functions are working.

- " Err " – Indicates overload of weight
- " LO " – Battery is low
- " Err-h " – The calculated fat % is too high and above the upper limit.
- " Err-L " – The calculated fat % is too low and below the lower limit.
- " ---- " – Indicates internal strain gauge sensor is damaged or broken due to severe scale impact

CLEANING

Use a soft slightly damp cloth with a mild detergent to wipe the scale. (Do not use strong chemical solutions such as alcohols for cleaning)

SAFETY & PRECAUTIONS

- ⚠ Please ensure scale platform is completely dry before use.
- ⚠ Always use the scale on a hard flat surface.
- ⚠ Always remove the battery if the scale is not going to be used for a long period of time.
- ⚠ Do not drop the scale or jump onto the scale.
- ⚠ Avoid shakes and vibrations as this will interfere with the readings.
- ⚠ Do not attempt to open, fix or repair the scale as this will void the warranty.
- ⚠ If the scale fails to work, please check that the battery is installed correctly.
- ⚠ Do not use the scale for any other purpose other than personal weighing .
- ⚠ Do not expose the scale to strong electromagnetic waves as this may interfere with readings and lead to loss of data.
- ⚠ Warranty will not cover loss or physical damage of the scale.
- ⚠ Company will not be liable for loss or physical damage of the scale.

REFERENCE INFORMATION

The evaluation of body fat is based on a standardized measuring method. It is calculated by a correlated formula developed on the basis of extensive scientific studies. The hydration level stored in the muscles affects the reading.

Individual habits and lifestyle will affect the level of hydration and create imbalances.

Factors affecting body hydration levels:

- After a bath, hydration levels can be lower.
- After a heavy meal of excessive drinking, readings can be higher.
- Menstrual periods in women can show fluctuations.
- Illnesses and fevers can show reduced readings.
- Strenuous exercise can reduced hydration levels.

The table below provides an estimated physical condition of the body in correlation with fat% and hydration% readings on the scale. Please use this as an estimate only.

Age	Female	Female	Male	Male	Status	Key line indication
below 30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	too lean	
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	lean	
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	normal	
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	high	
	30.6-45.0%	47.7-37.8%	24.6-45.0%	51.8-37.8%	very high	
above 30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	too lean	
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	lean	
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	normal	
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	high	
	35.1-45.0%	44.6-37.8%	28.6-45.0%	49.1-37.8%	very high	