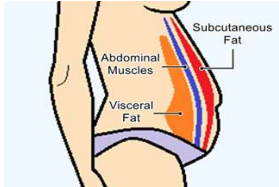


# InBody380

INBODY HAS THE ABILITY TO TELL YOU WHAT YOUR BODY CAN'T TELL IN 30 SECONDS!

## ESSENTIAL PARAMETERS MEASURED

### 1. VISCERAL FAT LEVEL



Body fat within the abdominal cavity  
Causes: Heart diseases and Type 2 diabetes

**Healthy:** < 10 levels

**Unhealthy:** > 10 levels

**Extremely Unhealthy:** > 15 levels

### 2. PERCENTAGE BODY FAT



Body fat mass relative to total body weight

**Ideal range:**

**Females – less than 23%**

**Males – less than 18%**

### 3. OBESITY DEGREE



Obesity evaluation using BMI & deviation from ideal weight

**Ideal percentage is 100%**

**Above 110% is considered unhealthy**

### 4. WAIST HIP RATIO (WHR)



**Ideal WHR:**

**Females – 0.8**

**Males – 0.9**

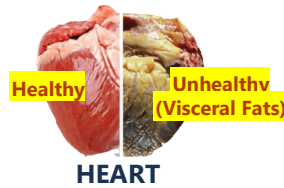
Waist circumference relative to hip circumference

### 5. WEIGHT CONTROL



How much muscles and fats to be gained or lost

**Weight control varies among individuals**



HEART

### 6. SKELETAL MUSCLE MASS

Mass of the muscles attached to your bones

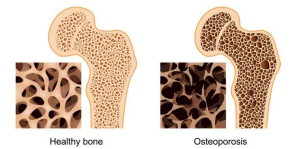


**Skeletal muscle health and mass varies among individuals**

Should be in the normal or over the given range

### 7. BONE MINERAL CONTENT

Richness of bones in terms of mineral mass



**Bone mineral content can indicate osteoporosis**

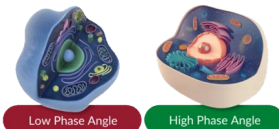
### 8. WHOLE BODY CELL PHASE ANGLE @ 50KHz

How well protected your cells are

> 4° : normal

< 4° : unhealthy

< 3° : critically unhealthy



Low Phase Angle

High Phase Angle

individual body immunity level



### 9. INBODY SCORE

Total score that reflects your body's physical health

**InBody Score**

**91/100 Points**

**The more muscle you have,  
The higher your Inbody score!**

### 10. ECW RATIO

Indicates whether body water is balanced

**0.36 ~ 0.39 – Healthy**

**< 0.36 – Dehydrated**

**> 0.39 – Edema (water retention)**



### 11. SEGMENTAL LEAN ANALYSIS & SEGMENTAL FAT ANALYSIS

	Under	Normal	Over
Right Arm (kg)	40	60	80
Left Arm (kg)	40	60	80
Trunk (kg)	70	80	90
Right Leg (kg)	70	80	90
Left Leg (kg)	70	80	90

-Show distribution of muscle mass & fat between arms, legs and trunk

-Imbalance of arms and legs lean and fat mass is not ideal

-The result varies among individuals

-Refer to scale given under SMM (kg) & Body Fat Mass (kg) in % for the normal range

#### Segmental Fat Analysis

Right Arm	( 0.8kg)	123.3%
Left Arm	( 0.7kg)	103.2%
Trunk	( 7.0kg)	156.1%
Right Leg	( 2.2kg)	121.9%
Left Leg	( 2.2kg)	121.8%

**Ideal fat value: 100% or less**

**Ideal lean value: 100% or more**

**TO KNOW MORE ABOUT YOUR BODY, TAKE THE INBODY TEST NOW!**



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Healthy Lifestyle**