

Professional Product Guide

The global leader in health monitoring



TANITA is a Japanese company that manufactures and distributes precision weighing and body composition equipment worldwide. Our products are widely used within the scientific research, healthcare, fitness industries and more recently experiencing rapid growth within the weight management, pharmacy and occupational health markets. Tanita is the only manufacturer producing precision weighing and body composition devices for both the professional/medical field as for home usage.



WORLD No.1
BIA BRAND

5 YEAR
GUARANTEE



Why Tanita Bioelectrical Impedance Analysis technology is the most accurate

Highest levels of precision and clinical accuracy.

The original prediction equations used in Tanita software were devised by world-renowned body composition expert Professor Steven Heymsfield and his research team at St Luke's Roosevelt Hospital, Columbia University, New York. Extensive independent research has proven that the accurate prediction of an individual's body composition can only be determined if a range of parameters are included in an algorithm, such as gender, age and height and weight.

Trusted by experts for clinical excellence.

Tanita BIA technology has been more extensively validated against alternative body composition techniques than any other company and the findings have been published in international medical journals. In addition, Tanita monitors have been used in hundreds of independent research studies worldwide. Tanita is regarded by the scientific community as the gold standard in BIA technology and the Tanita Medical Advisory Board ensures Tanita remains at the forefront of scientific advances. For more information on our extensive scientific publications and validation visit:

<https://tanita.eu/tanita-academy/for-professionals/the-science>

Ground breaking advances in research.

Tanita continually invests in numerous research projects that focus on enhancing understanding of key health and fitness issues, including areas such as childhood obesity, optimising physical

performance and sarcopenia in the elderly. Our aim is to work with experts to develop tools and technologies to assist all healthcare and sports professionals in providing the best possible services and to help people enjoy healthier lives.

Repeatability of measurements through precision weighing.

Precise weight measurements are essential for calculating accurate body composition measurements. Tanita prides itself on manufacturing highly accurate weighing mechanisms in both its home use and professional models. All Tanita medically approved professional monitors have been awarded NAWI Certification as well MDD Class IIa, FDA and CE Approval ensuring the highest standards are met.

Sound quality through robust construction.

Tanita has grown through continuous product innovation and a commitment to maintaining the highest manufacturing quality standards. The company operates award-winning manufacturing facilities in Japan and China and all Tanita medical products meet strict international quality standards and are independently quality-controlled.



WORLD No.1
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Validation

National and international regulatory standards continue to evolve and become more stringent. Medical devices are also becoming smaller and more complex in design, using advanced, engineered materials. This makes the process of validation and verification even more important—not only to comply with regulations, but also design the highest-quality part and production process. The result is better repeatability, fewer mistakes, less rework and redesign, faster time to market, improved competitiveness, and lower costs.

Validation is the process of making sure that you have objective evidence that user needs and intended uses are met. It is usually done by tests, inspections, and in some cases analysis. However, the target of the validation is to make sure the user needs are met in a medical device that consistently provides the intended medical benefit in actual-use conditions. Verification is typically making sure that you have objective evidence that specified requirements are met. It is usually done by tests, inspections, and in some cases analysis as well.

Tanita's professional body composition monitors have been validated.

Validation papers are available on request.

Sarcopenic obesity: clinical diagnostic potential of 8-electrode multi-segment BIA

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Introduction

Sarcopenic obesity, a pathological state with excess fat and depleted skeletal muscle mass (SM), is increasingly being recognized as a phenotype associated with adverse clinical outcomes.

STUDY AIMS

To answer the question: how does 8-electrode multi-segment bioimpedance analysis (BIA; MC780 and MC980) compare to dual-energy x-ray absorptiometry (DXA) as the reference for estimating SM? Similarly, how well do the BIA systems associate with fat measured using 4-component reference methods?

Methods

Appendicular lean soft tissue (LST, a measure of SM; arm, leg, and total) was measured by DXA (GL, DXA) and compared to predicted SM by the two BIA systems, MC-780 and MC-980 (Tanita Corp, Tokyo, Japan) in 130 healthy men and women age ≥ 18 yrs varying in BMI.

Body fat measured with multicomponent models (Wang [Wang and Lohman 8]) as the reference were compared to BIA results. 4-component models: body volume by Bod Pod, total body water by deuterium dilution, and bone mineral mass by DXA.

Both BIA systems are based on an 8-electrode configuration that separately captures each arm and leg along with trunk and right and left body electrical properties.

Results

Correlations (r-values) between component models, Bod Pod, are shown in the table; all are correlated. A BIA example is shown in the table.

Subject Characteristics: 68 F, 62 M; 4 Asian, 27 African American, 97 Caucasians, 2 Other. Age (X \pm SD), 34 \pm 18.6 yrs; 22 < age 48 yrs. Height 167.6 \pm 13.6 cm; Weight 78.9 \pm 22.8 kg

The MC-780 and 980 results were similar for all measures: leg, arm, and total limb fat mass and LST for DXA and limb fat and SM mass by BIA (MC980; kg, X \pm SD) are shown in the table. There were no significant differences between the appendicular DXA and BIA measures; the Tanita MC980 and DXA results were highly correlated as shown example presented in Figure 1.

	DXA	Tanita	LST	DXA	Tanita
Leg	6.0	6.7	Leg	6.8	5.1
Arm	2.7	2.7	Arm	4.0	5.7
Trunk	1.4	1.6	Trunk	2.4	2.2
Total	11.8	11.3	Total	22.8	23.3
	5.9	6.1		7.1	7.3

Figure 1. Tanita MC980 appendicular SM vs. DXA LST. The line of identity is shown in the figure.

Conclusion

8-electrode multi-segment BIA has the potential for diagnosing sarcopenic obesity in the clinical setting.

Acknowledgments

The authors acknowledge Dr. Tanita Corp., Tokyo, Japan.

Abstract

Background: Phase angle is derived from bioelectrical impedance analysis (BIA) resistance and reactance. Decreases with age and are associated with muscle loss. Phase angle is a marker of cellular health, and muscle loss. Another measure of SM quality is the light fraction (LF) measured with ultrasound (US). We compared the two measures to determine if they are concordant for SM quality.

Methods: The aim of this study was to explore the associations between SM quality as measured by phase angle and LF and SM quality as measured by DXA. Subjects were 68 men and women, ages 18-69 yrs, with US measures of muscle, trunk, calf, and thigh muscle, and 4 reference methods for SM quality.

Results: Significant correlations (p<0.05) were present for key measures: muscle, trunk LF and arm LF, and leg LF, and leg LF and leg LF, and leg LF and leg LF, and leg LF and leg LF. Our findings that these two different measures measure the different measures of SM quality.

Conclusions: Measurement of LF may be a simple, practical, and clinically useful measure of age-related changes in SM quality that can be utilized in the treatment of sarcopenia and related conditions.

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Skeletal Muscle Quality: Concordant Findings from Two Practical Non-Invasive Approaches

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Sarcopenic obesity: diagnostic potential of 8 - electrode multi - segment BIA

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Both BIA systems are based on an 8-electrode configuration that separately captures each arm and leg along with trunk and right and left body electrical properties.

Results

Correlations (r-values) between component models, Bod Pod, are shown in the table; all methods were highly inter-correlated. A BIA example is shown in Figure 2.

	4C	4C	MC780	MC980	BodPod	DXA	TBW
4C-W	1.00						
SM-AC1	1.00	1.00					
MC780	0.94	0.94	1.00				
MC980	0.94	0.94	1.00	1.00			
BodPod	0.99	0.99	0.92	0.93	1.00		
DXA	0.99	0.99	0.95	0.95	0.98	1.00	
TBW	0.99	0.99	0.95	0.95	0.97	0.98	1.00

Figure 2. Tanita MC980 appendicular SM vs. DXA LST. The line of identity is shown in the figure.

Conclusion

8-electrode multi-segment BIA has the potential for diagnosing sarcopenic obesity in the clinical setting.

Sarcopenic obesity: clinical diagnostic potential of 8 - electrode multi - segment BIA

The authors acknowledge Dr. Tanita Corp., Tokyo, Japan.

Validation studies

Tanita BIA technology: A scientific overview of methods and accuracy

Tanita BIA technology was first introduced in 1992. Since then we have strived to establish the most accurate technology and will always look for ways and methods to improve accuracy through dedicated research and development.

The Tanita algorithm is the cornerstone of precision body composition measurements in different body types, ages and gender. This has been repeatedly shown in independent scientific publications from researchers and clinicians worldwide.

There are various parameters within the algorithm to ensure the highest accuracy. These include AGE, GENDER and ETHNICITY. By incorporating these parameters, Tanita BIA technology can provide more consistent and reliable body composition measurements for anyone who steps on.

These factors are incorporated into most BIA technology manufacturers within the medical and research fields and has proven to be the foundation of strong validation. This is shown in scientific publications and highlights the importance of including AGE, GENDER and ETHNICITY when calculating body composition of individuals.

In addition, Tanita has developed algorithms for adults with a higher level of physical activity – athlete mode. This feature allows higher accuracy of assessing individuals muscle mass.

Recent publications showing the importance of incorporating the different parameters in the scientific literature:

AGE and GENDER

The following papers highlight the importance of incorporating age and gender into BIA technology algorithms and the impact on accuracy when they are not included:

- Völgyi E, Tylavsky FA, Lyytikäinen A, Suominen H, Alén M, Cheng S. **Assessing body composition with DXA and bioimpedance: effects of obesity, physical activity, and age.** Obesity 2008;16(3):700-5.

Conclusion: Compared to DXA, both BIA devices provided on average 2-6% lower values for FM% in normal BMI men, in women in all BMI categories, and in both genders in both HPA and LPA groups. In obese men, the differences were smaller. The two BIA devices provided similar means for groups. **Differences between the two BIA devices with increasing FM% were a result of the InBody (720) not including age in their algorithm for estimating body composition.**

- Faria SL, Faria OP, Cardeal MD, Ito MK. **Validation study of multi-frequency bioelectrical impedance with dual-energy X-ray absorptiometry among obese patients.** Obes Surg 2014; 24(9):1476.80.

Conclusion: BIA proved to be a safe alternative for assessing BC in clinically severely obese patients and thus provides a more accessible evaluation tool for this population. **But, consideration should be given to the formula added to the BIA measurement, adjusting the values to differences observed in order to reduce errors when compared with the DXA measurements**



- Völgyi E, Tylavsky FA, Lyytikäinen A, Suominen H, Alén M, Cheng, S. **Assessing body composition with DXA and bioimpedance: effects of obesity, physical activity, and age.** Obesity 2008; 16(3):700-5.

Conclusion: Compared to DXA, both BIA devices (Tanita MC180 and Inbody 720) provided on average 2–6% lower values for FM% in normal BMI men, in women in all BMI categories, and in both genders in both HPA and LPA groups. In obese men, the differences were smaller. The two BIA devices provided similar means for groups. **Differences between the two BIA devices with increasing FM% were a result of the InBody (720) not including age in their algorithm for estimating body composition**

- Karelis AD, Chamberland G, Aubertin-Leheudre M, Duval C; Ecological mobility in Aging and Parkinson (EMAP) group. **Validation of a portable bioelectrical impedance analyzer for the assessment of body composition.** Appl Physiol Nutr Metab. 2013 Jan;38(1):27-32.

Conclusion: the present study indicated that the portable Inbody 230 may be an acceptable device to measure fat mass, % body fat, and total FFM (except for women) in healthy adults. **In addition, there appears to be a systematic bias for the estimation of trunk and appendicular FFM with the Inbody 230 in men and women.**

- Sillanpää E, Cheng S, Häkkinen K, Finni T, Walker S, Pesola A, Ahtiainen J, Stenroth L, Selänne H, Sipilä S. **Body composition in 18- to 88-year-old adults--comparison of multifrequency bioimpedance and dual-energy X-ray absorptiometry.** Obesity 2014; 22(1):101-9

Authors note: “we also found that age was a significant predictor in all body composition estimates both in women and in men. Although age and sex are often employed in BIA algorithms because of an increase in measurement accuracy”.

ETHNICITY and GENDER

The following papers conclude Ethnicity increases accuracy of adult and children's body composition measurements using BIA technology:

- Nightingale CM, Rudnicka AR, Owen CG, Donin AS, Newton SL, Furness CA, Howard EL, Gillings RD, Wells JC, Cook DG, Whincup PH. **Are ethnic and gender specific equations needed to derive fat free mass from bioelectrical impedance in children of South Asian, Black African-Caribbean and White European origin? Results of the assessment of body composition in children study.** Plos One 2013; 18, 8(10):e76426.
- Kumar S, Khosravi M, Massart A, Potluri M, Davenport A. **The effects of racial differences on body composition and total body water measured by multifrequency bioelectrical impedance analysis influence delivered Kt/V dialysis dosing.** Nephron Clin Pract. 2013;124(1-2):60-6.
- Aglago KE, Menchawy IE, Kari KE, Hamdouchi AE, Barkat A, Bengueddour R, Haloui NE, Mokhtar N, Aguenauo H. **Development and validation of bioelectrical impedance analysis equations for predicting total body water and fat-free mass in North-African adults.** Eur J Clin Nutr 2013; 67(10):1081-6.
- Nightingale CM, Rudnicka AR, Owen CG, Cook DG, Whincup PH. **Patterns of body size and adiposity among UK children of South Asian, black African-Caribbean and white European origin: Child Heart And health Study in England (CHASE Study).** Int J Epidemiol 2011; 40(1):33-44.
- Haroun D, Taylor SJ, Viner RM, Hayward RS, Darch TS, Eaton J, Cole TJ, WellsJC. **Validation of Bioelectrical Impedance Analysis in Adolescents Across Different Ethnic Groups.** Obesity 2010; 18(6):1252-59.
- Gibson AL, Holmes JC, Desautels RL, Edmonds LB, Nuudi L **Ability of new octapolar bioimpedance spectroscopy analyzers to predict 4-component-model percentage body fat in Hispanic, black, and white adults.** Am J Clin Nutr 2008; 87(2):332-8.
- Zhu S, Heymsfield SB, Toyoshima H, Wang Z, Pietrobelli A, Heshka S. **Race ethnicity-specific waist circumference cutoffs for identifying cardiovascular disease risk factors.** Am J Clin Nutr 2005; 81(2): 409-415.
- Deurenberg P, Deurenberg-Yap M, Schouten FJ. Validity of total and segmental **impedance measurements for prediction of body composition across ethnic population groups.** Eur J Clin Nutr 2002; 56:214-220.
- Jakicic JM, Wing RR, Lang W. **Bioelectrical impedance analysis to assess body composition in obese adult women: the effect of ethnicity.** Int J Obes 1998; 22:243-249.
- McKeigue PM, Shah B, Marmot MG. **Relation of central obesity and insulin resistance with high diabetes prevalence and cardiovascular risk in South Asians.** Lancet 1991; 337:382-386.

To summarize the key findings related to ethnicity and gender:

Previous articles have demonstrated a need for ethnic-and gender-specific prediction equations both in adults and in adolescents. Having in the equation control for ethnicity we reduced the underestimation of fat mass in Asian population.

Ethnic differences in the optimal equations for the prediction of FFM from BIA are likely to reflect the marked ethnic differences in body composition in children of different ethnic groups (Deurenberg P, Deurenberg-Yap, 2002). These include differences in stature, black African-Caribbean children are taller and in particular have greater leg length than white Europeans and South Asians, and lean mass, particularly muscle mass, which tends to be lower among South Asians (Nightingale et al, 2011).

In addition, the amount and distribution of body fat varies appreciably between ethnic groups, with South Asians having a higher proportion of total fat in their abdomen (McKeigue et al 1991), while black African-Caribbeans may have a lower proportion compared to white Europeans (Zhu et al, 2005).



PHYSICAL ACTIVITY

In addition, Tanita has created Athlete mode to account for differences in muscle mass hydration of standard and more active individuals.

- Verney J, Schwartz C, Amiche S, Pereira B, Thivel D. **Comparisons of a Multi-Frequency Bioelectrical Impedance Analysis to the Dual-Energy X-Ray Absorptiometry Scan in Healthy Young Adults Depending on their Physical Activity Level.** J Hum Kinet. 2015;14(47):73-80.
- Gába A, Kapuš O, Cuberek R, Botek M. **Comparison of multi- and single-frequency bioelectrical impedance analysis with dual-energy X-ray absorptiometry for assessment of body composition in post-menopausal women: effects of body mass index and accelerometer-determined physical activity.** J Hum Nutr Diet. 2015; 28(4):390-400.

COMMENTS:

Several articles, see references above and also the references in the two articles mentioned (Verney et al, 2015; Gaba et al, 2015) where they underlined the accuracy of BIA depends on level of physical activity. In other words hydration of fat free mass is influenced by physical activity.

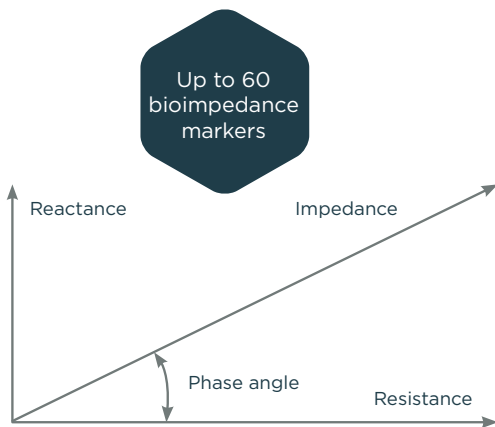
In light of this, it is fundamental to know physical activity level and having an equation that “control” for physical activity.

Levels of Accuracy

How does BIA technology work?

Bioelectrical Impedance Analysis is a technique used for estimating body composition. All Tanita body composition monitors use advanced Bioelectrical Impedance Analysis technology. When you stand on a Tanita monitor, a very low, safe electrical signal is sent from four metal electrodes through your feet to your legs and abdomen to produce whole body composition measurements. In segmental models, the four hand-held electrodes will provide extra readings for each leg, arm and abdominal area.

The electrical signal passes quickly through water that present in hydrated muscle tissue but meets resistance when it hits fat tissue. This resistance, known as impedance, is measured and input into scientifically validated Tanita equations to calculate body composition measurements in under 20 seconds.

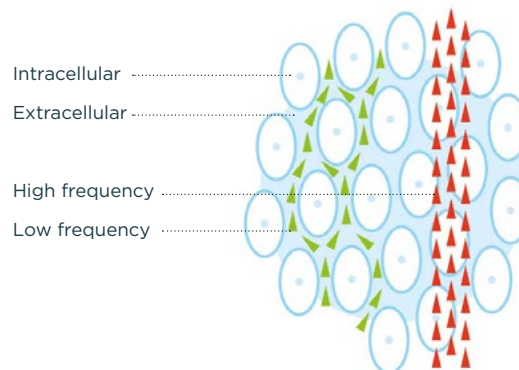


Multi frequency BIA technology

Tanita Multi-Frequency Monitors are able to measure bioelectrical impedance analysis at three or six different frequencies. The additional frequencies provide an exceptional level of accuracy compared to single and dual frequency monitors. The lower frequencies measure the impedance external to the cell membrane.

The higher frequencies are able to penetrate the cell membrane.

By measuring impedance at both the lower and higher frequencies it is possible to estimate extra-cellular water (ECW), intra-cellular water (ICW) and Total Body Water. This information is essential for providing the health status of a person and indicating health risks such as severe dehydration or oedema.



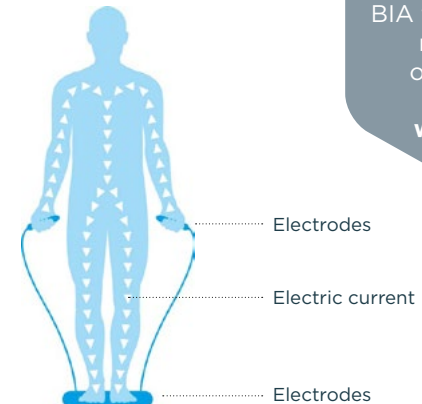
Single frequency BIA technology

Tanita body composition monitors with Single frequency Bio-electrical Impedance Analysis Technology use a single frequency to capture body composition data.



Dual frequency BIA technology

Tanita body composition monitors with Advanced Dual Bioelectrical Impedance Analysis Technology use two different frequencies to capture your body composition data. By using different frequencies, a higher accuracy of measurements can be achieved.



Further detailed information on the benefits of BIA technology in the measurement of body fat can be found at www.tanita.eu

Levels of Personalisation

Segmental Personalisation

Segmental Body Composition Measurements is the highest level of personalised assessment available.

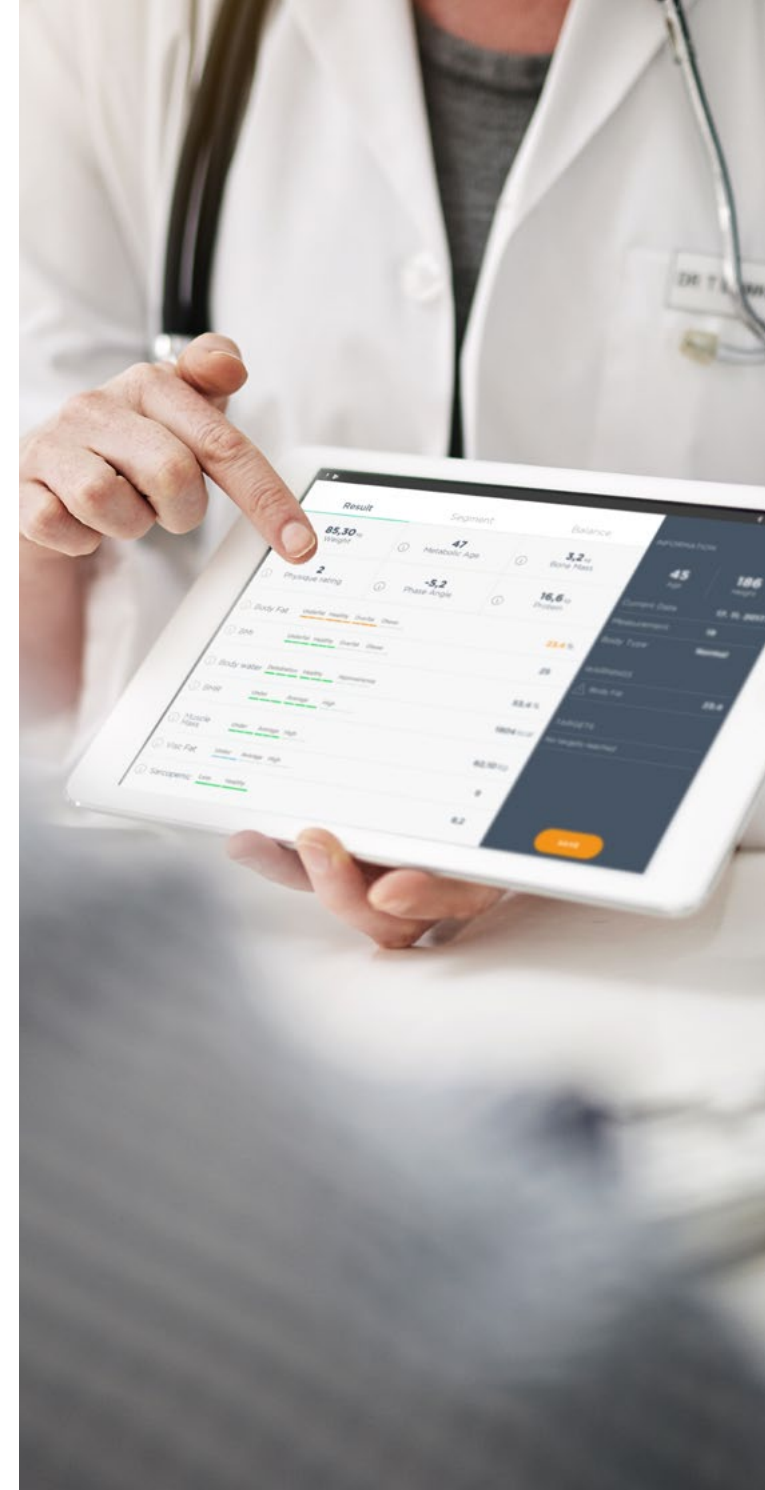
In addition to whole body measurements, the Tanita Segmental Monitor will assess impedance of each arm, leg and trunk area independently. This allows an additional layer of information about a person's health and fitness status including segmental muscle mass and fat free mass.

This information can be used to identify specific anomalies in body composition such as oedema in the legs or localize muscle changes pre or post surgery having higher upper body muscle mass. More importantly, segmental body composition analysis allows even the smallest changes in body composition to be identified and monitored over time giving a precise picture of overall health.

Whole Body Personalisation

Using Advanced Dual or Single BIA technology, Tanita Body Composition Monitors can provide instant whole body measurements.

This includes body fat, fat mass, fat free mass, muscle mass, total body water, bone mass, BMR, metabolic age and visceral fat level, plus body cell data such as phase angle. Further analysis of healthy ranges for these parameters are also available providing an excellent overview of a person's health and fitness status.



BIA Information

	5kHz		50kHz		250kHz		Phase Angle
H-L	667.0	-24.3	599.3	-57.4	539.9	-60.6	-5.5
RL	252.9	-10.4	224.6	-22.0	203.2	-17.5	-5.6
LL	257.4	-10.5	228.7	-22.1	206.9	-18.3	-5.5
RH	391.1	-13.7	353.4	-35.9	314.7	-43.5	-5.8
LH	385.2	-12.6	348.8	-33.7	313.1	-42.3	-5.5
L-L	511.9	-20.8	454.7	-44.0	410.9	-35.7	-5.5



**I AM
ACHIEVING
MORE
FOR MY CLIENTS**



Information Output

Healthcare professionals are dedicated to achieving long-lasting improvements in health for their clients, and the Tanita pro app can help you achieve more.

Analysing individual and group data on the Tanita pro app will give greater understanding of an individual's health and fitness status, more in-depth analysis of group and individual data and a greater understanding of what results can be achieved.

By accessing clients' body composition data on the Tanita pro app, you have the facts at your fingertips; clear on-screen analysis helps you to show them progress and the impact of their hard work.

Powerful group data analysis allows you to see the results for clients in a specific age group, with specific needs, or for those following a particular programme or diet. This will help to inform the care and input delivered, and ultimately build on success. What's more, you have the data for all your clients in one place, no matter where you are working.

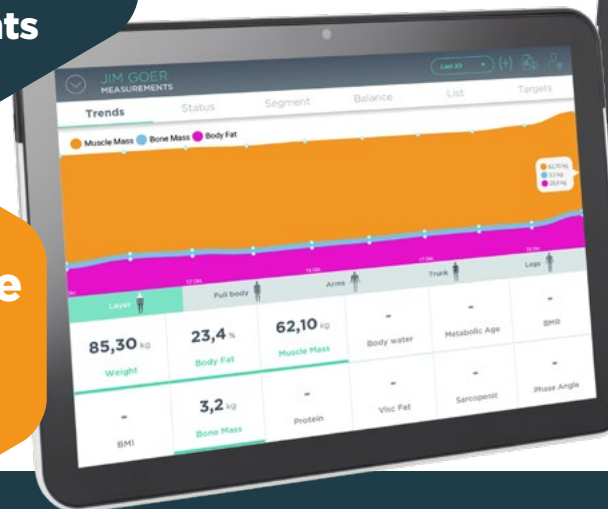
For use across the **Tanita professional range** including the MC 780

Flexible, mobile and easy to use

Cost-effective packages for up to 200, 1000 and unlimited client lists

Download and use **FREE** for up to 10 clients

Compatible with any tablet



Information Output

Tanita Pro Software Information Output

The Tanita PRO software package has been developed in partnership with the leading software developer Medizin & Sevice 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 patient database with professional reports, graphs and trend analysis that can be used for patient 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 patient's health and physical progress.

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



TANITA PRO

Stefan Horner

Reference Data

PERSONAL DATA

Title: Mr

First Name: Stefan

Last Name: Horner

Customer-ID: K0005

RF-Index: 20.01.1972

Gender: MALE

Street:

Zip code / City:

Telephone:

Fax:

email: stefan.horner@brandeis.eu

Comment:

DATE: 18.04.2018 16:05

DELETE ALL DATA FOR THIS CUSTOMER FROM DATE

Stefan Horner

Measurement Results

Analysis

Body Composition Analyser MC-980

Measuring condition: Normal

Body Type: Normal

Height [kg]: 183

Weight [kg]: 68

BMI [kg/m²]: 20.7

SCW [kg]: 28.1

Water/TBW [%]: 57.4

Muscle mass/PM [kg]: 54.9

Bone Mass [kg]: 2.9

Physique Rating: S-Standard

Body Fat Analysis [%]

17.2%

20.0% 14.1kg

26.0% 17.6kg

Segmental Analysis

	Right Leg	Left Leg	Right Arm	Left Arm	Torso
Fat Mass [kg]	2.40	2.40	0.90	0.90	11.00
Fat Free Mass/PM [kg]	11.60	11.60	3.90	3.90	38.50
Muscle mass/PM [kg]	11.00	11.00	3.70	3.70	36.50
Hydration [kg]	0.60	0.60	0.20	0.20	2.50

Database Tools Help

TANITA PRO

Search: [] in [] Group: All Groups

CUSTOMER-ID	NAME	FIRST NAME	DATE OF BIRTH	SEX	CITY
demo02	Bengel	Erna	27.07.1967	F	
K0022	Bassi	Vincent	24.03.1953	M	
K0031	Brandauer		13.03.1958	F	
K0005	Horner	Stefan	20.01.1972	M	
wskc_K0015	Jaguschek	Jadwiga	04.04.1936	F	
demo01	Muster	Ernst	16.05.1964	M	
K0023	Simeone	Hartwig	08.11.1967	M	
K0022	Stadbauer	Alois	05.03.1956	M	
demo03	Teich	Anne	07.03.1975	F	
demo04	Versuch	Ame	11.08.1988	M	
K0013		Albert	09.09.1980	M	
K0014		Alwin	19.08.1998	M	
K0017		Andreas	25.05.1984	M	
K0019		Anita	08.10.1967	F	
K0009		Birgit	03.10.1989	F	
K0010		Christine	23.11.1990	F	
K0020		Christoph	26.01.1984	M	

I AM MAKING A DIFFERENCE

TO OUR PATIENTS' LIVES
THANKS TO USING
THE BEST TECHNOLOGY

“ As a Medical Advisory Board member, I have consulted with and learned from Tanita engineers for over 20 years as they developed early prototypes that have now blossomed into advanced bioimpedance technologies that accurately quantify body composition.

These developments are timely as a critical need exists to go beyond simple but inaccurate measures of body shape and composition (e.g., body mass index) when evaluating people with obesity, sarcopenia, and other chronic medical conditions and diseases. ”

Professor Steven Heymsfield

Executive Director of Pennington Biomedical
Research Center, Baton Rouge USA.

Member of Tanita Medical Advisory Board



Body Composition Measurements



Weight



Body Fat Mass

The actual weight of fat in your body



Body Fat Percentage

The amount of body fat as a proportion of your body weight



Total Body Water Percentage

The total amount of fluid in your body as percentage of your total weight



Muscle Mass

The predicted weight of muscle in your body including skeletal muscles, smooth muscles and the water contained within your muscles



Physique Rating

Assesses your physique according to the ratio of body fat and muscle mass in the body



Daily Caloric Intake

Estimate of calories you can eat in 24 hours to maintain current weight



BMR (Basal Metabolic Rate)

Number of calories your body needs at rest



Metabolic Age

Age level your body is rated at, according to your BMR



Bone Mass

The amount of bone (bone mineral level, calcium, other minerals) in your body



Visceral Fat Rating

Indicates level of fat surrounding your vital organs in the abdominal area



Muscle Score

Muscle mass is judged by calculating the amount of muscle mass against your height and then the amount is classified.



Body Mass Index

Indicates the relationship between your height and weight



Phase Angle

Phase angle is an indicator of cellular health and integrity.



ICW

Intracellular Water is the fluid found inside cells. Usually 40% of your body weight is intracellular water.



ECW

Extracellular Water is the body fluid found outside of cells.



Protein

The weight of protein in the body, protein is essential for the maintenance of muscle within the body

%Total Body Water

Female 45% to 60%
Male 50% to 65%
Athletic Body Types
 5% higher than adult range

Visceral Fat

Healthy level rating (1 - 12)
Excess level rating (13 - 59)

Healthy Body Fat Range %

	Underfat	Healthy	Overfat	Obese
Female Age				
20 - 39	0% - 21%	21% - 33%	33% - 39%	39%+
40 - 59	0% - 23%	23% - 34%	34% - 40%	40%+
60 - 99	0% - 24%	24% - 36%	36% - 42%	42%+
Male Age				
20 - 39	0% - 8%	8% - 19%	19% - 25%	25%+
40 - 59	0% - 11%	11% - 21%	21% - 28%	28%+
60 - 99	0% - 13%	13% - 25%	25% - 30%	30%+

BMI

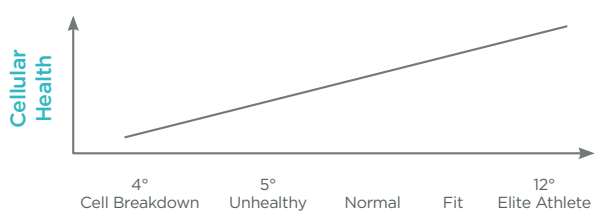
Healthy range
 18.5 - 25

Muscle Mass Score

Muscle mass is judged calculating the amount of muscle mass against the person's height and then the amount is classified.



Phase Angle



Preferred Phase Angle

5° Female
 6° Male
 10° Adolescent
 12° Athletic

Bone Mass

Female Weight **Healthy BM weight**

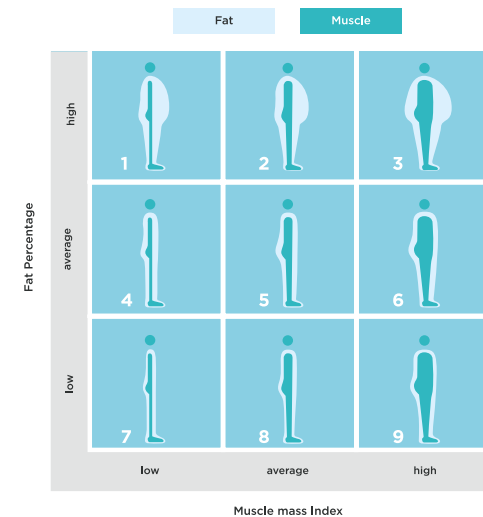
less than 50kg 1.95kg
 between 50kg - 75 kg 2.40kg
 over 76 kg 2.95kg

Male Weight **Healthy BM weight**

Less than 65kg 2.65kg
 between 65kg - 95kg 3.29kg
 over 95kg 3.69kg

Physique Rating

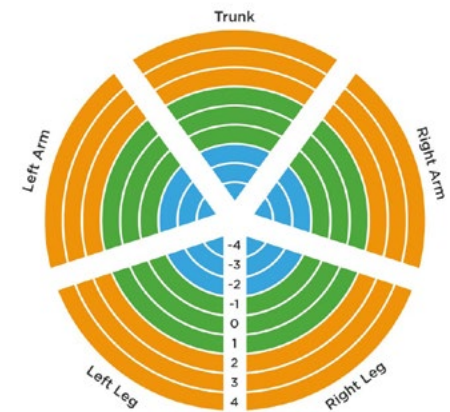
Result	Physique Range	Explanation
1	Hidden Overfat	High body fat % with low muscle mass
2	Medium Frame Overfat	High body fat %, moderate muscle mass
3	Solidly Built	Large frame, high body fat % & muscle mass
4	Low Muscle	Average body fat % & low muscle mass
5	Standard	Average levels of body fat % & muscle mass
6	Muscular	Average body fat % & high muscle mass
7	Low Muscle & Underfat	Low body fat % & low muscle mass
8	Thin & Muscular (Athlete)	Low body fat % & adequate muscle mass
9	Very Muscular (Athlete)	Low body fat % & high muscle mass



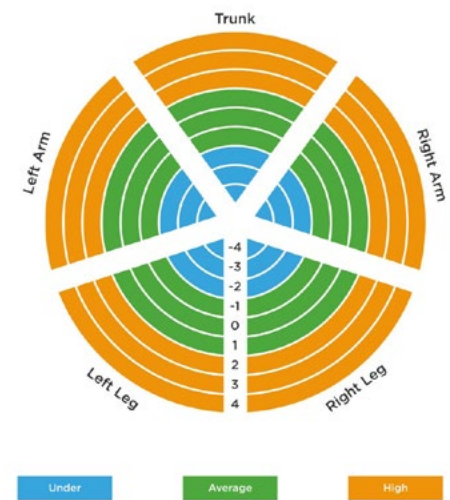
Segmental Measurements

8-electrode segmental technology to show body composition measurements for each arm, leg and trunk area.

Segmental fat analysis



Segmental muscle analysis



MC-980 MA PLUS

Segmental Multi Frequency
Body Composition Analyser
with touchscreen display and
Windows® OS

The MC-980 MA PLUS is the ultimate tool in providing fast in-depth information for truly personalised medical, health and weight management consultations. Incorporating the latest multi-frequency BIA technology with the flexibility of in-built Microsoft® Windows® real time OS software, this monitor provides fast, convenient and accurate information. The MC-980 MA PLUS provides a full medical grade body composition analysis in less than 30 seconds and has an easy-to-follow colour interactive touch screen display.



MC-980 MA PLUS

LEVEL OF ACCURACY

- ACCURACY GRADE: NAWI Class III, MDD Class II-a.

LEVEL OF PERSONALISATION

- Full segmental body composition analysis provided in 30 seconds using clinically accurate Tanita Multi Frequency BIA Technology.
- The Tanita device can be operated effortlessly using the intuitive touchscreen display which presents precise Tanita BIA data and allows easy transfer of results to PC or printer.

INFORMATION OUTPUT

- Software and detailed consultation sheets available in 14 languages.
- In-built Microsoft® Windows® real time OS allows client data to be automatically stored, managed and output. Windows 8 upgrade.
- USB ports allow simple data input/output and accessories to be connected including printers, bar code scanners and data capture devices.
- Tanita PRO Software compatible, allowing trend analysis, health risk assessments and full data management.

Clinical Application

Oncology	✓	Weight Management	✓	Occupational Health	✓	Pharmacy	✓	Physiotherapy	✓
Diabetes	✓	Renal	✓	Bariatrics	✓	Paediatrics	✓		
Cistic Fibrosis	✓	COPD	✓	General practice	✓	Geriatrics / Active ageing	✓		

Technical Specification

Accuracy Grade	MDD CLASS II-a, NAWI CLASS III
Approved Usage	MDD approved for medical use
Age Range	5 - 99 years
Weight Capacity	300 kg
Graduation	0.1kg
Product Dimensions	450 x 490 x 1240 mm
Product Weight	33 kg
Power Source	230V
Interface	3 x USB



MC-980 MA PLUS

MC 980 MA PLUS print out

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 Mineral Mass Indicator
- Metabolic Age
- Physique Rating
- Sarcopenia Index *new*

Segmental Measurements

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

Compatible Software

TANITA
PRO

MADE IN
JAPAN

5 YEAR
GUARANTEE



MC-780 MA

Multi frequency Segmental Body Composition Analyser with interactive display console and 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 specialist 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 illustrative format.



MC-780 MA S



MC-780 MA P

LEVEL OF ACCURACY

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

LEVEL OF PERSONALISATION

- Full and fast segmental body composition analysis using clinically accurate multi frequency BIA technology.
- Certified for medical consultations.

INFORMATION OUTPUT

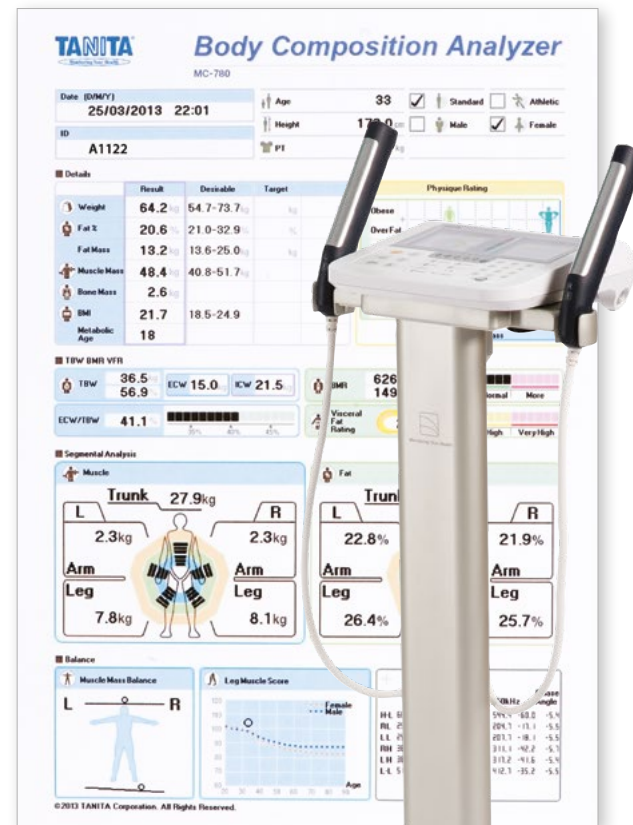
- In-built SD card facility allows data to be automatically collected and downloaded at convenience
- Client Identity feature allows continuous data to be collected for each client effortlessly. Also allows large anonymous data sets to be collated for research studies
- USB Connection
- Display console 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.

Clinical Application

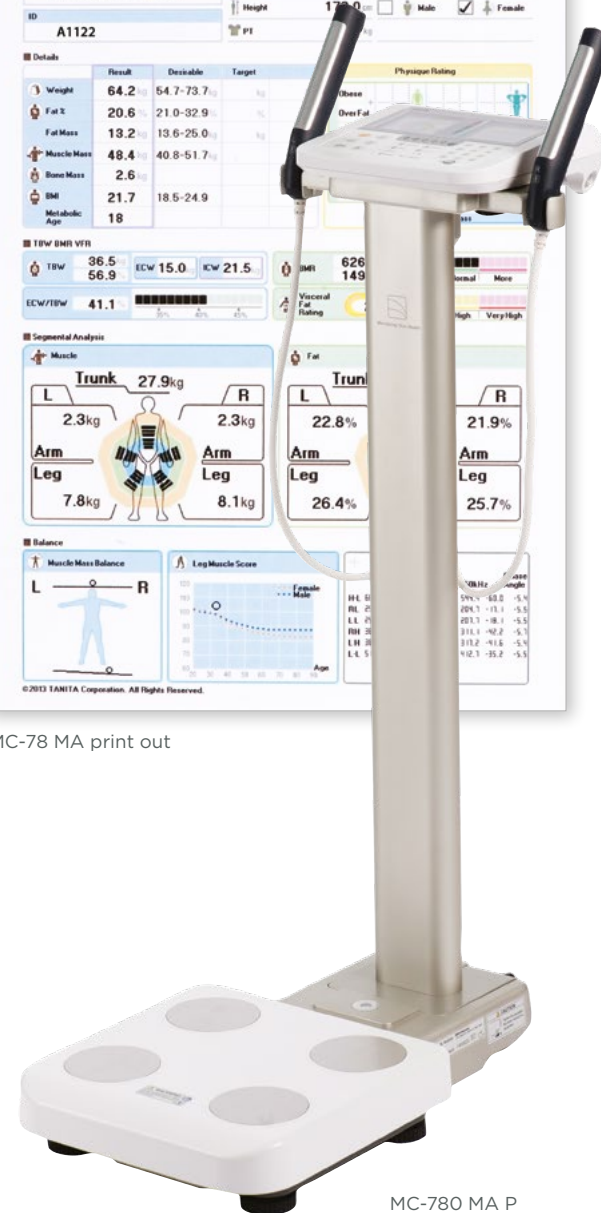
Oncology	✓	Weight Management	✓	Occupational Health	✓	Pharmacy	✓	Physiotherapy	✓
Diabetes	✓	Renal	✓	Bariatrics	✓	Paediatrics	✓		
Cistic Fibrosis	✓	COPD	✓	General practice	✓	Geriatrics / Active ageing	✓		

Technical Specification

Accuracy Grade	MDD CLASS II-a, NAWI CLASS III
Approved Usage	MDD approved for medical use
Age Range	5 - 99 years
Weight Capacity	270kg
Graduation	0.1kg
Product Dimensions	(P) 360 x 360 x 1165mm (S) 360 x 360 x 1165mm
Product Weight	(P) 22kg (S) 15.5kg
Power Source	AC 100 - 240V
Interface	RS232, USB, SD CARD



MC-78 MA printout



MC-780 MA P

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

TANITA
PRO

MADE IN
JAPAN

5 YEAR
GUARANTEE

DC-430 MA

Dual Frequency Body Composition Monitor with Integrated Printer

Featuring Dual Frequency BIA technology, the DC-430 MA delivers full body composition analysis in 15 seconds. Results are instantly shown on the easy-to-read LCD screen and the integrated printer automatically prints the body composition measurements together with a top line analysis.

For large data collection and convenience, all data can be stored on the SD Card for future use. Combined with Tanita PRO Software, the DC-430 MA allows you to conduct client trend analysis, health risk assessments and full data management. In addition, the DC-430 MA has been accredited with the accuracy grade MDD Class II-a and NAWI Class III allowing use for medical consultations.



LEVEL OF ACCURACY

- ACCURACY GRADE: MDD Class II-a, NAWI Class III

LEVEL OF PERSONALISATION

- Full body composition analysis provided in 20 seconds using clinically accurate Tanita Dual Frequency BIA Technology
- Certified for medical consultations

INFORMATION OUTPUT

- Integrated printer prints instant read out of results with topline analysis.
- Results automatically stored on the SD Card, sent to a PC or printed.
- Tanita PRO Software compatible, allowing trend analysis, health risk assessments and full data management.
- Print Out Analysis: Body Fat Analysis, Muscle Mass Indicator, BMR Indicator, Physique Rating, Target: BF and Weight

CLINICAL APPLICATION

Oncology	✓	Weight Management	✓	Occupational Health	✓	Pharmacy	✓	Physiotherapy
Diabetes		Renal		Bariatrics	✓	Paediatrics	✓	
Cistic Fibrosis		COPD		General practice	✓	Geriatrics / Active ageing	✓	

TECHNICAL SPECIFICATION

Accuracy Grade	MDD CLASS II-a, NAWI CLASS III
Age Range	5 - 99 years
Weight Capacity	270kg
Graduation	100g
Product Dimensions	(P) 360 x 360 x 1070 (S) 360 x 360 x 94
Product Weight	(P) 13.5kg (S) 7kg
Power Source	AC 100 - 240V
Interface	RS232, USB, SD CARD



DC-430 MA P

Measurements

- Body fat %
- Fat mass kg,
- Fat free mass kg
- Muscle mass kg
- Total Body Water %
- Body mass index
- Bone mass kg
- Physique rating
- Visceral fat rating
- Basal Metabolic Rate kcal
- Basal Metabolic Rate indicator
- Metabolic Age
- Print Out Analysis:
 - Body Fat Analysis
 - Muscle Mass Indicator
 - BMR Indicator
 - Physique Rating
 - Target: BF and Weight

Accessories



TP 301 Paper Rolls



Bluetooth wireless connection Parani

Compatible Software

TANITA
PRO



**5 YEAR
GUARANTEE**



DC-360

Dual Frequency Body Composition Monitor with Integrated Printer

Featuring Dual Frequency BIA technology, the DC-360 delivers full body composition analysis in 20 seconds. Results are instantly shown on the easy-to-read LCD screen and the integrated printer automatically prints the body composition measurements together with a top line analysis.

The robust, low profile platform provides additional client stability. For large data collection and convenience, all data can be stored on the SD Card for future use. Compatible with Tanita PRO Software, the DC-360 allows client trend analysis, health risk assessments and full data management.



DC-360

LEVEL OF PERSONALISATION

- Full body composition analysis provided in 20 seconds using clinically accurate Tanita Dual Frequency BIA Technology

INFORMATION OUTPUT

- Integrated printer provides instant read out of results with topline analysis.
- Results automatically stored on the SD Card, sent to a PC or printed.
- Tanita PRO Software compatible, allowing trend analysis, health risk assessments and full data management.

CLINICAL APPLICATION

Oncology	Weight Management ✓	Occupational Health ✓	Pharmacy	Physiotherapy
Diabetes	Renal	Bariatrics	Paediatrics	
Cistic Fibrosis	COPD	General practice	Geriatrics / Active ageing	

TECHNICAL SPECIFICATION

Age Range	5 - 99 years
Weight Capacity	270kg
Graduation	100g
Product Dimensions	(P) 360 x 360 x 1070 (S) 360 x 360 x 94
Product Weight	(P) 13.5kg (S) 7kg
Power Source	AC 100 - 240V
Interface	RS232, USB, SD CARD



Measurements

- Body fat %
- Fat mass kg,
- Fat free mass kg
- Muscle mass kg
- Total Body Water %
- Body mass index
- Bone mass kg
- Physique rating
- Visceral fat rating
- Basal Metabolic Rate kcal
- Basal Metabolic Rate indicator
- Metabolic Age
- Print Out Analysis:
 - Body Fat Analysis
 - Muscle Mass Indicator
 - BMR Indicator
 - Physique Rating
 - Target: BF and Weight

Accessories



TP 301
Paper Rolls



Bluetooth wireless
connection Parani

Compatible Software

TANITA
PRO



**5 YEAR
GUARANTEE**



SC-240 MA

Single frequency Portable Body Composition Analyser

The SC-240 MA is the lightest medically approved body composition monitor on the market, weighing just 4.7kg. It has been developed with input from healthcare, fitness and weight management professionals and its portability makes it ideal for mobile consultations, community work or field research studies.

When used with Tanita PRO Software, the SC-240 MA can be automatically set-up for personalised patient studies, capturing measurements and trend results in a variety of reporting formats.



SC-240 MA

LEVEL OF ACCURACY

- ACCURACY GRADE: NAWI Class III, MDD Class II-a

LEVEL OF PERSONALISATION

- Full body composition analysis provided in 15 seconds using clinically accurate Tanita BIA Technology
- Certified for medical consultations

INFORMATION OUTPUT

- Core body composition results shown on screen. All additional results can be accessed via Tanita PRO Software allowing trend analysis, health risk assessments and full data management.

TECHNICAL SPECIFICATION

Accuracy Grade	MDD CLASS II-a, NAWI CLASS III
Age Range	5 - 99 years
Weight Capacity	200kg
Graduation	100g
Product Dimensions	340 x 440 x 65 mm
Product Weight	4.7kg
Power Source	9 V Adaptor or 6 x AA Batteries
Interface	USB



SC-240 MA

Measurements

- Weight
- Body fat %
- Body water %
- BMI

Measurements only available via software

- Body Fat %
- BMI
- Fat Mass
- Fat Free Mass
- Body Water %
- Body Water Mass
- Muscle Mass
- Bone Mineral Mass
- Visceral Fat Level
- Basal Metabolic Rate
- Metabolic Age

Compatible Software

TANITA
PRO



5 YEAR
GUARANTEE



WB 150 MA

High Capacity Scale

The WB150MA scale incorporates single load cell precision weighing up to 270kg.

The extra large digital display is easy to read. Additional functions include a tare function useful for weighing small children held in an adult's arms.

The scale is available in a column version or a portable version.



WB 150 MA S



WB 150 MA P

LEVEL OF ACCURACY

- ACCURACY GRADE: MDD Class II-a, NAWI Class III

INFORMATION OUTPUT

- Easy to read extra large digital display

OTHER FEATURES

- High weight capacity 270kg
- Tare and weight lock facility
- Calibrated up to 300,000 uses with automatic calibration after each measurement

TECHNICAL SPECIFICATION

Accuracy Grade	MDD CLASS II-a, NAWI CLASS III
Weight Capacity	270 kg
Graduation	100 g
Product Dimensions	
- Pole Version	301x 336x 845 mm
- Separate Version	301 x 336 x 82 mm
Product Weight	
- Pole Version	7.1kg
- Separate Version	5.1 kg
Power Source	DC 9V Adaptor Included or 6 x AA Alkaline Batteries
Battery life	100 hours continuous use
Output data	RS232C
Warranty	3 Years



WB 150 MA P

Measurements

- Weight
- Tare Facility
- Weight Lock

Compatible Software

TANITA
PRO



**3 YEAR
GUARANTEE**



WB 380

Digital Weighing Scale

The WB380 is a 300kg high capacity precision digital scale featuring a BMI function.

The scale is available in three formats: portable, with a column mounted display or with an integrated height rod.



Column
Mounted

WB 380 P

With
Remote
Display

WB 380 S

INFORMATION OUTPUT

- Large easy-to-read LCD display
- Rotating display allowing confidential readings

OTHER FEATURES

- High weight capacity 300kg
- Step on activation
- Low level, stable platform for elderly or obese patients

TECHNICAL SPECIFICATION

Maximum Capacity	300kg
Minimum Graduation	0.1kg
Measurement System	Mechanical Height Rod (WB 380 H only)
Range of Height	64cm - 214cm (WB 380 H only)
Input items - Height	61cm- 250cm 1cm increments
Output Items - Weight	300kg / 0.1kg increments
Output Items - Height	61cm- 250cm / 1cm increments
Output Items - BMI	0.1 increments
Overall size	S: 240 x 139 x 123 mm (Indicator) P: 395 x 595 x 1196 mm H: 395 x 552 x 1425 mm
Platform size:	395 x 390 x 59 mm
Product Weight	S: Total 7.1kg P: Total 10.0kg H: Total 11.2kg
Output Data Interface	RS-232C (D sub 9-pin Female connector) USB (B-type)
Power Source	AC adapter (included) Centre Minus DC 6V 200mA (LR6 - AA Alkaline Battery x 4)
Battery Life	Approximately 100 hours of continuous use
Warranty	3 years



Measurements

- Weight
- Weight Lock
- BMI
- Height

Accessories



C 300 Bag

Compatible Software



**3 YEAR
GUARANTEE**

Accessories



C-360

Padded Case with Wheels and Telescopic handle

- Compatible with DC-360 portable
- Trolley Bag with wheels and pull up handle.
- Dimensions (inc wheels): H:69 x L:43.5 x W:20 cm



C-430

Padded Case with Wheels and Telescopic handle

- Compatible with Tanita DC-430
- Dimensions (inc wheels): H:54 x L:39 x W: 19.5 cm



C-780

Padded Case with Wheels and Telescopic handle

- Compatible with MC-780 MA portable
- Padded Case with Wheels and Telescopic handle
- Padded interior for safe storage and handy internal pockets.
- Dimensions (incl wheels): H:69 x L:43.5 x W:27 cm



C-300 CH

Padded Case with Wheels and Telescopic handle

- Compatible with Multiple Tanita products.
- Suitable for BC420SMA, SC240, SC330S and WB-380.
- Total Handle Length - 830 mm.
- Dimensions (inc wheels): 470 x 410 x 245 mm.



Bluetooth Adapter

- Bluetooth adapter to wirelessly connect Tanita Professional devices

Leasing possibilities

Tanita now offers favourable leasing contracts for professional equipment. We offer 3 or 5 year leasing contracts with a possible “buying” option.


All we need to be able to help you to expand your business is:

- Company name and country
- Your name, email and title
- Chamber of Commerce number
- Your (business) phone number

Please choose your plan

We'll get in contact with a detailed personal offer within 48 hours

MC-980MA PLUS | €15,544.92



Select duration of lease

3 years | 570.15 p/m

Email address

Organization

Telephone number

Chamber of Commerce no

Full name

SEND REQUEST





WE ARE HEALTHIER

THANKS TO THE BEST MEDICAL ADVICE

Would you like a free demonstration, to discuss the clinical application or to get a non obligation offer? Contact our Tanita team

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