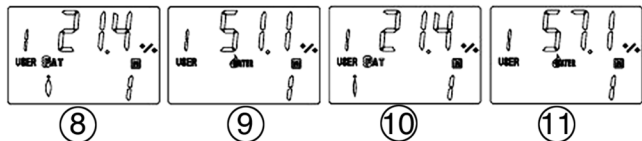
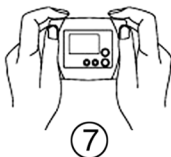
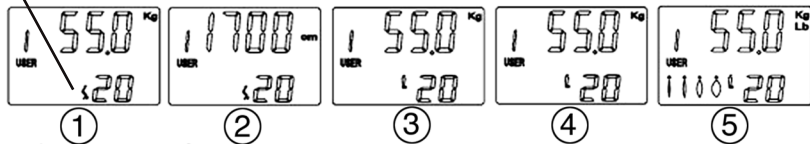
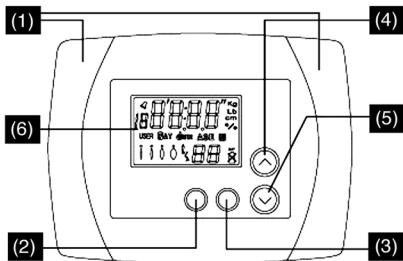
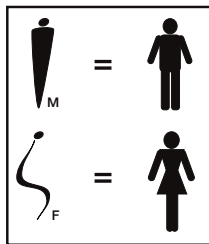




# BALANCE

## KH 391

 **Operating and safety instructions**



## Body Fat and Water Level Analyzer KH 391

Thank you for purchasing our Body Fat and Water Level Analyzer. This handy appliance will help you to control your body – anytime and anywhere. Weight is not the proper indicator for health and fitness. It is much more important to know what weight is composed of. Too high body fat rates can result in serious diseases as diabetes, hypertension or heart disease. Too low body fat rates can lead to deficiency symptoms hence body fat saves vitamins and energy for times of need. Furthermore it protects inner organs and regulates body temperature.

Body fat rate varies depending on age and sex. Following table shows how much body fat is regarded as healthy:

### Body Fat Rate (%)

Age	Women			Men		
	Low	Normal	High	Low	Normal	High
20-24	18-22	22-25	25-30	11-15	15-19	19-24
25-29	19-22	22-26	26-30	12-17	17-21	21-25
30-34	20-23	23-27	27-31	14-18	18-22	22-25
35-39	21-24	24-28	28-31	16-20	20-23	23-26
40-44	23-26	26-30	30-33	17-21	21-24	24-27
45-49	24-27	27-31	31-35	18-22	22-25	25-28
50-59	27-30	30-33	33-36	20-23	23-26	26-29
>60	28-31	31-34	34-38	20-23	23-26	26-30

Depending on the age, human body exists till 80% of water (see table below). Water serves important metabolism functions: it regulates body temperature and transports nutrients between cells and organs. Since body loses water all the time, water must be replaced to save from water deficiency, which causes a concentration of toxins in body. It can even be life-threatening if human body loses more than 20% of its average water content.

#### **Water content**

Baby 1 <sup>st</sup> day	80%
Baby 3 <sup>rd</sup> month	70%
Adult 25 years	60%
Adult 85 years	50%

#### **Bioelectric Impedance Analysis (BIA)**

Our handy Body Fat and Water Level Analyzer is working with the BIA technology. This means that a low, non-noticeable and absolute innocuous voltage is conducted through the body. Then the impedance (resistance) the voltage meets on its way through the body is being measured. The more muscles the body has, the more water it contains and the voltage can easily pass the body. The more fat the body has, the bigger the resistance is that the voltage meets on its way through the body. On the basis of measured impedance and personal settings (height, weight, sex, age), the body fat and water content will be analyzed within a few seconds. 10 memories per user allow watching the results over a longer period.

**Before using this product, be sure to read the following instructions.**

Do not make measurements in any of the following situations because water content in the body tends to fluctuate, which will affect the measurement.

- After agitated exercises
- After taking shower
- After drinking alcoholic beverage
- After drinking water or eating (Within 1 ~2 hours)

The following population may experience dramatic changes in the difference between average water content and bone density, resulting in measurement error, i.e. the measurement might deviate significantly from actual body fat ratio.

- Children
- Senior females in menopause
- Athletes and gymnasts
- People suffering from flue and fever
- People with swollen feet
- People suffering from osteoporosis
- Pregnant women
- People needing renal analysis

People with cardiac pacemaker or other electronic implants and children younger than 10 years or smaller than 100 cm are not allowed to use the appliance.

## Product's description

- (1) Electrode
- (2) MODE Button:
  - To change the selection
  - Time mode
  - Body Fat mode
  - Alarm mode
- (3) SET Button:
  - Time setting
  - Setting user's basic information
  - Start measuring body fat
  - Setting alarm time
- (4) ⬆ Button:
  - Increase setting value
  - Switch user body fat mode
  - Alarm on/off mode
- (5) ⬇ Button:
  - Decrease setting value
  - Body Fat mode, Browse antecedent
- (6) LCD Display as figures

## Operation mode

- (1) Time (2) Body fat meter (3) Alarm mode switch

## (1) Time mode

### Time setting:

Hold SET for about 2 seconds to enter into Time Mode and set the 12 -24 Hour Mode. To change this mode, press the  $\uparrow$  /  $\downarrow$  key. After the setting, press SET to save and enter into the hours setting. To set hours, press  $\uparrow$  /  $\downarrow$  to change hour. After the setting, press SET to save and enter into the minute setting. To set minutes, press  $\uparrow$  /  $\downarrow$  to change minute. After the setting, press SET to save and reset second.

## (2) Body fat meter mode

In Time Mode, press MODE once to enter into the body fat meter mode.

### Select user:

By pressing the UP key, you may switch to USER0, 1, ..., 10.

USER 0: This is a Guest (unspecific user) and the data and measurement value are not memorized.

USER 1 to 10: The basic information will be memorized and the measurement value is memorized too (10 groups).

### Setting user's basic information:

Select user (USER 0 to 10) and then press SET for 2 seconds to enter into setting mode for weight (Fig1), height (Fig2), sex (Fig3) and age (Fig4) that go flashing. Use the  $\uparrow$  /  $\downarrow$  key to change setting. After each setting, press SET to enter into the following, until successful setting (USER1 to10 will memorize all basic information as set).



**Body fat measurement:**

Select user USER0 to 10 and then press SET (for less than 1 second) and you are in Standby Mode (Fig5).

By following the instructions given in Fig.6 and Fig.7, measurement starts when you have both hands touch the electric panel. The result will be displayed in about 5 seconds. Please refer the Fig. 8 for fat rate and water level as Fig. 9. Both data will flash alternatively every 2 seconds.

If would like to recall previous data , press ⤴ button to fix user (USER 1 to 10 ) then press ⤵ button, you may know your stored memory In the device. See Fig10 and Fig. 11 performed by LCD display alternatively. If all 10 memories are full, the oldest data will be replaced.

**(3) Alarm clock mode****Start Alarm Mode:**

press ⤴ button you may select to open or close alarm.

**How to set up alarm:**

In Time Mode press MODE twice to enter into the Alarm Mode. Hold SET button for 2 seconds, to enter hour setting. To set hours, press ⤴ / ⤵ to change hour. After the setting, press SET to enter minute setting. Press ⤴ / ⤵ to change minute and press SET to save the settings.

## Declaration of conformance

We, Kompernaß Handelsgesellschaft mbH, Burgstr. 21, D-44867 Bochum, Germany, declare this appliance to be in conformance with all applicable international standards, safety requirements and the EC Directives.

No. of appliance/Type: KH 391

Bochum, 31.10.2002



Hans Kompernaß  
- Manager -

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