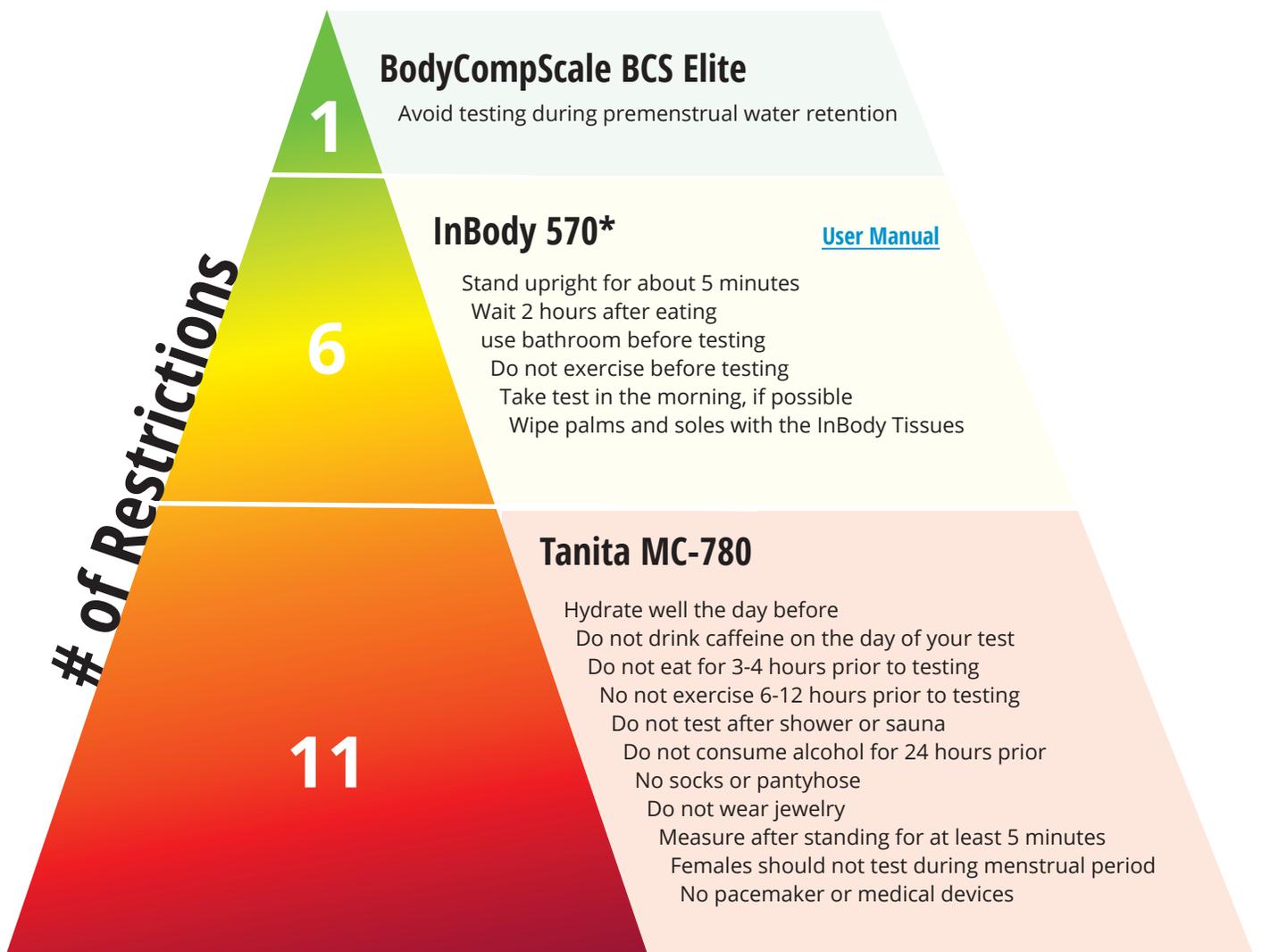


Fewer Restrictions = Greater Reliability

The BodyCompScale has 1 pre-test restriction. Whereas InBody has 6 and Tanita has 11.



* Detailed information regarding each precautionary step is listed in the InBody 570 Manual (page 11) and noted on page 2 of this document. A copy on the InBody 570 manual can be found by following the link: [570_UserManual](#)

Excerpt from the InBody 570 Manual

Caution

- Stand upright for about 5 minutes before testing. Taking the test immediately after lying in bed or sitting for a long period of time might result in a slight change in the test results. This is because body water tends to move to the lower body as soon as the person stands or gets up.
- Do not eat before testing. In cases where the examinee has already eaten, the test should be put off for at least two hours after the meal. This is because food mass is included in the examinee's weight and thus, may result in measurement errors.
- Use the bathroom before testing. Waste is not included in the body's compositional elements, but the volume of urine and excrement is included in the weight measurement affecting accuracy of the test results.
- Do not exercise before testing. Strenuous exercise or sharp movements can cause temporary changes in body composition. Even light exercise can change your body composition temporarily.
- Take the test in the morning, if possible. Body water tends to gravitate towards the lower body throughout the day, affecting accuracy of the test results.
- Thoroughly wipe the palms and soles with the InBody Tissue before testing. Testing may be difficult if the examinee's palms and soles are too dry or if the examinee has too many calluses.
- Avoid contact with the examinee during testing. Contact may lead to interference affecting test results.