

## 2.5 Body hydration rate normal / parameter

### The comparison sheet of hydration measured and hydration standard level

Age	Male	Female	Corresponding denotation	
<=30	66.0-60.5%	66.0-59.9%	Optimal Hydration	Weight scope of hydration: 37.8-66.0%
	60.4-57.1%	59.8-56.4%	Slight Dehydration	
	57.0-53.6%	56.3-53.0%	Moderate Dehydration	
	53.5-50.2%	52.9-48.6%	Dehydration	
	50.1-37.8%	48.5-37.8%	Severe Dehydration	
>30	66.0-59.1%	66.0-55.0%	Optimal Hydration	Hydration weight unit: 0.1%
	59.0-55.7%	54.9-51.6%	Slight Dehydration	
	55.6-52.3%	51.5-48.1%	Moderate Dehydration	
	52.2-48.8%	48.0-44.7%	Dehydration	
	48.7-37.8%	44.6-37.8%	Severe Dehydration	

Because of differences in geographic areas and locations, the body fat percentage standards and hydration percentage standards can vary. This sheet is for reference only.

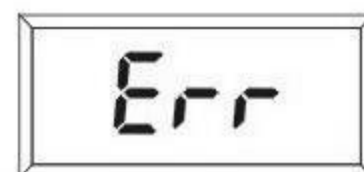
2.6 Please remember your personal key. You do not need to program personal key the next time you use scale. You can use the personal key you have already stored.

### Suggest:

1. Persons with pacemakers should not use this product.
2. Persons with metal implants will be unable to obtain accurate readings.
3. To ensure accuracy, we suggest using scale at the same time every night (19:00-21:00).
4. "LO" on scale display indicates that the battery is out of power. You should install a new one.



5. The "EEEE" on scale display indicates overload. "rr" on scale display indicates body fat percentage measurement error.
6. If body fat percentage is less than 5%, indicator displays "Err". If more than 50% indicator displays "Err". If impedance measuring makes an error, indicator will display "Err".



### Note:

1. You should place scale on clear, flat surface before use.
2. Do not place scale on wet, severely hot or extremely cold surfaces.
3. Do not jump or stomp on scale. Do not attempt to disassemble the scale. This product is a high precision instrument utilizing state-of-the-art technology.
4. To avoid falling off scale, do not stand on the edge of scale.
5. Do not wear shoes when standing on the scale to avoid glass and electrode wear.
6. Never submerge the unit in water. Use alcohol to clean the electrodes and glass cleaner to keep them shiny, applied to a cloth first; avoid soaps.
7. For home use only. Not for professional use. Body fat percentage and hydration percentage is for reference only. You should consult a doctor when you undertake any diet or exercise program.
8. Check battery if scale malfunctions. If necessary, install a new battery. For other problems, please contact your local Franchiser or contact our company for repair.

## Electronic Body Fat/Hydration Scales User's Guide

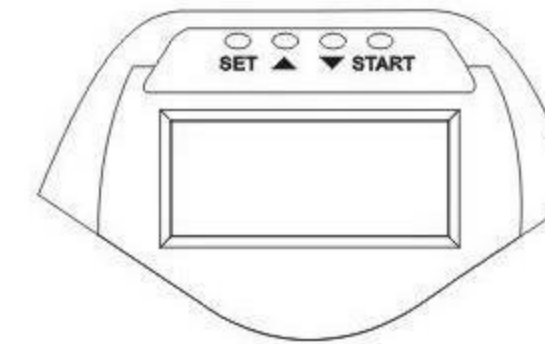
**PERMA**  
products

Thank you for choosing SL series electronic body fat scales. To ensure proper operation and to maintain the life and accuracy of the scale, please read this user's guide carefully.

### Key Features

- This product adopts advanced BIA (Bioelectrical Impedance Analysis) technology. BIA measures body hydration and body fat percentage by sending a safe, low-level electrical signal through the body. This signal is analyzed by a computer to determine the body fat and hydration percentage. It is more precise than traditional calculations.
- Uses high precision sensor to obtain more exact weight.
- Uses high quality tempered glass and elegant support feet for sleek modern style.
- Personal data can be stored in the memory of the unit for up to 10 people. It is very convenient to use.

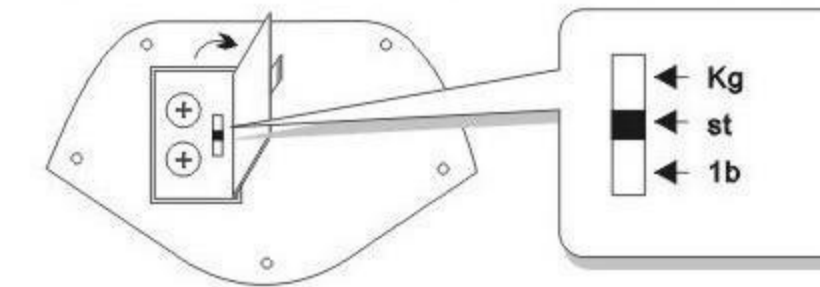
### Button Operation



- SET key: Power on, menu select and confirm
- ▲ Key: Up
- ▼ Key: Down
- START key: Start

### Operation

- Open the battery cover on scale base. Select weight unit (kg, st, lb).



- Put the scale on hard flat floor. Make sure it is level.

### Taking Weight, Body Fat & Hydration Percentage Readings

- Weight only:
1. Stand on scale gently. Display will show "8888" and then show "0.0" within 5 seconds.
  2. Stand erect on both halves of the scale surface and maintain your balance. Display will indicate your weight.

### Setting and storing personal data in memory:

#### 1. Set personal data

- 1.1 Press "ET" key. Use "Up" or "Down" key to select your personal key from P0-P9. Once you reach the personal key you wish to use, press "SET".



- 1.2 Press "▼" "▲" to choose "▲" Male or "▼" Female, and then press "SET" to confirm.



- 1.3 Press "▲" "▼" to choose age (10-80), press "SET" to confirm..



- 1.4 Press "▲" "▼" to choose height (100-220), press "SET" to confirm and enter your personal key again.



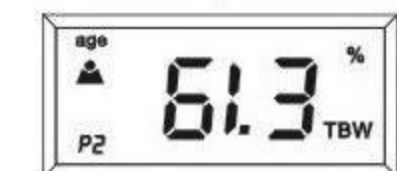
- 1.5 Press "START" to measure weight, body fat percentage, hydration percentage after setting personal data.

## 2. Taking weight and body fat & hydration percentage readings.

- 2.1 When you use the scale, use your personal key. Press "SET" to select personal key, and then press "START" key or lightly tap surface of scale with toe. Scale will indicate "0.0".



- 2.2 Stand bare foot on scale, maintain contact with electrodes.
- 2.3 Your weight will be displayed first. Continue to stand erect on platform. Your body fat percentage and hydration percentage will appear on display.



## 2.4 Body fat percentage normal ranges:

### Body Fat Ranges for Standard Adults

Age	Female			
	Body fat percentage			
	Underweight	Healthy	Overweight	Obese
12-20	<18%	18-28%	28-33%	>33%
21-42	<20%	20-30%	30-35%	>35%
43-65	<21%	21-31%	31-36%	>36%
66-100	<22%	22-32%	32-37%	>37%

Age	Male			
	Body fat percentage			
	Underweight	Healthy	Overweight	Obese
12-20	<15%	15-21%	21-26%	>26%
21-42	<17%	17-23%	23-28%	>28%
43-65	<18%	18-24%	24-29%	>29%
66-100	<19%	19-25%	25-30%	>30%