



# Consumer

## THE PROFESSIONALS CHOICE

Tanita continues to lead the in-home body composition monitoring category with the broadest product range, highest quality, greatest customer satisfaction and unmatched technology.

## SUPERIOR TECHNOLOGY

Tanita was the first company to design and manufacture body fat monitoring scales for in-home use. The technology in our consumer models is based on the same advanced technology found in our professional body composition analyzers used by doctors, medical centers, professional athletic teams, fitness clubs, and personal trainers. Tanita's Medical Advisory Board continues to research body composition and its effects on health and disease. This research drives ongoing technological innovation and product enhancements, ensuring Tanita's continued position as a category leader.

## CUSTOMER SATISFACTION

Tanita continues to focus on meeting consumer needs, offering more styles and models with more personalized features than any other competitor. Each of our scales comes with easy-to-follow instructions and a quick reference guide to enhance the user experience. Adherence to strict quality control guidelines ensures the highest level of customer satisfaction and the lowest rate of returns.

All Tanita monitors have undergone a stringent review by the FDA to ensure that our customers receive the highest quality, and most accurate, products on the market. Your confidence is our priority.



# Understanding Body Composition Readings

## BODY FAT PERCENTAGE?

Body fat percentage is the amount of body fat as a proportion of your body weight. Everybody needs body fat to be healthy. Body fat is vital to basic bodily functions such as regulating body temperature, storing vitamins, and cushioning joints. Yet, too much fat can damage your health. Reducing excess levels of body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes, and cancer.

## MUSCLE MASS?

**The weight of muscle in your body.** Muscles play an important role because they act as the body's engine in consuming energy (calories). As you exercise more, your muscle mass increases, which in turn accelerates the rate of energy or calories consumed. Increasing your muscle mass will raise your metabolic rate, helping you reduce excess body fat and lose weight the healthy way. Track your progress with Tanita's Body Composition Monitor as you increase your activity levels.

## TOTAL BODY WATER PERCENTAGE?

Total Body Water Percentage (TBW %) is the total amount of fluid in the body expressed as a percentage of total weight. Water plays a vital role in many of the body's processes and is found in every cell, tissue, and organ. Maintaining a healthy TBW % ensures the body functions efficiently and reduces the risk of developing associated health problems. Being well hydrated will also help concentration levels, sports performance, and general well-being.

### Body Water Ranges\*

Female	45 - 60%
Male	50 - 65%

*\*Based on Tanita's current research*

*For athletes, the figure is approximately 5% above these ranges, as they have greater muscle mass, and skeletal muscle contains more water than fat (adipose) tissue.*

## DAILY CALORIC INTAKE?

Daily caloric intake is the estimated number of calories that can be consumed within the next 24 hours to maintain current weight based on your Basal Metabolic Rate (BMR).

## BASAL METABOLIC RATE?

The Basal Metabolic Rate (BMR) is the daily minimum level of energy (or calories) your body requires when resting (including sleeping) to function effectively.

About 70% of calories consumed every day are used for your basal metabolism. The more vigorous the activity levels, the more calories are burned. Increasing your muscle mass helps raise your BMR, which increases the number of calories burned and helps to decrease body fat levels. You can track your progress on a Tanita Body Composition Monitor.

## PHYSIQUE RATING?

As you become more active and reduce the amount of body fat, your physique rating will also change accordingly. Even though your weight may not change, your muscle mass and body fat levels may be changing making you healthier and at a lower risk of certain diseases.

Each person should set his/her own goal of which physique he/she would like and follow a diet and fitness program in order to achieve the desired rating.

## WHAT IS METABOLIC AGE?

This feature compares your BMR to the average age associated with that level of metabolism.

If your Basal Metabolic Age is higher than your actual age, it is an indication that you need to improve your metabolic rate. Increased exercise will build healthy muscle tissue, which will improve your metabolic age.

You will obtain a reading between 12 and 50 on some models, and between 12 and 90 on others. Under 12 will be displayed as "12" and over 50 or 90 will be displayed as "50" or "90". (Please refer to your users guide for the range appropriate to your model).

## ATHLETE MODE

Tanita defines "athlete" as a person involved in intense physical activity of 12 hours per week or more and who has a resting heart rate of 60 beats per minute or less.

- People who carry out 12 hours or more of cardiovascular exercise a week.
- People who belong to a sport team or a sport organization with the aim of participation in competition, etc.
- People who are professional athletes.

## VISCERAL FAT?

Visceral fat is the fat in the abdominal cavity (stomach), surrounding vital organs.

Research has shown that even if your weight and body fat remain constant, as you get older the distribution of fat changes and is more likely to increase in the trunk area. Ensuring you have the right healthy level of visceral fat reduces the risk of certain conditions such as heart disease and high blood pressure, and may delay the onset of type 2 diabetes.

*Tanita Body Composition Monitor will provide you with a visceral fat rating from 1 to 59.*

**Ratings from 1 to 12:** Indicates you have a healthy level of visceral fat. Continue monitoring your rating to ensure that it stays within the healthy range.

**Ratings from 13 to 59:** Indicates you have an excess level of visceral fat. Consider making changes in your lifestyle, possibly through diet changes and/or increasing exercise.

### Visceral Fat Ranges\*

Healthy Level	1 - 12
Excess Level	13 - 59

Source: Columbia University (New York) , Tanita Institute (Tokyo)

## BONE MASS?

This feature indicates the weight of bone (bone mineral level, including calcium or other minerals) in the body.\*

Research has demonstrated that exercise and the development of muscle tissue are related to stronger, healthier bones. While bone structure is unlikely to undergo noticeable changes in a short period, it is important that you develop and maintain healthy bones by having a balanced diet and plenty of exercise.

*\*Tanita's body composition Monitors do not measure bone density. Please consult a physician if you are concerned about osteoporosis.*





# FitScan®

The FitScan product line by Tanita was created to respond to inexpensive competitive reproductions. FitScan was designed for the price-sensitive consumer who does not want to compromise on quality. Designed and manufactured alongside Tanita's full range of products, these new models challenge the consumer to 'Dare to Compare' any FitScan model with a competitor's similar product. They will meet or exceed the competition in performance, quality, and value!

The FitScan line is comprised of a full range of products to handle any fitness or health & wellness application and they are priced to be competitive in any retail sales setting. The FitScan lineup includes weight-only scales, as well as sophisticated full-body body composition monitors, and advanced radio wireless products. All are competitively priced without compromise to quality or performance.

# FitScan



## BC-1100F ANT+ RADIO WIRELESS BODY COMPOSITION MONITOR

Using ANT+ radio wireless, the FitScan BC-1100F by Tanita will communicate to a wide range of remote devices. Data including weight, body fat, hydration, and muscle mass can be monitored and recorded on your personal computer using Tanita's Healthy Edge® Lite software. **(Included free)** Also compatible with other Tanita certified ANT+ radio wireless devices including Garmin fitness devices and Tanita WiFi Lite iPhone app (use with Tanita WiFi Adapter) and open source software programs. Employing an "open" protocol format; contact Tanita Corporation of America if you wish to obtain the software development tools.

- Features 4 measurements:
  - **Weight**
  - **Body fat %**
  - **Body water %**
  - **Muscle Mass**
- Comes with a FREE copy of Tanita Healthy Edge® Lite and an ANT+ USB Stick
- Extra-Large Low Profile Platform
- Accessories
  - Remote Displays
    - D-1000plus, D-1100plus & D-2000
  - **ANT+ USB stick for use with a PC**

**CAPACITY:**  
**440 lb (200 kg)**

**WEIGHT INCREMENTS:**  
0.2 lb (0.1 kg)

**POWER SUPPLY:**  
4 x AA batteries (included)

**FDA Cleared**

**\*Not Available in Canada**

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## BC-601F SEGMENTAL BODY COMPOSITION MONITOR

The FitScan BC-601F is the perfect tool for monitoring the effectiveness of any fitness or health program. This 8 electrode Body Composition Monitor displays 18 readings; 8 whole body and 10 segmental (arms, legs & trunk area) so you can see exactly how your body is responding to specific training and lifestyle changes. From tracking body fat and muscle mass trends, to recommending calorie intake and indicating hydration levels this Monitor helps you tailor your exercise and dietary requirements to achieve your goals. The extra large LCD color display is easy-to-read and the retractable cord ensures the handset fits snugly into the main unit for easy storage.

- Features:
    - Weight
    - Body fat %
    - Body water %
    - Muscle mass
    - Daily caloric intake
    - Metabolic age
    - Bone mass
    - Visceral fat
    - Segmental Body Fat %
    - Segmental Muscle Mass
    - BMI
  - Thin - Low Profile
  - 4 Person Memory
  - Recall Function
- CAPACITY:**  
330 lb (150 kg)
- WEIGHT INCREMENTS:**  
0.2 lb (0.1 kg)
- POWER SUPPLY:**  
4 x AA batteries (included)

**FDA Cleared**



Note: This model includes the SD Card feature

### BC-601FS SEGMENTAL BODY COMPOSITION MONITOR

The FitScan BC-601FS is the perfect tool for monitoring the effectiveness of any fitness or health program. This 8 electrode Body Composition Monitor displays 18 readings; 8 whole body AND 10 segmental (arms, legs and trunk area) so you can see exactly how your body is responding to specific training and lifestyle changes. From tracking body fat and muscle mass trends, to recommending calorie intake and indicating hydration levels this Monitor helps you tailor your exercise and dietary requirements to achieve your goals. The extra large LCD color display is easy-to-read and the retractable cord ensures the handset fits snugly into the main unit for easy storage.

- Features:
  - SD Card
  - Weight
  - Body fat %
  - Body water %
  - Muscle mass
  - Daily caloric intake
  - Metabolic age
  - Bone mass
  - Visceral fat
  - Segmental Body Fat %
  - Segmental Muscle Mass
  - BMI
- Thin - Low Profile
- 4 Person Memory
- Recall Function

CAPACITY:  
330 lb (150 kg)

WEIGHT INCREMENTS:  
0.2 lb (0.1 kg)

POWER SUPPLY:  
4 x AA batteries (included)

FDA Cleared



9 Full Body Measurements

### BC-585F BODY COMPOSITION MONITOR

This product not only measures weight and body fat, it also tells you your **muscle mass, body water %, daily caloric intake (DCI), metabolic age, bone mass, visceral fat and rates your physique.** The muscle mass feature indicates the weight of muscle in the body. The Body Water % is the total amount of fluid in the body expressed as a percentage of total weight. The DCI reading is the daily amount of calories your body requires to maintain your current weight. The Metabolic Age compares your basal metabolic rate to the average age associated with that level of metabolism. The Bone Mass is the weight of your bone in your body. The Visceral Fat is the fat in the abdominal cavity (stomach), surrounding the vital organs. The Physique Rating is a rating of your body type; 1-9.

- 2.25", extra-large, easy-to-read LCD display
- 4 Person Memory

CAPACITY:  
330 lb (150 kg)

WEIGHT INCREMENTS:  
0.2 lb (0.1 kg)

POWER SUPPLY:  
4 x AA batteries (included)

FDA Cleared



### BC-577F BODY COMPOSITION MONITOR

The newest revolution in consumer body composition monitors - patented transparent electrodes. This breakthrough in technology allows you to accurately monitor body composition without any visible electrodes on the all glass platform. The electrodes are the key element of Bioelectrical Impedance Analysis (BIA) technology that is used to monitor multiple components of overall health.

- Features:
  - Weight
  - Body fat %
  - Body water %
  - Muscle mass
  - Daily caloric intake
  - Metabolic age
  - Bone mass
  - Visceral fat
- Transparent Electrodes
- Recall Function: Weight, Body Fat %, Body Water %, Muscle Mass, Bone Mass, DCI and Visceral Fat
- 4 Person Memory

**CAPACITY:**  
330 lb (150 kg)

**WEIGHT INCREMENTS:**  
0.2 lb (0.1 kg)

**POWER SUPPLY:**  
2 x CR2032 lithium batteries (included)

**FDA Cleared**



### HD-366F DIGITAL WEIGHT SCALE

Are you still hiding your clunky scale in a bathroom closet? Make it the center of attention with the FitScan HD-366F Digital Weight Scale. The HD-366F has an extremely low-profile, oversized platform with a weight capacity of 440 pounds, making it a great fit for a broader audience. The modern style of 8mm of thick black tempered glass and reverse blue backlit LCD looks great and will definitely impress.

- **Large Single-line, 2.5" x 3.9" reverse blue backlit LCD**
- **Glass, extra-large platform**

**CAPACITY:**  
440 lb (200 kg)

**WEIGHT INCREMENTS:** 0.2 lb (0.1 kg)

**POWER SUPPLY:**  
4 x AAA batteries (included)



### HD-362F DIGITAL WEIGHT SCALE

The new FitScan HD-362F Digital Weight Scale is a portable **lightweight (3.5 lbs), ultra-low profile platform (0.6 in)** that features a built-in handle for easy and convenient travel. Its portability and lightweight makes it convenient for those with limited space, and its sleek & modern style will compliment any home décor.

- Built in handle for portability
- Extra Thin 0.6" (1.52cm) platform
- Rugged ABS plastic platform

**CAPACITY:**  
330 lb (150 kg)

**WEIGHT INCREMENTS:**  
0.2 lb (0.1 kg)

**POWER SUPPLY:**  
2 x CR2032  
lithium batteries (included)



### HD-389F DIGITAL WEIGHT SCALE

The new FitScan HD-389F Digital Weight Scale is a low profile scale perfect for those with restricted space. With an elegant glass platform and oversized LCD display it fits well with any room décor.

- Extra large LCD
- Tempered Glass platform
- **Low profile, 0.9" (2.3 cm)**

**CAPACITY:**  
330 lb (150 kg)

**WEIGHT INCREMENTS:**  
0.2 lb (0.1 kg)

**POWER SUPPLY:**  
2 x AAA batteries (included)



### BF-679F BODY FAT / BODY WATER MONITOR

The FitScan BF-679F Body Fat / Body Water Monitor uses Bioelectric Impedance Analysis (BIA), which sends a safe, low-level electrical signal through the body. Just enter your age, gender, and height, then step onto the monitor. Electrodes in the foot sensor pads send a low, safe signal through the body. The signal passes with less resistance through the fluids contained in muscle tissue and blood, but it encounters more resistance when passing through fat tissue, which contains little water. By using the impedance reading, gender, height, and weight, the scale can quickly and reliably calculate body fat, total body water percentages.

- Monitors your:
  - Weight
  - Body fat %
  - Body water %
- Easy-to-read 2.25" 2-line display
- 2-person memory with athlete mode, weight only, and guest mode
- Weight and body fat % recall
- Guest Mode & **Athlete Mode**

**CAPACITY:** 300 lb (136 kg)  
**WEIGHT INCREMENTS:** 0.2 lb (0.1 kg)  
**BODY FAT INCREMENTS:** 0.1%  
**BODY WATER INCREMENTS:** 0.1%  
**POWER SUPPLY:** 4 x AA batteries (included)

**FDA Cleared**



### UM-028F BODY FAT MONITOR

Keep tabs on your weight and your body fat with the UM-028F Body Fat Monitor. It has a 1.4" display and a memory for two users. Measures weight in increments of .2 and measures body fat in 1% increments. The auto recognition feature allows you to simply input your user information once, and the scale will automatically recognize you as the appropriate user. 300-pound weight capacity.

- 2 person memory
- Easy-to-read display

**CAPACITY:**  
300 lb (136 kg)  
**WEIGHT INCREMENTS:**  
0.2 lb (0.1 kg)  
**POWER SUPPLY:**  
4 x AA batteries (included)

**FDA Cleared**



### HS-303F SOLAR SCALE

The FitScan HS-303F Solar Scale provides users with accurate weight analysis on its large digital display and new, wider platform. The HS-303F draws its power via the integrated solar cells, which are able to quickly gather energy - whether it's being used in a sunny room or one lit by regular household lights. The elimination of batteries reduces cost of ownership while helping to protect the environment.

- Easy-to-read 1.3" LCD display

**CAPACITY:**  
330 lb (150 kg)

**WEIGHT INCREMENTS:**  
0.2 lb (0.1 kg)

**POWER SUPPLY:**  
NO BATTERIES NEEDED



### KD-191F KITCHEN SCALE

Attractive contemporary styling combined with long-lasting durability, the FitScan KD-191F is a highly versatile kitchen scale. The KD-191F features a **photo frame** and foldaway display for easy storage.

- Stands as a picture frame
- Insert your favorite photo or recipe

**CAPACITY:**  
105 oz (3kg)

**WEIGHT INCREMENTS:**  
0.05 oz (1g)

**POWER SUPPLY:**  
2 x AAA batteries (included)



### PD-733F 3-AXES ACTIVITY MONITOR

FitScan's 3-Axes technology uses internal accelerometers to measure motion on the X, Y, and Z axes, allowing users to carry the PD-733F in a purse, pocket, or around the neck instead of the traditional belt clip-on, ultimately improving convenience, and offering the ability to comfortably conceal it. This monitor also uses advanced technology to analyze motion to prevent the recording of false steps, common to inferior or less sophisticated models.

In addition to its over-sized display, the PD-733F features a step counter, distance monitor, clock, and fourteen-day memory.

- Step Counter
- Distance Measurement
- Clock
- 14 Day Memory

**POWER SUPPLY:**  
1 x CR2032 battery (included)



Available in  
Black or White

### HC-212SF BREATH CHECKER

New from FitScan is Breath Checker, an innovative palm-size monitor that detects and measures the presence of annoying or embarrassing breath odors. Simply turn it on, breathe into the sensor, and a reading appears on the digital display. Measures odor in seconds. Results displayed in six levels. Measures the amount of volatile sulfur compounds (VSCs) given off by bacteria. Easy to read and operate. Convenient and discrete to use.

- Detects and measures the level of bad breath odor in just 9 seconds
- Shows breath odor in one of six levels

**SENSOR:**  
Semi-Conductor Gas Sensor

**POWER SUPPLY:**  
1 x AAA batteries (included)

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Prevent Obesity