

■ **About Calorie**

1. Calorie & Energy Consumption

Calorie: Energy Unit
The data reading indicates the energy you need to sustain the daily metabolism and ordinary activities required for your weight, height, age and sex.

2. Calorie & Losing Weight

Control the calorie intake combined with proper exercise is an effective way to lose weight. This is a very simple theory. As the daily energy intake can not support the energy consumption of the human body, the saccharide and fat stored inside will decompose and provide energy to human body. That leads to weight loss.

⚠ **ADVISE FOR USE & CARE**


1. The platform will be slippery when it is wet. Keep it dry!
2. Keep standing still during the course of weighing.
3. DO NOT sink, shock or drop the scale.
4. Treat the scale with care as it is a precise instrument.
5. Clean the scale with a damp cloth and avoid water getting inside the scale. DO NOT use chemical/abrasive cleaning agents.
6. Keep the scale in cool place with dry air.
7. Always keep your scale in horizontal position.
8. If failed to turn on the scale, check whether battery is installed, or battery power is low. Insert or replace new battery.
9. If there is error on display or can not turn off the scale for a long time, please take off the battery for about 3 seconds, then install it again to remove soft-fault. If you can not resolve the problem, please contact your dealer for consultation.
10. Do not use it for commercial purpose.

*The actual look may vary from the photograph & illustration.

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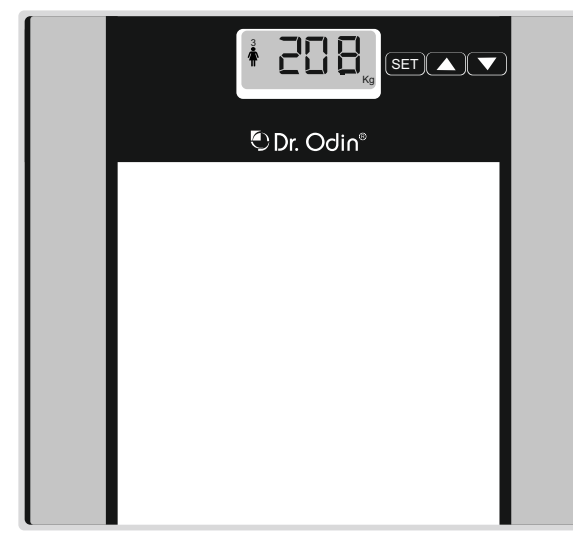
1SEF-020E R2

 **Dr. Odin®**

BODY FAT ANALYZER

MODEL NO.: EF974-S52

Instruction for use



ISO 9001 CERTIFIED BY SGS
EF - 12 SERIES

Dear Customer,
 Welcome to use CAMRY Body Fat Hydration Monitor Scale.
 This product is specially designed to test body fat/hydration/muscle/bone, help keep a close eye on the daily change of your body fat, hydration, muscle, bone and weight, providing information for your reference. Base on the analysis of your height, weight and age etc., it tells your daily energy requirement, and helps control your weight. Please read this instruction carefully before use.

■ User-friendly Tips

1. During Measuring

- A. The device is designed to allow auto step on. Please always ignore the first reading and only start taking effective record from the second time weighing.
- B. Always remove your shoes and socks, wipe clean your feet before using.
- C. Step on the weighing platform gently.
- D. It is advisable to take measurement at the same time of the day.
- E. Measured result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
- F. Always weigh/use the scale on a hard and flat surface. When you are measuring, please keep still.
- G. The measured data of the following people may have deviation:
 - Children under 10 or adult over 100 (can only use the device under normal weighing mode)
 - Adult over 70
 - Body building athletes or other occupational athletes.
- H. People with the following conditions should not use the device:
 - Pregnant women
 - Those with symptom of edema
 - Those on dialysis treatment
 - Those who use heart pacemaker or with other implanted medical device.

2. Safety Warning

- A. The Fat% Hydration% content evaluated by the Fat Monitor Scale is only for reference (not for medical purpose). If your Fat% Hydration% content is over/below normal level, please consult your doctor for more advice.
- B. Keep away from strong electro-magnetic field when using the scale.
- C. It could be slippery if you weigh on a wet surface. Moreover, if the weighing platform surface is glazed, never step on the edge of the scale and do keep balance during your weighing.

■ Features/Specifications

- 1. Using high precision strain gauge sensor
- 2. Multifunction: test body fat %, body hydration %, body muscle%, body bone% and suggest calorie intake requirement.
- 3. Built-in memory for 12 different users
- 4. Optional normal weighing mode (bypassing parameter setting): Auto step on weighing and consecutive add-on weighings
- 5. Low battery and overload indication

■ Performance Index

Item Index	Weighing Capacity	Fat%	Hydration%	Muscle%	Bone%	Calorie
Index Range	4.0% -50.0%	27.0% -66.0%	20.0% -58.0%	2.0% -20.0%		
Division	0.1kg 0.2kg	0.1%	0.1%	0.1%	0.1%	1KCAL

■ To Install or Replace Battery

The battery type of scale depends on the product structure. Find the battery type of your scale according to the following pictures, then install and replace battery as described:

- 1. 1x3V or 2x3V CR2032 lithium batteries (included). Remove isolation sheet before use.
- 2. 2x1.5V (AA/AAA) batteries (excluded). Remove package foil before use.

Open the battery case cover at the bottom of scale:
 A. Take out the used battery with the aid of an object with pointed end, as shown in picture.
 B. Install new battery by putting one side of the battery beneath the battery baffle and then pressing down the other side.

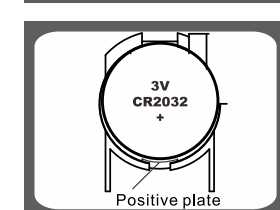


FIG.1

Open the battery case cover at the bottom of scale:
 A. Press battery gently, the battery will pop up automatically.
 B. Install new battery by connecting one side of battery to the positive plate first, and then pressing down the other side. Please observe the polarity.

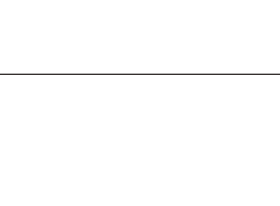
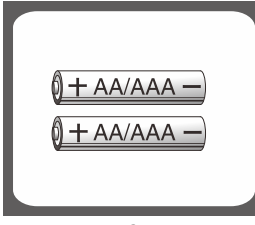


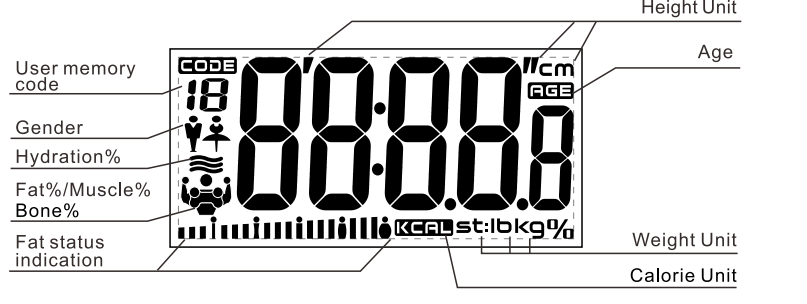
FIG.2



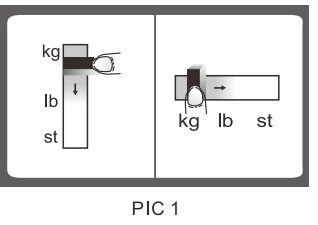
Open the battery case cover at the bottom of scale.
A. Take out used batteries, with the aid of an object with pointed end if needed.
B. Install new batteries by putting one side of the battery down first and pressing down the other side. (Please observe the polarity)

■ Key Illustration
SET(ONSET) Turn on the scale and prompt to next parameter. (Please refer to the Setting Personal Parameter overleaf)
▲ Advance the value by one interval each press. Continuous pressing will speed up the advance of value.
▼ Decrease the value by one interval each press. Continuous pressing will speed up the decrease of value.

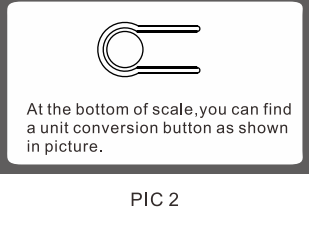
■ LCD Display



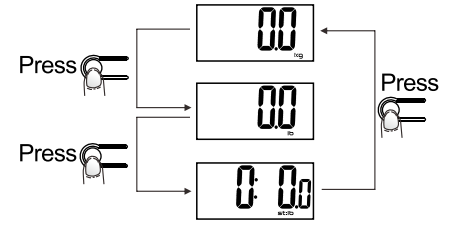
■ To Set Weight Unit
If your scale is available (or applicable) in kg/lb, you can set weight unit as follow:



Condition 1: If the unit switch is inside battery case or on the back of the scale.
A. Open battery case cover on the back of scale (if the unit switch is inside battery case)
B. Slide the unit conversion switch to convert scale unit between kg-lb.

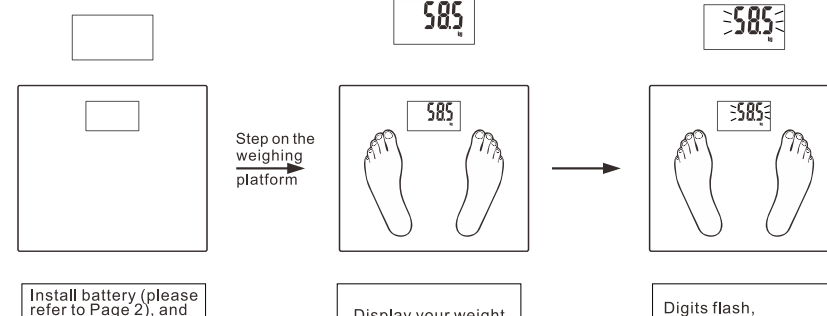


Condition 2: If the unit switch is at the bottom of scale.
A. Find a unit conversion button at the bottom of scale.
B. Press the unit conversion button when scale is power off. LCD shows current weight unit. Press the button again to convert weight unit.

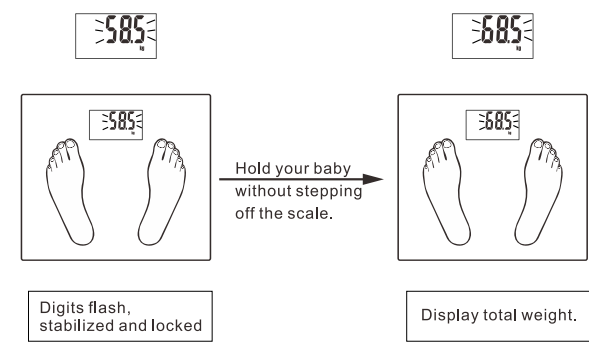


After selecting the preferred unit, the scale will be set-off after 20 seconds. Selected weight unit will be activated when the scale is turned on again.
● When setting lb as weight unit, the default height unit is feet/inch.
● When setting kg as weight unit, the default height unit is cm.
Remark: The unit system of scale depends on sales destination or the requirement of distributor.

■ Optional Normal Weighing Mode (bypassing parameter setting)
1. Auto step on weighing



2. Consecutive add-on weighing
 After digits stabilize, more additional loadings can be conducted. Ensure each add-on loading has to exceed 2g to get a new reading.
 Example: If you want to get a weighing value of your baby, you can weigh yourself first, and then hold your baby together, without stepping off the scale. Then you will get the total weight reading. Subtracting the previous reading of yourself from the new reading, you will get the difference as your baby's weighing value.



■ Fat/Hydration/Muscle/Bone/Calorie Measuring Mode

(1) Setting personal parameters

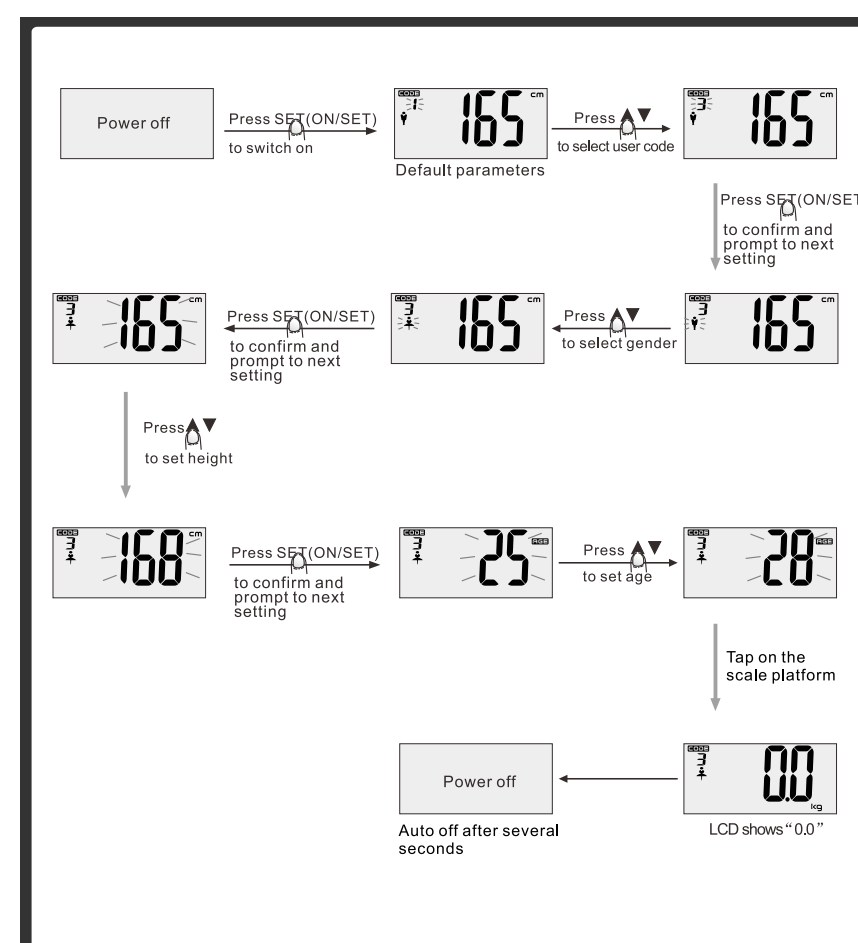
At the first time when you install battery and switch on, all default parameter are set as follow:

Memory	Gender	Height	Age
1	Male	165cm/5'05.0"	25

Parameters can be set in the following range:

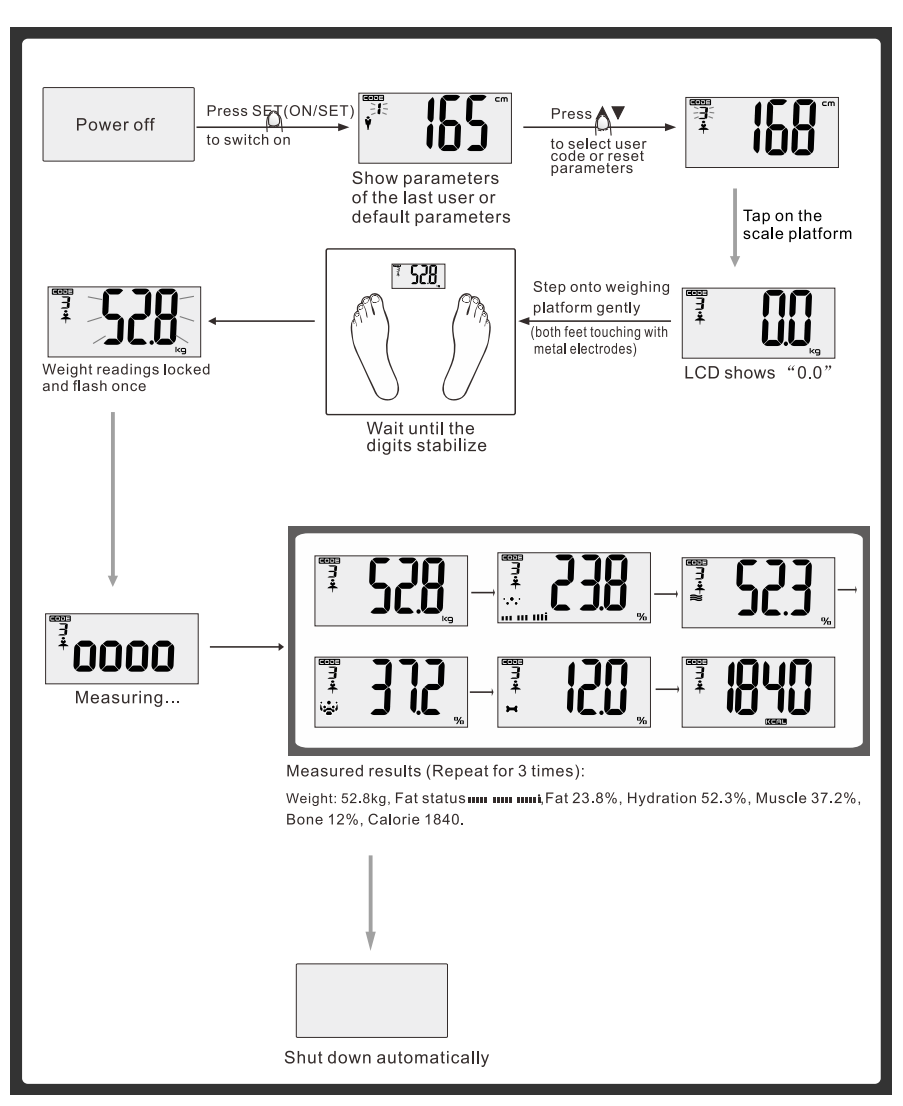
Memory	Gender	Height	Age
1-12	male/female	100-250cm 393.5"-802.5"	10-100

(2) Parameter setting
 Example: the 3rd user, female, 168cm, 28 years old, can set her parameters as follow:

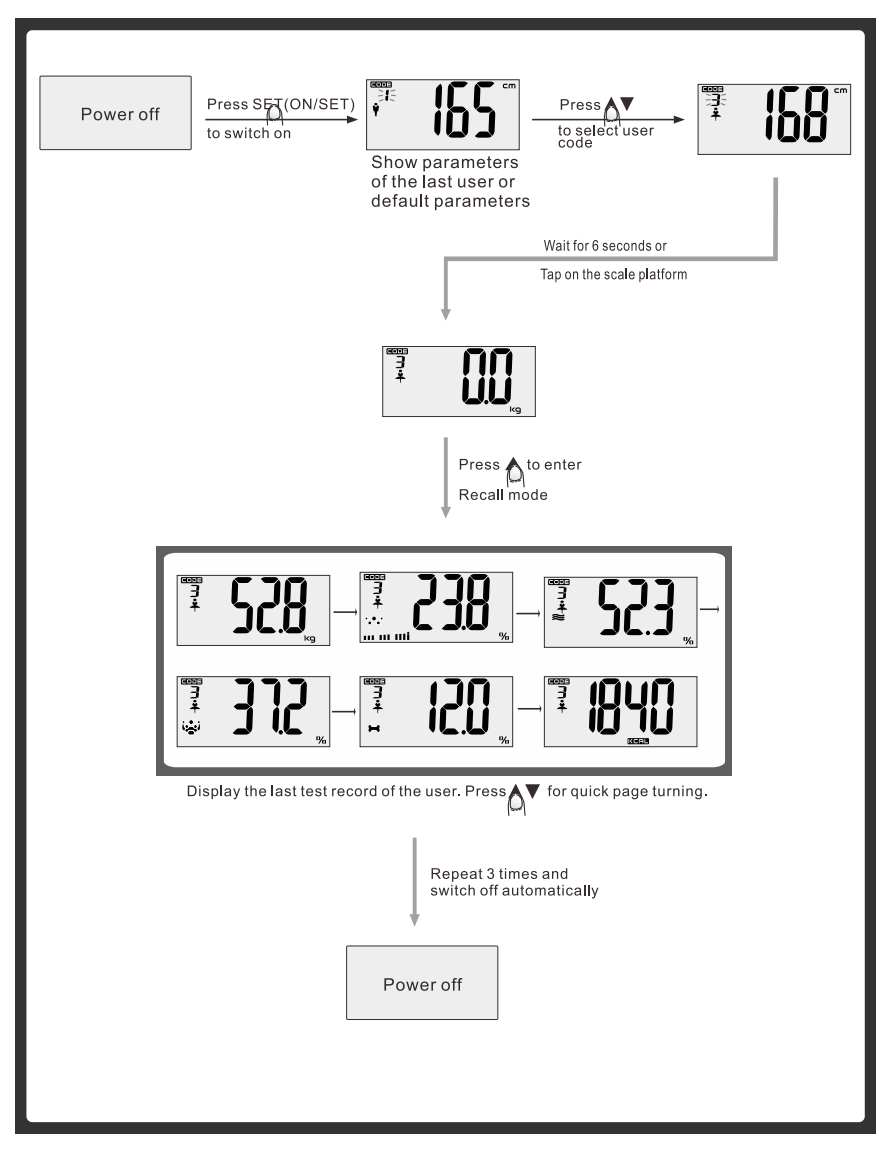


NOTE:
 • During parameter setting, if idle for 5 seconds, the parameters already set will be memorized automatically and LCD shows "0".
 • Pressing keys for measuring will be started.
 • If LCD shows "00" during parameter setting, press SET/ON/OFF for 3 seconds to return setting mode, then you can set user code, gender, height and age.

■ To Start Measuring Make sure your feet are touching with metal electrodes on the scale platform.
 (Body fat cannot be measured).
 To ensure accuracy, please remove your shoes & socks before stepping on.
 Example: the 3rd user, female, 168cm, 28 years old can measure as follow:



■ To recall test record



Warning Indications



Low Battery Indication
The battery power is running low, please replace with a new battery.



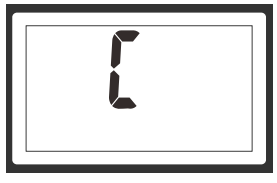
Over-load Indication
The weighing subject on the platform exceeds the maximum capacity of scale. Please step off to avoid damage.



Low Fat% Indication
The Fat% is too low. Please lead a more nutritional diet and take good care of yourself.



High Fat% Indication
The Fat% is too high. Please watch your diet and do more exercise.



Re-test
Error exists, please re-test to get the correct result.

About Fat

1. About Fat%

- Fat% is an index % of fat content in human body.
- The fat content in human body is of a certain level. Overabundance of fat will bring bad effects on metabolism, thereby, various illnesses may invade. Here goes an old saying: "Obesity is hotbed of illness".

2. Working Principles

As electrical signal of certain frequency transmits through human body, the impedance of fat is stronger than that of muscle or other human tissues. Through the use of biological resistance analysis, this product will pass a safe frequency of low voltage electrical current through human body, thus, the Fat% will be reflected according to the resistance differences when the electrical signal transmitting through human body.

3. Fat Hydration Content Fitness Assessment Chart

After your weighing, you can use the following Assessment Chart for reference:

Age	Fat(F)	Hydration(H)	Fat(M)	Hydration(M)	Status	Body Lipid Indication
≤30	4.0-16.0%	66.0-77.5%	4.0-11.0%	66.0-81.2%	Too High	###
	16.1-20.0%	57.5-64.5%	11.1-13.5%	61.1-68.1%	Lean	###
	20.1-25.0%	54.5-61.5%	15.6-20.0%	58.0-55.0%	Normal	###
	25.1-30.0%	51.5-57.5%	20.1-24.5%	54.0-51.0%	Fat	###
	30.1-40.0%	47.5-52.5%	24.6-40.0%	51.0-37.0%	Too Fat	###
>30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-68.0%	Too High	###
	20.1-25.0%	54.0-51.0%	15.1-19.0%	58.5-55.5%	Lean	###
	25.1-30.0%	51.5-48.5%	19.6-24.0%	55.5-52.5%	Normal	###
	30.1-35.0%	48.0-44.5%	24.1-28.5%	52.5-49.5%	Fat	###
	35.1-40.0%	44.0-37.5%	28.6-40.0%	49.1-37.0%	Too Fat	###

* The above information is only for reference