■ **About Calorie**

1. Calorie & Energy Consumption

Calorie: Energy Unit
The data reading indicate 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 cannot 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.

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⚠ **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 strike, 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 cannot 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 cannot resolve the problem, please contact your dealer for consultation.
10. Do not use it for commercial purpose.

For any query contact: - dr@drtrustusa.com

Dr Trust®

Absolute Fitness
Body Composition & Fitness Monitor

Please read all instructions carefully before use

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■ User-friendly Tips

1. During Measuring

A. The device use auto step on technology. Please always ignore the first reading and take 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 wrong 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 while weighing, please keep still.

G. Measured data may vary in the following cases:-
   - Children under 10 or adult over 100 (only use the device under normal weighing mode)
   - Adult over 70
   - Body building athletes or other professional athletes.

H. People with the following conditions should not use the device:
   - Pregnant women
   - Symptom of edema
   - Dialysis treatment
   - 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.
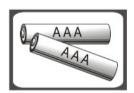
■ Features / Specifications

1. 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, auto step on weighing and consecutive add-on weighing
5. Low battery and overload indication.

■ Performance Index

Item / Index	Weighing Capacity	Fat%	Hydration %	Muscle %	Bone %	Calorie
Index Range	/	4.0% ~ 60.0%	27.5% ~ 66.0%	20.0% ~ 56.0%	2.0% ~ 20.0%	/
Division	0.1 kg - 0.2 lb	0.1%	0.1%	0.1%	0.1%	1KCAL

■ To Install or Replace Battery

2 x1.5V (AAA) batteries (included). Remove package foil before use;

Open the battery case:

A. Take out used batteries, with the aid of a sharp object 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)
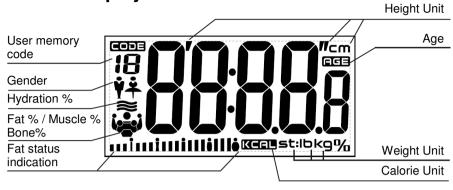
■ Key Illustration

SET (ON/SET): Turn on the scale by processing SET button and prompt to next parameter.
(Please refer to the Setting Personal Parameter overleaf)
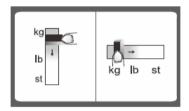
▲: Increase the value by one interval by each press. Continuous pressing will speed up the value level of increasing.

▼: Decrease the value by one interval by each press. Continuous pressing will speed up the value level of decreasing.

■ LCD Display

User memory code
Gender
Hydration %
Fat % / Muscle % Bone%
Fat status indication

Height Unit
Age
Weight Unit
Calorie Unit

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■ To Set Weight Unit

The scale is available in kg/lb/st, you can set weight unit as follow:

The unit switch is at the bottom of scale,
A. Find a unit conversion button at the bottom of scale or inside the battery compartment.
B. Press the unit conversion button when scale is power off, LCD shows current weight unit. Press the button again to convert weight unit.
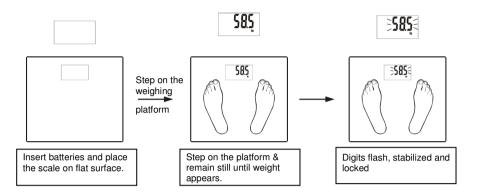
After selecting the preferred unit, the scale will be auto-off after 20 seconds. Selected weight unit will be activated when the scale is turned on again.
• When setting lb/st as weight unit, the default height unit is feet/inch;
• When setting kg as weight unit, the default height unit is cm.
Remark: The unit system of scale depends on sales destination or the requirement of distributor.
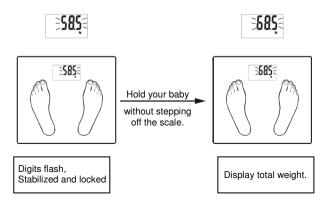
■ Optional Normal Weighing Mode

1. Auto step on weighing

| Insert batteries and place the scale on flat surface. | Step on the platform & remain still until weight appears. | Digits flash, stabilized and locked |

Step on the weighing platform

2. Consecutive add-on weighing

After digits stabilized, more additional reading can be taken. Ensure each add-on loading has to exceed 2kg 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.

Hold your baby without stepping off the scale.

| Digits flash, Stabilized and locked | Display total weight. |

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

(1) Setting personal parameters

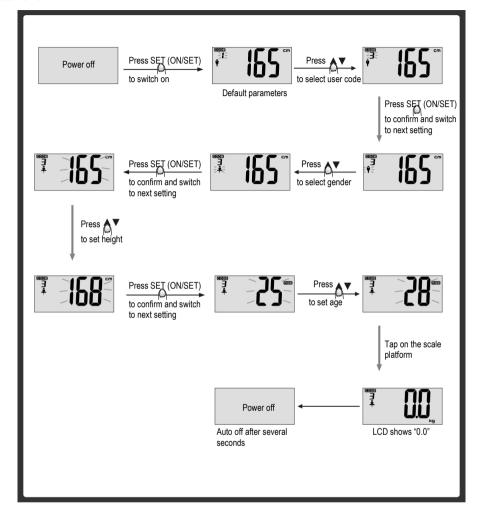① At the first time when you install battery and switch on, all default parameter are set as follow:

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

② Parameters can be set in the following range:

Memory	Gender	Height	Age
1 ~ 12	male/female	100 - 250cm 3'03.5" ~ 8'02.5	10 ~ 100

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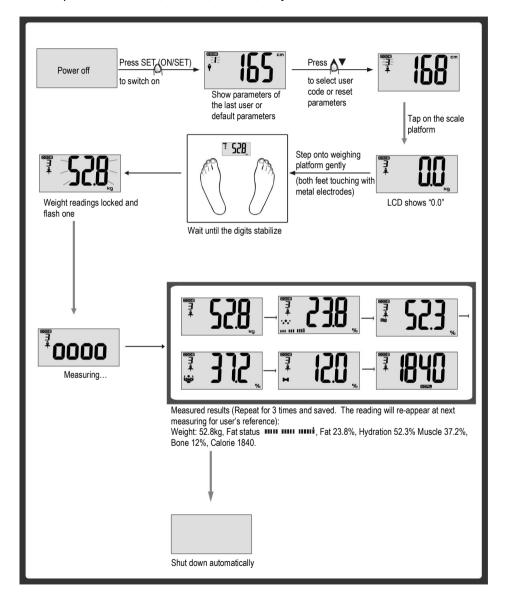Example: the 3rd user, female, 168cm, 28 years old, can be set as parameters as follow:
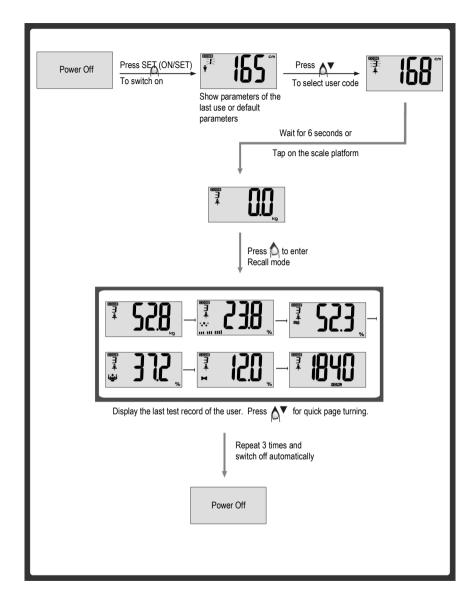

Note:
- During parameter setting, if idle for 6 seconds, the parameters already set will be memorized automatically and LCD shows "0" meaning body fat measuring will be started.
- If LCD prompt to shows "0" during parameter setting, press SET(ON/SET) for 3 seconds to return to setting mode, then you can set user code, gender, height and age.

(2) To Start Measuring (Make sure your feet are touching with metal electrodes on the scale platform, or 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:

Power off
→ Press SET (ON/SET) to switch on →
165 cm
Show parameters of the last user or default parameters
→ Press ▲▼ to select user code or reset parameters →
168 cm
→ Tap on the scale platform

0.0 kg
LCD shows "0.0"
← Step onto weighing platform gently (both feet touching with metal electrodes)
528
Wait until the digits stabilize
→ **52.8** kg
Weight readings locked and flash one

0000
Measuring…

52.8 kg → **23.8** % → **52.3** %
37.2 % → **12.0** % → **1840** KCAL

Measured results (Repeat for 3 times and saved. The reading will re-appear at next measuring for user's reference):
Weight: 52.8kg, Fat status ▪▪▪▪ ▪▪▪▪ ▪▪▪▪, Fat 23.8%, Hydration 52.3% Muscle 37.2%, Bone 12%, Calorie 1840.

Shut down automatically

■ To recall test record

Power Off
→ Press SET (ON/SET) To switch on →
165 cm
Show parameters of the last use or default parameters
→ Press ▲▼ To select user code →
168 cm

Wait for 6 seconds or
Tap on the scale platform

0.0 kg

Press ▲ to enter Recall mode

52.8 kg → **23.8** % → **52.3** %
37.2 % → **12.0** % → **1840** KCAL

Display the last test record of the user. Press ▲▼ for quick page turning.

Repeat 3 times and switch off automatically

Power Off

■ Warning Indications

Lo (display)

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

Err (display)

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

ErrL (display)

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

Errh (display)

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

C (display)

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 (F)	Fat (M)	Hydration (M)	status	Key Line Indication
≤30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	Too lean	
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	Lean	
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	Normal	
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	Fat	
	30.6-60.0%	47.7-27.5%	24.6-60.0%	51.8-27.5%	Too fat	
>30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	Too lean	
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	Lean	
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	Normal	
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	Fat	
	35.1-60.0%	44.6-27.5%	28.6-60.0%	49.1-27.5%	Too fat	

- The above Information is only for reference