TANITA

Monitoring Your Health

PROFESSIONAL CATALOGUE

RECOMMENDED BY THE EXPERTS

A NETWORK OF MEDICAL EXPERTS, RESEARCHERS AND HEALTHCARE PROFESSIONALS HAS BEEN CREATED TO PROMOTE HEALTH EDUCATION AND TANITA BIA TO LOCAL GOVERNMENT, HEALTH ORGANISATIONS AND PRIVATE USERS. YOU ARE WELCOME TO JOIN OR UTILISE THIS NETWORK.

Contents

A GLOBAL LEADER

Tanita is the world leader in precision weighing and body composition equipment. Established over 60 years ago, the Company has steadily grown through continuous product innovation and a strong commitment to high manufacturing quality standards.

The Company has developed a wide portfolio of medical and fitness products that are successfully used in professional practice, research and consultations worldwide.

CUTTING EDGE INNOVATION

Tanita created the world's first stand-on body composition analyser in 1992 and has grown from strength to strength through significant investment into Research and Development.

The Tanita product portfolio offers the very latest technology with exclusive and advanced features.

QUALITY ASSURANCE

Tanita owns manufacturing facilities based in Japan and guarantees the highest quality products. All our medical products meet strict international quality standards and are independently validated to meet Medical Device Directive 93/42/EEC and Non Automatic Weighing Instruments European Directive 90/384/EEC.

All Tanita precision weighing mechanisms are calibrated up to 300,000 uses demonstrating the sheer quality of Tanita.

PROVEN CLINICAL ACCURACY

Ensuring all our body composition measurements are the most accurate has been supported by 15 years of investment into independent validation and medical research. Tanita BIA is regularly tested against the gold standards (DEXA - Dual Energy X-Ray Absorptimetry and UWW-Under Water Weighing).

Tanita is the only company to have an extensive library of independent validation and research studies proving that our products are the most accurate.

RESPECTED BY THE SCIENTIFIC COMMUNITY

The Tanita Medical Advisory Board is comprised of senior independent Research, Obesity and Nutrition experts from around the world, who ensure Tanita products, communications and information are ethically and scientifically accurate prior to production and distribution.

THE COMPLETE PACKAGE

Tanita products are accompanied by a range of accessories. For each product the available accessories are indicated by the icons illustrated below. Full details of the accessories can be found on pages 16 and 17.


Health Monitor Software


Thermal Paper Rolls


Display Stand


Padded Cases


Height Rod


Client Assessment Pad

BEYOND BMI

The World Health Organisation produced cutoffs using the body mass index where obesity was defined as BMI greater than 30 kg/m^2 and overweight as BMI 25-30 kg/m^2 [1]. This simple tool has been adopted internationally and has played a useful role in tracking the growing obesity epidemic. However, the limitations of BMI are receiving increasing attention.

BMI provides information on body weight but it does not indicate whether this excess weight is due to increased fat or lean tissue. Excess body fat (adipose tissue) is recognized to be the critical link with metabolic disease. Increased body weight is usually associated with excess adipose tissue, but this is not always the case.

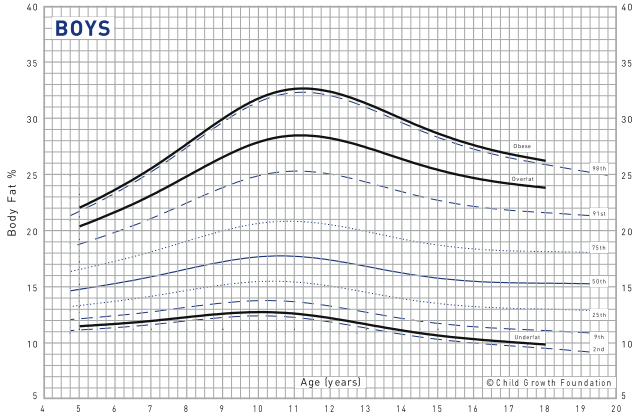
There is also evidence that today's children are relatively fatter for the same BMI compared to their counterparts in the 1990's, indicating important shifts in body composition trends which may underpin future heath risks [2].

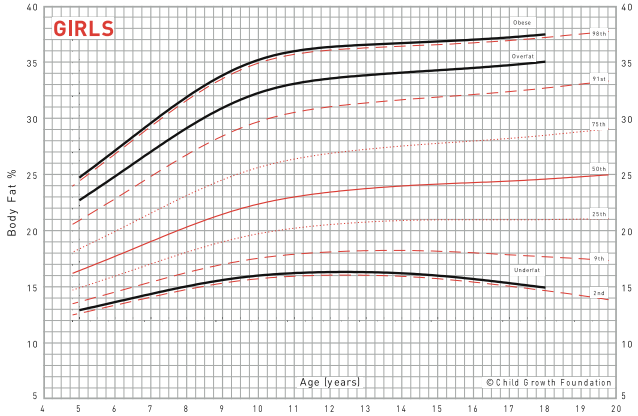
BMI can give misleading information about the success of any weight-loss programme, particularly when exercise is part of the regime [3]. Lean tissue loss tends to be much lower in individuals engaging in exercise as well as diet programmes, but this cannot be assessed without measurements of body composition. Jebb et al have shown that BIA measurements of fat mass during weight loss or gain closely resemble that measured by more sophisticated techniques [4]. BMI has provided a useful measure to track the growing obesity epidemic worldwide and its links to health risks. However, there is a growing recognition that it may be time to move beyond BMI.

The measurement of **waist circumference** is becoming increasingly popular as a public health tool. High risk cut-offs of ↗102 cm for men and ↗88 cm for women are recommended based on Caucasian populations [5]. There are practical problems relating to the measurement of waist (and hip) circumferences. It is a very personal measurement, requiring partial undressing. It has poor reproducibility, because of the difficulties of locating the correct anatomical site. In addition, it is still a proxy measure of body fat and is nearly always large in obese people; questioning the added value of the measurement in clinical practice. A measure of fat mass is more informative as this relates to disease risk (6).

BODY FAT REFERENCE CURVES FOR CHILDREN

HD McCarthy, TJ Cole, T Fry, SA Jebb and AM Prentice, Inernational Journal of Obesity (2006)





OVERCOMING LIMITATIONS OF BMI

Tanita Body Composition Analysers utilise BIA technology to provide personalized information about the user that overcomes many of the limitations of BMI and waist circumference:

- Detailed body composition readings including fat mass, lean mass and body water allow instant diagnosis and the ability to track the effectiveness of a weight management program.
- Specific body composition readings can indicate therapy effectiveness eg drug treatment reducing visceral fat or muscle mass imbalance in physiotherapy.
- The increased personalized information increases the member's education about their own body composition compared to a basic weight or BMI reading and can show the impact of lifestyle changes increasing their motivation and compliance.
- Unique medically validated children's body fat data can be used to assess child progress (7).
- Instantly assess body fat status as healthy or unhealthy.

HOW DOES TANITA BIA WORK

Tanita Bioelectrical Impedance Analysis (BIA) operates by passing small electrical signals through the body between hand held and footplate electrodes. The conducting ability of body water is then used to calculate the amount of lean mass, body water, bone mass, basal metabolic rate and fat mass.

- Accurate and detailed body composition analysis given in under 20 seconds.
- High repeatability as no user input required.
- Software linked machines allow trend analysis.
- Easy to use, durable and cost effective.

HOW ACCURATE IS TANITA BIA

TANITA validation studies are based on comparison with gold standard body composition techniques such as underwater weighing, magnetic resonance imaging and even DXA.

The equation is derived from measurements and correlation, using sophisticated statistical analysis. The R^2 value has proven to be highly accurate ranging from 0.85 to 0.98 depending on the model selected (8) (9).

References

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3. Wells, J.C., et al., The contribution of fat and fat-free tissue to body mass index in contemporary children and the reference child. Int J Obes Relat Metab Disord, 2002.26: 1323-8.
4. WHO, Obesity: Preventing and Managing the Global Epidemic, in Technical Report Seriew No. 894. 2000, WHO: Geneva.
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6. Jebb, S.A. and M.Elia, Techniques for the measurement of body composition: a practical guide. Int J Obes Relat Metab Disord, 1993.17: 611-21.
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9. Jebb, S.A., Siervo, M., Murgatroyd, P.R., Evans, S., Fruhbeck, G, Prentice, A.M. Validity of the legto-leg bioimpedance to estimate changes in body fat during weight loss and regain in overweight women: a comparison with multicompartment models. International Journal of Obesity (In press).
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MULTI FREQUENCY SEGMENTAL BODY COMPOSITION ANALYSERS

The next generation in segmental body composition analysis using the latest 8 electrode multi frequency technology.

THE 4 FREQUENCIES ALLOW:

- Heightened accuracy proven to be reliable and repeatable.
- Supreme level of detailed body composition readings for each arm, leg and trunk area.
- Identification of changes in a patient's hydration status and body cell mass.
- Assessment of whether weight gain is due to increase in Lean Body Mass or fluid retention.

Extensive consultation sheet pinpointing key health indicators.
The user friendly touch screen display guides the user through the setup and analysis.
The results can be printed viewed on the colour screen and printed on a full colour consultation sheet or stored via the Health Monitor Software.

TECHNICAL SPECIFICATION:

Age Range	5 years - 99 years
Weight Capacity	270 kg
Graduation	50 g (0 - 200 kg)
	100 g (200 - 270 kg)
Product Dimensions	440 x 850 x 1270 mm
Product Weight	35 kg
Power Source	AC 100 - 240V
Interface Connections	RS232C, USB
	and Wireless
Warranty	3 Years

Segmental Body Composition Analyser with Touch Screen Display

MC 180 MA

TOTAL BODY MEASUREMENTS:

- Weight
- BMI
- Body Fat %
- Visceral Fat Indicator
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Total Body Water Kg
- Total Body Water %
- Extra-Cellular Water Kg
- Intra-Cellular Water Kg
- ECW/TBW Ratio
- Basal Metabolic Rate
- Basal Metabolic Rate Indicator
- Bone Mineral Mass Indicator

Segmental Measurements:

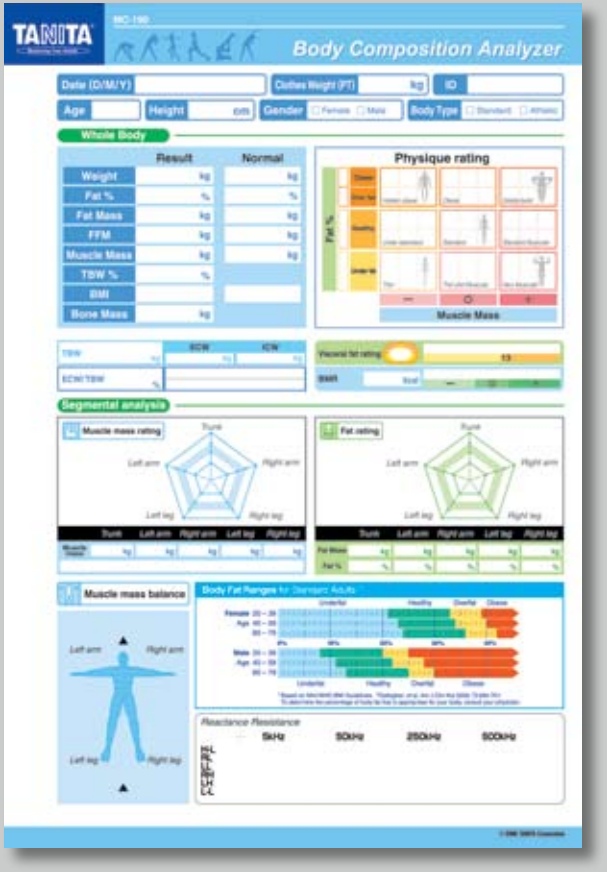
- Segmental Body Fat %
- Segmental Fat Distribution Rating
- Segmental Muscle Mass Kg
- Segmental Muscle Mass Rating
- Segmental Muscle Mass Balance
- Segmental Reactance/Resistance

SPECIAL FEATURES:

- TFT Colour LCD touch screen panel
- Wireless connection to PC

TOUCH SCREEN DISPLAY

MC 180 MA PRINT OUT



BODY COMPOSITION ANALYSERS

The key to the Tanita medical range is accuracy and simplicity.

The analysers are fast, easy to use and can be linked to data capture and trend analysis software allowing less time-consuming paperwork and more consultation time.

All Tanita Body Composition Analysers meet the strict MDD and NAWI European regulations relating to the weighing mechanisms.

CURRENT USERS:

- Adult and Child Obesity Programs
- Cardiac Disease Management
- Diabetes Management
- Weight Management Programs
- Occupational Health Schemes
- General Medical Practice
- Health Education
- Medical Research Centres
- Pharmaceutical Research and Development
- Occupational Health

Segmental Body Composition Analyser

BC 418 MA

TOTAL BODY MEASUREMENTS:

- Weight
- BMI
- Body Fat %
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Total Body Water Kg
- Total Body Water %
- Basal Metabolic Rate
- Target Ranges
- Bone Mineral Mass Indicator

Segmental Measurements:

- Segmental Body Fat %
- Segmental Fat Mass
- Segmental Fat Free Mass
- Segmental Muscle Mass
- Segmental Impedance
- Goal Setter Calculation

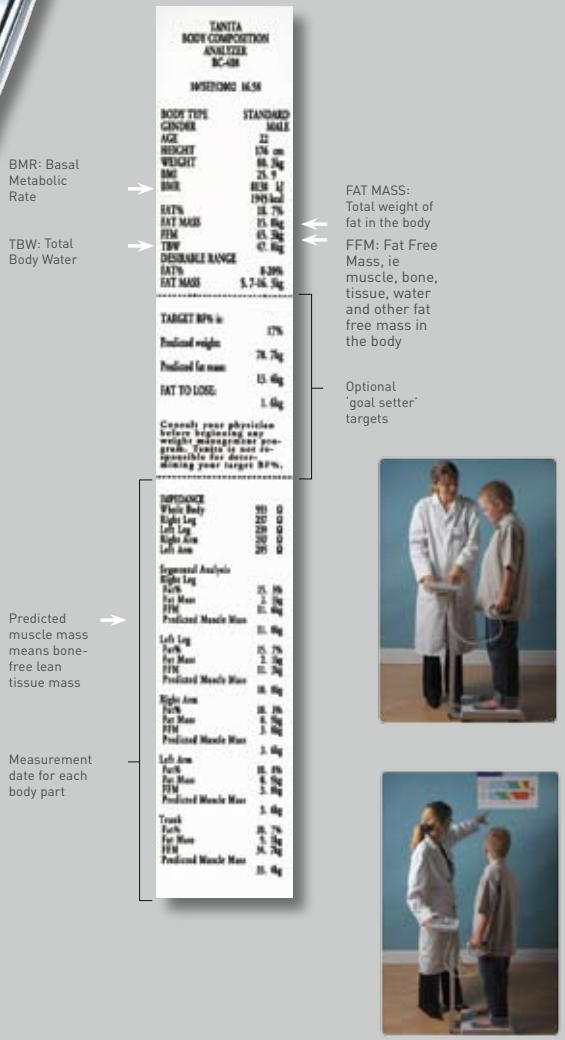
TECHNICAL SPECIFICATION:

Age Range	7 years - 99 years
Weight Capacity/Graduation	200 kg/0.1 kg
Product Dimensions	377 x 343 x 830 mm
Product Weight	12 kg
Power Source	5V AC Adaptor
Interface Connections	RS232C and Wireless
Integrated Thermal Printer	Yes
Warranty	3 Years

SPECIAL FEATURES:

- Instant print out of results using integrated thermal printer

DIGITAL PRINT OUT



Body Composition Analyser with Visceral Fat Indicator

BC 420 P MA

TOTAL BODY MEASUREMENTS:

- Weight
- BMI
- Body Fat %
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Total Body Water Kg
- Total Body Water %
- Basal Metabolic Rate
- Target Ranges
- Bone Mineral Mass

Additional Features:

- Visceral Fat Indicator
- Metabolic Age
- Healthy Bone Mass Indicator

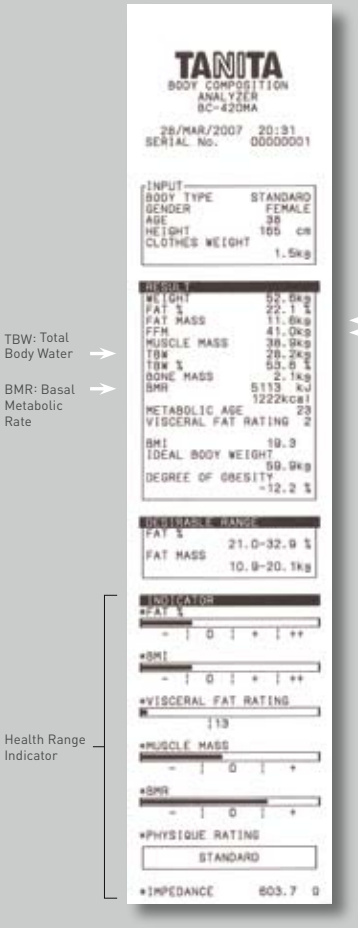
TECHNICAL SPECIFICATION:

Age Range	5 years - 99 years
Weight Capacity/Graduation	270 kg/0.1 kg
Product Dimensions	372 x 690 x 1022 mm
Product Weight	12.1 kg
Power Source	7V Adaptor
Interface Connections	RS232C or USB
Integrated Thermal Printer	Yes
Warranty	3 Years

SPECIAL FEATURES:

- Light up icon navigation for easy use
- Instant print out of results using integrated thermal printer

DIGITAL PRINT OUT



TBW: Total Body Water

BMR: Basal Metabolic Rate

FAT MASS: Total weight of fat in the body
FFM: Fat Free Mass, ie muscle, bone, tissue, water and other fat free mass in the body

Health Range Indicator

Portable Body Composition Analyser with Visceral Fat Indicator

BC 420 S MA

TOTAL BODY MEASUREMENTS:

- Weight
- BMI
- Body Fat %
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Total Body Water Kg
- Total Body Water %
- Basal Metabolic Rate
- Target Ranges
- Bone Mineral Mass

Additional Features:

- Visceral Fat Indicator
- Metabolic Age
- Healthy Bone Mass Indicator

TECHNICAL SPECIFICATION:

Age Range	5 years - 99 years
Weight Capacity/Graduation	270 kg/0.1 kg
Product Dimensions	372 x 375 x 101 mm
Product Weight	6.8 kg
Power Source	7V Adaptor
Interface Connections	RS232C or USB
Integrated Thermal Printer	Yes
Warranty	3 Years

SPECIAL FEATURES:

- Light up icon navigation for easy use
- Highly portable
- Instant print out of results using integrated thermal printer
- Wall mountable display

WEIGHING SCALES

With over 60 years experience of manufacturing weighing equipment, Tanita has developed an extensive range of models with unique features to suit all needs.

Tanita prides itself on accuracy. The scales feature the ultimate weighing accuracy using single point load cells and meet strict MDD and NAWI regulations.

All materials used are hard wearing and durable ensuring long life and repeatability.

We guarantee the accuracy of all our weighing equipment for up to 300,000 uses.

All products are guaranteed for 3 years.

CURRENT USERS:

- General Medical Practice
- Hospital Wards
- Obesity Clinics
- Weight Management Centres
- Occupational Health

High Capacity Scale with BMI Function

WB 110 P MA

KEY FEATURES:

- Weight
- BMI
- Tare Facility
- Weight Lock
- Precision Weighing Mechanism using Single Point Load Cell

TECHNICAL SPECIFICATION:

Weight Capacity/Graduation	270 kg/0.1 kg
Product Dimensions	580 x 336 x 1040 mm
Product Weight	11.2 kg
Power Source	DC 9V Adaptor Included or 6 x AA Alkaline Batteries
Interface Connections	RS232C
Warranty	3 Years

SPECIAL FEATURES:

- High capacity weight facility
- Automatically calculates BMI
- Easy to read LCD display
- Tare and weight lock functions

Portable High Capacity Scale with BMI Function

WB 110 S MA

KEY FEATURES:

- Weight
- BMI
- Tare Facility
- Weight Lock
- Precision Weighing Mechanism using Single Point Load Cell

TECHNICAL SPECIFICATION:

Weight Capacity/Graduation	270 kg/0.1 kg
Product Dimensions	301 x 336 x 82 mm
Product Weight	5.1 kg
Power Source	DC 9V Adaptor Included or 6 x AA Alkaline Batteries
Interface Connections	RS232C
Warranty	3 Years

SPECIAL FEATURES:

- Lightweight and portable
- High capacity weight facility
- Automatically calculates BMI
- Easy to read LCD display
- Tare and weight lock functions

Scale with BMI Function

WB 100 P MA

KEY FEATURES:

- Weight
- BMI
- Tare Facility
- Weight Lock

TECHNICAL SPECIFICATION:

Weight Capacity/Graduation	200 kg/0.1 kg
Product Dimensions	580 x 336 x 1040 mm
Product Weight	11.2 kg
Power Source	DC 9V Adaptor Included or 6 x AA Alkaline Batteries
Interface Connections	RS232C
Warranty	3 Years

SPECIAL FEATURES:

- Automatically calculates BMI
- Easy to read LCD display
- Tare and weight lock functions

Portable Scale with BMI Function

WB 100 S MA

KEY FEATURES:

- Weight
- BMI
- Tare Facility
- Weight Lock

TECHNICAL SPECIFICATION:

Weight Capacity/Graduation	200 kg/0.1 kg
Product Dimensions	301 x 336 x 82 mm
Product Weight	5.1 kg
Power Source	DC 9V Adaptor Included or 6 x AA Alkaline Batteries
Interface Connections	RS232C
Warranty	3 Years

SPECIAL FEATURES:

- Lightweight and portable
- Automatically calculates BMI
- Easy to read LCD display
- Tare and weight lock functions
- Wall mountable display

Portable Scale

BWB 800 S MA

KEY FEATURES:

- Weight
- Weight Lock
- Large Weighing Platform
- 25 mm LCD

TECHNICAL SPECIFICATION:

Weight Capacity/Graduation	200 kg/0.1 kg
Product Dimensions	301 x 336 x 80 mm
Product Weight	7.7 kg
Power Source	DC 9V Adaptor Included or 6 x AA Alkaline Batteries
Interface Connections	RS232C
Warranty	3 Years

SPECIAL FEATURES:

- Lightweight and portable
- Easy to read LCD display
- Tare and weight lock functions
- Wall mountable display

Foldaway Wheelchair Scale with BMI Function

PW 630 MA

KEY FEATURES:

- Weight
- BMI
- BMI Judge
- Unique Patient Identity Feature
- Memory Storage for Wheelchair Weights
- Tare 150 kg

TECHNICAL SPECIFICATION:

Weight Capacity/Graduation	300 kg/0.1 kg
Product Dimensions	950 x 1071 x 139 mm
Product Weight	32 kg
Power Source	AC Adaptor 5V Included
Interface Connections	RS232C
Integrated Thermal Printer	Yes
Warranty	3 Years

SPECIAL FEATURES:

- Display can be wall mounted or used with display stand (Display Stand OP 001)
- Scale base wheels allow the scale to be easily moved
- Safe low level (4 mm) roll on/roll off platform

Medically Approved Digital Baby Scale with Fine Graduation

BD 815 MA

A range of precision digital paediatric scales designed with the healthcare professional in mind incorporating accuracy, ease of use and portability. Key features include tip resistant scales, ultra lightweight materials and extra large displays making routine measurements safe and fast. All products are guaranteed for 3 years.

FEATURES:

- Weight
- Weight Lock Feature
- Kg / St lb Switch

TECHNICAL SPECIFICATION:

Weight Capacity	15 kg
Graduation	2 g (0 - 6 kg)
	5 g (6 - 15 kg)
Product Dimensions	409 x 600 x 157 mm
Product Weight	4.6 kg
Power Source	9V Adaptor
Interface Connections	RS232C
Warranty	3 Years

SPECIAL FEATURE:

- Optional warm scale covers
- Hygienic easy to clean surface
- Raised sides provide maximum security against the baby slipping from the scale

Lightweight and Compact Digital Baby Scale

BD 590

FEATURES:

- Weight
- Extra Large 28 mm LCD Display
- Tare Function
- Weight Lock
- Recall
- Kg / St lb Switch

TECHNICAL SPECIFICATION:

Weight Capacity	20 kg
Graduation	0-20 kg/10 g
	0-40 kg/0.5 oz
Product Dimensions	580 x 420 x 255 mm
Product Weight	2.2 kg
Power Source	4 x AA Batteries
Warranty	3 Years

SPECIAL FEATURE:

- Easily transported and quick to set up for use
- Space saving design
- Tip resistant baby tray
- Hygienic easy to clean surface

Digital Baby Scale with Extra Large Weighing Tray

BD 585

FEATURES:

- Weight
- Extra Large 26 mm/1 LCD Display
- Tare Function
- Lock-In Weight
- Automatic Power Off
- Kg / St lb Switch

TECHNICAL SPECIFICATION:

Weight Capacity	20 kg
Graduation	0-20 kg/10 g
	0-40 kg/0.5 oz
Platform Dimensions	393.5 x 635 x 89.9 mm
Product Weight	2.8 kg
Power Source	4 x AA Batteries
Warranty	3 Years

SPECIAL FEATURE:

- Incorporated tape measure
- Extra large baby tray
- Hygienic easy to clean surface

Health Monitor Software

GMON

The health monitoring software allows automatic capture of body composition data direct to your computer. Professional reports, trend analysis and key indicators can be generated and stored in the client record database.

The software is compatible with most of the Tanita body composition and weighing scale range, and is perfect for:

- Weight management consultation
- Patient education and motivational sessions
- Research data collection, storage and manipulation
- School weighing/BMI data collection
- Staff health screening

For further information of the software, download a demo at: www.medizinservice-sachsen.de/gmon. The software has been created by Medizin Service GmbH.

Client Assessment Pad

PH100

Information sheets for clients explaining their body composition readings and track results. 100 sheets per pad.

Thermal Paper Rolls

TP 301

Suitable for all monitors and scales with thermal printers. Pack of 5.

Height Measure

HR 001

Range 20 cm - 207 cm
Graduation 1 mm

Portable Stadiometer with carry case. Easily dismantled and lightweight. Easy to read scale with stable foot plate for precision readings.

Padded Cases

Tanita tailor made carry and storage cases are robust , light weight and water resistant.

C110

COMPATIBILITY:
BD 590

C 300

COMPATIBILITY:
BC 420 S MA, BWB 800 S MA, WB 100 S MA, WB 110 S MA

C 450
Backpack carry case

COMPATIBILITY:
BWB 800 S MA, WB 100 S MA and WB 110 S MA

C 500

COMPATIBILITY:
WB 100 S MA and WB 110 S MA

C 585

COMPATIBILITY:
BD 585

C 815

COMPATIBILITY:
BD 815 MA

TANITA

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