

# TANITA A UNIQUE HERITAGE

Founded in 1946, the TANITA Corporation's first significant stride forward was achieved when it became the first scale company in Japan to introduce modern Western manufacturing methods.

Dedication to research and technology led the company to produce many innovative products that have become everyday household items such as digital and solar powered bathroom scales. The successful introduction of the world's first body composition scale in 1992 resulted in the company's dramatic international expansion and development into the healthcare market.

TANITA is now the worldwide leading brand in body fat monitor/scales and is determined to further establish new categories through research and innovation within the health, medical and fitness sectors.



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## WHAT'S NEW?

Tanita has developed exciting new products incorporating world exclusive features and sleek, modern design.

#### FITPLUS - EXCLUSIVELY FOR WOMEN

This new range of products is aimed specifically at women who want to improve their health and fitness. The simple to use FitPLUS traffic light system highlights the optimal days to exercise in order to burn almost double calories, likely ovulation days and the times when the body naturally needs more rest.

#### **ULTRASLIM TECHNOLOGY**

Tanita has achieved design perfection by developing the world's slimmest body composition monitors and ultra slim bathroom scales. Measuring just 15mm high, the new products look modern and sleek.

#### INTEGRATED BLUETOOTH

Consumers are demanding the latest technology every day household items. Bluetooth technology has now been integrated into the product range providing instant transferral of measurement data to a computer, allowing trend analysis and accurate data capture.

#### **ECO LIVING**

Tanita is developing an eco-friendly range of scales. The extra large solar panel allows accurate measurements to be taken in natural and artificial light. Made with biodegradable plastic and no batteries needed, these products are good for the environment too.

#### **50 GRAM ACCURACY**

Most electronic scales manufactured today have 100 gram to 200 gram accuracy. With precision engineering and quality manufacturing Tanita has developed the worlds first fully featured body composition monitor with 50 gram accuracy.

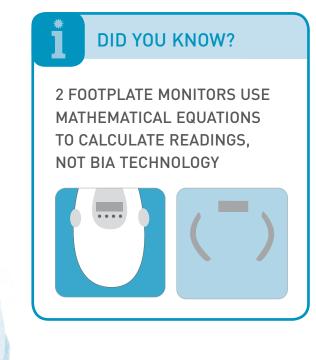
## **HOW DO TANITA BODY COMPOSITION MONITORS WORK?**

## BIO ELECTRICAL IMPEDANCE ANALYSIS (BIA) - HOW IT WORKS:

- A low, safe signal is sent through the body via metal footpads on the scale platform.
- Based on the principle that muscle tissue contains high levels of water it acts as a conductor for the signal. Fat contains little water and acts as a resistor to the flow of the signal.
- This resistance or 'impedance' is set against gender/height/age and is used to calculate personalised body fat and composition readings.

# WHY TANITA MONITORS ARE PROVEN TO BE THE MOST ACCURATE

- Size and number of the footplates four footplates are required to ensure maximum accuracy of body fat readings.
- Quality of equations used to calculate personalised body fat / composition readings. The larger the sample size and techniques used for research the more accurate the equations will be. Tanita for example has used over 100,000 people world wide to ensure maximum accuracy of readings.
- Weighing accuracy essential for consistent readings over time. This depends on the robustness of the weighing mechanism and platform.



## **BRINGING YOU THE BEST**

All Tanita body composition monitors use the latest Advanced BIA technology incorporating solid medical research and validation. This ensures the highest accuracy and consistency when taking readings.

#### **ONLY FROM TANITA**

Innovation is at the heart of Tanita bringing you cutting edge technology and exclusive features.



**FitPLUS FEATURE** – shows women the optimal days to exercise in order to burn almost double calories, ovulation window and days when the body naturally needs more rest.



**VISCERAL FAT INDICATOR** – shows the internal fat in the abdomen that is scientifically proven to increase the risk of diabetes and hypertension.



CHILDREN'S HEALTHY BODY FAT RANGES – based on the latest scientific research, parents with children (from the age of 5 years) can see if their body fat is within the healthy range.



**METABOLIC AGE** – The metabolic rate starts to decrease after the age of 17 years. This feature indicates what age level the user's body is currently rated at.



**INVISIBLE FOOTPLATES** – Tanita holds the patent for transparent electrodes allowing simple, clean design without compromising BIA accuracy.



#### **DID YOU KNOW?**

- All Tanita monitors are specifically designed to be easy to use and set up
- Tanita created the world's first stand on body composition monitor in 1991 and is now the global leader





#### **EXCLUSIVE FEATURES:**

Children's Healthy Body Fat Ranges

Nisceral Fat Indicator

Metabolic Age

#### SPECIFICATIONS:

- Weight Capacity 150kg / 23st 8lb
- 50g graduation
- Display 59mm LCD
- Memories 4
- Batteries Included
- Guarantee 3 years

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Visceral Fat Rating
- Visceral Fat Indicator
- Bone Mineral Mass
- Basal Metabolic Rate
- Metabolic Age
- Muscle Mass
- Physique Rating
- Athlete & Guest Mode
- Recall Function



# **BODY COMPOSITION MONITORS**

#### **EXCLUSIVE FEATURES:**

- Patented Transparent Electrodes
- Children's Healthy Body Fat Ranges
- Nisceral Fat Indicator
- Metabolic Age

#### **SPECIFICATIONS:**

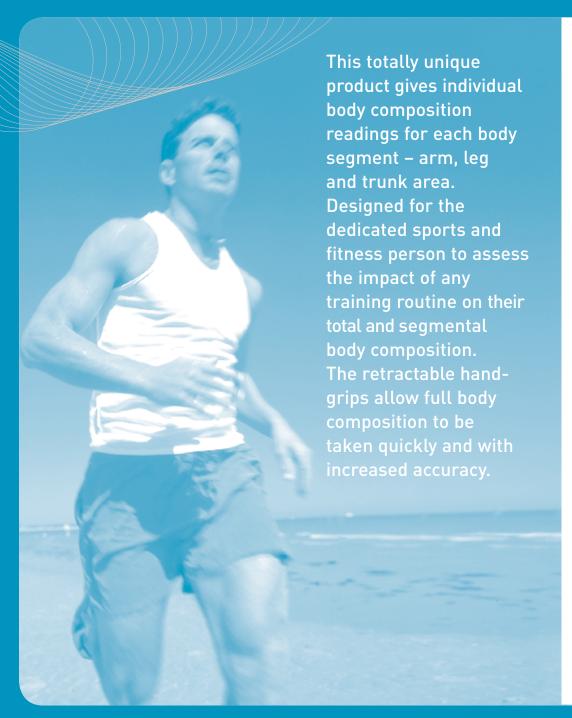
- Weight Capacity 200kg / 31st 6lb
- Display 40.5mm reverse LCD
- Memories 5
- Batteries Included
- Guarantee 3 years

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Visceral Fat Rating
- Visceral Fat Indicator
- Bone Mineral Mass
- Daily Calorie Intake
- Metabolic Age
- Muscle Mass
- Physique Rating
- Athlete & Guest Mode
- Recall Function
- Auto recognition just step on to take a reading

- MASSIVE 200KG WEIGHING CAPACITY
- 50 GRAM PRECISION WEIGHING ACCURACY



## BC 545 SEGMENTAL BODY COMPOSITION MONITOR WITH 3 YEAR TRACKING FUNCTION



#### How the BC 545 works...

- The user stands on four footplates on the platform of the scale and pulls the hand electrodes that are conveniently housed in the base using retractable connecting cables.
- The monitor will then send a safe low signal from the 8 hand and footplate electrodes through the body.
- The resistance to the measurement is then fed into researched equations to provide accurate and personalised body composition readings.

Segmental Readings are given for each arm, leg and trunk area, including Fat mass and Muscle mass.





#### **EXCLUSIVE FEATURES:**

- Segmental Technology
- Children's Healthy Body Fat Range
- Nisceral Fat Indicator
- Metabolic Age Indicator

#### **SPECIFICATIONS:**

- Weight Capacity -150kg / 23st 8lb
- Display 32mm LCD
- Memories 4
- Batteries Included
- Guarantee 3 Years

#### **FEATURES:**

- 8 Electrode Segmental
- BIA Technology
- 3 Year Graph Function
- Body Fat %
- Adult & Children's Healthy Range Indicator
- Total Body Water %
- Muscle Mass
- Physique Ratings
- Bone Mineral Mass
- Basal Metabolic Rate
- Metabolic Age
- Visceral Fat Indicator
- Athlete & Guest Mode
- Calendar & Clock
- Weight Only
- Recall Function

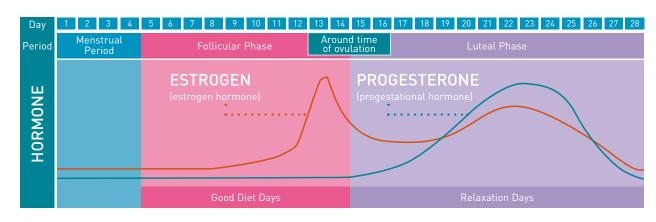
#### ADVANCED HAND TO FOOT TECHNOLOGY

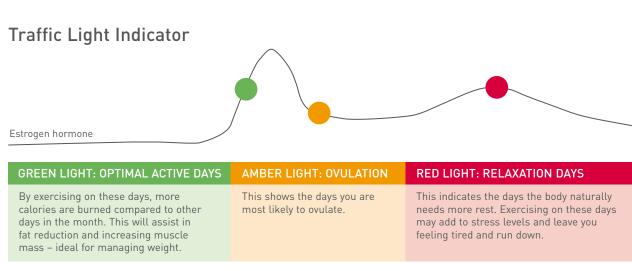


### FITPLUS INTRODUCING A UNIQUE FEATURE FOR WOMEN

Based on scientific research, Tanita has developed FitPLUS, an additional and totally unique feature for their body composition monitors, designed specifically for women.

- How FitPLUS works...
- FitPLUS monitors the natural metabolic changes throughout the month and correlates this with how the body responds to diet and exercise. Easy and quick to use, with a distinctive traffic light system, FitPLUS gives healthy prompts at the different phases of the menstrual cycle to maximise calorie burn and minimise fatigue.
- By harnessing and understanding the natural cycle, FitPLUS gives the active woman a personal diary on her body composition monitor to maximise and maintain her health including body fat, muscle mass, hydration, visceral fat rating and other features provided by Tanita's advanced BIA technology.





## BC 582 GLASS FITPLUS BODY COMPOSITION MONITOR NEW

#### **EXCLUSIVE FEATURES:**

- FitPLUS Mode
- Patented Transparent Electrodes
- Children's Healthy Body Fat Range
- Nisceral Fat Indicator
- Metabolic Age

#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lbs
- Display 39.5mm LCD
- Memories 5
- Batteries Included
- Guarantee 3 years



#### FitPLUS TRAFFIC LIGHT INDICATOR

Designed specifically for women who want to improve their health and fitness

#### **FEATURES:**

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Visceral Fat Rating
- Visceral Fat Indicator
- Bone Mineral Mass'
- Metabolic Age
- Muscle Mass
- Physique Rating
- Athlete & Guest Mode

## BC 581 CLASSIC FITPLUS BODY COMPOSITION MONITOR



#### **EXCLUSIVE FEATURES:**

- FitPLUS Mode
- Children's Healthy Body Fat Range
- Nisceral Fat Indicator
- Metabolic Age

#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lbs
- Display 39.5mm LCD
- Memories 5
- Batteries Included
- Guarantee 3 years



#### FitPLUS TRAFFIC LIGHT INDICATOR

Designed specifically for women who want to improve their health and fitness

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Visceral Fat Rating
- Visceral Fat Indicator
- Daily Calorie Intake
- Metabolic Age
- Muscle Mass
- 5 User Memory
- Athlete & Guest Mode



#### **EXCLUSIVE FEATURES:**

- Patented Transparent Electrodes
- 🖍 Children's Healthy Body Fat Range
- Nisceral Fat Indicator
- Metabolic Age

#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lb
- Display 59mm LCD
- Memories 4
- Batteries Included
- Guarantee 3 years



#### **INTEGRATED BLUETOOTH®**

Allows for instant measurement transferral

#### **FEATURES:**

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Visceral Fat Rating
- Visceral Fat Indicator
- Bone Mineral Mass
- Basal Metabolic Rate
- Metabolic Age
- Muscle Mass
- Physique Rating
- Athlete & Guest Mode

## BC 543 STYLISH GLASS BODY COMPOSITION MONITOR

#### **EXCLUSIVE FEATURES:**

- Patented Transparent Electrodes
- 📦 Children's Healthy Body Fat Range
- Visceral Fat Indicator
- Metabolic Age

#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lb
- Display 32 mm LCD
- Memories 4
- Batteries Included
- Guarantee 3 Years



#### LARGE PLATFORM

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Visceral Fat Rating
- Visceral Fat Indicator
- Bone Mineral Mass
- Basal Metabolic Rate
- Metabolic Age
- Muscle Mass
- Physique Rating
- Athlete & Guest Mode
- Recall Function

## BC 571 GLASS BODY COMPOSITION MONITOR WITH TOUCHSCREEN

#### **EXCLUSIVE FEATURES:**

- Patented Transparent Electrodes
- Children's Healthy Body Fat Range
- Nisceral Fat Indicator

#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lb
- Display 28 mm LCD
- Memories 4
- Batteries Included
- Guarantee 3 Years



#### **EASY TO USE TOUCHSCREEN BUTTONS**

#### **FEATURES:**

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Muscle Mass
- Physique Rating
- Bone Mineral Mass
- Daily Calorie Intake
- Visceral Fat Indicator
- Athlete & Guest Mode
- Recall Function
- Weight Only

## BC 570 ELEGANT GLASS BODY COMPOSITION MONITOR

#### **EXCLUSIVE FEATURES:**

- Patented Transparent Electrodes
- Children's Healthy Body Fat Range
- Nisceral Fat Indicator

#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lb
- Display 32 mm LCD
- Memories 4
- Batteries Included
- Guarantee 3 Years



#### **UNIQUE DESIGN**

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Muscle Mass
- Basal Metabolic Rate
- Visceral Fat Rating
- Athlete & Guest Mode
- Recall Function
- Weight Only

## BC 575 DESIGNER GLASS BODY COMPOSITION MONITOR

#### **EXCLUSIVE FEATURES:**

- Patented Transparent Electrodes
- h Children's Healthy Body Fat Range
- Nisceral Fat Indicator

#### SPECIFICATIONS:

- Weight Capacity 150kg / 23st 8lb
- Display 28 mm LCD
- Memories 8
- Batteries Included
- Guarantee 3 Years



#### **EASY TO READ REVERSE LCD**

#### **FEATURES:**

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Muscle Mass
- Visceral Fat Indicator
- Athlete & Guest Mode
- Recall Function
- Weight Only

## UM 076 CONTEMPORARY BODY COMPOSITION MONITOR

#### **EXCLUSIVE FEATURES:**

h Children's Healthy Body Fat Range

#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lb
- Display 27 mm LCD
- Memories 8
- Batteries Included
- Guarantee 3 Years



#### **EASY TO READ REVERSE LCD**

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Recall Function
- Weight Only
- Muscle Mass
- Basal Metabolic Rate
- Visceral Fat Indicator
- Guest Mode

## UM 075 MODERN GLASS BODY COMPOSITION MONITOR

#### **EXCLUSIVE FEATURES:**

Children's Healthy Body Fat Range

Nisceral Fat Indicator

#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lb
- Display 28 mm LCD
- Memories 4
- Batteries Included
- Guarantee 3 Years



#### LARGE PLATFORM

#### **FEATURES:**

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Muscle Mass
- Visceral Fat Indicator
- Recall Function
- Athlete & Guest Mode
- Weight Only

## UM 073 SMART BODY COMPOSITION MONITOR

#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lb
- Display 27 mm LCD
- Memories 4
- Batteries Included
- Guarantee 3 Years



#### COMPACT DESIGN

- Adult & Children's Healthy Range Indicator
- Advanced BIA technology
- Body Fat %
- Total Body Water %
- Muscle Mass
- Recall Function
- Athlete & Guest Mode
- Weight Only

## **BODY COMPOSITION FEATURES**

#### **BODY COMPOSITION MONITORS**

TANITA code	BC 351	BC 574	BC 545	BC 582	BC 581	BC 590 BT	BC 571	BC 570	BC 575	UM 076	UM 075	UM 073
8 Electrode Segmental Analysis												
3 Year Data Storage and Graph												
Calendar												
Clock												
Touch Screen Buttons												
FitPLUS Feature												
50 Gram Accuracy												
UltraSlim Technology												
Bluetooth®												
Body Fat Advanced BIA												
Kid's Healthy Range Indicator							•					
Adult Healthy Range							•					
Total Body Water %												
Muscle Mass												
Physique Rating												
Bone Mineral Mass							•					
Basal Metabolic Rate												
Daily Calorie Intake							•					
Metabolic Age												
Visceral Fat Rating												
Athlete Mode												
Visceral Fat Healthy Range												
Recall Extra – Body Composition Features												
Recall Weight, Body Fat & Water												
Weight Only												
Memories	4	5	4	5	5	4	4	4	8	8	4	4
Guest Mode												

## **BATHROOM SCALES**

Stunning new designs and the latest technology have been used to create exciting new bathroom scales.

Using precision weighing mechanisms, all scales have guaranteed accuracy and reliability. Only the highest quality materials are used ensuring rust resistant and durable designs.



#### **SPECIFICATIONS:**

- Solar powered scale works with natural and artificial light
- No batteries needed ever!
- Weight Capacity 150kg / 23st 8lb
- Display 30mm LCD
- Guarantee 3 years



- SCALE POWERED BY EXTRA LARGE **SOLAR PANEL**
- BIODEGRADABLE PLASTIC



#### **DID YOU KNOW?**

The HS 302 is first in the ECO Living range dedicated to developing eco-friendly products using biodegradable plastic and solar power technology.

HD 376 HIGH CAPACITY GLASS ELECTRONIC SCALE WITH BLUE BACKLIGHT NEW

#### SPECIFICATIONS:

- Weight Capacity 200kg / 31st 6lb
- Toughened safety glass
- Display 38mm LCD with blue backlight
- Tap on activation
- Lithium battery Included
- Guarantee 3 years



- HIGH WEIGHT CAPACITY 200KG
- EXTRA LARGE WEIGHING PLATFORM



#### **DID YOU KNOW?**

This scale was designed by one of Europe's leading design houses.

## HD 351 BT HIGH CAPACITY ELECTRONIC SCALE WITH BLUETOOTH® NEW



#### **SPECIFICATIONS:**

- Weight Capacity 200kg / 31st 2lb
- Shows current and previous weight for up to 4 users
- Display 42mm LCD
- Battery Included
- Guarantee 3 years





- INTEGRATED BLUETOOTH® Allowing instant transferral of weight measurement to computer
- HIGH WEIGHT CAPACITY 200KG

## HD 357 ULTRASLIM ELECTRONIC SCALE WITH CARRY HANDLE



#### **SPECIFICATIONS:**

- Weight Capacity 150kg / 23st 8lb
- Display 31mm LCD
- Tap on activation
- Lithium battery Included
- Guarantee 3 years



- ULTRASLIM TECHNOLOGY - only 16mm high
- CARRY HANDLE FOR EASY STORAGE

#### ALSO AVAILABLE IN SILVER AND GOLD



## HD 366 HIGH CAPACITY GLASS DIGITAL BATHROOM SCALE NEW

#### **SPECIFICATIONS:**

- Weight Capacity 200kg / 31st 6lb
- Black Glass
- Step on activation
- Battery Included
- Guarantee 3 years



- 50MM SUPER SIZE, BLUE BACK LIT LCD
- EXTRA LARGE WEIGHING PLATFORM
- HIGH WEIGHT CAPACITY 200KG

## HD 358 HIGH CAPACITY GLOSSY ELECTRONIC SCALE WITH BLUE BACKLIGHT

#### **SPECIFICATIONS:**

- Weight Capacity 180kg / 28st 8lb
- Display 25 mm LCD with blue backlight
- Tap on activation
- Lithium battery Included
- Guarantee 3 Years



- EASY TO READ BACKLIT DISPLAY
- HIGH WEIGHT CAPACITY 180KG



#### **DID YOU KNOW?**

Tanita's precision weighing mechanism is accurate to 100 grams!

## HD 361 HIGH CAPACITY GLASS ELECTRONIC SCALE WITH BLUE BACKLIGHT

#### **SPECIFICATIONS:**

- Weight Capacity 180kg / 28st 8lb
- Display 27 mm LCD with blue backlight
- Tap on activation
- Lithium battery Included
- Guarantee 3 Years



- EASY TO READ BACKLIT DISPLAY
- HIGH WEIGHT CAPACITY 180KG

## HD 365 HIGH CAPACITY STAINLESS STEEL ELECTRONIC SCALE

#### SPECIFICATIONS:

- Weight Capacity 180kg / 28st 8lb
- Display 27 mm LCD
- Brushed Stainless Steel
- Ultra Slim
- Tap on activation
- Lithium battery Included
- Guarantee 3 Years



- ULTRA SLIM DESIGN
- HIGH WEIGHT CAPACITY 180KG

## PD 724 3 AXES PEDOMETER WITH PERSONAL ALARM AND MEMORY FUNCTION

#### **SPECIFICATIONS:**

- Personal alarm
- 7 Day memory
- Step and calorie counter
- Distance travelled
- Walking time
- Clock
- Lithium battery included
- Stylish neck chain included
- 2 year guarantee



THIS 3 AXES PEDOMETER IS ALSO AVAILABLE IN A NUMBER OF FASHION COLOURS













## PD 725 3 AXES PEDOMETER WITH BLUE BACKLIT DISPLAY AND MEMORY FUNCTION

#### **SPECIFICATIONS:**

- Easy to read blue backlit display
- 7 Day memory
- Step and calorie counter
- Distance
- Walking time
- Clock
- Lithium battery included
- Stylish neck chain included
- 2 year guarantee



#### **3 AXES TECHNOLOGY**

Allows the pedometer to be placed in a pocket, handbag or worn with a neck chain

## THIS 3 AXES PEDOMETER IS ALSO AVAILABLE IN A NUMBER OF FASHION DESIGNS\*



PD 726 ZT1



PD 726 ZT2



PD 726 ZT3



PD 726 ZT4



PD 726 ZT5

 $<sup>\</sup>ensuremath{^{*}}$  These pedometers do not have a backlit LCD

## PD 637 CALORIE COUNTING PEDOMETER

#### SPECIFICATIONS:

- Step and calorie counter
- Distance
- Walking time
- Pacer: 50 200 beats per minute
- Stopwatch and clock function
- Batteries included
- 2 year guarantee





MODERN DESIGN

## PD 727 3 AXES PEDOMETER WITH EXTRA LARGE LCD NEW

#### **SPECIFICATIONS:**

- Personal alarm
- 7 Day memory
- Step and calorie counter
- Distance travelled
- Walking time
- Clock
- Lithium battery included
- Stylish neck chain included
- 2 year guarantee



#### **3 AXES TECHNOLOGY**

Allows the pedometer to be placed in a pocket, handbag or worn with a neck chain

## CJ 688 CALORIE COUNTING JUMP ROPE

#### **SPECIFICATIONS:**

- Counts the number of jumps performed
- Calculates the number of calories used in each session
- Forwards, backwards or criss-cross
- Strong, plastic, twist-free cord
- Lightweight and easy to turn
- Rope length can be adjusted according to height up to 2.9 metres
- Batteries included
- 2 year guarantee



## HC 207 POCKET ALCOHOL SENSOR

#### **SPECIFICATIONS:**

- Using hi-tech semi conductor gas sensor measures blood alcohol concentration (mg/100ml)
- Shows alcohol level in 0.1-1.0 levels
- Convenient to use
- Shows results clearly on LCD
- Batteries Included
- 2 year guarantee



#### FITS DISCRETELY INTO A POCKET OR PURSE



## KD 407 COMPACT KITCHEN SCALE

#### SPECIFICATIONS:

- Capacity 3kg / 7lb
- 21mm Transparent LCD Display
- Tare function
- Lithium battery included
- 3 year guarantee



SOLID STAINLESS STEEL PLATFORM

## KD 400 SV FOLDAWAY KITCHEN SCALE

#### SPECIFICATIONS:

- Capacity 5kg / 11lb
- Foldaway display for easy storage
- Stylish stain resistant steel platform
- Tare function
- Lithium battery included
- 3 year guarantee



#### SOLID STAINLESS STEEL PLATFORM



## KD 404 SV ULTRA SLIM GLASS KITCHEN SCALE

#### SPECIFICATIONS:

- Capacity 3kg / 7lb
- Hygienic glass surface
- 15 mm easy-to-read display
- Tare function
- Lithium battery included
- 3 year guarantee



## KD 404 BLACK ULTRA SLIM GLASS KITCHEN SCALE

#### SPECIFICATIONS:

- Capacity 3kg / 7lb
- Hygienic glass surface
- 15 mm easy-to-read display
- Tare function
- Lithium battery included
- 3 year guarantee





#### **CONTACT INFORMATION**

#### **Tanita Corporation**

14-2, 1-Chome, Maeno-cho Itabashi-ku, Tokyo, Japan Tel: +81(0)-3-3968-2123 Fax: +81(0)-3-3967-3766 www.tanita.co.jp

#### Tanita Europe B.V.

Kruisweg 813 Å 2132NG Hoofddorf Netherlands Tel: +31 2355 40188 Email: info@tanita.eu www.tanita.eu

#### **Tanita UK Ltd**

The Barn Philpots Close Yiewsley Middlesex UB7 7RY Tel: +44 (0) 1895 438577 Fax: +44 (0) 1895 438511 Email: info@tanita.co.uk www.tanita.co.uk

## Tanita Corporation of America Inc.

2625 South Clearbrook Drive, Arlington Heights, Illinois 60005 USA Tel: +1-847-640-9241 Fax: +1-847-640-9261 www.tanita.com

## Tanita Health Equipment H.K. Ltd

Unit 301-303 3/F Wing on Plaza, 62 Mody Road, Tsimshatsui East, Kowloon, Hong Kong Tel: +852 2838 7111 Fax: +852 2838 8667

www.tanita.eu