

Valore Body Composition Monitor (VF-001)

VALORE

Thank you for purchasing the Valore Body Composition Monitor

Staying healthy is made easy with this body composition monitor that keeps track of your health! Calculating from your weight to BMI to calories intake, and more! Set it to the programme that best suits you.

Important: Please read the user manual thoroughly before using your Human Body Composition Monitor

Note: Pregnant women should not use this monitor, and if you have a pacemaker or other internal electronic medical device.

Specifications:

- Battery Type: AAA batteries
- Material: ABS + Tempered Glass
- Dimensions (L x W x H): 300 x 265 x 22mm
- Weight: 1340g

Package Contents:

- Body Composition Monitor

UNDERSTANDING THE PRODUCT



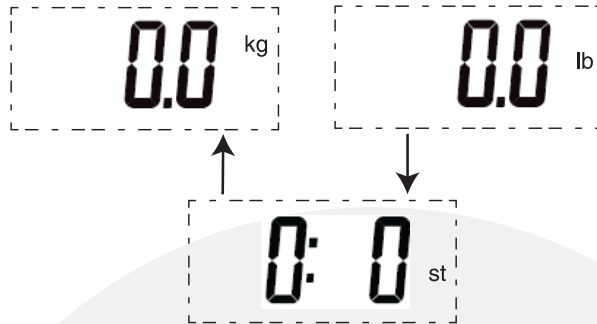
- ① Unit
- ② Display
- ③ Set
- ④ Up
- ⑤ Down
- ⑥ Battery Compartment

START USING THE BODY COMPOSITION MONITOR

1) Unit Conversion

Press the 'Unit' button located at the back of the body composition monitor to select measuring unit(kg/lb/st). The default unit is Kg.

Note: kg=kilograms, lb=pounds, st=stone



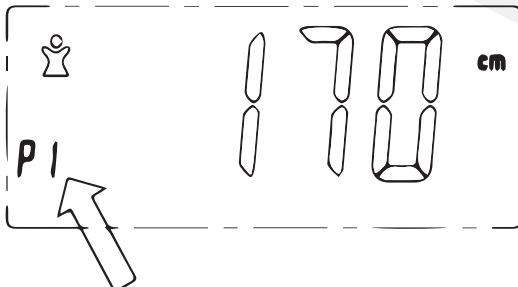
2) Personal Data

You must enter user parameters in order to measure your body fat percentage and other physical data.

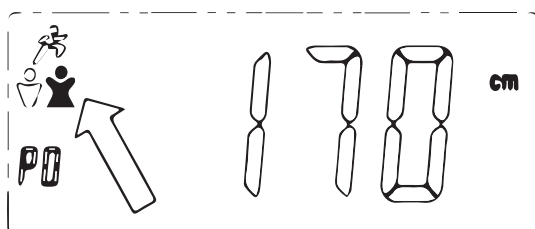
Memory Position(P)	P0 - P9
Body Size	100~240cm/3ft 3inch ~ 7ft 10 inch
Age	10 - 80 years old
Gender	Male(♂), Female(♀)
Sport Mode	Sportsman(♂), Sportswoman(♀) For people who do exercise regularly

Press 'Set' to enter setting mode.

Press 'Up' or 'Down' to change the user number, press 'Set' to confirm.



Press 'Up' or 'Down' to choose gender and mode(normal/sports), press 'Set' to confirm.



Press 'Up' or 'Down' to change height, press 'Set' to confirm



Press 'Up' or 'Down' to change weight, press 'Set' to confirm



2) Personal Data

After setting is done, body composition monitor will indicate "0.0"



Stand bare feet on the body composition monitor, make sure good contact between bare feet and the metal electrodes. Wait for the weight display stably.



Then, the measurements will be on display one by one, body fat, water, BMI, muscle mass, bone mass, calorie and weight. The body composition monitor will show them two times before it turns off.



Body Fat



Water



BMI



Calorie



Bone Mass

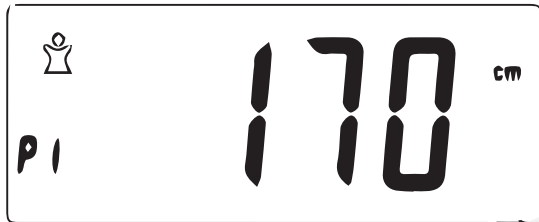


Muscle Mass



Weight

At last, it will display the user's information which can let the user confirm the information again. After the display, the body composition monitor will turn off automatically.



3) Automatic identification range

If you correctly measured body fat the last time, it will automatically memorize the user's weight. The next measurement, the user can directly stand on the body composition monitor to measure. You will not need to re-enter your personal data.

3) Evaluation of the results

Body fat analysis (Unit %)								
Age	Female				Male			
	Underfat	Healthy	Overfat	Obese	Underfat	Healthy	Overfat	Obese
10 - 39	<21	21-33	33-39	>39	<8	8-20	20-25	>25
40 - 59	<23	23-34	34-40	>40	<11	11-22	22-28	>28
60 - 80	<24	24-36	36-42	>42	<13	13-25	25-30	>30

Body water analysis (Unit %)						
Age	Female			Male		
	Underfat	Healthy	Overfat	Underfat	Healthy	Overfat
10-15	<57	57-67	>67	<58	58-72	>72
16-30	<47	47-57	>57	<53	53-67	>67
31-60	<42	42-52	>52	<47	47-61	>61
61-80	<37	37-47	>47	<42	42-56	>56

The BMI (Body Mass Index) is normally within the following ranges:

BMI parameter				
	Under Weight	Normal	Over Weight	Obese
BMI	<18.5	18.5~25	25~30	>30

The muscle mass is normally within the following ranges:

Body muscle analysis (Unit %)		
Gender	Female	Male
Normal	>34%	>40%

The bone mass is normally within the following ranges:

Body bone analysis (Unit kg)						
Gender	Female			Male		
Weight	<45Kg	45-60Kg	60Kg	<60Kg	60-75Kg	75Kg
Bone mass	1.8Kg	2.2Kg	2.5Kg	2.5Kg	2.9Kg	3.2Kg

According to human body basic metabolism, the body needs certain amount of calorie to sustain every day life's demand. Value is suggested number of calories to be consumed per day for the person within the weight range.

Calories analysis (Unit KJ)					
Age		<17	18~29	30~50	>50
Male	<50Kg	1350	1200	1115	1075
	50~65Kg	1485	1320	1227	1183
	65~80Kg	1890	1680	1561	1505
	80~95Kg	2295	2040	1896	1828
	95Kg	2700	2400	2230	2150
Female	<50Kg	1265	1180	1085	1035
	50~65Kg	1392	1298	1194	1139
	65~80Kg	1771	1652	1519	1449
	80~95Kg	2151	2006	1845	1760
	>95Kg	2530	2360	2170	2070

TECHNICAL SUPPORT & WARRANTY

- For Technical Support, email us at v.info@valore.sg.
- For Warranty Registration, visit www.valore.sg.

Cautions:

Read all the instructions and warnings carefully prior to using this product.

- Do not store the body composition monitor in a high temperature environment.
- Do not place the body composition monitor near a fire or other excessively hot environments.
- Do not expose this body composition monitor to moisture or submerge it in liquid. Keep body composition monitor dry at all times.
- Do not disassemble this body composition monitor or attempt to repair or modify it in any manner.
- Be cautious of excessive drops, bumps, abrasions or other impacts to this body composition monitor. If there is any damage to the body composition monitor such as dents, punctures, tears, deformities or corrosion, stop using the body composition monitor and contact us immediately via email at v.info@valore.sg, or return this product to the store where you have purchased it from.
- If the product produces an abnormal smell, high temperature (low temperature during normal use), discolours or changes shape abnormally, stop using the product and contact us immediately via email at v.info@valore.sg.

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