

Valore Body Composition Monitor (VF-002)

VALORE

Thank you for purchasing the Valore Body Composition Monitor

Get an insight to the overall health of your body as part of a regular monitoring and maintenance plan. Check your body fat percentage, skeletal muscle level, BMI and analyse other physical components that are integral to a healthy lifestyle.

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.

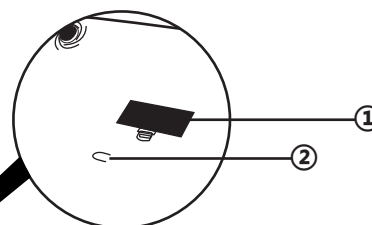
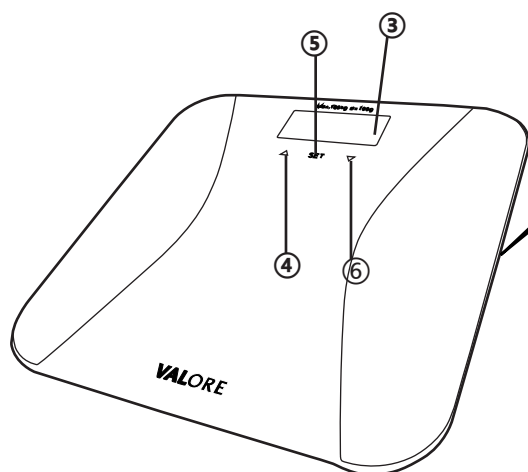
Specifications:

- Full body composition scan:
 - BMI parameter
 - Body weight
 - Body fat analysis
 - Body water analysis
 - Body bone analysis
 - Body muscle analysis
 - Calories analysis
- LDC display screen size: 88 x 40mm
- Capacity: 5 - 180 kg
- Graduation: d = 100g
- Battery type: AAA battery
- Material: ABS + Tempered Glass
- Dimensions (L x W x H): 310 x 310 x 24mm
- Weight: 2100g

Package Contents:

- Body Composition Monitor with Scale
- AAA battery

UNDERSTANDING THE PRODUCT



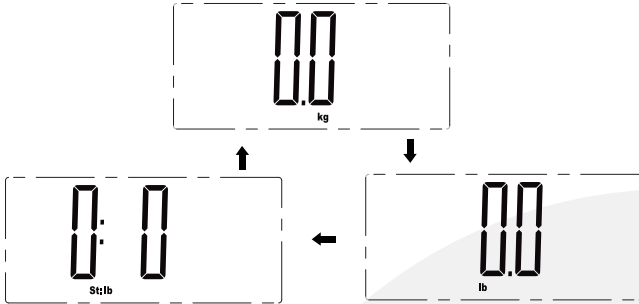
- ① Battery Compartment
- ② Unit
- ③ Display
- ④ Up
- ⑤ Set
- ⑥ Down

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



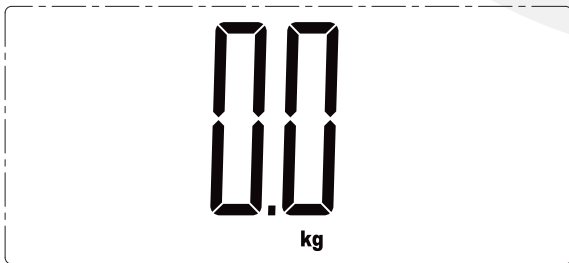
2) Personal Data

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

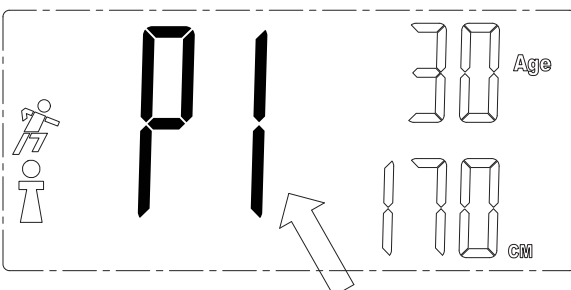
Memory Position(P)	P0 - P9
Body Size	100~240cm/3ft 3inch ~ 7ft 10 inch
Age	10 - 80 years old
Gender	Male(♂), Female(♀)
Sport Mode	Sportsman(♂), Sportswoman(♀) For people who do exercise regularly

Press 'Set' to enter setting mode.

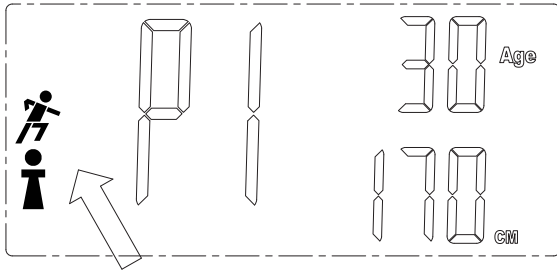
Press 'Up' or 'Down' to change the user number, press 'Set' to confirm.



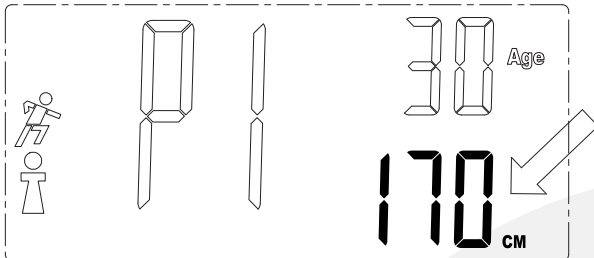
Press 'Up' or 'Down' to change the user number, press 'Set' to confirm.



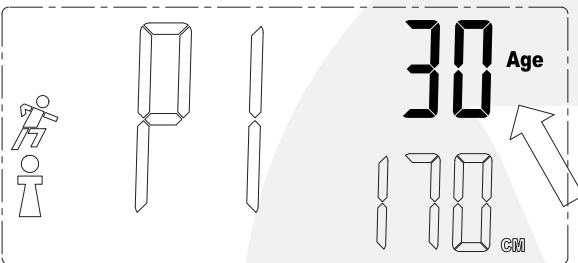
Press 'Up' or 'Down' to choose Female/Male, normal/sports mode, press 'Set' to confirm.



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

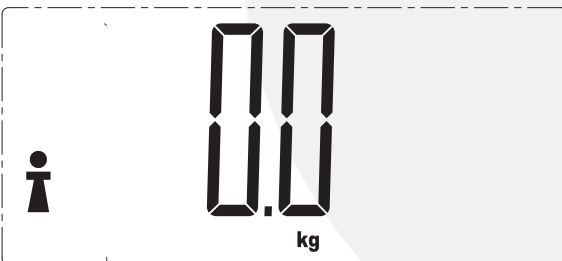


Press 'Up' or 'Down' to change height, press 'Set' to confirm.

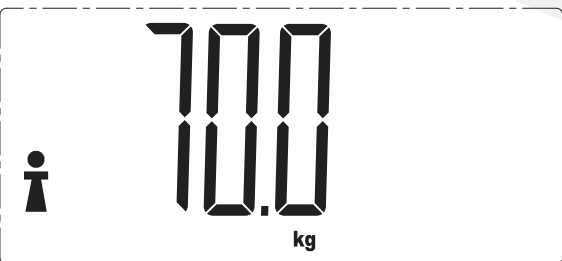


3) Weighing and measuring fat

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



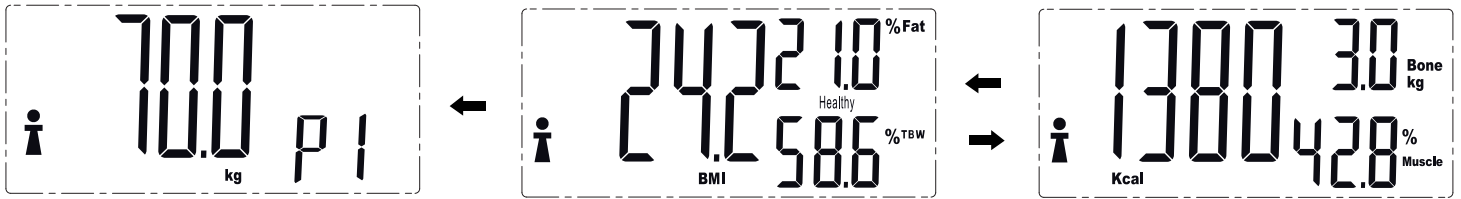
Stand bare feet on the scale, make sure there is good contact between feet and metal electrodes. Wait for the weight to be displayed stably.



Then 4 '0' will disappear one by one from the left.



After the measurement, the scale circularly displays the BMI, body fat, water, calorie, bone, muscle and weight twice.

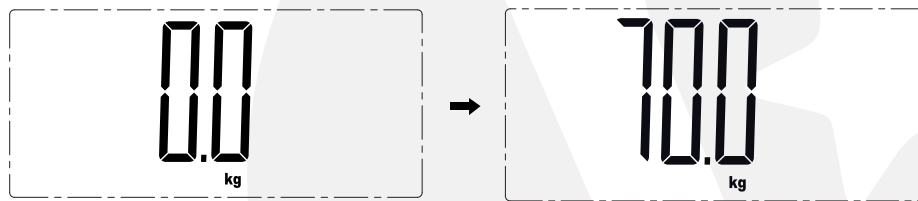


Lastly, it will display user's information which allow user to confirm. After which, the display will turn off automatically.



4) Automatic identification range

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



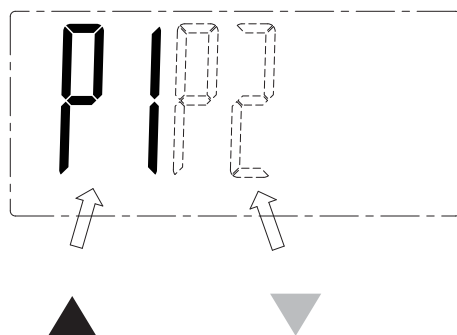
Then 4 '0' will disappear one by one from the left.



LCD will display the BMI, body fat, water, calorie, bone, muscle and weight.



If the scale identify the weight is similar to 2 users or more, you can use 'UP' or 'DOWN' to choose your profile.



5) Evaluation of the results

The following body fat percentages are guided values.

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

BMI is normal within this range.

BMI parameter (reference to WHO)				
	under weight	normal	over weight	obese
BMI	<18.5	18.5~25	25~30	>30

Body mass is normal within this range.

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

Body bone is normal within this range.

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 the human body basic metabolism, the body needs certain amount of calorie to sustain life demand every day. Value on chart is suggested number of calories to be consumed per day.

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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