

Valore Body Composition Monitor (VF-007)

VALORE

Thank you for purchasing the Valore Body Composition Monitor.

- Get instant readings for body fat percentage, hydration level, BMI & other physical components
- 78 x 38mm LCD display with blue backlight for easy reading

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

Note: Do not use this monitor if you have a pacemaker or is pregnant.

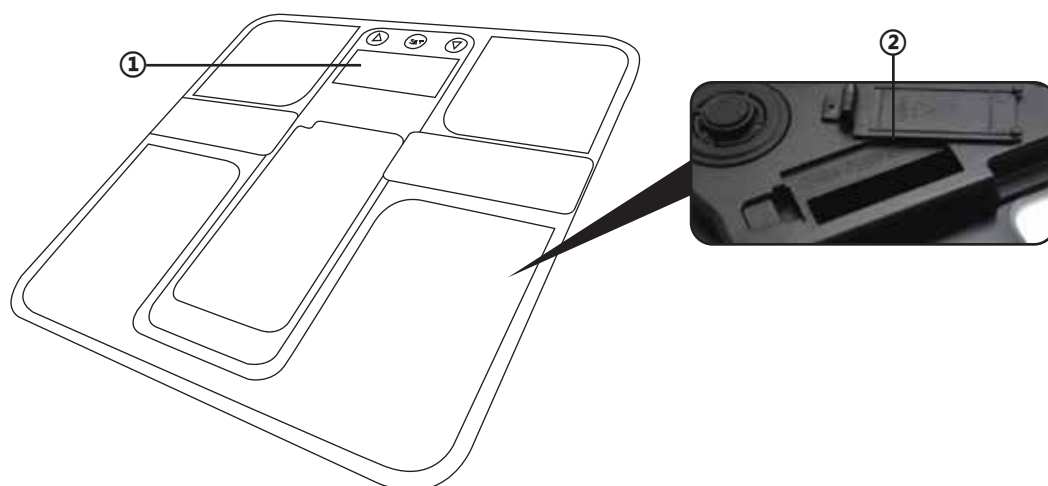
Specifications:

- Full body composition scan:
 - BMI parameter
 - Body weight
 - Body fat analysis
 - Body water analysis
 - Body bone analysis
 - Body muscle analysis
 - Calories analysis
- LCD display screen: 78 x 38mm
- Capacity: 6 – 180 kg
- Graduation: d = 100g
- Battery type: AAA x 3 (not included)
- Materials: ABS + tempered glass
- Dimensions (L x W x H): 300 x 300 x 26mm
- Weight: 1540g

Package Contents:

- Tempered glass body composition monitor

UNDERSTANDING THE PRODUCT

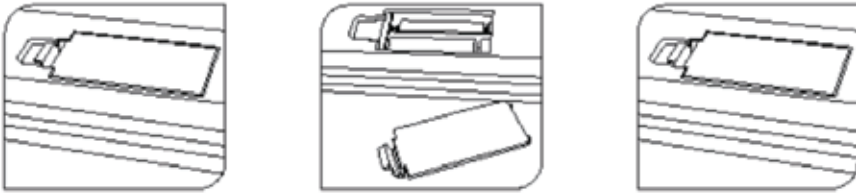


- ① Display
- ② Battery Compartment

START USING THE BODY COMPOSITION MONITOR

1) Battery enabled

- Open battery compartment cover
- Remove insulating strip before use
- Ensure +/- terminals are placed correctly
- Replace battery compartment cover



2) Setting the unit

- Place scale on a stable and flat surface. Avoiding carpet or soft surface.
- Press the “△” button to switch units from “kg-lb-st:lb”.



3) Weighing function

- Place the scale on a stable and flat surface. Avoiding carpet or soft surface.
- Gently step on scale platform, it will automatically turn on and indicate 0.0kg.
- Stand evenly on scale without moving and wait until for weight that is shown on display is locked.
- Weight will be displayed for approx. 10 seconds before switching off automatically.



4) Keys for Body analysis

- “SET” is the setting key button, “△▽” is the selection button
- P0~P9 is different personal data number. It can record up to 10
- Make sure feet contacts the sheet metal when you are weighing

5) Set up personal information

- Press “SET” to turn on display for User Selection state (from P0~P9).



b) Press “△▽” to select personal data number, press “SET” again

c) Press “△▽” to select gender, press “SET” again



d) Press “△▽” to select age, press “SET” again

e) Press “△▽” to select height, press “SET” again, now settings are done.

0.0kg will be displayed

6) Body analysis

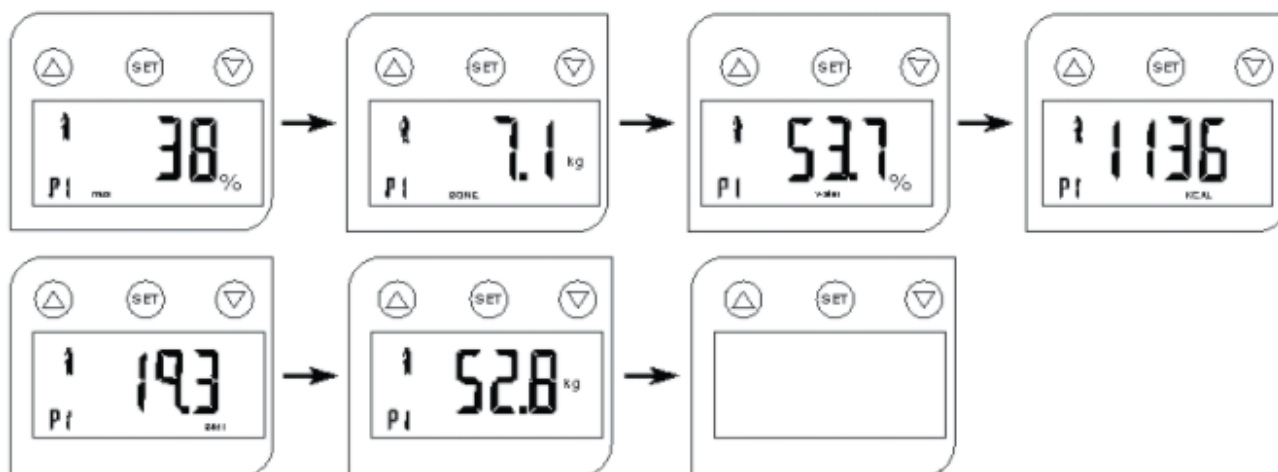


a) Stand evenly on scale without moving and wait until weight shown on display is locked.

The number will flash 3 times and enter calculation state “0 0 0 0”

b) Wait till Body fat analysis is flashing. Now you can step off from scale.

c) All measured values will be shown twice alternately in 60 seconds and scale will switch off automatically.



6) Weighing review

a) Press “SET” to turn on display for User selection

b) Press “△▽” to select “P0~P9”, press “SET”, all measured values will be shown

c) It will automatically switch off after 10 seconds if no other operations.

7) Alert prompt

a) Low battery indication symbol: When battery is running low, display will show “LO” symbol and switch off automatically in 2 seconds.

b) Over load: When the weight value exceeds the measured value, display will show “I-Ld” symbol.

b) Error: Display will show “ERR” as following problems

- Not bare feet when taking body fat measurements
- Step off the display before body fat analysis procedure is complete
- Not step onto the electrodes for body fat measuring
- The soles of feet are not clean, e.g., feet perspiration
- Exceed body fat range

Body Fat Classification					
Gender	Age	Under	Normal	Over	Obese
Female	20-39	< 21.0	21.0-32.9	33.0-38.9	> 39.0
	40-59	< 23.0	23.0-33.9	34.0-39.9	> 40.0
	60-79	< 24.0	24.0-35.9	36.0-41.9	> 42.0
Male	20-39	< 8.0	8.0-19.9	20.0-24.9	> 25.0
	40-59	< 11.0	11.0-21.9	22.0-27.9	> 28.0
	60-79	< 13.0	13.0-24.9	25.0-29.9	> 30.0
BMI classification		BMI < 18.5	BMI 18.5-24.9	BMI 25.0-29.9	BMI > 30.0

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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