BODY COMPOSITION ANALYSIS
Interpretation of Data
Quadscan 4000

Stores most recent 100 tests

Optional Metric/ Imperial Units

Optional

Body weight excluding fat mass (Fat Free Mass)

Lean weight excluding water

Extra-cellular water

Total mass of cells (metabolically active tissue)

Nutrition index – ratio between ECW & TBW

Basal Metabolic Rate (kcalories required at rest)

Body Mass Index traditional scale

Fat Free Mass Index

Impedance is a measure of how current passes through the cell; this is made up of **Reactance** (the ability to slow a current) and **Resistance** (opposition to the flow of electrical current in the body)

Bodystat®

Time	15:21:04	
Date	29/08/08	
Test Number	2	
Gender	Female	
Age	30	Yrs
Height	165	cm
Weight	65.5	kg
Activity	Very Low	
Waist	85	cm
Hip	90	cm
Fat	25.3	%
Normal	20 - 26	%
Fat	16.6	kg
Normal	13 - 17	kg
Lean	48.9	kg
Normal	47 - 51	kg
Total Wt	65.5	kg
Normal	61 - 66	kg
Dry Lean	14.0	kg
TBW	53.3	%
Normal	50 - 60	%
TBW	34.9	lt
Normal	33 - 39	lt
ECW	25.1	%
Normal	20	%
ECW	16.4	lt
ICW	27.6	%
Normal	30	%
ICW	18.1	lt
Body Cell Mass	25.8	kg
3rd Space Water	0.4	lt
Nutrition	0.48	
Normal	0.40	
Illness Marker	0.821	
BMR	1610	kcal
BMR/Weight	24.6	kcal/kg
EAR	2254	kcal
BMI	24.1	
Normal	20 - 25	
BFMI	6.1	
Normal	5 - 6	
FFMI	18.0	
Normal	17 - 19	
Waist/Hip	0.94	
High Risk	0.80	>
Impedance 5 kHz	586	Ω
Impedance 50 kHz	528	Ω
Impedance 100kHz	501	Ω
Impedance 200kHz	481	Ω
Resistance 50kHz	526	Ω
Reactance 50 kHz	48.9	Ω
Phase Angle 50 k	5.3	°

Set by internal real-time clock

Used to establish kcalories required

'Normal' values for particular age/gender

Based on individual's body composition

Total Body Water

Intra-cellular water

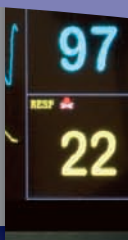
Appears to indicate volume of fluid overload or negative value if dehydrated

Functional assessment of Cell Membrane, may be used as a prognosis indicator in clinical situations (Health Index)

Estimated Average Requirement (kcalories per day)

Body Fat Mass Index

Raw data – (Ohms) must always show progressive reduction



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