

OMRON *BF 306*

unique characteristics

- Measures Body Fat Percentage,
- Measures Body Mass Index (BMI)
- Validated medical device
- Developed and endorsed by specialists
- Data memory for 9 persons
- Quick, accurate and easy
- Graphical interpretation of the fat percentage and BMI level (too high/high/normal/low)*

* Based on the table of dr. Deurenberg

Obesity and hypertension: cause or consequence?

Obesity is an important risk factor for hypertension and is a growing problem on almost every continent. Between 1994 and 1999 the number of adults who are overweight or obese increased by 5% to 61%! Because of their weight, they are at a greater risk for several major diseases such as hypertension and diabetes.

At the present time, no medication can make you slim AND healthy. In order to prevent these diseases, Omron promotes eating properly and getting the right amount of exercise will help to prevent these diseases and lead to a healthier lifestyle.

OMRON

BODY FAT MONITOR

BF306



Blood Pressure Monitors • Thermometers • Nebulizers
Body Fat Monitors • TENS Devices • Step Counters

Consult us - we'll be glad to advise you

OMRON HEALTHCARE EUROPE B.V.

Hoofddorp - The Netherlands

www.omron-healthcare.com

© by OMRON Healthcare PM 713/09/02/CU



A Good Sense of Health

A Good Sense of Health

A Good Sense of Health

BODY FAT MONITOR OMRON *BF306*

All your information at a glance

The easy to use, lightweight and portable Body Fat Monitor shows you immediately whether your diet or exercise programme is effectively reducing your body fat.

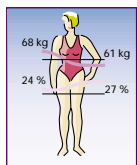


Validated medical device

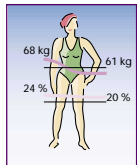
CLINICALLY
VALIDATED

Measure your success

In the examples shown below, the two individuals had the same starting weight and proportion of body fat before dieting, and achieved the same amount of weight loss. Bathroom scales can be deceiving. The body fat monitor shows the true story.



Despite losing 7 kg of weight, this woman increased her fat percentage, probably due to incorrect diet (water loss instead of fat loss). She effectively became fatter.



This woman lost 7 kg of weight and decreased her fat percentage (fat loss). She effectively burned off fat.

* Lohmann, The Physician and Sports Medicine, Vol. 14, March, 1986 Nagamine, Japanese Doctors Society Magazine, No. 68-9, Nov. 1972



Easy to read, large display

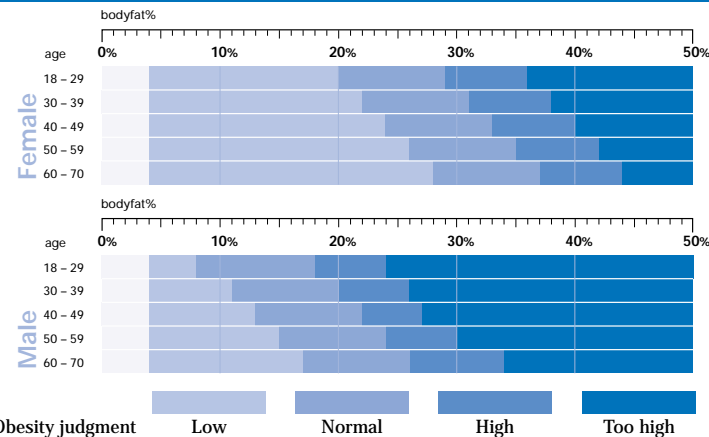
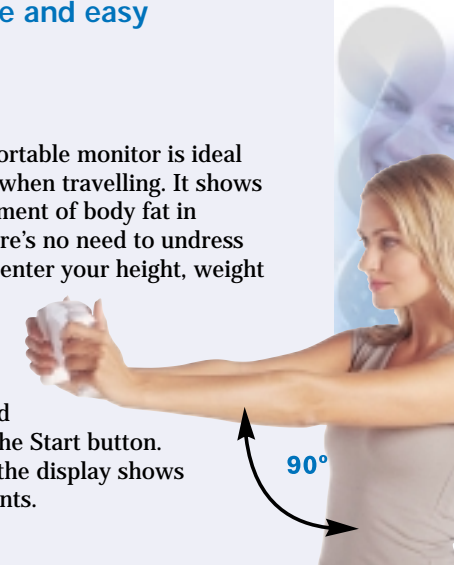
Body fat monitoring – an important step in watching your health

You may appear slim in the mirror, but excess body fat can still make you susceptible to heart disorders, diabetes, high blood pressure and other illnesses. Determine whether you are at risk by regularly monitoring fat levels. Too much fat can also reduce your general well-being and the quality of your life. Self-monitoring enables you to take preventive action and optimise diet control and training programmes. The OMRON BF306 measures body fat percentage and body mass index (BMI). The memory function stores data for up to 9 people.



Quick, accurate and easy

Your compact, portable monitor is ideal for home use or when travelling. It shows precise measurement of body fat in seconds, and there's no need to undress to use it. Simply enter your height, weight and gender. Grip the unit in both hands. Hold the body monitor with outstretched arms and press the Start button. Within seconds, the display shows your measurements.



Developed and endorsed by specialists

Five European universities tested the OMRON BF306. The algorithm has been established based on a PAN European study with a reference data of 400 subjects supervised by Dr. Deurenberg. (Professor in Nutrition, Wageningen University, The Netherlands).

OMRON

OMRON

OMRON