

User's Manual

Introduction

Smart Diet is the world's first smartphone-based portable linked with Bluetooth body fat analyzer which connects 4-pole electrode body fat analyzer with four upper body touch type electrodes to an multi-functional application by utilizing the high definition display and powerful operation function of a smartphone.

This product can be used by Smart-Phone paired with Bluetooth.

Package contents

1. Smart Diet body fat main body
2. Manual
3. Pouch
4. USB cable for battery recharge

APP

Download 'Smart Diet' app from App Store or Google Play or download the app by scanning QR code on the package.

Run the 'Smart Diet' app.

Enter the information such as gender, weight, height and birth date required by the app.

Bluetooth Connection

Access to the app and go to the setting on the bottom right.

Push the button of the device 'Smart Diet' and then check whether the LED Blue-light is illuminated.

Tap 'Bluetooth' on the menu and the list of paired devices will be appeared.

Then click 'Smart Diet' on the list and it'll be connected automatically.

Warning

Please consult with your doctor for medical symptoms.

Measuring

Go to "Input" and Push "Measure" button on the 'Smart Diet' app.

For women, select your body type from either an apple type or pear type.

If the smartphone and body fat analyzer is successfully connected, then stretch your arm fully as shown in the figure, and hold the body fat analyzer with four fingers (thumbs and forefingers) and push "Start" button. Then it starts measuring while it shows your scanned body image. Do not talk or move to calculate accurate value.

It verifies five measurement results: body fat mass, body fat ratio, muscle mass, basic metabolism calorie and BMI.

If you push 'Recommendation' button, it shows your body type out of 18 body types for men and 36 body types for women and recommends appropriate appetite and exercise.

If you want to manage your body type, then select "Body Area" button and select one out of weight, targeted weight, and enter appropriate value accurately. If you want to continuously manage body composition, then select "Body composition" button and select one out of targeted percent body fat or targeted muscle mass and enter your target value.

Tips for accurate measurement

1. Stand up for five minutes before the measurement.
2. Reduce error derived from moisture by measuring it two hours after wake-up.
3. Measure it after relieving yourself.
4. If possible, measure it on an empty stomach and reduce error derived from food by measuring it two hours after meal.
5. Measure it before exercise, active work or sauna (bath) which might decrease total body water. -
6. Since people do water metabolism by hours, measure it at room temperature (20-25°C) routinely.
7. Do not move or talk during the measurement.

Never use the body fat analyzer, if;

1. You are using a pacemaker, electrocardiogram medical device, artificial heart, artificial heart-lung machine. This device may affect the apparatus.
2. You are pregnant or may be pregnant; and you are having period.
3. You are old and weak or a sickly person.
4. When you dispose this device, accessories (USB cable and pouch) and batteries, be sure to follow appropriate local regulations.
5. Be sure to use this product for proper purpose and do not use it for other purposes.
6. Do not disassemble and modify the device.

Cautions in using the body fat analyzer

1. Since this device uses microamperage less than 180uA and 50kHz, you cannot feel electric current during measurement. If you feel electric current, do not use this product.
2. Consult a professional for diet or exercise program.
3. The electrodes shall not be stained. If it is stained, wipe it out with dry towel and wet the towel with minimum water, cleaner, spray if necessary.
4. Static electricity may damage the product while you put it in your pocket, so be sure to keep the device in the supplied plastic pouch or anti-static pouch.
5. Do not use this device nearby appliances like microwave oven which generates powerful electrical or electromagnetic wave. There may be measurement error.
6. Do not expose the device to direct sunlight or strong heat, and do not keep it in the place with high humidity.
7. Do not throw it or give an impact externally.
8. Be sure to read and understand this manual.

Customer support

If you have any problem while using Smart Diet, please send an email or call the number below.

Email: ilucir1@gmail.com

Phone number: +82-31-628-5300

Standards for consumer damage compensation

The warranty period is one year after purchase. If any defects are found within one year, it will be repaired for free or exchanged.

The problems occurred by people who should not use this product, or violations of cautions shall not be compensated.

Damage caused by natural disaster such as typhoon, heavy rainfall, flood or earthquake is not subject for free service.

If the product is broken by falling or submersion, it can be repaired with service fees.

The exterior view, specification and color of the product may be changed for improvement without prior notice.

Product specification

Measurement method: Four electrodes method by using four touch electrodes

Frequency range: 50 kHz

Measured area: Upper body

Measurement items: Body fat ratio, body fat mass, muscle mass, BMI, basic metabolism calorie

Electric current: About 200 μ A or less

Supply voltage: Li-ion Rechargeable Battery (DC 3.7V)

Transmit device: Bluetooth 4.0

Weight: 20g (main body)

Measurement range: 100~950 Ω

Measurement time: Within one minute

Range of height: 110-200 cm

Range of weight: 30-149 kg

Range of age: 7-89

Measurement condition: Temperature 10~40 $^{\circ}$ C, Humidity 30~75%

Storage condition: Temperature 0~40 $^{\circ}$ C, Humidity less than 95%

Accessories: USB cable for recharge, pouch, manual

Manufacturer information

Product name: 'Smart Diet' body fat analyzer

Manufacturer: Donut System LSI Co., Ltd.

Made in Korea

FCC Information to User

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution

Modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC Compliance Information : This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation

IMPORTANT NOTE:

FCC RF Radiation Exposure Statement:

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

IMPORTANT Safety Instruction:

CAUTION

To reduce the risk of electric shock, do not remove the top cover (or the rear section).
No user serviceable parts inside, refer servicing to qualified personnel.



This symbol, wherever it appears, alerts you to the presence of uninsulated dangerous voltage inside the enclosure-voltage that may be sufficient to constitute a risk of shock.



This symbol, wherever it appears, alerts you to the important operating and maintenance instructions in the accompanying literature. Please read the manual.

- 1) Read these instructions.
- 2) Keep these instructions.
- 3) Heed all warnings.
- 4) Follow all instructions.
- 5) Do not use this equipment near water.
- 6) Do not using near any heat sources such as radiators, heat resisters, stove, or other equipment that produce heat.

CAUTION
RISK OF EXPLOSION IF BATTERY IS REPLACED
BY AN INCORRECT TYPE.
DISPOSE OF USED BATTERIES ACCORDING
TO THE INSTRUCTIONS