

# IdealSmart scale information guide



# CLINIC BENEFITS



## IMPROVE CLIENT OUTCOMES

- Clients can monitor progress anytime from anywhere
- Coach access to deep client data and alerts
- Improve compliance with the protocol



## IMPROVE CLINIC OPERATIONS

- Save time during weekly weigh-ins
- Capture email addresses from prospects during weigh-in
- Eliminate costly body fat analyzer devices and service fees



**9 out of 10 users believe**  
that IdealSmart helps them better  
follow the Ideal Protein protocol



Regulatory Approvals



Health  
Canada



Weight



Body Mass Index



Body Fat Percentage

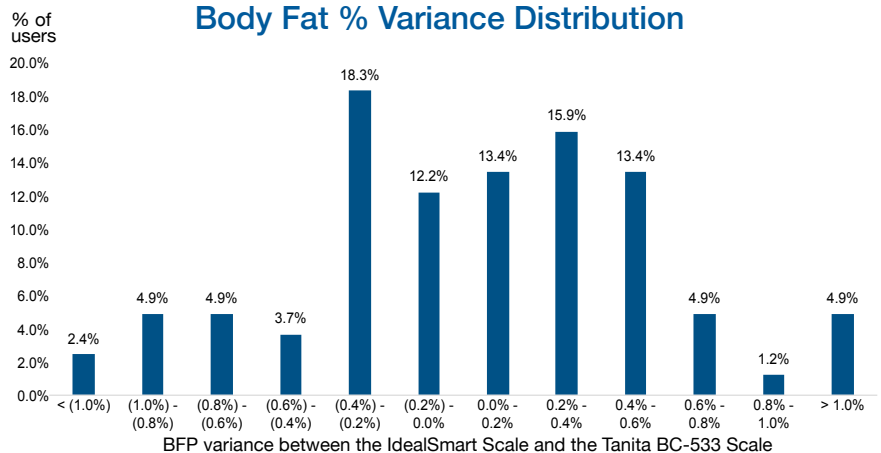


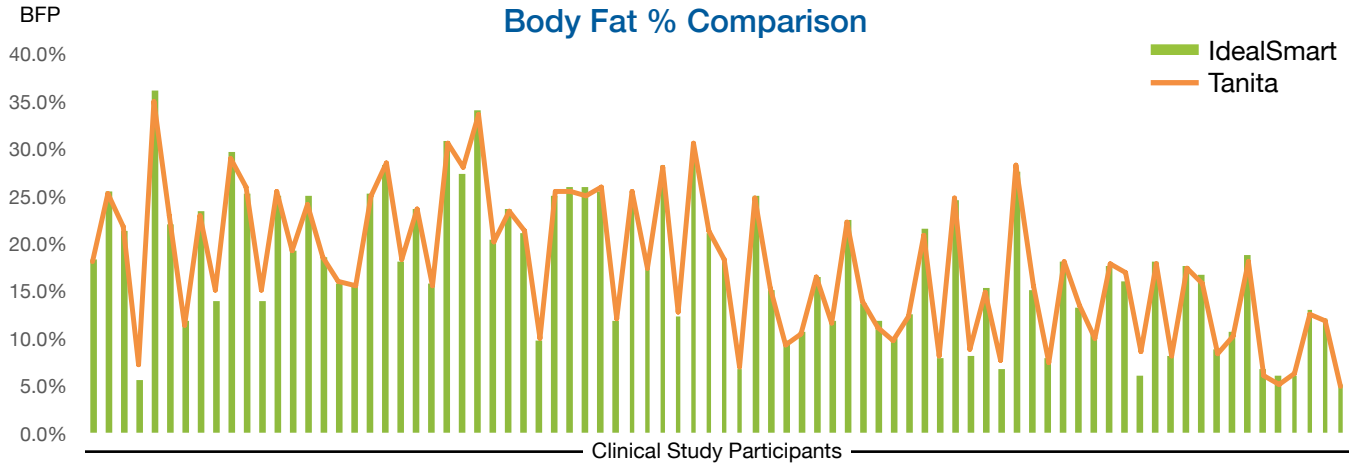
Hydration

# ACCURACY



Via harmless electrical current stimulation (500 pA at 50 kHz), the IdealSmart scale calculates body fat percentage (“BFP”) using the Bioelectrical Impedance Method. The current is passed through the body and electrical impedance is measured. Using this measurement, along with height, weight, age, and gender BFP is calculated. As the calculation relies on the proper use of the scale and variables entered by the user, there are elements of this process that can produce erroneous readings, as described more fully in the troubleshooting section of this Guide. **Based on clinical testing submitted to the FDA, the IdealSmart Scale is substantially equivalent to the Tanita BC-533 (K040778) and the DEXA Standard.**





## Clinical and Regulatory Validation

### Clinical Study

Clinical studies have validated that body composition measurements from the IdealSmart Scale are substantially equivalent to an established in-market device from Tanita Corporation. This clinical outcome shows a positive and high correlation across all body composition measurements: body fat %, hydration %, lean mass and bone mass. The average variance in body fat % was 0.45%, and the correlation of body fat % was very high at 0.994 (max value is 1.000).

### DEXA Standard

The Tanita device was used as the comparative device for the clinical study above because Tanita devices have consistently shown positive and high correlations against the most accurate, industry-standard form of body composition analysis, the DEXA (dual-energy x-ray absorptiometry) scan. These correlations confirm this device is also highly correlated with the DEXA standard.

# INSTRUCTIONS

1



Install AAA batteries on back of scale (batteries included).

2



Download the IdealSmart app to your mobile device\*.



3



Turn Bluetooth on in your phone settings.

4



Open the app and select “weigh-in” on the home screen FIRST, then step on your scale barefoot, with your feet centered on the metal sensors.

5



Remain still on your scale and on the app’s scale sync page until your scale completes its measurements.

*\*The mobile app is compatible with the iOS and Android platforms. iOS users must use iOS 9 and higher and iPhone 4S and higher. Android users must use Android 4.3 and higher.  
Weight range: 4.0 to 551.0 pounds (2.0 to 250 kilograms)*

# TROUBLESHOOTING

*I cannot connect my scale with my app or my scale does not complete my measurements.*

1. Turn Bluetooth on in your phone settings.
2. Take out and replace batteries to reset your scale.
3. Log out of the app and then log in again.
4. Make sure to open the app and select “weigh-in” on the home screen FIRST, then step on your scale barefooted.
5. Remain still on your scale and on the app’s scale sync page until your scale completes its measurements (may take up to 15 seconds). You will know this is complete when the app lists your weight and body fat percentage.

*My scale measurements do not appear to be accurate.*

1. Take out and replace batteries to reset your scale.

2. Make sure you are barefoot when weighing-in.
3. Place the scale on a flat, even, hard surface.
4. Make sure the scale surface is dry and clean.
5. Make sure your profile settings in the app (particularly height, age and gender) are correct. These settings impact your body fat % and BMI measurements.
6. Do not eat or drink anything for at least 1 hour prior to weigh-in. Weigh-in at the same time each day to ensure consistent measurements.

*My scale does not display weight in my preferred unit of measurement (pounds/kilograms/stone).*

Press the red button on the back of your scale to switch to your preferred unit of measurement (pounds, kilograms or stone). Each time you press the red button the unit of measurement will display in the bottom right on the front screen of the scale.

DISCLAIMERS:

The IdealSmart Scale is intended for use by active participants in the Ideal Protein weight loss protocol and is designed to be used with the IdealSmart app. The IdealSmart Scale is not intended for use by:

- (1) Professional athletes or those who exercise more than 10 hours per week
- (2) Children under 10 years of age
- (3) People with a pacemaker or other internal medical device
- (4) Those who are pregnant or may become pregnant

CAUTION:

Slippery when wet. This product complies with the FDA general performance standards and Health Canada guidelines for radiation-emitting products. Supports weights up to 550lbs / 250kg.

