

VLA Body Composition and Cellular Health Report

Report For:

Mad onNutrition

D.O.B:

Balgowlah

NSW 2093

Phone:

0407509683

Test Date: 30/08/15 21:50

Email Address:

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Practitioner: Metascreen

Website:

Body composition



3rd Space Water 0.10%

Prediction marker 0.732

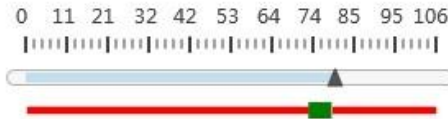
Normal: 0.700 - 0.820



Caution: Not to be used as diagnostic indicator.

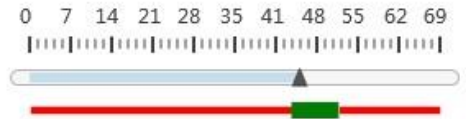
Total body weight 80.0 kg

Normal 73.0 kg - 79.0 kg



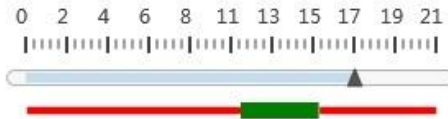
Total body water 45.4 L

Normal 44.0 L - 52.0 L

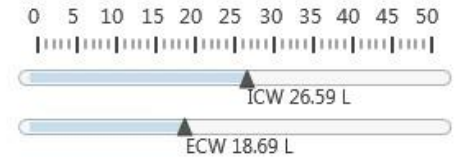


Body fat mass 16.9 kg

Normal 11.0 kg - 15.0 kg

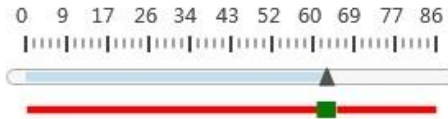


Intracellular/Extracellular water (L)

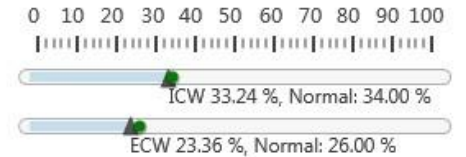


Lean mass 63.1 kg

Normal 61.0 kg - 65.0 kg



Intracellular/Extracellular water (%)



Measurements:

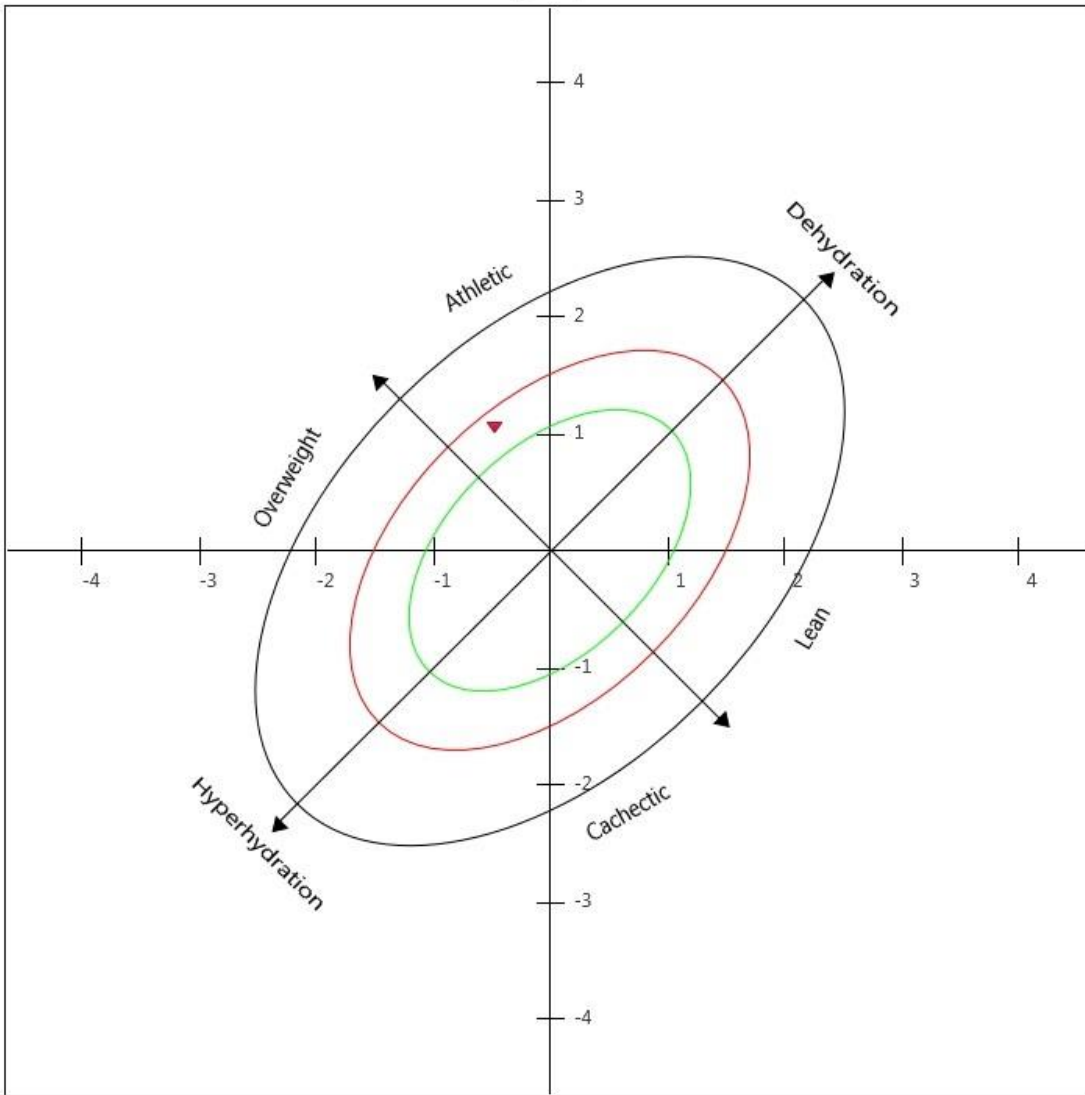
Impedance at 50khz: 492
Resistance at 50khz: 487
Reactance at 50khz: 68.7
Height (cm): 178
Waist (cm): 92

Impedance at 5khz: 590
Impedance at 100khz: 457
Impedance at 200khz: 432
Hip (cm): 98

Phase Angle: 8.00

Comments:

Z-graph



- 95% tolerance
- 75% tolerance
- 50% tolerance
- ▲ Subject's history

Current test values
R/H: 273.60
Xc/H: 38.60
Vector Length: 276.30
Phase Angle: 8

Current Test Results					Historical Changes		
<i>Parameter</i>	<i>Measured/ Calculated</i>	<i>Normal</i>	<i>Measured %</i>	<i>Normal %</i>	<i>0 Weeks since first test 30-08-15</i>	<i>Variance</i>	<i>Variance %</i>
Total body weight	80.0 kg	73 - 79 kg			80.0 kg	0.0 kg	0.0 %
Body fat mass	16.9 kg	11 - 15 kg	21.10 %	14 % - 20 %	16.9 kg	0.0 kg	0.0 %
Lean mass	63.1 kg	61 - 65 kg	78.90 %	80 % - 86 %	63.1 kg	0.0 kg	0.0 %
Dry lean mass	17.8 kg		22.20 %		17.8 kg	0.0 kg	0.0 %
Body cell mass	38.0 kg				38.0 kg	0.0 kg	0.0 %
Total body water	45.4 L	44 - 52 L	56.70 %	55 % - 65 %	45.4 L	0.0 L	0.0 %
Extracellular water	18.69 L		23.36 %	26 %	18.69 L	0.00 L	0.00 %
Intracellular water	26.59 L		33.24 %	34 %	26.59 L	0.00 L	0.00 %
3rd space water	0.08 L				0.08 L	0.00 L	0.00 %
Prediction marker	0.732	0.700 - 0.820			0.732	0.0	0.0 %
Nutrition index	0.41	0.43			0.41	0.00	0.0 %
Phase angle	8.00				8.00	0.00	0.00 %
BMI	25.2	20 - 25			25.2	0.0	0.0 %
BFMI	5.3	3 - 5			5.3	0.0	0.0 %
FFMI	19.9	19 - 21			19.9 kg	0.0 kg	0.0 %
Basal metabolic	1842 kcal/day				1842 kcal/day	0 kcal/day	0 %
Activity metabolic	3316 kcal/day				3316 kcal/day	0 kcal/day	0 %
Height	178 cm				178 cm	0 cm	0 %
Waist	92 cm				92 cm	0 cm	0 %
Hip	98 cm				98 cm	0 cm	0 %
Waist/Hip ratio	0.94	1.00			0.94		