

• ABOUT US •

Driven by the passion for innovation, we at Dr Trust endeavour to provide our customers with the latest medical inventions with an objective to promote good health and wellness all around the world. All the medical devices and health monitors provided by Dr Trust are supported by accurate, latest and ground breaking technologies, innovated at our headquarter in NY, USA. All our products adhere to the most stringent CE and FDA guidelines and are strongly recommended by doctors and health practitioners. Our products are designed in the utmost exemplary ways to ensure that their accuracy and convenience are unrivalled. The ease of their use and operation makes them even more suitable for users of all age groups.

Dr Trust strives to enhance the quality of lifestyle by providing with the most trusted and innovative health care and wellness products. Being a renowned global leader in health care products, Dr Trust ensures that our technically efficient team works dynamically and tirelessly to provide the best of the medical devices to our clients. The products that we have to offer are suitably designed for use at homes, laboratories and hospitals.

Our ground breaking solutions allow you to monitor your health in the easiest ways possible. In today's era when all of our lives are too hassled to handle, it becomes a bit difficult to pay attention to our health. But it has now become easier with the coming of the monitoring devices which can be conveniently used at homes and even on the go.

We bring to you a variety of best self medical devices, trusted and used by Doctors, medical professionals and home users all over the world.

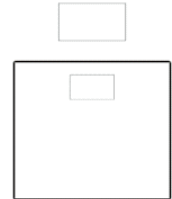
Dr Trust

Absolute Fitness Body Composition & Fitness Monitor- 504

• QUICK STARTUP GUIDE •

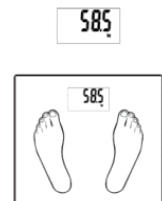
Step1

Place the scale on a hard and flat surface.
Avoid carpet and other soft surfaces.



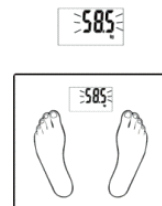
Step2

Gently step on the scale and it will activate automatically.



Step3

Remain standing evenly on the scale, without moving or shifting your feet or body.



• OVERVIEW •

The Dr Trust Absolute Fitness Body Composition & Fitness Monitor- 504 is an instant-step on auto-calibrated platform designed to measure your body weight, fat percentage, body hydration, body muscle, and body bone, etc. It gives you accurate weight measurements in pounds , kilograms or stone; 400 lb /180 kg/28st capacity. It has high precision gauge sensor technology for delivering results with higher accuracy. High - resolution measurements cleanly displayed on an easy-to-read LCD screen. It also indicates about low battery to alert you for battery replacement. It has 12 users' memory and suggests calorie intake requirements.

• INTENDED USE •

The scale is intended for measuring and displaying the following body composition parameters.

- Body Weight(in kg/lb/st)
- Body Fat (in %)
- Body Hydration(in %)
- Skeletal Muscle(in %)
- Body Bone Mass(in %)
- suggest Calories, and Others

• CAUTION •

1. Always ignore the first reading and take an effective record from the second time weighing.
2. Remove your shoes and socks, and wipe clean your feet before start using your scale.
3. Step on the weighing platform gently.
4. It is advisable to take measurements at the same time each day for consistency.
5. The measured results could be wrong after intensive exercise, excessive dieting or under extreme dehydration conditions.
6. Always use the scale on a hard and flat surface.
7. When using the scale please keep it away from strong electro-magnetic field.
8. It could be slippery if you weigh on a wet surface.
9. Your weight may vary in the following cases: -
 - Children under 10 or adult over 100 (only use the device under normal weighing mode)
 - Adult over 70
 - Body building athletes or other professional athletes.
10. People with the following conditions should not use the device:
 - Pregnant women
 - Symptom of edema
 - Dialysis treatment
 - Heart pacemaker or with another implanted medical device.

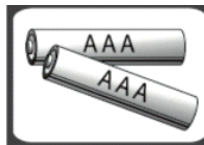


Note: The Fat%, Hydration% content evaluated by the Fat Monitor Scale is only for reference (not for medical purposes). If your Fat%, Hydration% content is over/below normal level, please consult your doctor for more advice.

BATTERY INSTALLATION

- Take out used batteries, with the aid of a sharp object if needed.
- Install new batteries by putting one side of the battery down first and pressing down the other side.

2 x1.5V (AAA) batteries included in the battery compartment. Please observe the polarity before installing the battery)



KEY ILLUSTRATION

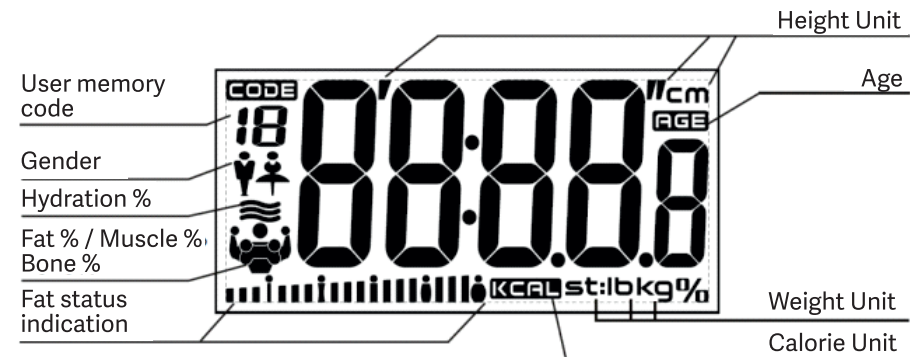
Set Button

- Turn on the scale by pressing the SET button and prompt to next parameter.

- Increases the value by one interval by each press. Continuous pressing will speed up the value level of increasing.
- Decreases the value by one interval by each press. Continuous pressing will speed up the value level of decreasing.



LCD DISPLAY ILLUSTRATION



SET WEIGHT UNIT

1. Find a unit conversion button at the bottom of the scale, inside the battery compartment.



2. Press the unit conversion button when the scale is power off. LCD shows current weight unit. Press the button again to convert the weight unit.

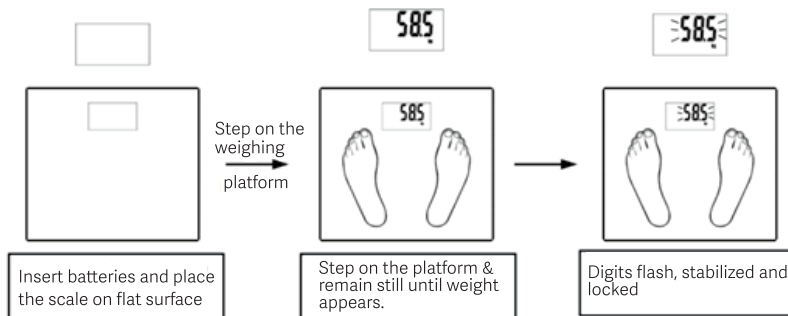
3. After selecting the preferred unit, the scale will be auto-off after 20 seconds. The selected weight unit will be activated when the scale is turned on again.

- When setting lb/st as weight unit, the default height unit is feet/inch.
- When setting kg as weight unit, the default height unit is cm.

• TAKE A WEIGHT MEASUREMENT •

Auto Step on Weighing

1. Insert the batteries and place the scale on a flat and hard surface.
2. Step on the weighing platform and remain still during the measurement.
3. When the digits flash, stabilized and locked, the measurement is completed.

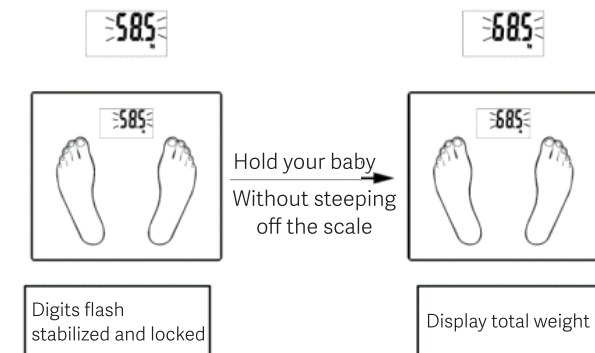


Note: Do not place the unit on a cushioned surface such as a carpet or a mat.

Consecutive Add-On Weighing

After digits stabilized, more additional reading can be taken. Ensure each add-on loading must exceed 2kg to get a new reading.

Example: If you want to get a weighing value of your baby, you can weigh yourself first, and then hold your baby together, without stepping off the scale. Then you will get the total weight reading. Subtracting the previous reading of yourself from the new reading, you will get the difference as your baby's weighing value.



• FAT / HYDRATION / MUSCLE / BONE / CALORIE MEASUREMENT •

Measuring Mode

(1) Personal parameters setting

At the first time when you install the battery and switch on, all default parameters are set as follow:

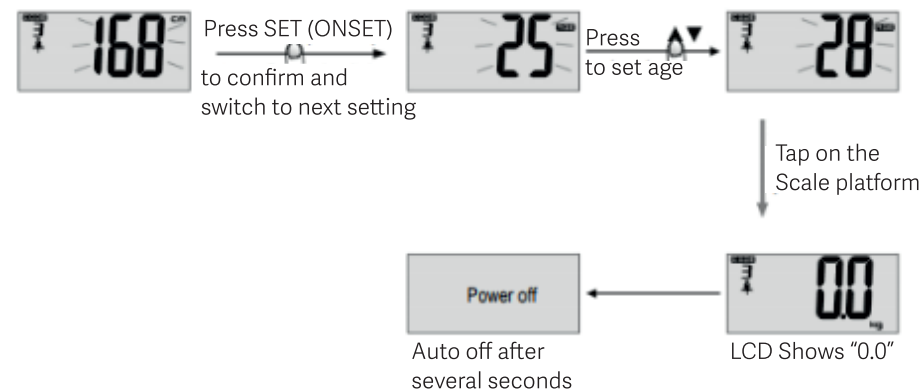
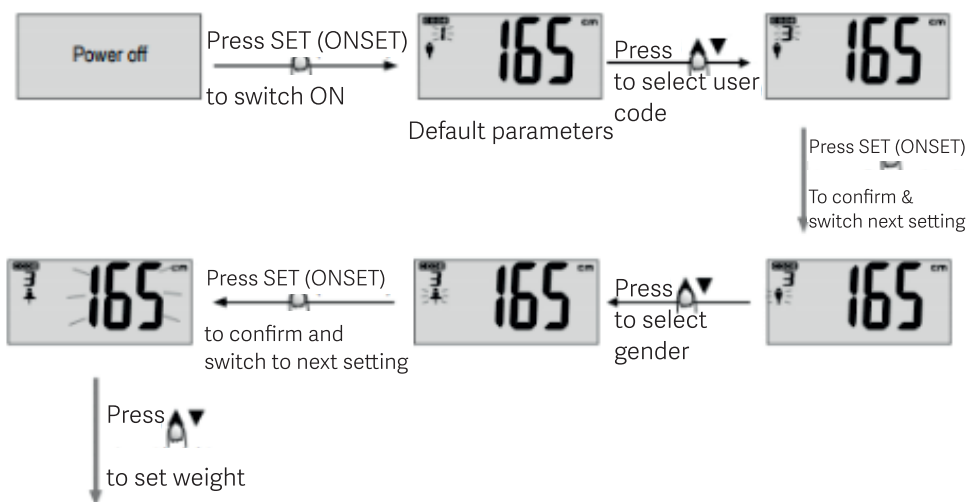


Memory	Gender	Height	Age
1	Male	165cm/5'05.0"	25

Memory	Gender	Height	Age
1 ~ 12	male/female	100 - 250cm	10 ~ 100
		3'03.5" ~ 8'02.5"	

Parameter setting

Example: The 3rd user, female, 168cm, 28 years old, can be set as parameters as follow:



Note:

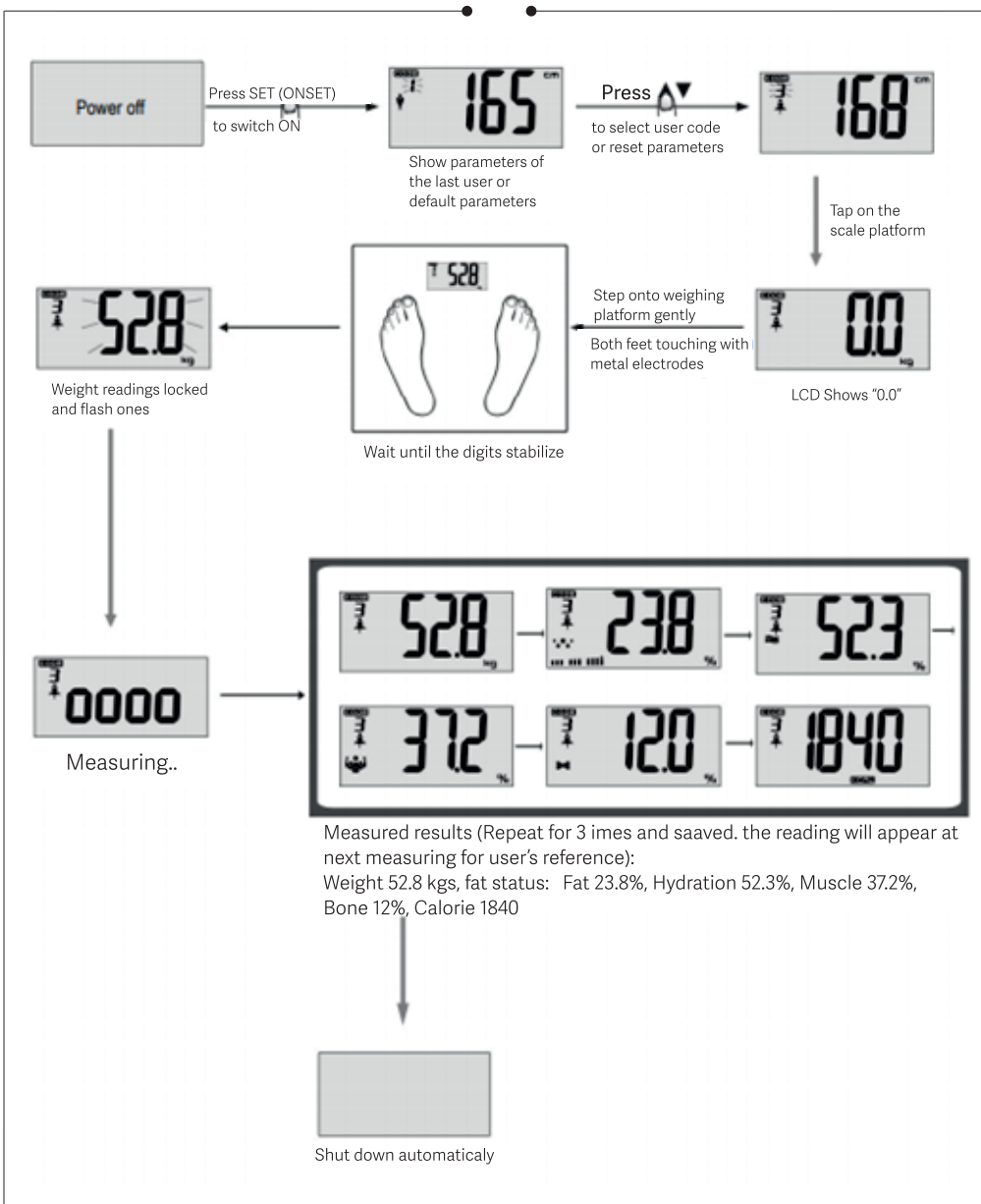
During parameter setting, if idle for 6 seconds, the parameters already set will be memorized automatically and LCD shows "0" meaning body fat measuring will be started.

If LCD prompt to shows "0" during parameter setting, press SET (ON/SET) for 3 seconds to return to setting mode, then you can set user code, gender, height, and age.

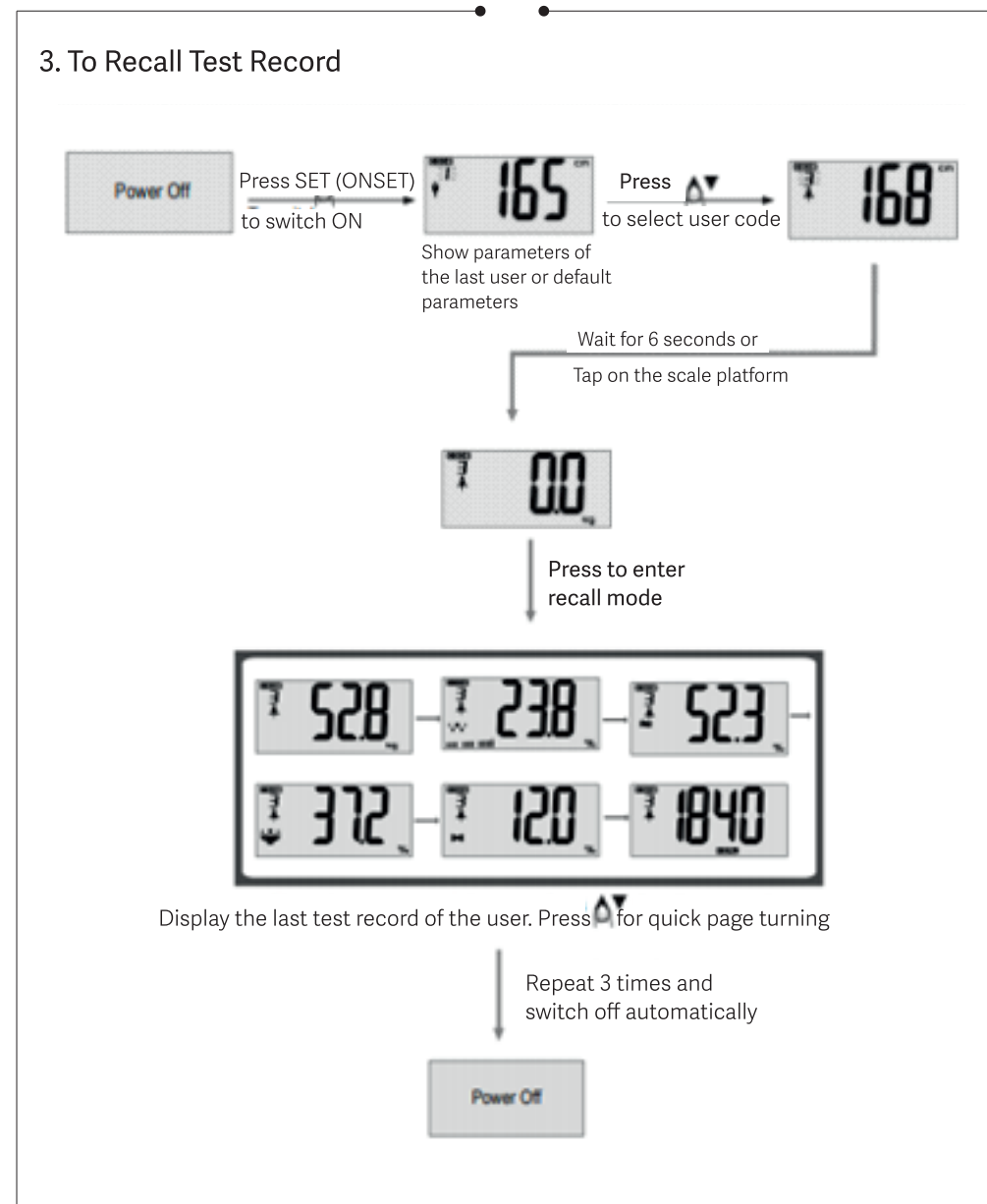
2. Start Measuring

Make sure your feet are touching with metal electrodes on the scale platform or body fat cannot be measured. To ensure accuracy, please remove your shoes & socks before stepping on. Example: the 3rd user, female, 168cm, 28 years old can measure as follow:





3. To Recall Test Record



1. About Fat%

Fat% is an index % of fat content in the human body. An overabundance of fat in the human body will bring bad effects on metabolism, thereby, various illnesses may invade.






2. Working Principles






As electrical signal of a certain frequency transmits through the human body, the impedance of fat is stronger than that of muscle or other human tissues.

Through the use of biological resistance analysis, this product will pass a safe frequency of low voltage electrical current through human body, thus, the Fat % will be reflected according to the resistance differences when the electrical signal transmitting through the human body.

3. Fat / Hydration Content Fitness Assessment Chart

After your weighing, you can use the following Assessment Chart for reference:

Age	Fat (F)	Hydration (F)	Fat (M)	Hydration (M)	Status	Key Line Indication
≤30	4.0-16.0%	66.0-57.8%	4.0-11.0%	66.0-61.2%	Too learn	
	16.1-20.5%	57.7-54.7%	11.1-15.5%	61.1-58.1%	Lean	
	20.6-25.0%	54.6-51.6%	15.6-20.0%	58.0-55.0%	Normal	
	25.1-30.5%	51.5-47.8%	20.1-24.5%	54.9-51.9%	Fat	
	30.6-60.0%	47.7-27.5%	24.6-60.0%	51.8-27.5%	Too Fat	

≤30	4.0-20.0%	66.0-55.0%	4.0-15.0%	66.0-58.4%	Too learn	
	20.1-25.0%	54.9-51.6%	15.1-19.5%	58.3-55.3%	Lean	
	25.1-30.0%	51.5-48.1%	19.6-24.0%	55.2-52.3%	Normal	
	30.1-35.0%	48.0-44.7%	24.1-28.5%	52.2-49.2%	Fat	
	35.1-60.0%	44.6-27.5%	28.6-60.0%	49.1-27.5%	Too Fat	

Note: The shared information is for reference only. Please consult your physician for any question and concern.

• ABOUT CALORIE •

1. Calorie & Energy Consumption

Calorie: Energy Unit

The data reading indicates the energy you need to sustain the daily metabolism and ordinary activities required for your weight, height, age, and sex.

2. Calorie & Losing Weight

Control the calorie intake combined with proper exercise is an effective way to lose weight. This is a very simple theory. As the daily energy intake cannot support the energy consumption of the human body, the saccharide and fat stored inside will decompose and provide energy to human body. That leads to weight loss.

• ADVISE FOR USE & CARE •

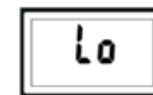
1. The platform will be slippery when it is wet. Keep it dry!
2. Keep standing still during weighing.

3. DO NOT strike, shock, or drop the scale.
4. Treat the scale with care as it is a precise instrument.
5. Clean the scale with a damp cloth and avoid water getting inside the scale. DO NOT use chemical/abrasive cleaning agents.
6. Keep the scale in a cool place with dry air.
7. Always keep your scale in a horizontal position.
8. If failed to turn on the scale, check whether the battery is installed, or battery power is low. Insert or replace a new battery.
9. If there is an error on display or cannot turn off the scale for a long time, please take off the battery for about 3 seconds, then install it again to remove the soft fault.
10. Do not use it for commercial purposes.

• WARNING INDICATIONS •

Low Battery Indication

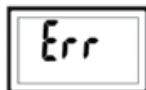
The battery power is running low, please replace with a new battery.



• WARNING INDICATIONS •

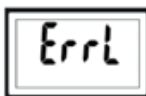
Over-load Indication

The weighing subject on the platform exceeds the maximum capability of scale. Please step off to avoid damage.



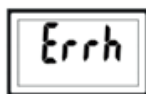
Low Fat% Indication

The Fat% is too low. Please lead a more nutritional diet and take good care of yourself.



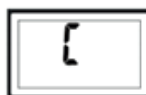
High Fat% Indication

The Fat% is too high. Please watch your diet and do more exercise.



Re-test

An error exists, please re-test to get the correct result.



• CUSTOMER SUPPORT •

CONTACT ADDRESS

USA

Nureca INC.USA

276 5th Avenue, Suite 704-397,

New York (NY) - 10001, USA

INDIA

Corporate Office (Mumbai)

Nureca Limited

128 Gala Number Udyog Bhavan,

1st Floor Sonawala Lane, Goregaon East

Mumbai City Maharashtra 400063

Contact us

India: +91-7527013265 /+91-9356658436

Website: www.drtrust.in

Corp Website: www.nureca.com

Email: customercare@nureca.com

Connect with us on social networks

Facebook: @drtrust

Instagram: @drtrustisin

Youtube: NurecaUsa

COPYRIGHT©2021 NURECA LTD ALL RIGHTS RESERVED



Scan to View
Product Demo Video
www.drtrustusa.com/504