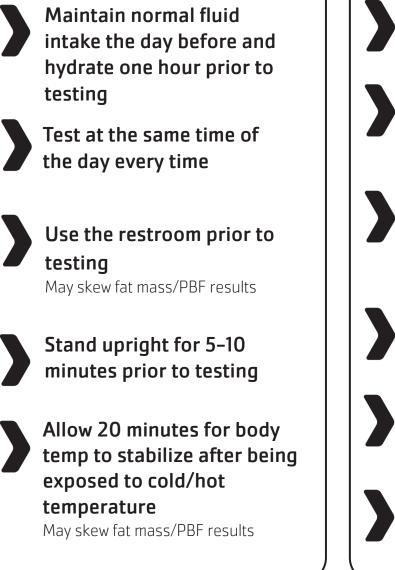
PREPARATORY STEPS

To ensure consistent testing conditions and effective tracking of body composition changes, follow these guidelines before each InBody Test.

DO...



DO NOT...



Exercise prior to testing

May skew fat mass/PBF or SMM result Test only after fully recovered (1–3 days)

Eat prior to testing

May skew fat mass/PBF or SMM result Must wait at least 3 hours after last meal

Wear heavy clothing, accessories, or jewerly while testing

May skew fat mass/PBF or SMM result

Consume alcohol or caffeine 24 hours prior to testing

Have lotion/ointment on hands or feet May skew fat free mass result



TESTING CONSIDERATIONS

Cosmetic Implants May skew fat mass/PBF results

Low Carb/Keto Diet May skew fat mass/PBF results

Metal Implants (No Pacemaker) May skew fat mass/PBF results



Any skewed results will be consistent from test to test, so we recommend using your initial test as a baseline for tracking your body composition over time.