

VLA Body Composition and Cellular Health Report

Report For: Mrs Sample

Sydney City Nutritionist

D.O.B:

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Test Date: 11/11/16 2:09

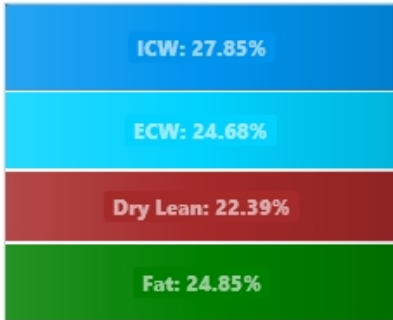
Phone: 1300 366 342

Practitioner: Metascreen

Email Address: info@sydneycitynutritionist.com

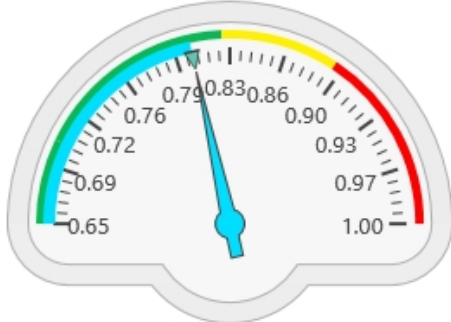
Website: www.sydneycitynutritionist.com

Body composition



3rd Space Water 0.23%

Prediction marker 0.801
 Normal: 0.700 - 0.820



Caution: Not to be used as diagnostic indicator.

Measurements:

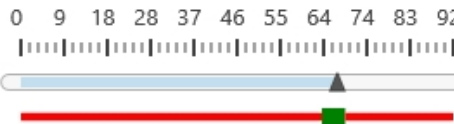
Impedance at 50khz: 562
 Resistance at 50khz: 559
 Reactance at 50khz: 58.5
 Height (cm): 172
 Waist (cm): 76

Impedance at 5khz: 632
 Impedance at 100khz: 532
 Impedance at 200khz: 506
 Hip (cm): 103
 Activity level: Medium
 Regression: 1. Quadscan Equation

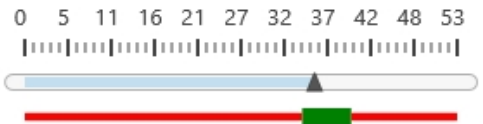
Phase Angle: 6.00

Comments:

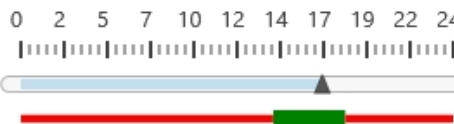
Total body weight 67.3 kg
 Normal 64.0 kg - 69.0 kg



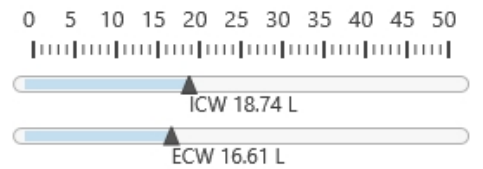
Total body water 35.5 L
 Normal 34.0 L - 40.0 L



Body fat mass 16.7 kg
 Normal 14.0 kg - 18.0 kg



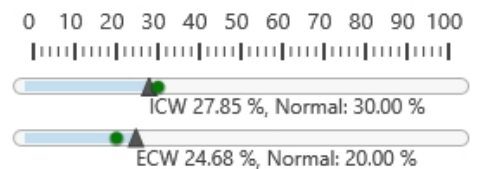
Intracellular/Extracellular water (L)



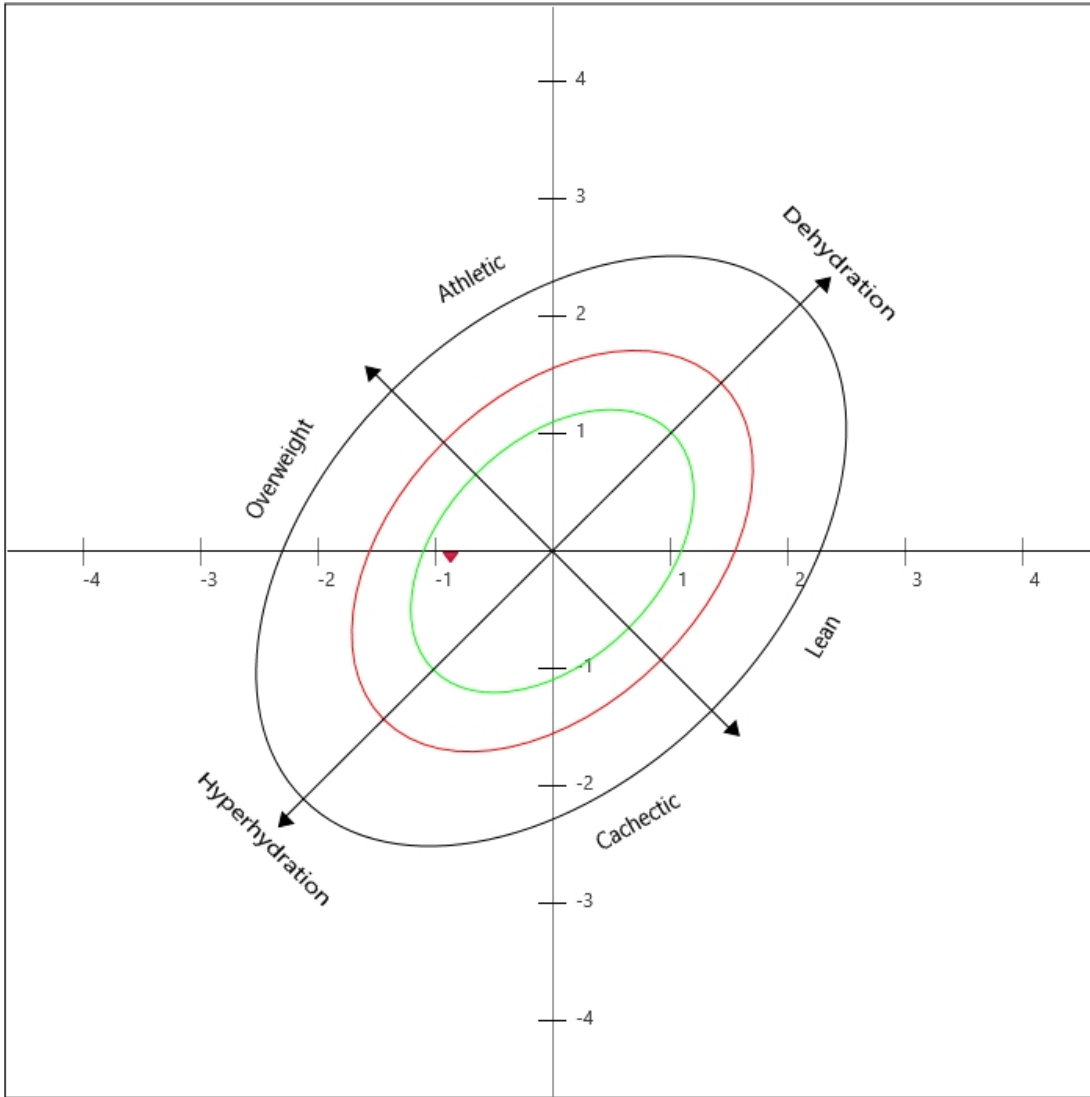
Lean mass 50.6 kg
 Normal 48.0 kg - 52.0 kg



Intracellular/Extracellular water (%)



Z-graph



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

Current test values
R/H: 325.00
Xc/H: 34.01
Vector Length: 326.77
Phase Angle: 6

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 11-11-16</i>	<i>Variance</i>	<i>Variance %</i>
Total body weight	67.3 kg	64 - 69 kg			67.3 kg	0.0 kg	0.0%
Body fat mass	16.7 kg	14 - 18 kg	24.85 %	21 % - 27 %	16.7 kg	0.0 kg	0.0%
Lean mass	50.6 kg	48 - 52 kg	75.15 %	73 % - 79 %	50.6 kg	0.0 kg	0.0%
Dry lean mass	15.1 kg		22.39 %		15.1 kg	0.0 kg	0.0%
Body cell mass	26.8 kg				26.8 kg	0.0 kg	0.0%
Total body water	35.5 L	34 - 40 L	52.76 %	50 % - 60 %	35.5 L	0.0 L	0.0%
Extracellular water	16.61 L		24.68 %	20 %	16.61 L	0.00 L	0.00%
Intracellular water	18.74 L		27.85 %	30 %	18.74 L	0.00 L	0.00%
3rd space water	0.15 L				0.15 L	0.00 L	0.00%
Prediction marker	0.801	0.700 - 0.820			0.801	0.0	0.0%
Nutrition index	0.47	0.40			0.47	0.00	0.0%
Phase angle	6.00				6.00	0.00	0.00%
BMI	22.7	20 - 25			22.7	0.0	0.0%
BFMI	5.7	5 - 6			5.7	0.0	0.0%
FFMI	17.1	16 - 18			17.1 kg	0.0 kg	0.0%
Basal metabolic	1650 kcal/day				1650 kcal/day	0 kcal/day	0%
Activity metabolic	2640 kcal/day				2640 kcal/day	0 kcal/day	0%
Height	172 cm				172 cm	0 cm	0%
Waist	76 cm				76 cm	0 cm	0%
Hip	103 cm				103 cm	0 cm	0%
Waist/Hip ratio	0.74	0.80			0.74		