

VLA Body Composition and Cellular Health Report

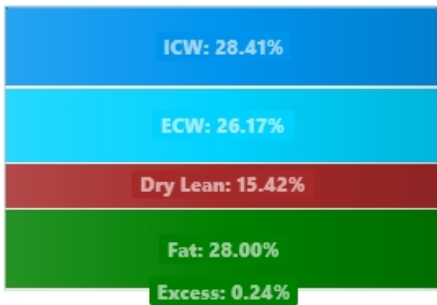
Report For: emma sutherland
D.O.B: 08/12/73

x

Test Date: 26/05/15 19:22
Practitioner: Metascreen

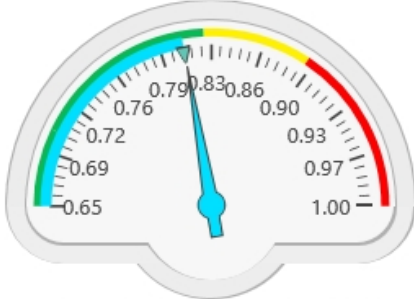
Phone:
Email Address:
Website:

Body composition



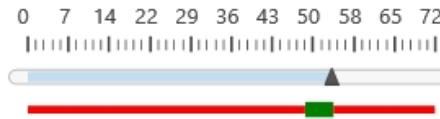
3rd Space Water 1.75%

Prediction marker 0.806
Normal: 0.700 - 0.820

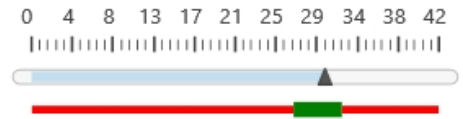


Caution: Not to be used as diagnostic indicator.

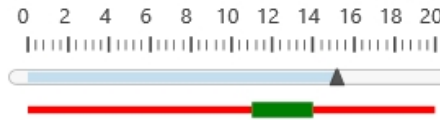
Total body weight 53.8 kg
Normal 49.0 kg - 54.0 kg



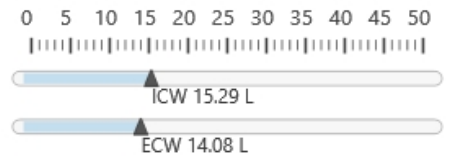
Total body water 30.3 L
Normal 27.0 L - 32.0 L



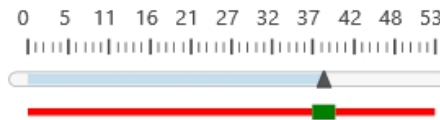
Body fat mass 15.2 kg
Normal 11.0 kg - 14.0 kg



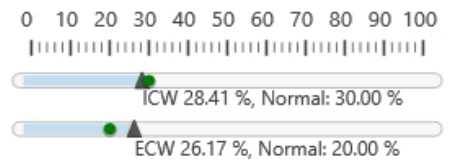
Intracellular/Extracellular water (L)



Lean mass 38.6 kg
Normal 37.0 kg - 40.0 kg



Intracellular/Extracellular water (%)



Measurements:

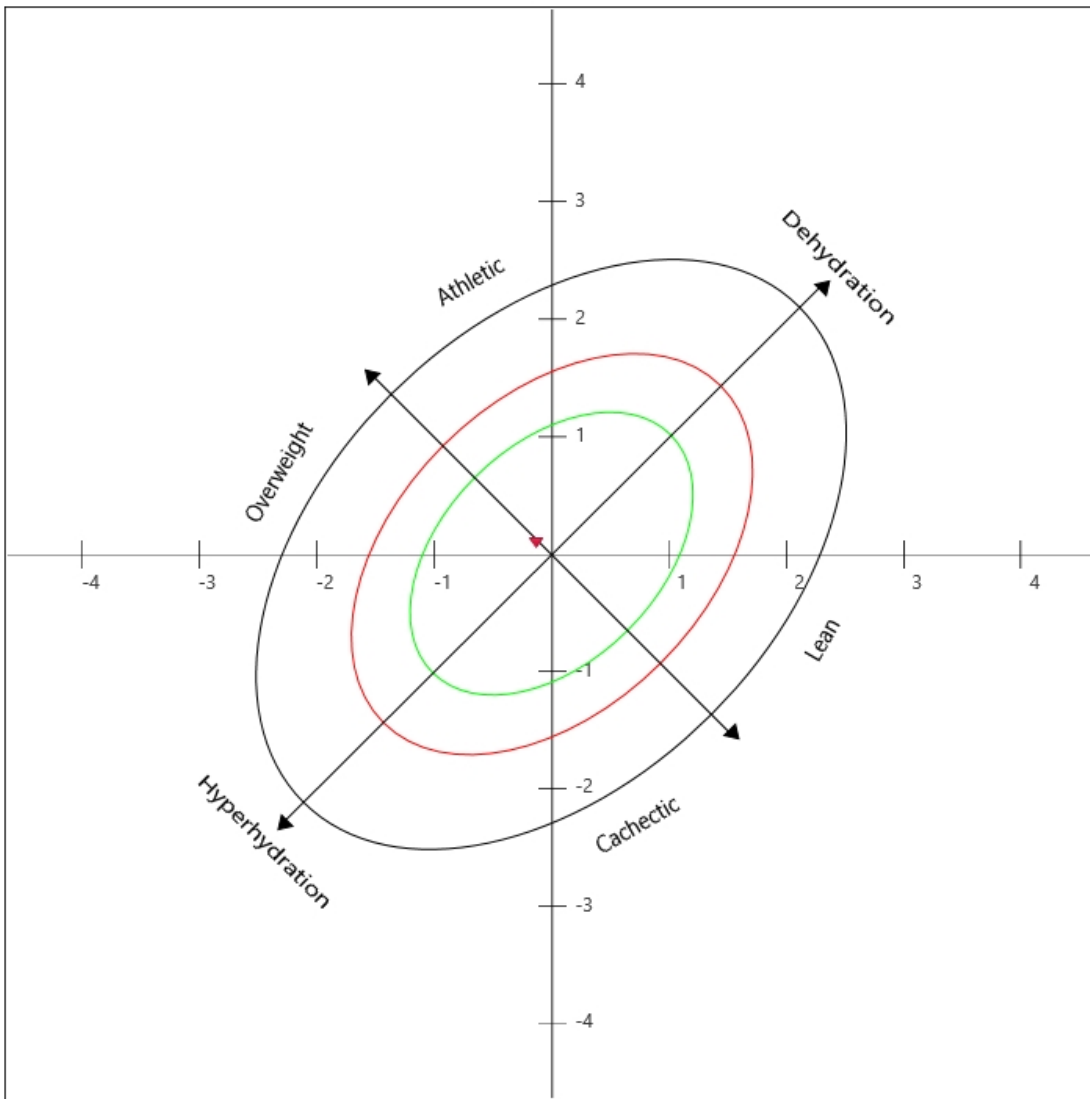
Impedance at 50khz: 562
Resistance at 50khz: 559
Reactance at 50khz: 54.3
Height (cm): 155
Waist (cm): 78

Impedance at 5khz: 638
Impedance at 100khz: 534
Impedance at 200khz: 514
Hip (cm): 90

Phase Angle: 5.50

Comments:

Z-graph



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

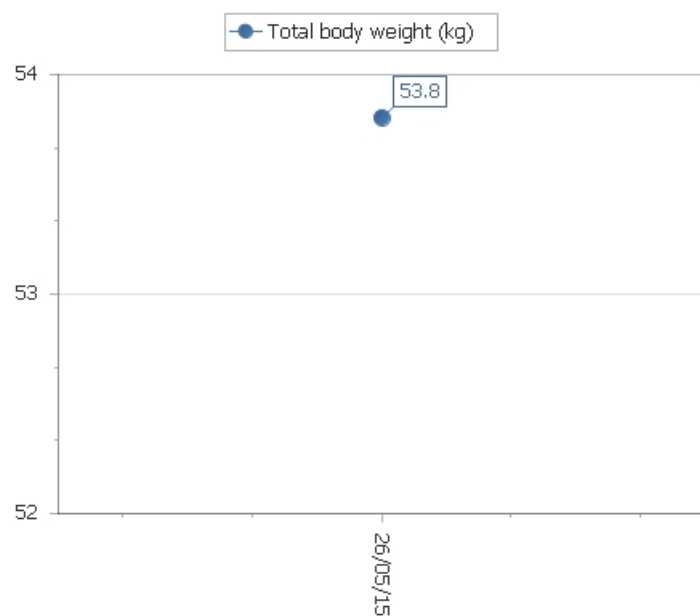
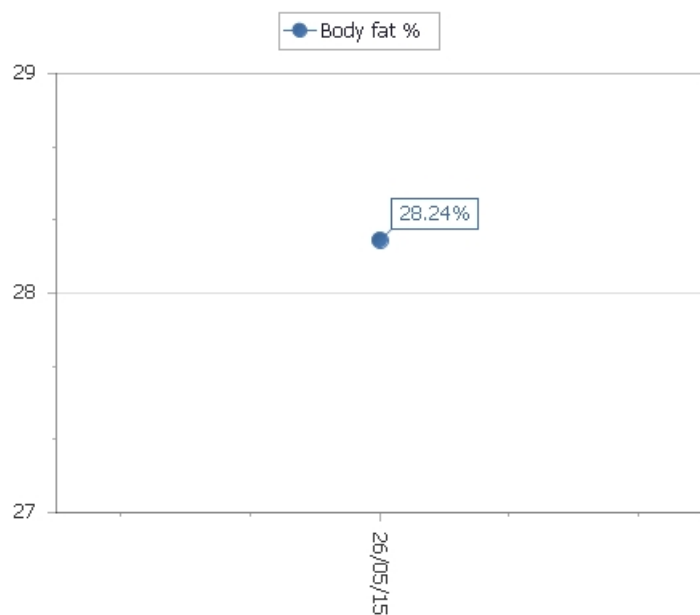
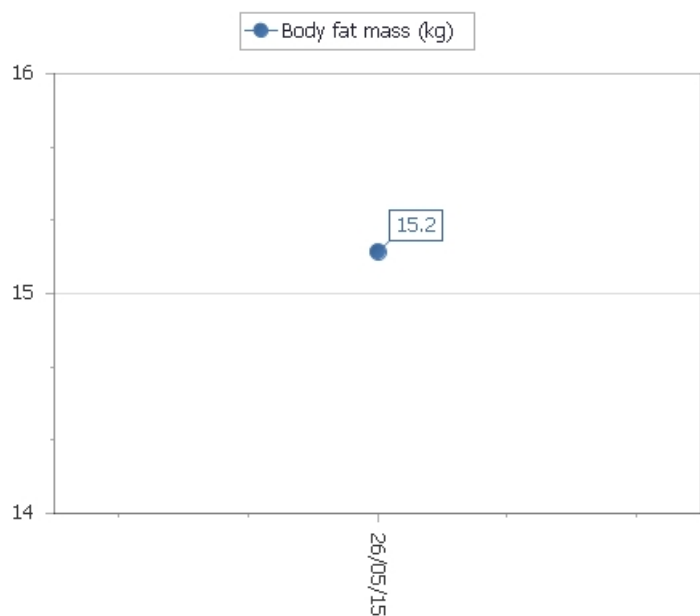
Current test values
R/H: 360.65
Xc/H: 35.03
Vector Length: 362.34
Phase Angle: 5.5

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 26-05-15</i>	<i>Variance</i>	<i>Variance %</i>
Total body weight	53.8 kg	49 - 54 kg			53.8 kg	0.0 kg	0.0%
Body fat mass	15.2 kg	11 - 14 kg	28.24 %	22 % - 28 %	15.2 kg	0.0 kg	0.0%
Lean mass	38.6 kg	37 - 40 kg	71.76 %	72 % - 78 %	38.6 kg	0.0 kg	0.0%
Dry lean mass	8.3 kg		15.42 %		8.3 kg	0.0 kg	0.0%
Body cell mass	21.8 kg				21.8 kg	0.0 kg	0.0%
Total body water	30.3 L	27 - 32 L	56.34 %	50 % - 60 %	30.3 L	0.0 L	0.0%
Extracellular water	14.08 L		26.17 %	20 %	14.08 L	0.00 L	0.00%
Intracellular water	15.29 L		28.41 %	30 %	15.29 L	0.00 L	0.00%
3rd space water	0.94 L				0.94 L	0.00 L	0.00%
Prediction marker	0.806	0.700 - 0.820			0.806	0.0	0.0%
Nutrition index	0.48	0.40			0.48	0.00	0.0%
Phase angle	5.50				5.50	0.00	0.00%
BMI	22.4	20 - 25			22.4	0.0	0.0%
BFMI	6.3	5 - 6			6.3	0.0	0.0%
FFMI	16.1	15 - 17			16.1 kg	0.0 kg	0.0%
Basal metabolic	1282 kcal/day				1282 kcal/day	0 kcal/day	0%
Activity metabolic	2051 kcal/day				2051 kcal/day	0 kcal/day	0%
Height	155 cm				155 cm	0 cm	0%
Waist	78 cm				78 cm	0 cm	0%
Hip	90 cm				90 cm	0 cm	0%
Waist/Hip ratio	0.87	0.80			0.87		

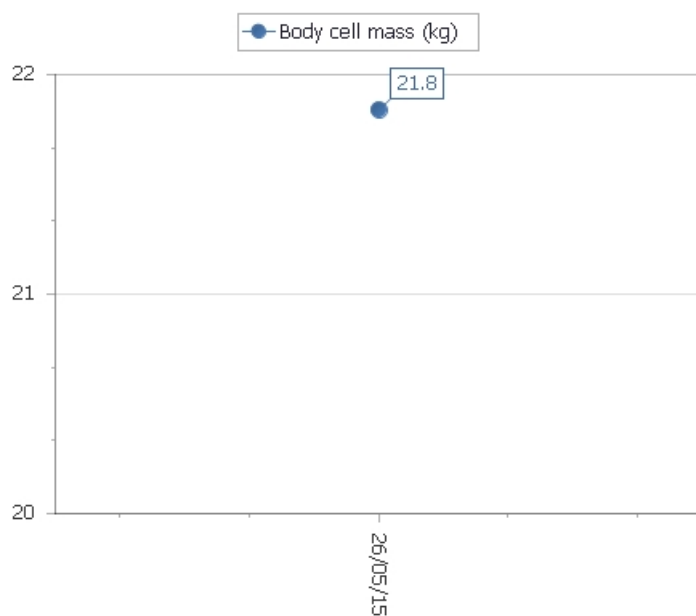
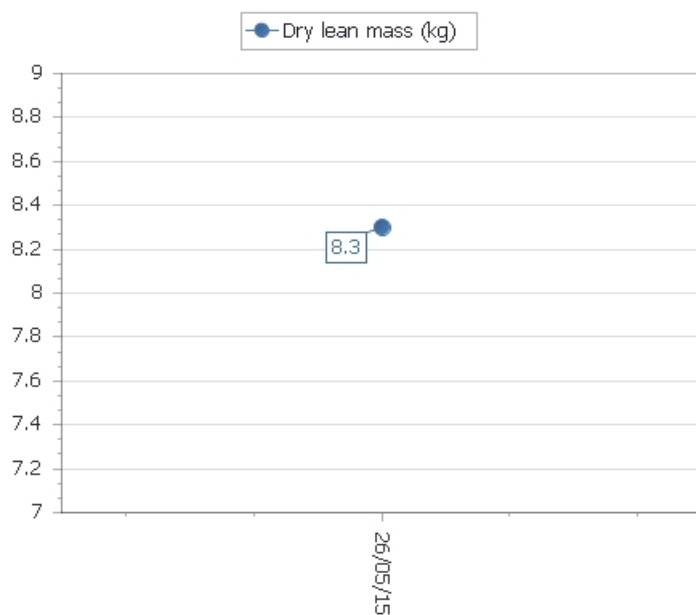
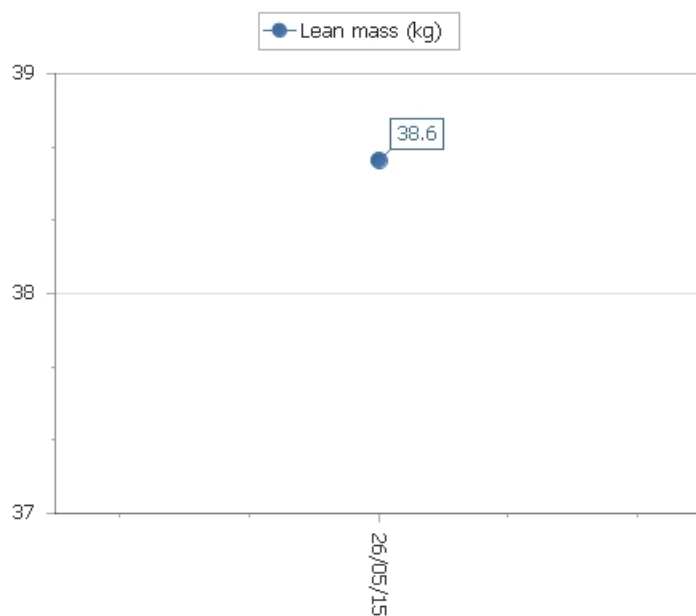
Patient History:

Test Date	Weight (kg)	Lean (kg)	Fat (kg)	Fat (%)	BCM (kg)	Dry Lean (kg)	TBW (L)	ECW (L)	ICW (L)	Phase Angle	PM*	NI**
26/05/15	53.80	38.61	15.19	28.24	21.84	8.30	30.31	14.08	15.29	5.50	.806	.48

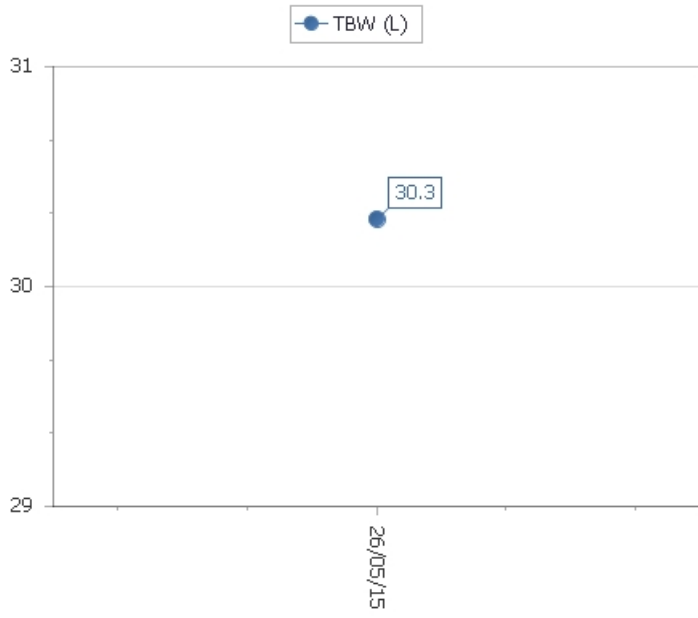
Fat & Weight Trend



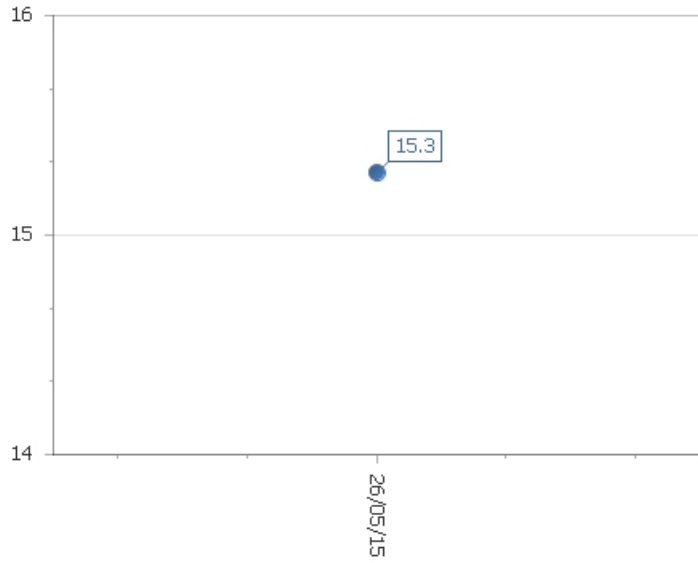
Mass Trend



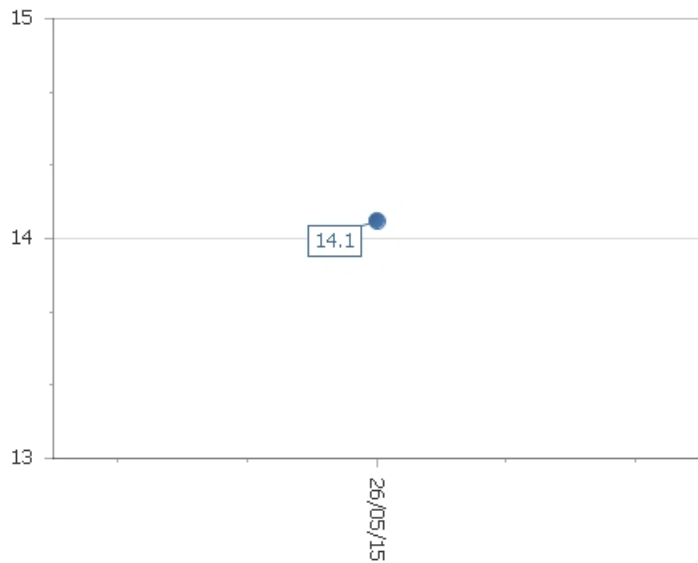
Fluid Trend



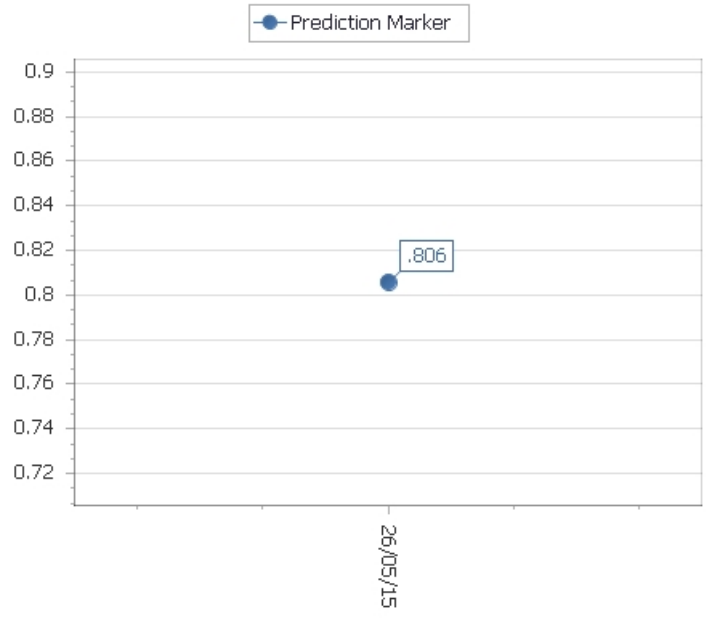
ICW (L)



ECW (L)



Nutrition Trend



Phase Angle

