

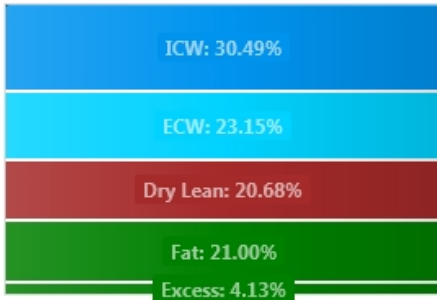
Report For: Jack Test  
D.O.B: 14/09/52

## NOT FOR PATIENT DISTRIBUTION

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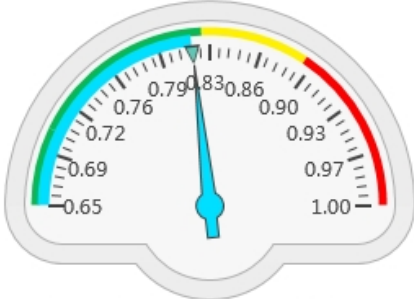
Test Date: 20/07/14 6:06  
Practitioner: Metascreen

**Body composition as a percentage of weight**  
**Body composition**



The excess fat as a % eg. 4.13% excess fat  
3rd Space Water 0.55%

Prediction marker **0.813**  
Normal: 0.700 - 0.820



Caution: Not to be used as diagnostic indicator.

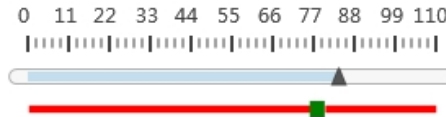
An indication of your cell health & fluid balance. Lower is better.

Measurements: This is the raw impedance data

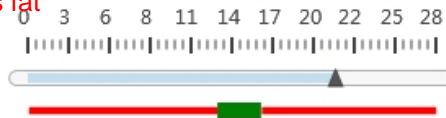
Impedance at 50khz: 547	Impedance at 5khz: 614
Resistance at 50khz: 544	Impedance at 100khz: 520
Reactance at 50khz: 52.6	Impedance at 200khz: 499
Height (cm): 186	Hip (cm): 91
Waist (cm): 98	

Comments:

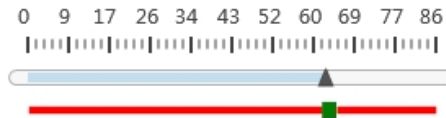
**Total body weight 83.9 kg**  
Normal 76.0 kg - 80.0 kg



The amount of fat in your body  
**Body fat mass 21.1 kg**  
Normal 13.0 kg - 16.0 kg

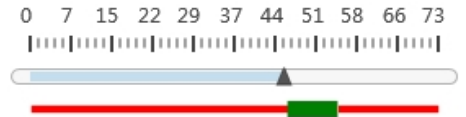


The non fat part of your body- muscle, organ, bone & fluid  
**Lean mass 62.8 kg**  
Normal 62.0 kg - 65.0 kg

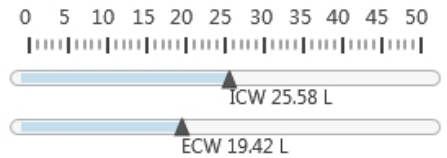


**The total amount of water in your body**

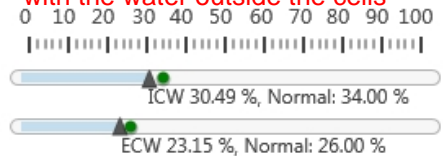
**Total body water 45.5 L**  
Normal 46.0 L - 55.0 L



**Intracellular/Extracellular water (L)**

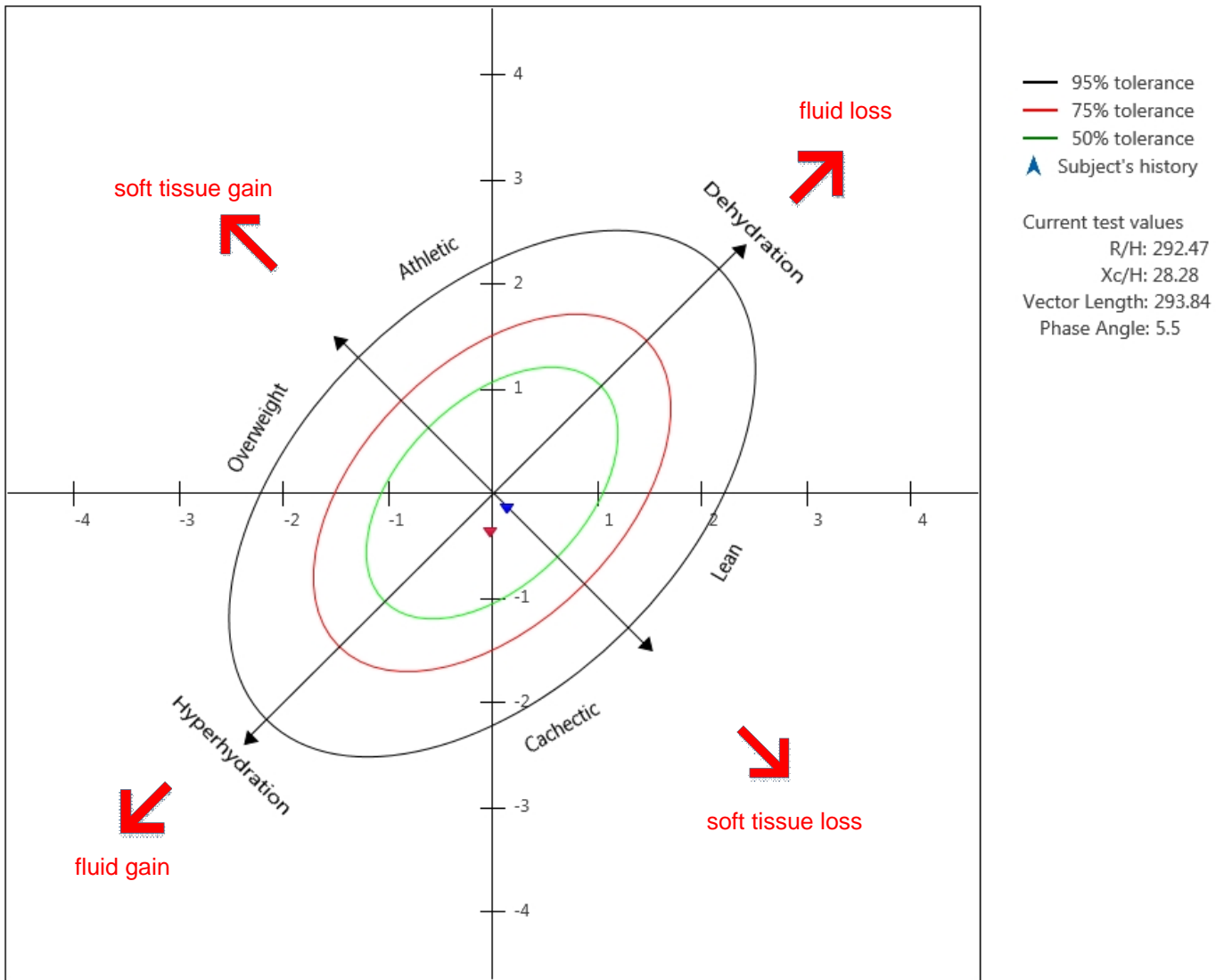


**Intracellular/Extracellular water (%)**  
Percent of water inside the cells compared with the water outside the cells



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# Z-graph



A snapshot of the body composition, using the raw data to show how much soft tissue you have as well as fluid levels, compared to the average population.

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Current Test Results					Historical Changes		
Parameter	Measured/ Calculated	Normal	Measured %	Normal %	0 Weeks since first test 20-07-14	Variance	Variance %
Total body weight	83.9 kg	76 - 80 kg			83.9 kg	0.0 kg	0.0 %
Body fat mass	21.1 kg	13 - 16 kg	25.13 %	17 % - 21 %	21.4 kg	-0.4 kg	-1.7 %
Lean mass	62.8 kg	62 - 65 kg	74.87 %	79 % - 83 %	62.5 kg	0.4 kg	0.6 %
Dry lean mass	17.4 kg		20.68 %		17.6 kg	-0.2 kg	-1.3 %
Body cell mass	36.5 kg				36.4 kg	0.2 kg	0.5 %
Total body water	45.5 L	46 - 55 L	54.19 %	55 % - 65 %	44.9 L	0.6 L	1.3 %
Extracellular water	19.42 L		23.15 %	26 %	19.19 L	0.23 L	1.21 %
Intracellular water	25.58 L		30.49 %	34 %	25.45 L	0.14 L	0.53 %
3rd space water	0.46 L				0.25 L	0.21 L	46.02 %
Prediction marker	0.813	0.700 - 0.820			0.809	0.0	0.4 %
Nutrition index	0.43	0.43			0.43	0.00	0.4 %
Phase angle	5.50				5.70	-0.20	-3.64 %
BMI	24.3	20 - 25			24.3	0.0	0.0 %
BFMI	6.1	4 - 5			6.2	-0.1	-1.7 %
FFMI	18.2	18 - 19			18.1 kg	0.1 kg	0.6 %
Basal metabolic	1835 kcal/day				1826 kcal/day	9 kcal/day	0 %
Activity metabolic	2568 kcal/day				2556 kcal/day	13 kcal/day	0 %
Height	186 cm				186 cm	0 cm	0 %
Waist	98 cm				98 cm	0 cm	0 %
Hip	91 cm				91 cm	0 cm	0 %
Waist/Hip ratio	1.08	1.00			1.08		

Test results in tabular format, compared to first test results, with degree of change since first test.

Dry Lean Mass - Muscle, organ and bone minus the Intracellular water

Body Cell Mass - Muscle tissue and organs including the Intracellular water

Total Body Water- The amount of water in the body

Extracellular Water (ECW) - The amount of water outside of the body cells

Intracellular Water (ICW) - The amount of water inside the body cells

Prediction Marker - It may reflect cellular health and fluid balance

Nutrition Index - ECW/TBW

Phase angle - An indication of your cell health as well as the amount of tissue. A higher Phase angle may indicate good muscle mass and cellular health

BFMI - Body Fat Mass Index. A similar concept to BMI, however it takes fat mass into account instead of weight. (Body fat/Height squared)

FFMI - Fat Free Mass Index. A similar concept to BMI, however it takes lean mass into account instead of weight (Lean/Height squared)

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