

www.inbody.com

InBody J30

Lighten-up your Child's Growth





*These two children are the same age.
Yet, they are very different in their heights!*

What is causing the difference between these two girls?

- ✓ Not proper manner of exercise and nutrition care can affect a child's growth.
- ✓ While children are growing, their muscle balance is important.
With the results sheet, you can know how balanced your child is growing.
Thus appropriate counseling can be given.
- ✓ InBody's measurement is simple and doesn't require a professional.



ID	Height	Age	Gender	Test Date / Time
SM2008	168cm	17	Male	2013.05.24. 10 : 59

1 Body Composition Analysis

Total amount of water in my body	Total Body Water	(L)	34.2 (34.5 ~ 42.1)
What I need to build muscles	Protein	(kg)	9.4 (9.3 ~ 11.3)
What I need for strong bones	Minerals	(kg)	3.06 (3.19 ~ 3.89)
Where my excess energy is stored	Body Fat Mass	(kg)	12.3 (7.3 ~ 14.7)
Sum of the above	Weight	(kg)	59.0 (52.0 ~ 70.4)

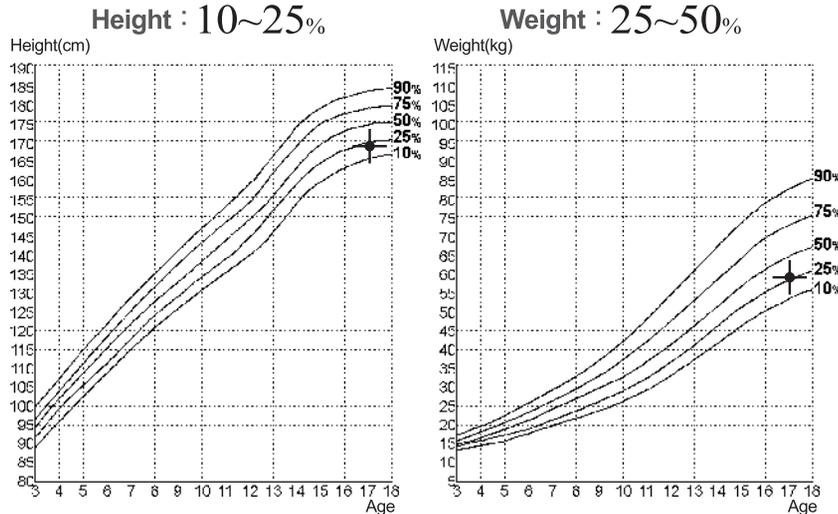
2 Muscle-Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %	59.0	
SMM (kg) Skeletal Muscle Mass	70 80 90 100 110 120 130 140 150 160 170 %	26.3	
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %	12.3	

3 Obesity Analysis

	Under	Normal	Over
BMI (kg/m ²) Body Mass Index	12.7 15.7 18.7 21.7 24.7 27.7 30.7 33.7 36.7 39.7 42.7	20.9	
PBF (%) Percent Body Fat	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0	20.8	

4 Growth Graph



5 Body Composition History

Height (cm)	162.5	163.8	165.7	168.0
Weight (kg)	51.5	55.5	56.2	59.0
SMM (kg) Skeletal Muscle Mass	20.7	22.2	22.9	26.3
PBF (%) Percent Body Fat	25.0	22.7	22.5	20.8
	12.09.10 09:15	12.11.30 09:40	11.01.02 09:35	13.05.24 10:59

Recent Total

6 Growth Score

81 / 100 Points

* If tall and within great body comparison standards, the growth score may surpass 100 points.

7 Weight Control

Target Weight	61.3 kg
Weight Control	+ 2.3 kg
Fat Control	+ 4.1 kg
Muscle Control	- 1.8 kg

8 Obesity Evaluation

BMI	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Under	<input type="checkbox"/> Slightly Over
PBF	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Slightly Over	<input type="checkbox"/> Over

9 Nutrition Evaluation

Protein	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient	
Minerals	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Deficient	
Fat Mass	<input checked="" type="checkbox"/> Normal	<input type="checkbox"/> Deficient	<input type="checkbox"/> Excessive

10 Body Balance Evaluation

Upper	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced
Upper-Lower	<input checked="" type="checkbox"/> Balanced	<input type="checkbox"/> Slightly Unbalanced	<input type="checkbox"/> Extremely Unbalanced

Research Parameters

Basal Metabolic Rate	1379 kcal
Child Obesity Degree	98 % (90 ~ 110)

Impedance

Z (Ω)	RA	LA	TR	RL	LL
5 kHz	373.1	385.4	25.7	303.0	314.1
50 kHz	337.2	352.5	23.0	282.3	289.8
250 kHz	307.9	322.9	20.4	263.3	272.7



The InBody Results Sheet for a Child

specially designed Results Sheet with Growth graph is available for a child

1 Body Composition Analysis

The body weight is the sum of Total Body Water, Protein, Minerals and Body Fat Mass. Maintain a balanced body composition to stay healthy.

2 Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

3 Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

4 Growth Graph

Compares the height and weight among peers of the same age group.

5 Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically and monitor the progress.

6 Growth Score

This score shows the evaluation of your body composition, which includes muscle, fat, and water in the body.

7 Weight Control

See how the body measures up to the recommended Weight, Muscle Mass, and Body Fat Mass for a good balance. The '+' means to gain and the '-' means to lose.

8 Obesity Evaluation

Evaluates obesity based on BMI and Percent Body Fat.

9 Nutrition Evaluation

Evaluates whether the amount of Protein, Minerals, and Body Fat is adequately distributed in the body.

10 Body Balance Evaluation

Evaluates the balance of the body based on Segmental Lean Analysis.

Research Parameters

Nutritional outputs are provided such as Basal Metabolic Rate, and Child Obesity Degree.

Impedance

Impedance is the resistance value measured when electrical currents are applied throughout the body. Based on the measured data, key body composition outputs can be analyzed. Impedance is also used for many research purposes.



Lookin'Body Data Management Software The Best Way to Manage from Your PC

Strategic Consultation

The Body Composition History graph of each category helps you see your body composition change at a glance.

Additionally, the comment functionality of each consultation allows for a more personalized healthcare.

InBody J30 Visualizes Your Child's Growth!

The Results Sheet is designed with easy interpretation diagrams which can be understood by children without difficulty.

InBody

ID	Age	Height	Weight	Gender	Date/Time	[InBodyJ30]
1028	12	151cm	50.2kg	F	2011. 01. 28/14:22	

B. Hospital
Doctor Lee

What's my growth score? **70 Points**

Let's discover what my body is made up of

Occupying most of my body	Body Water	22.9 kg	Protein	<input type="checkbox"/> Enough <input checked="" type="checkbox"/> Too little
Making muscle	Protein	6.1 kg	Mineral	<input checked="" type="checkbox"/> Enough <input type="checkbox"/> Too little
Making bones strong	Mineral	2.30 kg	Body Fat	<input type="checkbox"/> Enough <input checked="" type="checkbox"/> Too much
Storing extra energy	Body Fat	18.9 kg		

Shall we check if my body is well balanced?

My total	Weight	50.2 kg
For a great body shape	Muscle	16.5 kg
Am I storing too much	Body Fat	18.9 kg

Connect the end of the graphs to see what shape it makes—a 'D' shape is great.

Is my body growing well?

How to look at the body shape graph:

- Upper body developed / Lower body underdeveloped
- Upper - Lower body balanced
- Upper body underdeveloped / Lower body developed

How to understand the body shape square range:

- too little
- enough standard
- very good

Evaluation of my body

Ideal to my body composition	Weight	45.1 kg	BMI	22.0 kg/m ²	<input checked="" type="checkbox"/> normal <input type="checkbox"/> over <input type="checkbox"/> under <input type="checkbox"/> very over
You need to change	Weight	- 5.1 kg	PBF	37.6 %	<input type="checkbox"/> normal <input type="checkbox"/> slightly over <input type="checkbox"/> under <input checked="" type="checkbox"/> very over
You need to change	Muscle Mass	+ 4.3 kg	OD	110 %	<input type="checkbox"/> normal <input checked="" type="checkbox"/> over weight <input type="checkbox"/> weak <input type="checkbox"/> very over
You need to change	Body Fat	- 9.4 kg	BMR	1047 Kcal	<input type="checkbox"/> normal <input checked="" type="checkbox"/> under <input type="checkbox"/> over

note WHR : 0.81

Impedance Z	RA	LA	TR	RL	LL
	5kHz	516.0	525.4	33.0	303.5
	50kHz	471.2	480.3	29.0	272.9
	250kHz	430.3	439.0	25.6	245.5

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* Built-in Results Sheet from the direct connection with printers

Would you believe if this child is obese?

Obesity is not limited to children who have a bigger or rounder body. Children who may look fine from the outside can be obese when percent body fat is higher than what is suitable for children of their own age.

Essential parameters for nutrition and growth consultation!

- Protein
- BCM/BMR
- PBF
- Body Balance
- Growth Chart
- Obesity Degree
- Weight Control

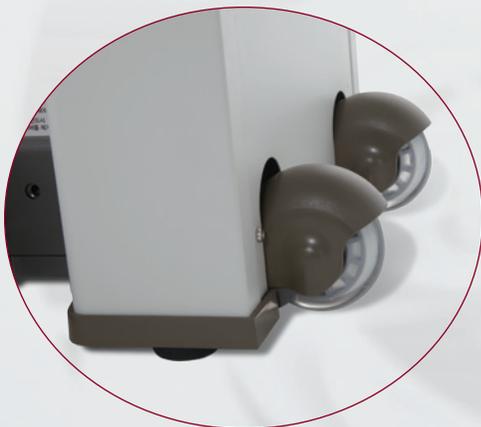


Specially Designed for Child Body Composition Analysis

New way to effectively improve and sustain healthy lifestyles

InBody J30 influences lifestyles by supporting children and families how to make healthy choices, how to incorporate a daily wellness routine.

Keep tracking your children's constant growth by visible graph at a glance.



* Wheel attached for easier movement

InBodyJ30 is Supporting Your Children Growth



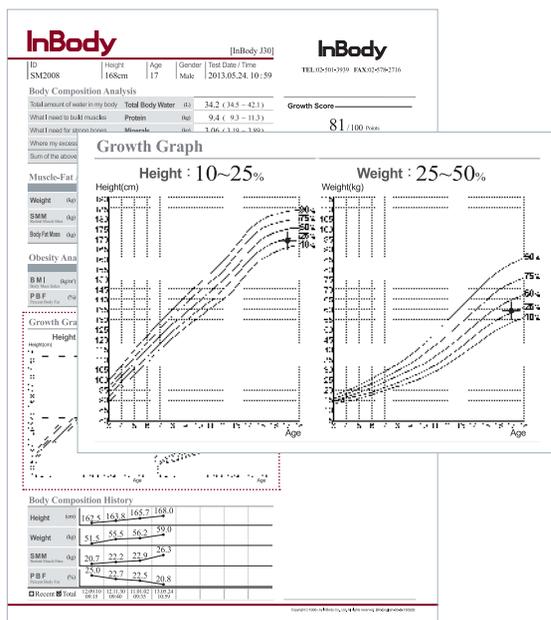
Perfectly designed for children

Hand grip and foot panel is specially designed to fit to children's body size. A child can easily find where to hold and where to stand on.



Height measurement for growing children

Children grow up day by day and it is important to know accurate height for an accurate InBody Test. Stadiometer attached to the InBody will support you to provide your children with a better information.



Growth chart to know current growth status

Do you know how tall or how much weight your child have among other children? Growth chart provided after the InBody Test will help you to know your child's current growth status.

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	28	Female	2012.05.04. 09 : 46

1 Body Composition Analysis

	Values	Total Body Water	Soft Lean Mass	Fat Free Mass	Weight
Total Body Water (L)	27.5 (26.3 ~ 32.1)	27.5	35.1 (33.8 ~ 41.7)	37.3 (35.8 ~ 43.7)	59.1 (43.9 ~ 59.5)
Protein (kg)	7.2 (7.0 ~ 8.6)	non-osseous			
Minerals (kg)	2.63 (2.44 ~ 2.98)				
Body Fat Mass (kg)	21.8 (10.3 ~ 16.5)				

7 InBody Score

68 / 100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

8 Weight Control

Target Weight	51.7 kg
Weight Control	- 7.4 kg
Fat Control	- 9.9 kg
Muscle Control	+ 2.5 kg

9 Obesity Evaluation

BMI	<input type="checkbox"/> Normal	<input checked="" type="checkbox"/> Under	<input type="checkbox"/> Slightly Over	<input type="checkbox"/> Over
PBF	<input type="checkbox"/> Normal	<input type="checkbox"/> Slightly Over	<input checked="" type="checkbox"/> Over	

10 Research Parameters

Basal Metabolic Rate	1176 kcal
Waist-Hip Ratio	0.92 (0.75 ~ 0.85)
Visceral Fat Level	12 (1 ~ 9)
Recommended calorie intake per day	2000 kcal

Calorie Expenditure of Exercise

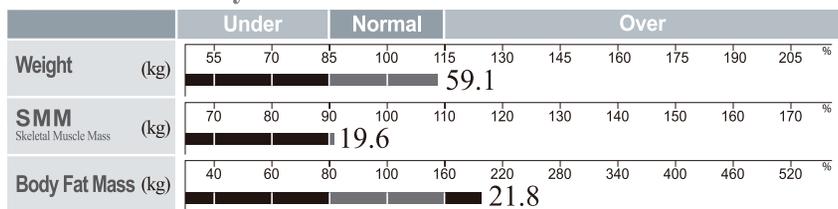
Golf	115	Gateball	131
Walking	148	Yogi	148
Badminton	150	Table Tennis	150
Tennis	197	Bicycling	197
Boxing	197	Racketball	197
Hiking, No load	229	Jumping Rope	235
Aerobics	235	Jogging	235
Soccer	235	Swimming	235
Japanese Fencing	250	Racketball	250
Squash	250	Taekwondo	250

*Based on your current weight
*Based on 30 minute duration

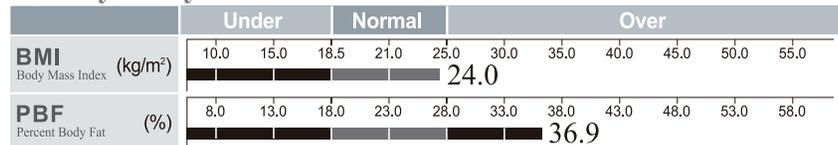
Impedance

	RA	LA	TR	RL	LL
Z(Ω) 5 kHz	379.6	392.7	26.8	306.8	316.1
50 kHz	373.1	385.4	25.7	303.0	314.1
250 kHz	337.2	352.5	23.0	282.3	289.8

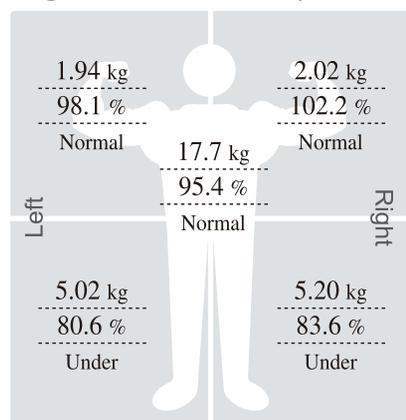
2 Muscle-Fat Analysis



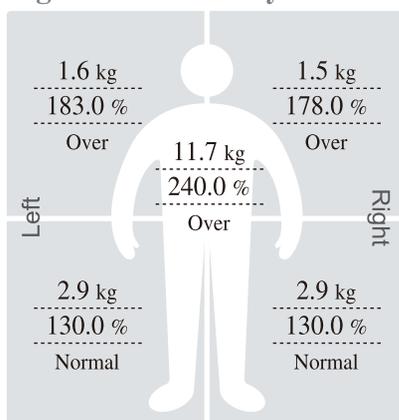
3 Obesity Analysis



4 Segmental Lean Analysis



5 Segmental Fat Analysis



* Segmental fat is estimated.

6 Body Composition History

	11.10.10 09:15	11.10.30 09:40	11.11.02 09:35	11.12.15 11:01	12.01.12 08:33	12.02.10 15:50	12.03.15 08:35	12.05.04 09:46
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
SMM (kg)	20.1	20.0	19.7	19.7	19.8	19.7	19.8	19.6
PBF (%)	41.3	40.7	39.2	39.0	39.4	38.6	37.8	36.9

Recent Total

The InBody Results Sheet

Body composition assessment and nutritional information at a glance

1 Body Composition Analysis

The body weight is the sum of Total Body Water, Protein, Minerals and Body Fat Mass. Maintain a balanced body composition to stay healthy.

2 Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

3 Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

4 Segmental Lean Analysis

Evaluates whether the amount of muscle is adequately distributed in the body.

5 Segmental Fat Analysis

Evaluates whether the amount of fat is adequately distributed in all parts of the body.

6 Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically and monitor the progress.

7 InBody Score

This score shows the evaluation of the body composition, which includes muscle, fat, and water in the body.

8 Weight Control

See how the body measures up to the recommended Weight, Muscle Mass, and Body Fat Mass for a good balance. The '+' means to gain and the '-' means to lose.

9 Obesity Evaluation

Evaluates obesity based on your BMI and Percent Body Fat.

10 Research Parameters

Nutritional outputs are provided such as Basal Metabolic Rate, Waist-Hip Ratio, and Visceral Fat Level.

Calorie Expenditure of Exercise

Provides the unit energy expenditure of each activity based on individual's weight.

Impedance

Impedance is the resistance value measured when electrical currents are applied throughout the body. Based on the measured data, key body composition outputs can be analyzed. Impedance is also used for many research purposes.



InBody J30 Specifications

Key Specifications

Bioelectrical Impedance Analysis (BIA) Measurement Items	Bioelectrical Impedance (Z)	15 Impedance Measurements by Using 3 Different Frequencies (5kHz, 50kHz, 250kHz) at Each of 5 Segments (Right Arm, Left Arm, Trunk, Right Leg and Left Leg)
Electrode Method	Tetrapolar 8-Point Tactile Electrodes	
Measurement Method	Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method (DSM-BIA)	
Body Composition Calculation Method	No Empirical Estimation	
Outputs (InBody Results Sheet for Children)	<ul style="list-style-type: none"> · Results and Interpretations · Body Composition Analysis (Total Body Water, Protein, Minerals, Body Fat Mass, Weight), Muscle-Fat Analysis (Weight, Skeletal Muscle Mass, Body Fat Mass), Obesity Analysis (Body Mass Index, Percent Body Fat), Growth Graph (Height, Weight), Body Composition History (Height, Weight, Skeletal Muscle Mass, Percent Body Fat), Growth Score, Obesity Evaluation (BMI, Percent Body Fat), Nutrition Evaluation (Protein, Minerals, Fat Mass), Body Balance (Upper, Lower, Upper-Lower), Segmental Lean Analysis (Right Arm, Left Arm, Trunk, Right Leg, Left Leg), Research Parameters (Intracellular Water, Extracellular Water, Basal Metabolic Rate, Child Obesity Degree, Bone Mineral Content, Body Cell Mass), Blood Pressure (Systolic, Diastolic, Pulse, Mean Artery Pressure, Pulse Pressure, Rate Pressure Product) · Results Interpretation QR Code · Impedance 	
Outputs (InBody Results Sheet for Adult)	<ul style="list-style-type: none"> · Results and Interpretations · Body Composition Analysis (Total Body Water, Protein, Soft Lean Mass, Minerals, Fat Free Mass, Body Fat Mass, Weight), Muscle-Fat Analysis (Weight, Skeletal Muscle Mass, Body Fat Mass), Obesity Analysis (Body Mass Index, Percent Body Fat), Segmental Lean Analysis, Segmental Fat Analysis, Body Composition History (Weight, Skeletal Muscle Mass, Percent Body Fat), InBody Score, Weight Control (Target Weight, Weight Control, Fat Control, Muscle Control), Nutrition Evaluation (Protein, Mineral, Fat), Obesity Evaluation (BMI, Percent Body Fat), Research Parameters (Basal Metabolic Rate, Waist-Hip Ratio, Visceral Fat Level), Calorie Expenditure of Exercise, Recommended Calorie intake per day · Impedance 	

Feature Specifications

Logo Display	Possible to input name of the user's place, address and contact number
Type of Results Sheet	Basic: Body composition results sheet for child (Printed Paper/Blank Paper) Body composition results sheet for adult (Printed Paper/Blank Paper)
Portability	Indoor – with rear wheels
Data Storage	Possible to save the results when ID is entered (Up to 100,000 Measurements)
Use of USB Storage Device	Possible to backup and transfer data to USB storage device (compatible with Excel and Lookin'Body software) Should use the USB storage device provided by InBody
Data Back-up	Possible to backup data through USB storage device and to restore the data to the InBody
Printer Connection	USB port

Other Specifications

Applied Rating Current	400μA
Adapter	Manufacturer BridgePower Corp. Model JMW140 Series Power Input AC 100 ~ 240V, 50 ~ 60Hz, 1.2A Power Output DC 12V, 3.4A
Display Type	320 × 240 Color LCD
External Interface	RS-232C 3EA, USB Slave 1EA, USB Host 2EA, Ethernet (10T) 1EA
Compatible Printer	Laser/inkjet PCL 3 or above and SPL(Printer recommended by InBody)
Dimensions	396 (W) × 665 (L) × 1351 (H): mm 15.6 (W) × 26.2 (L) × 53.4 (H): inch
Weight	24kg (52.9lbs)
Testing Time	About 40 seconds
Operation Environment	10 ~ 40°C(50 ~ 104°F), 30 ~ 80%RH, 50 ~ 106kPa
Storage Environment	0 ~ 40°C(32 ~ 104°F), 30 ~ 80%RH, 50 ~ 106kPa(No condensation)
Weight Range	10 ~ 250kg (22 ~ 551lbs)
Age Range	3 ~ 99years
Height Range	95 ~ 220cm (3ft. 1.4in. ~ 7ft. 2.6in.)

* Specifications may change without prior notice.



InBody is a body composition analysis device manufacturer that has acquired over 80 patent rights across the globe.



U.S. patent U.S. 5720296



Canada patent C.N. 2225184



Japan patent



ISO13485



ISO9001



Korea Food & Drug Administration

InBody

InBody Co., Ltd. [HEAD OFFICE]
 TEL: +82-2-501-3939
 FAX: +82-2-578-2716
 Website: <http://www.inbody.com>
 E-mail: info@inbody.com

InBody [USA]
 TEL: +1-323-932-6503
 FAX: +1-323-952-5009
 Website: <http://www.inbodyusa.com>
 E-mail: info@inbodyusa.com

InBody Japan Inc. [JAPAN]
 TEL: +81-03-5298-7667
 FAX: +81-03-5298-7668
 Website: <http://www.inbody.co.jp>
 E-mail: inbody@inbody.co.jp

Biospace China. [CHINA]
 TEL: +86-21-64439738, 9739, 9705
 FAX: +86-21-64439706
 Website: <http://www.biospacechina.com>
 E-mail: info@biospacechina.com