Body Composition Monitors
and **Bathroom Scales** Range

TANITA
Monitoring Your Health

Contents

Tanita A Unique Heritage

Founded in 1946, the TANITA Corporation's first significant stride forward was achieved when it became the first scale company in Japan to introduce modern Western manufacturing methods.

Dedication to research and technology led the company to produce many innovative products that have become everyday household items such as digital and solar powered bathroom scales.

The successful introduction of the world's first body composition scale in 1992 resulted in the company's dramatic international expansion and development into the healthcare market.

TANITA is now a worldwide leading brand in body composition monitors/scales and is determined to further establish new categories through research and innovation within the health, medical and fitness sectors.

Recommended By Doctors

Tanita's professional medical technology is used and endorsed by medical professionals around the world.

Tanita is the only company to offer home use products that incorporate sound independent medical research spanning 20 years and incorporating over 100,000 people in its studies, ensuring Tanita's readings are the most accurate on the market.

Our internationally respected Medical Advisory Board ensure that all products and marketing communications are ethically and scientifically correct, giving you total peace of mind.

How Do Tanita Body Composition Monitors Work?

Bio-Electrical Impedance Analysis (BIA) – how it works:

A low, safe signal is sent through the body via metal footplates on the scale platform, and in segmental analysers, these metal plates are also found in the handgrips.

Based on the principle that muscle tissue contains high levels of water it acts as a conductor for the signal. Fat contains little water and acts as a resistor to the flow of the signal.

This resistance or 'impedance' is set against gender / height / age and is used to calculate personalised body fat and composition readings.

Why Tanita monitors are proven to be the most accurate

Size and number of the footplates
Four footplates are required to ensure maximum accuracy of body fat readings.

2 FOOTPLATE MONITORS = BMI EQUATIONS USED TO CALCULATE READINGS NOT BIA TECHNOLOGY

Quality of equations
Used to calculate personalised body fat/composition readings. The larger the sample size and techniques used for research the more accurate the equations will be. Tanita for example has used over 100,000 people worldwide to ensure maximum accuracy of readings.

Weighing accuracy
Essential for consistent readings over time. This depends on the robustness of the weighing mechanism and platform.

Body Composition Features

Adults Body Fat Ranges

Body fat % is the amount of fat as a proportion of body weight. Body fat is vital to basic bodily functions such as regulating body temperature, storing vitamins and cushioning joints. Yet, too much fat can damage your health.

The indicator shows if the amount of body fat falls within the underfat, healthy, overfat or obese categories.

Body Water %

Total body water is the weight of water in your body. Total Body Water Percentage (TBW%) is the total amount of fluid in the body expressed as a percentage of total weight. Being well hydrated will help concentration levels, sports performance and general well-being.

Bone Mass

It is useful to monitor and to check bone mass is the weight of bone mineral in your body. Check for significant changes over time.

Muscle Mass

The weight of muscle in your body. Muscles play an important role because they act as the body's engine in consuming energy (calories). As you exercise more, your muscle mass increases, which in turn burns more calories.

Basal Metabolic Rate

Basal Metabolic Rate (BMR) is the daily minimum level of energy or calories needed at rest for your body to function effectively. A person with a high BMR can burn more calories at rest than a person with a low BMR

Physique Rating

Physique Rating is an assessment of an individuals physique expressed as a level. As activity levels are increased weight may not change but the balance of body fat and muscle may alter, which will change the user's overall physique.

Daily Calorie Intake

Daily Calorie Intake (DCI) feature automatically calculates the number of calories an individual should consume within a 24 hour period in order to maintain their current weight.

Exclusively only from Tanita

Innovation is at the heart of Tanita bringing you cutting edge technology and exclusive measurements

Data Transfer and Connectivity

Body composition measurements can automatically be sent to a computer increasing ease of use and convenience for the user. Selected Body Composition Monitors and Scales incorporate new integrated technology including ANT+™ Technology, Bluetooth® Wireless Technology and SD Card™ Storage. Now also with iPhone® and iPod® touch compatibility features integrated.

Segmental Measurements

Uses 8 electrode segmental technology to show an individuals body composition measurements for each arm, leg and trunk area. Essential for the dedicated sports person to assess the impact of their training routine on their body.

FitPLUS Feature

Shows women the optimal days to exercise in order to burn extra calories, ovulation window and days when the body naturally needs more rest

Visceral Fat Indicator

Indicates the internal fat in the abdomen that is scientifically proven to increase the risk of diabetes and hypertension.

Children's Healthy Body Fat Ranges

Based on the latest scientific research, parents with children (from the age of 5 years) can see if their body fat is within the healthy range.

Metabolic Age

The metabolic rate starts to decrease after the age of 17 years. This feature indicates what age level the user's body is currently rated at.

Invisible Footplates

Tanita holds the patent for transparent electrodes allowing simple, clean design without compromising BIA accuracy.

BC 601

Segmental Body Composition Monitor with SD card connectivity

Full Features

8 Electrode Segmental BIA Technology

Body Fat % & Segmental Assessment

Adult & Children's Healthy Range Indicator

Total Body Water %

Muscle Mass & Segmental Assessment

Bone Mass

Daily Calorie Intake

Metabolic Age

Visceral Fat Rating & Indicator

Athlete & Guest Mode

Weight Only Feature

Recall Function

Key Features

• Provides segmental body composition data for each arm, leg and trunk area

• Includes an SD card to transfer all results to PC

• Free software enables user to view and manage data in Microsoft Excel format

• Hand held, pull-up console features clear LCD display, and set-up buttons

Specification

Weight Capacity:	150kg
Display Size:	23mm
Memories:	4
Product Size:	344mm x 320mm x 54mm
Product Weight:	2.3kg
Batteries:	AA/4 pcs
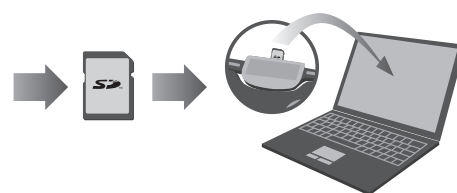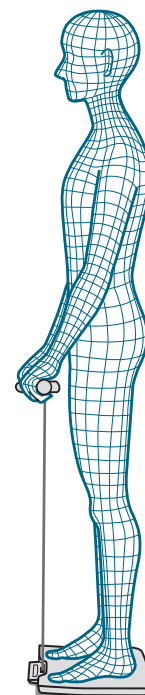
BC 587
Heavyweight Body Composition Monitor

Full Features

Body Fat %
Adult & Children's Healthy Range Indicator
Total Body Water %
Visceral Fat Rating & Indicator
Muscle Mass
Physique Rating
Basal Metabolic Rate
Metabolic Age Function
Athlete & Guest Mode
Weight Only Feature
Recall Function

Key Features

- Body Fat % up to 75%
- Extra High Weight Capacity
- Extra Large Weighing Platform for Stability and Security
- Extra Strong Toughened Safety Glass Platform
- Extra Large Backlit LCD

Specification

Weight Capacity:	200kg
Display Size:	32mm
Memories:	4
Product Size:	300mm x 340mm x 43mm
Product Weight:	2.7kg
Batteries:	AA/4 pcs

NEW

BC 730
Compact and Lightweight Body Composition Monitor

Full Features

Body Fat %
Adult & Children's Healthy Range Indicator
Total Body Water %
Muscle Mass
Physique Rating
Bone Mass
Basal Metabolic Rate
Metabolic Age Function
Visceral Fat Rating & Indicator
Recall Function
Weight Only Feature
Athlete & Guest Mode

Key Features

- Extra Large Easy-To-Read Two Tier Display
- Extra Lightweight and Highly portable
- Super Compact

Specification

Weight Capacity:	150kg
Display Size:	21.3mm
Memories:	5
Product Size:	216mm x 260mm x 33mm
Product Weight:	0.9kg
Batteries:	AA/4 pcs

Pink   Green   White

NEW

FitPLUS - Introducing A Unique Feature For Women

Based on scientific research, Tanita has developed FitPLUS, an additional and totally unique feature for their body composition monitors, designed specifically for women.

FitPLUS monitors the natural metabolic changes throughout the month and correlates this with how the body responds to diet and exercise. Easy and quick to use, with a distinctive traffic light system, FitPLUS gives healthy prompts at the different phases of the menstrual cycle to maximise calorie burn and minimise fatigue:

By harnessing and understanding the natural cycle, FitPLUS gives the active woman a personal diary on her body composition monitor to maximise and maintain her health including body fat, muscle mass, hydration, visceral fat rating and other features provided by Tanita's advanced BIA technology.

Red light: Relaxation days   **Amber light:** Ovulation   **Green light:** Optimal active days

BC 582
Glass FitPLUS Body Composition Monitor

Full Features

Body Fat %

Adult & Children's Healthy Range Indicator

Total Body Water %

Visceral Fat Rating & Indicator

Bone Mass

Daily Calorie Intake

Metabolic Age

Muscle Mass

Physique Rating

Athlete & Guest Mode

Weight Only Feature

Recall Function

Key Features

- FitPLUS Mode - Designed specifically for women who want to improve their health and fitness
- Patented Transparent Electrodes
- Children's Healthy Body Fat Range
- Visceral Fat Indicator
- Metabolic Age

Specification

Weight Capacity:	150kg
Display Size:	27mm
Memories:	5
Product Size:	320mm x 300mm x 42mm
Product Weight:	2kg
Batteries:	AA/4 pcs

BC 581
Compact FitPLUS Body Composition Monitor

Full Features

Body Fat %

Adult & Children's Healthy Range Indicator

Total Body Water %

Visceral Fat Rating & Indicator

Daily Calorie Intake

Metabolic Age

Muscle Mass

Athlete & Guest Mode

Weight Only Feature

Recall Function

Key Features

- FitPLUS Mode - Designed specifically for women who want to improve their health and fitness
- Children's Healthy Body Fat Range
- Visceral Fat Indicator
- Metabolic Age

Specification

Weight Capacity:	150kg
Display Size:	27mm
Memories:	5
Product Size:	300mm x 300mm x 38mm
Product Weight:	1.2kg
Batteries:	AA/4 pcs

BC 351
The World's Slimmest Body Composition Monitor

Full Features

Body Fat %

Adult & Children's Healthy Range Indicator

Total Body Water %

Visceral Fat Rating & Indicator

Bone Mass

Basal Metabolic Rate

Metabolic Age

Muscle Mass

Physique Rating

Athlete & Guest Mode

Recall Function

Key Features

- 50 gram Accuracy
- Children's Healthy Body Fat Ranges
- Visceral Fat Indicator
- Metabolic Age

Specification

Weight Capacity:	150kg
Display Size:	32mm
Memories:	4
Product Size:	302mm x 296mm x 15mm
Product Weight:	2.2kg
Batteries:	Lithium CR2032/2 pcs

BC 583
Low Profile Body Composition Monitor

Full Features

Body Fat %

Adult & Children's Healthy Range Indicator

Total Body Water %

Muscle Mass

Physique Rating

Basal Metabolic Rate

Metabolic Age

Visceral Fat Rating & Indicator

Bone Mass

Weight Only Feature

Athlete & Guest Mode

Recall Function

Key Features

- Adult and Children's Healthy Body Fat Range Feature
- Metabolic Age
- Visceral Fat Indicator

Specification

Weight Capacity:	150kg
Display Size:	27mm
Memories:	4
Product Size:	319mm x 329mm x 19mm
Product Weight:	1.8kg
Batteries:	Lithium CR2032/2 pcss

BC 570

Elegant Glass Body Composition Monitor

Full Features

Body Fat %

Adult & Children's Healthy Range Indicator

Total Body Water %

Muscle Mass

Basal Metabolic Rate

Visceral Fat Rating & Indicator

Athlete & Guest Mode

Recall Function

Weight Only Feature

Key Features

- Patented Transparent Electrodes
- Children's Healthy Body Fat Range
- Visceral Fat Indicator

Specification

Weight Capacity:	150kg
Display Size:	27.2mm
Memories:	4
Product Size:	322mm x 322mm x 43.3mm
Product Weight:	1.8kg
Batteries:	Lithium CR2032/2 pcs

BC 571

Glass Body Composition Monitor with Touchscreen

Full Features

Body Fat %

Adult & Children's Healthy Range Indicator

Total Body Water %

Muscle Mass

Physique Rating

Bone Mineral Mass

Daily Calorie Intake

Visceral Fat Rating & Indicator

Athlete & Guest Mode

Recall Function

Weight Only Feature

Key Features

- Easy to use touch screen buttons
- Patented Transparent Electrodes
- Children's Healthy Body Fat Range
- Visceral Fat Indicator

Specification

Weight Capacity:	150kg
Display Size:	27.2mm
Memories:	4
Product Size:	329mm x 322mm x 42.4mm
Product Weight:	1.9kg
Batteries:	Lithium CR2032/2 pcs

BC 575

Designer Glass Body Composition Monitor

Full Features

Body Fat %

Adult & Children's
Healthy Range Indicator

Visceral Fat Rating
& Indicator

Total Body Water %

Muscle Mass

Athlete & Guest Mode

Recall Function

Weight Only Feature

Key Features

- Easy to Read reverse LCD Patented Transparent Electrodes
- Children's Healthy Body Fat Range
- Visceral Fat Indicator

Specification

Weight Capacity:	150kg
Display Size:	27.5mm
Memories:	8
Product Size:	320mm x 300mm x 42mm
Product Weight:	2.0kg
Batteries:	AA/4 pcs

BC 543

Stylish Glass Body Composition Monitor

Full Features

Body Fat %

Adult & Children's
Healthy Range Indicator

Total Body Water %

Visceral Fat Rating
& Indicator

Bone Mass

Basal Metabolic Rate

Metabolic Age

Muscle Mass

Physique Rating

Athlete & Guest Mode

Recall Function

Weight Only Feature

Key Features

- Patented Transparent Electrodes
- Children's Healthy Body Fat Range
- Visceral Fat Indicator
- Metabolic Age

Specification

Weight Capacity:	150kg
Display Size:	32mm
Memories:	4
Product Size:	320mm x 300mm x 44mm
Product Weight:	2.4kg
Batteries:	AA/4 pcs

BC 541

Innerscan Family Health Body Composition Monitor

Full Features

Body Fat %

Adult & Children's
Healthy Range Indicator

Total Body Water %

Visceral Fat Rating
& Indicator

Bone Mass

Basal Metabolic Rate

Metabolic Age

Muscle Mass

Physique Rating

Recall Function

Key Features

- Adult's and Children's Healthy Body Fat Range
- Visceral Fat Indicator
- Metabolic Age

Specification

Weight Capacity:	150kg
Display Size:	32mm
Memories:	4
Product Size:	302mm x 307mm x43.2mm
Product Weight:	2.4kg
Batteries:	AA/4 pcs

BC 542

Complete Body Composition Monitor

Full Features

Body Fat %

Adult & Children's
Healthy Range Indicator

Total Body Water %

Visceral Fat Rating
& Indicator

Bone Mass

Basal Metabolic Rate

Metabolic Age

Muscle Mass

Physique Rating

Recall Function

Key Features

- Total Body Water %
- Adult's and Children's Healthy Body Fat Ranges
- Basal Metabolic Rate

Specification

Weight Capacity:	150kg
Display Size:	32mm
Memories:	4
Product Size:	323mm x 300mm x 43.2mm
Product Weight:	2.4kg
Batteries:	Lithium CR2032/2 pcs

UM 040

Slimline Glass Body Fat Monitor

NEW

Full Features
Body Fat %
Adult & Children's
Healthy Range Indicator
Total Body Water %
Guest Mode
Weight Only Feature

Specification
Weight Capacity:	150kg
Display Size:	27.5mm
Memories:	4
Product Size:	304mm x 320mm x26mm
Product Weight:	1.7kg
Batteries:	AAA/4 pcs

Pearl White   Metallic Blue   Purple   Red

UM 041

Body Fat and Water Monitor with extra Large Blue Backlit LCD

NEW

Full Features
Body Fat %
Adult & Children's
Healthy Range Indicator
Total Body Water %
Guest Mode
Weight Only Feature
Recall Function

Specification
Weight Capacity:	150kg
Display Size:	46.3mm
Memories:	4
Product Size:	304mm x 320mm x 26mm
Product Weight:	1.8kg
Batteries:	AAA/4 pcs

Black   Red   Metallic Black

UM 073
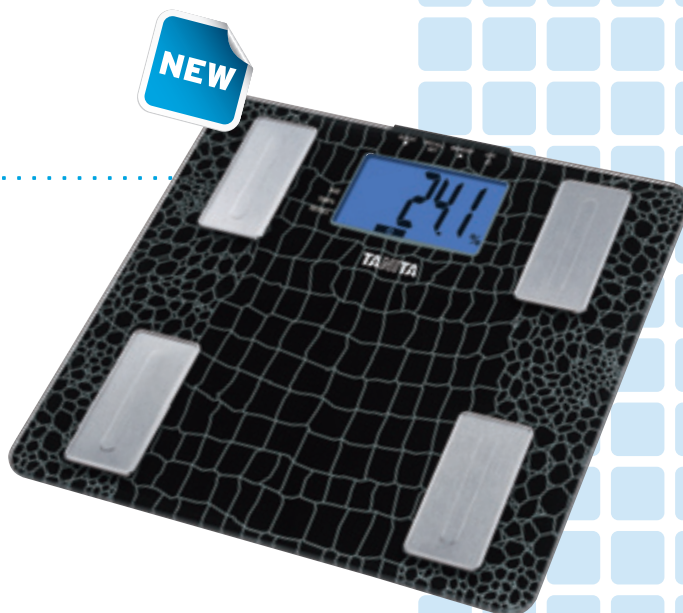
Compact Body Fat Monitor

Full Features
Body Fat %
Adult & Children's
Healthy Range Indicator
Total Body Water %
Muscle Mass
Recall Function
Athlete & Guest Mode
Weight Only Feature

Specification
Weight Capacity:	150kg
Display Size:	27.2mm
Memories:	4
Product Size:	292mm x 292mm x 43mm
Product Weight:	2.3kg
Batteries:	AA/4 pcs

UM 075

Modern Glass Body Composition Monitor

Full Features
Body Fat %
Adult & Children's
Healthy Range Indicator
Total Body Water %
Muscle Mass
Visceral Fat Rating
& Indicator
Recall Function
Athlete & Guest Mode
Weight Only Feature

Specification

Weight Capacity:	150kg
Display Size:	27.2mm
Memories:	4
Product Size:	323mm x 310mm x 34mm
Product Weight:	2.2kg
Batteries:	AA/4 pcs

UM 076

Contemporary Body Composition Monitor with Easy to Read LCD

Full Features
Body Fat %
Adult & Children's
Healthy Range Indicator
Total Body Water %
Muscle Mass
Visceral Fat Rating
& Indicator
Basal Metabolic Rate
Recall Function
Guest Mode
Weight Only Feature

Specification

Weight Capacity:	150kg
Display Size:	27.5mm
Memories:	8
Product Size:	300mm x 350mm x 38.2mm
Product Weight:	1.4kg
Batteries:	AA/4 pcs

UM 070

Stylish Plastic Body Fat Monitor

Full Features
Body Fat %
Adult & Children's
Healthy Range Indicator
Total Body Water %
Guest Mode
Weight Only Feature

Specification

Weight Capacity:	150kg
Display Size:	27.5mm
Memories:	4
Product Size:	310mm x 295mm x 40.6mm
Product Weight:	2.3kg
Batteries:	AA/4 pcs

UM 072
Glass Body Fat Monitor

Full Features
Body Fat %
Adult & Children's Healthy
Range Indicator
Total Body Water %
Basal Metabolic Rate
Muscle Mass
Physique Rating
Recall Function
Weight Only Feature
Guest Mode

Specification
Weight Capacity:	150kg
Display Size:	23.5mm
Memories:	4
Product Size:	340mm x 340mm x 42.5mm
Product Weight:	2.3kg
Batteries:	AA/4 pcs

UM 050
Super Slim Lightweight Body Fat Monitor

Full Features
Body Fat %
Adult & Children's Healthy
Range Indicator
Total Body Water %
Weight Only Feature
Guest Mode
Recall Function

Specification
Weight Capacity:	150kg
Display Size:	27.5mm
Memories:	4
Product Size:	295mm x 295mm x 34.7mm
Product Weight:	1.2kg
Batteries:	AA/4 pcs

UM 051
Plastic Body Fat and Water Monitor

Full Features
Body Fat %
Adult & Children's Healthy
Range Indicator
Total Body Water %
Weight Only Feature
Guest Mode

Specification
Weight Capacity:	150kg
Display Size:	27.5mm
Memories:	4
Product Size:	290mm x 288mm x 43mm
Product Weight:	2.2kg
Batteries:	AA/4 pcs

UM 052
Glass Body Fat and Water Monitor

Full Features
Body Fat %
Adult & Children's Healthy
Range Indicator
Total Body Water %
Weight Only Feature
Guest Mode
Recall Function

Specification
Weight Capacity:	150kg
Display Size:	27.5mm
Memories:	4
Product Size:	310mm x 294mm x 41.5mm
Product Weight:	2kg
Batteries:	AA/4 pcs

BC Series Comparison Chart

Features	BC601*	BC587	BC730	BC581	BC582	BC351	BC583
8 Electrode Segmental Analysis	x						
ANT+™ technology							
Bluetooth® Wireless Technology							
SD Card	x						
Children's body fat % & ranges	x	x	x	x	x	x	x
Adult's body fat % & ranges	x	x	x	x	x	x	x
FitPLUS Feature				x	x		
Total Body Water %	x	x	x	x	x	x	x
Muscle Mass	x	x	x	x	x	x	x
Physique Rating		x	x			x	x
Bone Mass	x		x			x	x
Basal Metabolic Rate		x	x			x	x
Daily Calorie Intake	x			x	x		
Metabolic Age	x	x	x		x	x	x
Visceral Fat Rating & Indicator	x	x	x	x	x	x	x
Athlete Mode	x		x	x	x	x	x
Recall	x		x	x	x	x	x
Weight only	x	x	x	x	x	x	x
Memories	4	4	5	5	5	4	4
Guest mode	x	x	x	x	x	x	x
Touch Screen Buttons							
50 Gram Accuracy							
UltraSlim Technology							
Technical Specification							
Weight Capacity	150kg	200kg	150kg	150kg	150kg	150kg	150kg
Material	Plastic	Glass	Plastic	Plastic	Glass	Plastic	Plastic

Features	BC570	BC571	BC575	BC543	BC541	BC542
8 Electrode Segmental Analysis						
ANT+™ technology						
Bluetooth® Wireless Technology						
SD Card						
Children's body fat % & ranges	x	x	x	x	x	x
Adult's body fat % & ranges	x	x	x	x	x	x
FitPLUS Feature				x	x	
Total Body Water %	x	x	x	x	x	x
Muscle Mass	x	x	x	x	x	x
Physique Rating		x		x	x	x
Bone Mass		x		x	x	x
Basal Metabolic Rate	x			x	x	x
Daily Calorie Intake		x		x		
Metabolic Age					x	x
VVisceral Fat Rating & Indicator	x	x	x	x	x	x
Athlete Mode	x	x	x	x	x	x
Recall	x	x	x	x	x	x
Weight only	x	x	x	x	x	x
Memories	4	4	8	4	4	4
Guest mode	x	x	x	x	x	x
Touch Screen Buttons				x		
50 Gram Accuracy	x					
UltraSlim Technology	x					
Technical Specification						
Weight Capacity	150kg	150kg	150kg	150kg	150kg	150kg
Material	Glass	Glass	Glass	Glass	Plastic	Glass

* Additional features available via software

UM Series Comparision Chart

Features	UM040	UM041	UM073	UM075	UM076	UM070
Children's body fat % & ranges	x	x	x	x	x	x
Adult's body fat % & ranges	x	x	x	x	x	x
Total Body Water %	x	x	x	x	x	x
Muscle Mass				x	x	
Physique Rating						
Basal Metabolic Rate					x	
Visceral Fat Rating & Indicator				x	x	
Athlete Mode			x	x		
Recall		x		x	x	
Weight only	x	x	x	x	x	x
Memories	4	4	4	4	8	4
Guest mode	x	x	x	x	x	x
UltraSlim Technology	x	x				
Technical Specification						
Weight Capacity	150kg	150kg	150kg	150kg	150kg	150kg
Material	Glass	Glass	Plastic	Glass	Plastic	Plastic

Features	UM072	UM050	UM051	UM052
Children's body fat % & ranges	x	x	x	x
Adult's body fat % & ranges	x	x	x	x
Total Body Water %	x	x	x	x
Muscle Mass	x			
Physique Rating	x			
Basal Metabolic Rate	x			
Visceral Fat Rating & Indicator				
Athlete Mode				
Recall	x	x		x
Weight only	x	x	x	x
Memories	4	4	4	4
Guest mode	x	x	x	x
UltraSlim Technology				
Technical Specification				
Weight Capacity	150kg	150kg	150kg	150kg
Material	Glass	Plastic	Plastic	Glass

BC 1000* ANT+™

Body Composition Monitor with ANT+™ Wireless Technology

NEW

Full Features

Body Fat %

Adult & Children's Healthy Range Indicator

Total Body Water %

Visceral Fat Rating & Indicator

Bone Mass

Basal Metabolic Rate

Metabolic Age

Muscle Mass

Physique Rating

Athlete Mode

Key Features

- Integrated ANT+™ technology
- The only body composition monitor that can be connected to selected Garmin Fitness Watches
- Free software to track results

Specification

Weight Capacity:	200kg
Display Size:	No visible display
Product Size:	340mm x 365mm x 42.6mm
Product Weight:	3kg
Batteries:	AA/4 pcs

Optional Accessories

D 1000 - Tanita Tabletop Display

ANT+TM Stick

Compatible with Garmin Fitness Watches FR 60, Forerunner 310XT, Forerunner 210 and Forerunner 610

BC 590* BT™

Body Composition Monitor with Bluetooth® Wireless Technology

NEW

Full Features

Body Fat %

Adult & Children's Healthy Range Indicator

Total Body Water %

Visceral Fat Rating & Indicator

Bone Mass

Basal Metabolic Rate

Metabolic Age

Muscle Mass

Physique Rating

Athlete & Guest Mode

Weight Only Feature

Key Features

- Integrated Bluetooth® Wireless Technology
- Children's Healthy Body Fat Range
- Visceral Fat Indicator
- Metabolic Age

Specification

Weight Capacity:	150kg
Display Size:	32mm
Memories:	4
Product Size:	337mm x 300mm x36.5mm
Product Weight:	2.5kg
Batteries:	AA/4 pcs

HD 500* BT®

Made for iPod iPad

Bluetooth® Wireless Wireless Digital Scale with iPhone & iPod touch Compatibility

NEW

Key Features

- Allows transfer of measurement information via Bluetooth® wireless technology to both iPhone and iPod touch devices instantly

Specification

Weight Capacity:	200kg
Display Size:	28mm
Product Size:	320mm x 379mm x 30mm
Product Weight:	2.7kg
Batteries:	AAA/4 pcs

Compatibility

iPod touch 1st generation 8GB 16GB 32GB/
iPod touch 2nd generation 8GB 16GB 32GB/
iPod touch 3rd generation 32GB 64GB/
iPod touch 4th generation 8GB 32GB 64GB/
iPhone 4GB 8GB 16GB/
iPhone 3G 8GB 16G/
iPhone 3GS 8GB 16G 32GB/
iPhone 4 16G 32GB

HD 351* ANT™

Tanita Scale with ANT™ Technology

ANT+

NEW

Key Features

- Allowing wireless data transfer for current and previous weight readings for up to four users

Specification

Weight Capacity:	200kg
Display Size:	No visible display
Product Size:	370mm x 342mm x 35mm
Product Weight:	2.5kg
Batteries:	AA/4 pcs

Optional Accessories

ANT+™ Stick

HD 351* BT®

High Capacity Electronic Scale with Integrated Bluetooth® Wireless Technology

NEW

Key Features

- Allowing instant transfer of weight measurement to computer shows current and previous weight for up to 4 users

Specification

Weight Capacity:	200kg
Display Size:	25mm
Product Size:	370mm x 342mm x 35mm
Product Weight:	2.5kg
Batteries:	AA/4 pcs

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* Subject to availability by region, local software registration required

Precision Digital Bathroom Scales

Tanita's precision bathroom scales range includes wireless, solar, digital and mechanical models. All Tanita bathroom scales are designed to the highest specification.

NEW

HD 384

Glass Digital Bathroom Scale with Extra Large Blue Backlit Display which Displays Weight Measurements in 3 Different Units Simultaneously
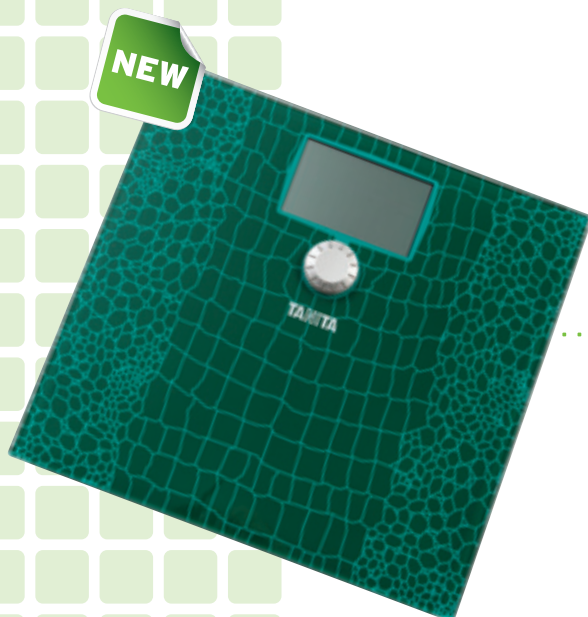
Specification

Weight Capacity:	200kg
Display Size:	17.16mm
Product Size:	320mm x 350mm x 26mm
Product Weight:	3kg
Batteries:	AAA/4 pcs

NEW

HD 387

Glass Digital Bathroom Scale with Large Reverse LCD

Specification

Weight Capacity:	200kg
Display Size:	52mm
Product Size:	319mm x 379mm x 28mm
Product Weight:	2.7kg
Batteries:	AAA/4 pcs

Black   Cream   Red

Pink   Blue

NEW

HD 383

Glass Digital Scale with Dial Activation BMI Function

Specification

Weight Capacity:	150kg
Display Size:	52mm
Product Size:	300mm x 320mm x 33.7mm
Product Weight:	2.2kg
Batteries:	AAA/2 pcs

Black   Brown   Green

HD 382

NEW
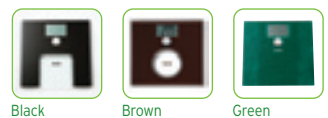
Ultra Slim Glass Digital Bathroom Scale with Blue Backlit Extra Large Reverse LCD Display and Tap On Activation

Specification

Weight Capacity:	150kg
Display Size:	52mm
Product Size:	300mm x 320mm x 24mm
Product Weight:	1.7kg
Batteries:	AAA/2 pcs

Black   Red   Blue

HD 381

NEW

Ultra Slim Glass Digital Bathroom Scale with Extra Large Display and Tap on activation

Specification

Weight Capacity:	150kg
Display Size:	52mm
Product Size:	300mm x 320mm x 22mm
Product Weight:	1.7kg
Batteries:	Lithium CR2032/1 pc

Green   Red

HD 380

NEW

Ultra Slim Glass Digital Bathroom Scale with Tap on activation

Specification

Weight Capacity:	150kg
Display Size:	30mm
Product Size:	300mm x 320mm x 22mm
Product Weight:	1.7kg
Batteries:	Lithium CR2032/1 pc

Black   Blue   Red

Orange   Green   Light Pink

Pearl White   Black S   White
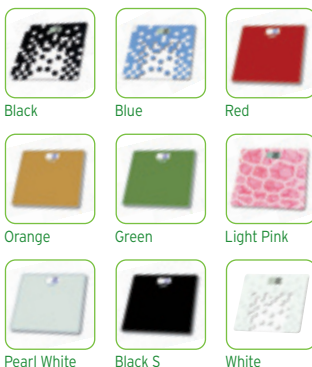
NEW

HD 386

Lightweight Micro Scales - supplied with a carry case for increased portability

Specification

Weight Capacity:	150kg
Display Size:	52mm
Product Size:	135mm x 190mm x 24mm
Product Weight:	0.5kg
Batteries:	Lithium CR2032/1 pc

Pearl White   Black   Yellow

Red   Green

NEW

HD 390

Pearl Effect Digital Scale with Extra Large Blue Backlit LCD

Specification

Weight Capacity:	150kg
Display Size:	52mm
Product Size:	300mm x 330mm x 32mm
Product Weight:	1kg
Batteries:	AAA/2 pcs

Pearl Pink   White

NEW

HD 662

Compact Matt Finish Digital Scale with Extra Large Blue Backlit LCD

Specification

Weight Capacity:	150kg
Display Size:	52mm
Product Size:	288mm x 288mm x 35mm
Product Weight:	1.1kg
Batteries:	AA/2 pcs

White   Black

HD 660

Lightweight Compact Digital Scale with Step on Activation

Specification

Weight Capacity:	150kg
Display Size:	30mm
Product Size:	200mm x 244mm x 33mm
Product Weight:	0.7kg
Batteries:	AA/2 pcs

Pink   Purple

White   Blue

NEW

HD 661

Digital Bathroom Scale with Large LCD Display

Specification

Weight Capacity:	150kg
Display Size:	30mm
Product Size:	280mm x 280mm x 35mm
Product Weight:	0.99kg
Batteries:	AA/2 pcs

NEW

HD 355

Glass Digital Bathroom Scales

Specification

Weight Capacity:	150kg
Display Size:	27.9mm
Product Size:	313mm x 308mm x 40.5mm
Product Weight:	1.7kg
Batteries:	AA/2 pcs

Black   White

HD 357

Ultraslim Lightweight Electronic Scale with in-built carry handle for easy storage

Specification
Weight Capacity:	150kg
Display Size:	32.4mm
Product Size:	313mm x 313mm x 16mm
Product Weight:	1.6kg
Batteries:	Lithium CR2032/2 pcs

Red Gold Silver

HD 366

High Capacity Glass Digital Bathroom Scale with 72mm Super Size, Blue Backlit Reverse LCD

Specification
Weight Capacity:	200kg
Display Size:	61mm
Product Size:	320mm x 350mm x 26mm
Product Weight:	3kg
Batteries:	AAA/4 pcs

HD 376

High Capacity Glass Electronic Scale With Extra Large Weighing Platform and Blue Backlight Display

Specification
Weight Capacity:	200kg
Display Size:	38mm
Product Size:	331mm x 331mm x 40.4mm
Product Weight:	3.2kg
Batteries:	AA/4 pcs

HS 302

ECO Solar Solar Powered Scale

Specification
Weight Capacity:	150kg
Display Size:	24.1mm
Product Size:	306mm x 330mm x 48mm
Product Weight:	2.3kg
Batteries:	No Batteries Needed – Ever!

HD 308

Lightweight Digital Bathroom Scales with Red LED Display

Specification

Weight Capacity:	136kg
Display Size:	14.2mm
Product Size:	272mm x 285mm x 42mm
Product Weight:	1.9kg
Batteries:	AA/4 pcs

Blue Dark Gray Light Gray

White

HD 313

Plastic Digital Bathroom Scale with Large Comfortable Platform and Large Easy to Read Display

Specification

Weight Capacity:	150kg
Display Size:	27.7mm
Product Size:	318mm x 326mm x 53.5mm
Product Weight:	2.6kg
Batteries:	AA/4 pcs

HD 318

Digital Personal Scale with Large Weight Capacity, 25mm LCD Display and Toe-Tap Reset Button

Specification

Weight Capacity:	150kg
Display Size:	27.7mm
Product Size:	308mm x 314mm x 45mm
Product Weight:	2.2kg
Batteries:	Lithium CR2032/2 pcs

HD 325

Digital Scale with BMI Function and 4 User Memory and a Large 2-Line LCD Display

Specification

Weight Capacity:	150kg
Display Size:	25mm/14mm
Product Size:	310mm x 310mm x 47mm
Product Weight:	2.3kg
Batteries:	AA/4 pcs

Precision Analog/Dial Bathroom Scales

NEW

HA 552
Dial scale with extra large easy-to-read display

Specification
Weight Capacity: 120kg
Display Size: 115mm Dial
Product Size: 240mm x 280mm x 65mm
Product Weight: 1.6 kg

NEW

HA 650
Dial Scale with non slip surface and extra large display

Specification
Weight Capacity: 130kg
Display Size: 114mm Dial
Product Size: 278mm x 292mm x 60mm
Product Weight: 1.9kg

NEW

HA 680
Stylish Dial Scale with High Gloss Finish

Specification
Weight Capacity: 130kg
Display Size: 117mm Dial
Product Size: 310mm x 298mm x 64mm
Product Weight: 2.1kg

Yellow White Black

NEW

HA 880
Retro Style Dial Scale

Specification
Weight Capacity: 130kg
Display Size: 36mm Dial
Product Size: 270mm x 272mm x 50mm
Product Weight: 1.7kg

Yellow White Black

HA 622

Dial Weight Scale with non slip surface

Specification

Weight Capacity:	130kg
Display Size:	115mm Dial
Product Size:	278mm x 292mm x 58mm
Product Weight:	1.8kg

HA 623

Dial Weight Scale with large display

Specification

Weight Capacity:	130kg
Display Size:	115mm Dial
Product Size:	300mm x 325mm x 63mm
Product Weight:	2.2kg

Black   Silver   White

HA 522

Dial scale with various children's character designs available

Specification

Weight Capacity:	130kg
Display Size:	55mm Dial
Product Size:	245mm x 282mm x 52mm
Product Weight:	1.6kg

Rose   Resort   Band

Tennis   Brother Bear

HA 540

Dial Weight Scale with pastel tone design options

Specification

Weight Capacity:	130kg
Display Size:	18mm Dial
Product Size:	242mm x 282mm x 52mm
Product Weight:	1.6kg

Green   Pink   White
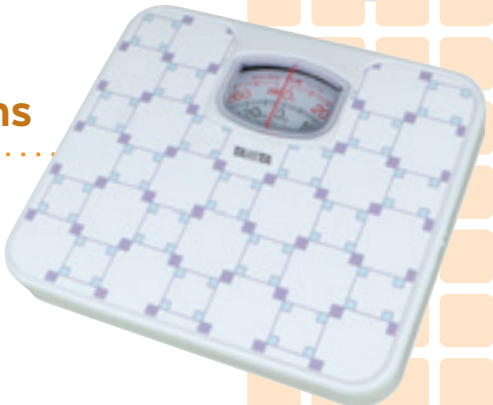
HA 561

Dial Scale with Retro Design Options

Specification

Weight Capacity:	130kg
Display Size:	8mm Dial
Product Size:	242mm x 282mm x 52mm
Product Weight:	1.6kg

Pink Granite   Blue Granite   Blue

Purple   Green

TANITA

Monitoring Your Health