

# Product - Precautionary Steps

## **For the most accurate results**

### **❖ Test under similar conditions as previous exam**

- Do not exercise beforehand
- Test with minimal clothing
- Test before a meal or two hours after a meal
- Eliminate excessive bodily fluids
- Do not use sauna or bath beforehand
- Stand up for 1-2 minutes prior to testing
- Empty all pockets
- Avoid testing during menstruation period

## **Do not test with the following medical conditions**

- Pacemakers and artificial electronic medical devices
  - Pregnancy (device assumes child is mass of fat)
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