

# Your health is too important for guesswork.



## Why weight is not enough...

It's just not enough to know how much you weigh. Your doctor needs to know what makes up that weight to get you to your goals.

For example, let's say 3 different people each need to lose 20 pounds. The first person has 20 pounds of extra water retention, the second person has 20 pounds of extra body fat, and the third person has to lose a combination of 20 pounds of extra water retention and fat. Knowing the whole story helps each person know what to do next...for truly personalized and effective wellness strategies.

By offering RJL Quantum Body Composition Analysis, your doctor can see 'what you're really made of', helping to design the best strategy for you.

## What is BIA?

Bioelectrical Impedance Analysis (BIA) is a quick, safe, and painless technology used by leading hospitals and universities all over the world. In a matter of minutes, just four small adhesive pads connected to the RJL BIA device will gather the measurements needed to generate a beautiful report that will be shared with you by your doctor. This accurate view of 'what you're really made of' will help your doctor design and customize a wellness plan to help you reach *your* goals.

## About RJL Systems

RJL Systems is the originator and innovator of modern Bioelectrical Impedance Analysis for professional body composition. For over 35 years, RJL BIA has been trusted by leading practitioners and researchers all over the world. In that time, BIA has been featured in over 2000 scientific articles and published peer-reviewed research studies. RJL Quantum BIA analyzers have been cleared by the FDA as Class II medical device, with software serving ages 3-94. RJL Systems is a Michigan-based company, and certified ISO 13485:2003.

## What Will I Get?

- Fat
- Fat Mass Index
- Fat-Free Mass
- Fat-Free Mass Index
- Intracellular Water
- Extracellular Water
- Lean Dry Mass
- Lean Soft Tissue
- Skeletal Muscle Mass
- Bone Mineral Content
- Body Mass Index
- Daily Energy Expenditure
- Basal Metabolic Rate
- Phase Angle
- Food & Fitness ideas and more!



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**Safe  
Reliable  
Accurate**

### **Preparing for your BIA**

1. Do not consume alcohol for 12 hours before the test
  2. Do not consume caffeine (coffee, tea, 'energy' drinks, soda pop) for 8 hours before the test
  3. Do not exercise or take a sauna 8 hours before the test
- Notify your BIA technician if you have engaged in any of the activities listed above.*

### **Once you are in the testing room**

1. Remove any metal and/or magnetic jewelry, therapeutic magnets, communication devices, and cellphone away from the body
2. Remove your right shoe and sock or nylon stocking
3. Remove any objects from your right wrist and hand

The FDA has not cleared BIA for patients who are pregnant or have an implanted electronic medical device (like a pacemaker).

*Notify your BIA technician if you are pregnant or have an implanted medical device.*

**Your BIA has been scheduled for:**

Date \_\_\_\_\_ Time \_\_\_\_\_

**Kindly give 24 hours notice of cancellation.**



**RJL**  
SYSTEMS  
Quantum Body Composition



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