

# VLA Body Composition and Cellular Health Report

Report For: Robert McDonalod

Elemental Health

Test Date: 02/11/15 0:26

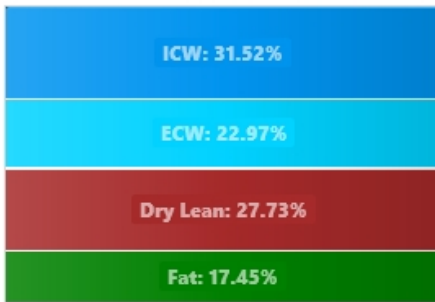
Phone:

Practitioner: Metascreen

Email Address:

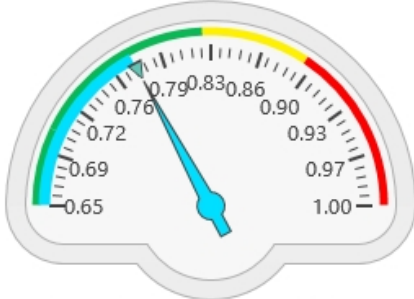
Website:

## Body composition



3rd Space Water 0.33%

Prediction marker **0.770**  
Normal: 0.700 - 0.820



Caution: Not to be used as diagnostic indicator.

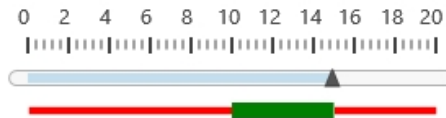
## Total body weight 85.6 kg

Normal 80.0 kg - 86.0 kg



## Body fat mass 14.9 kg

Normal 10.0 kg - 15.0 kg



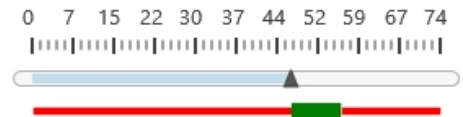
## Lean mass 70.7 kg

Normal 68.0 kg - 73.0 kg

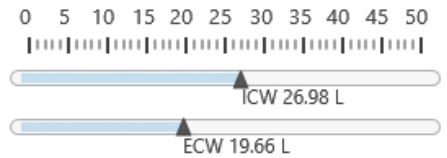


## Total body water 46.9 L

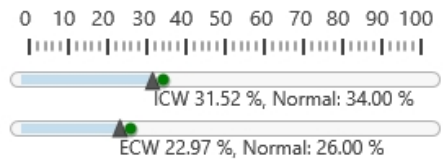
Normal 47.0 L - 56.0 L



## Intracellular/Extracellular water (L)



## Intracellular/Extracellular water (%)



## Measurements:

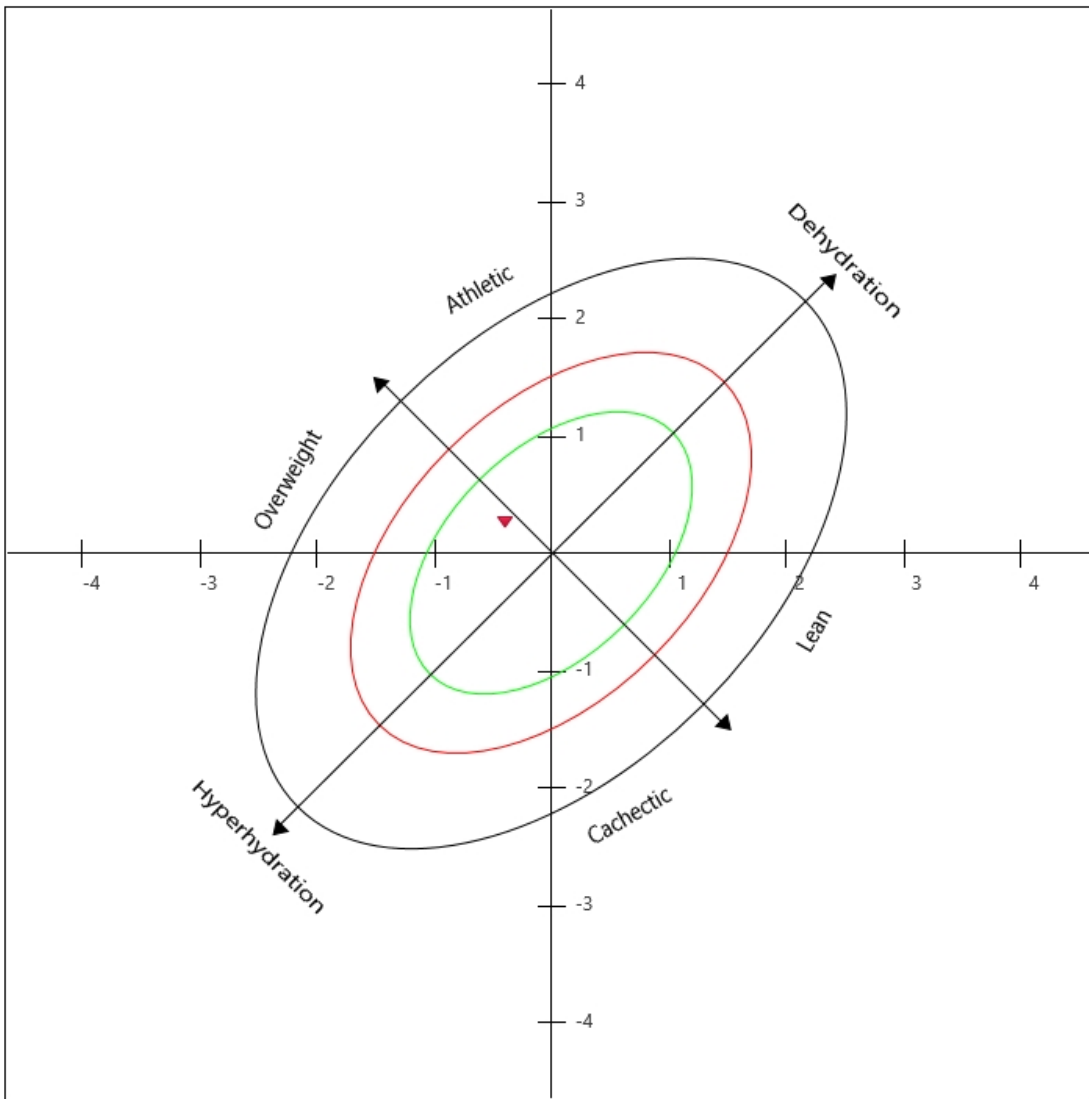
Impedance at 50khz: 516  
Resistance at 50khz: 512  
Reactance at 50khz: 60.9  
Height (cm): 185  
Waist (cm): 87

Impedance at 5khz: 600  
Impedance at 100khz: 484  
Impedance at 200khz: 462  
Hip (cm): 104

**Phase Angle: 6.80**

## Comments:

# Z-graph



- 95% tolerance
- 75% tolerance
- 50% tolerance
- ▲ Subject's history

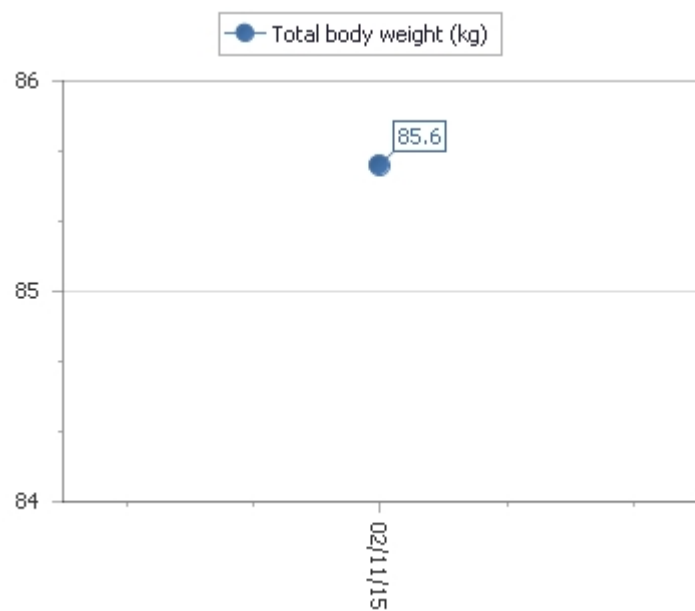
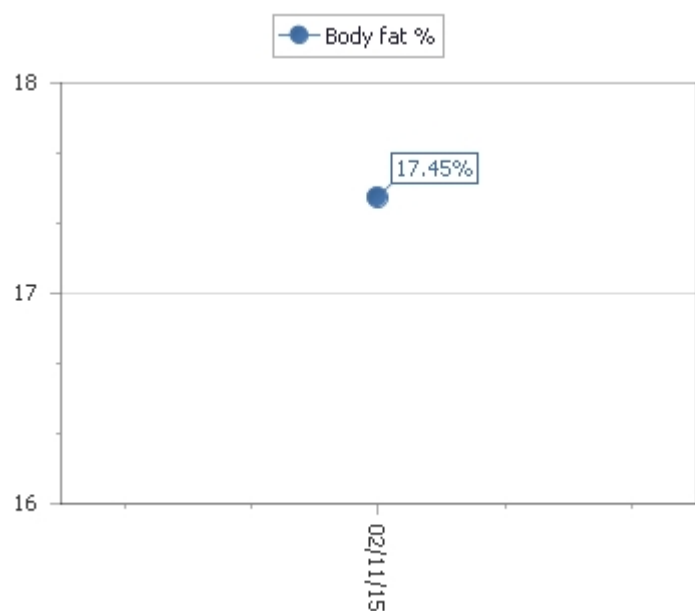
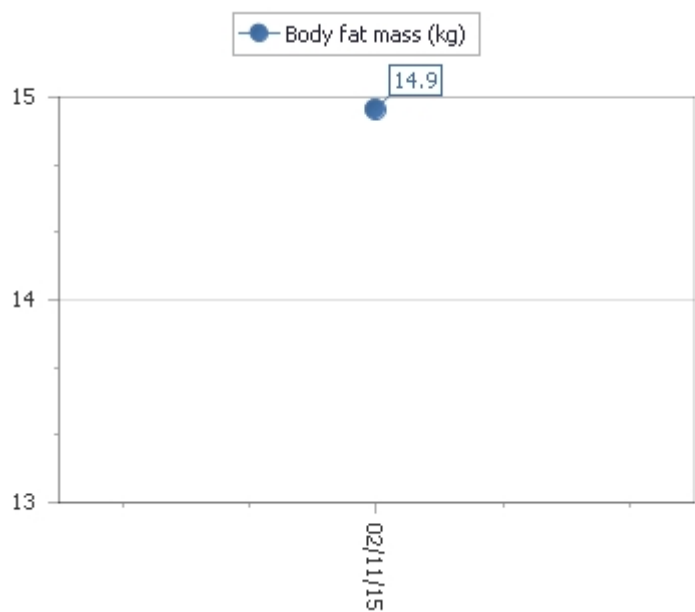
Current test values  
R/H: 276.76  
Xc/H: 32.92  
Vector Length: 278.71  
Phase Angle: 6.8

Current Test Results					Historical Changes		
<i>Parameter</i>	<i>Measured/ Calculated</i>	<i>Normal</i>	<i>Measured %</i>	<i>Normal %</i>	<i>0 Weeks since first test 02-11-15</i>	<i>Variance</i>	<i>Variance %</i>
<b>Total body weight</b>	85.6 kg	80 - 86 kg			85.6 kg	0.0 kg	0.0%
<b>Body fat mass</b>	14.9 kg	10 - 15 kg	17.45 %	12 % - 18 %	14.9 kg	0.0 kg	0.0%
<b>Lean mass</b>	70.7 kg	68 - 73 kg	82.55 %	82 % - 88 %	70.7 kg	0.0 kg	0.0%
<b>Dry lean mass</b>	23.7 kg		27.73 %		23.7 kg	0.0 kg	0.0%
<b>Body cell mass</b>	38.5 kg				38.5 kg	0.0 kg	0.0%
<b>Total body water</b>	46.9 L	47 - 56 L	54.82 %	55 % - 65 %	46.9 L	0.0 L	0.0%
<b>Extracellular water</b>	19.66 L		22.97 %	26 %	19.66 L	0.00 L	0.00%
<b>Intracellular water</b>	26.98 L		31.52 %	34 %	26.98 L	0.00 L	0.00%
<b>3rd space water</b>	0.28 L				0.28 L	0.00 L	0.00%
<b>Prediction marker</b>	0.770	0.700 - 0.820			0.770	0.0	0.0%
<b>Nutrition index</b>	0.42	0.43			0.42	0.00	0.0%
<b>Phase angle</b>	6.80				6.80	0.00	0.00%
<b>BMI</b>	25.0	20 - 25			25.0	0.0	0.0%
<b>BFMI</b>	4.4	3 - 4			4.4	0.0	0.0%
<b>FFMI</b>	20.6	20 - 21			20.6 kg	0.0 kg	0.0%
<b>Basal metabolic</b>	2147 kcal/day				2147 kcal/day	0 kcal/day	0%
<b>Activity metabolic</b>	3220 kcal/day				3220 kcal/day	0 kcal/day	0%
<b>Height</b>	185 cm				185 cm	0 cm	0%
<b>Waist</b>	87 cm				87 cm	0 cm	0%
<b>Hip</b>	104 cm				104 cm	0 cm	0%
<b>Waist/Hip ratio</b>	0.84	1.00			0.84		

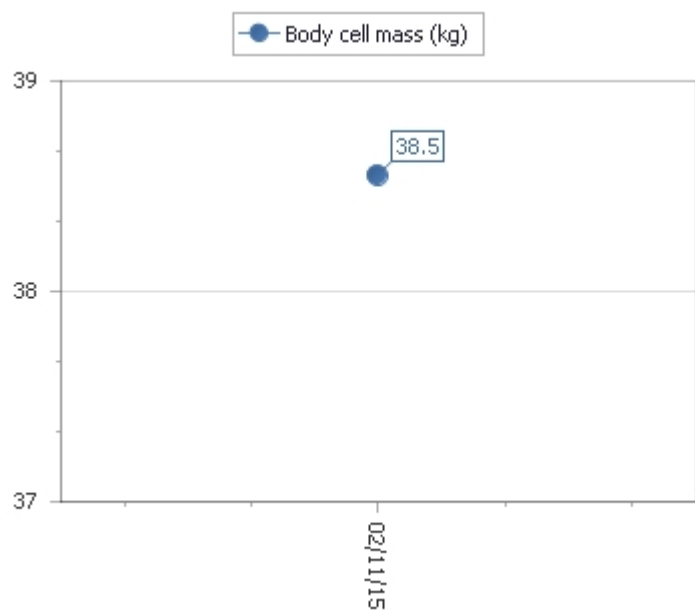
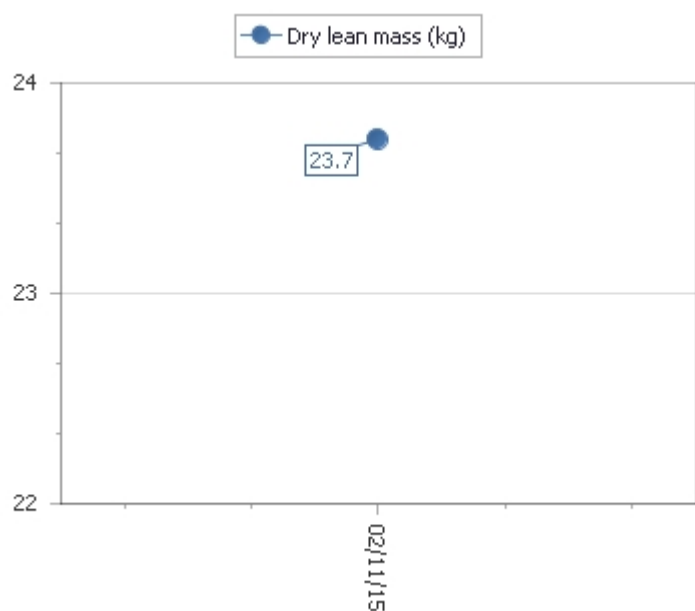
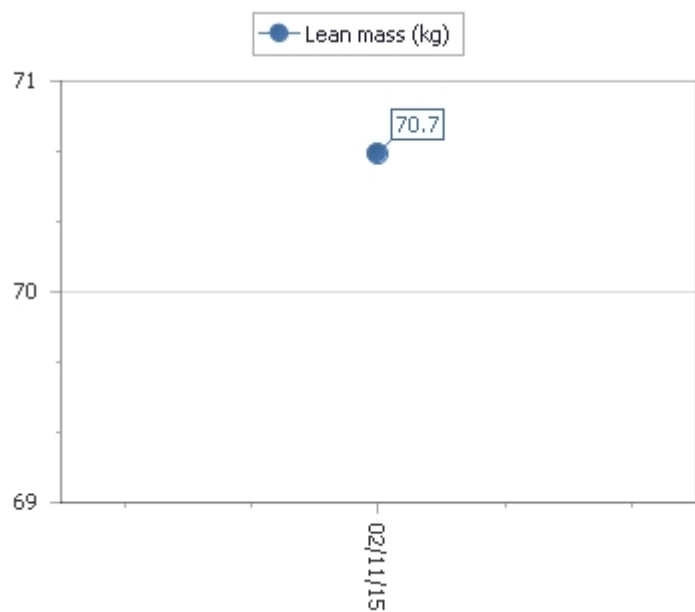
Patient History:

Test Date	Weight (kg)	Lean (kg)	Fat (kg)	Fat (%)	BCM (kg)	Dry Lean (kg)	TBW (L)	ECW (L)	ICW (L)	Phase Angle	PM*	NI**
02/11/15	85.60	70.66	14.94	17.45	38.55	23.73	46.93	19.66	26.98	6.80	.770	.42

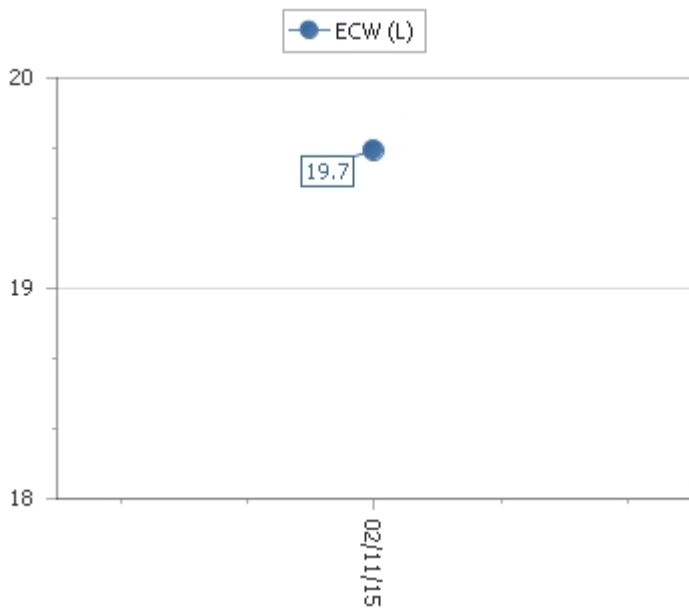
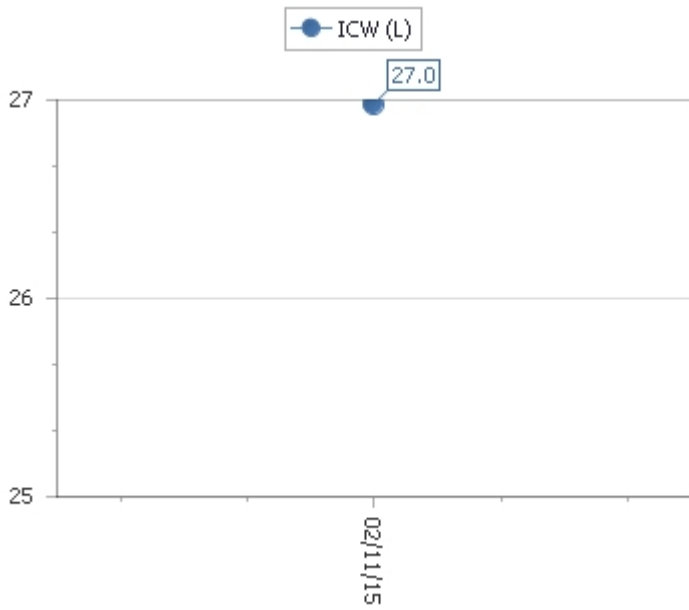
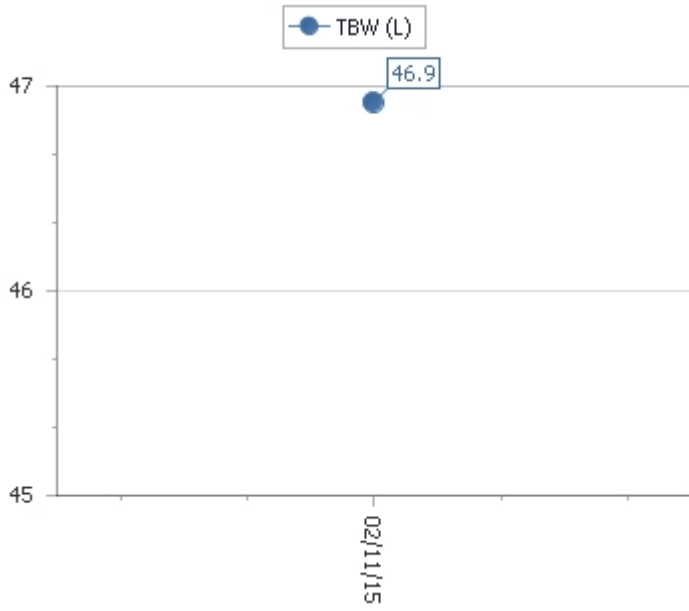
### Fat & Weight Trend



### Mass Trend



### Fluid Trend



### Nutrition Trend

