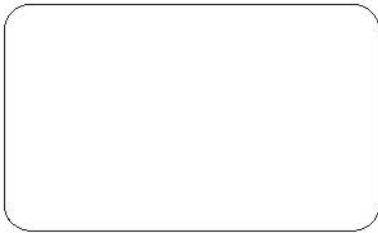


Bion® Junior Body Fat Monitor



BION CANADA INC.

BION BODY FAT MONITOR BN-1200

**Your Personal Body Fat Monitor
provides TRUE IMAGE of BODY FAT**

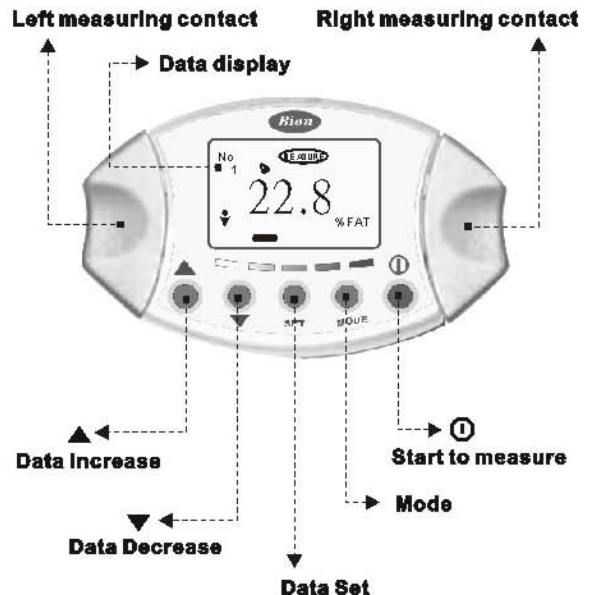
Congratulations!

You have decided for a serious weight management monitor to help you achieving your health & wellness. This is a simple & precisely device to determine your body fat percentage. Body fat analysis is useful for monitoring the changes which occur in the body, scales doesn't give you the true image of your body, BION BODY FAT MONITOR gives you the true image of your body with body fat percentage.

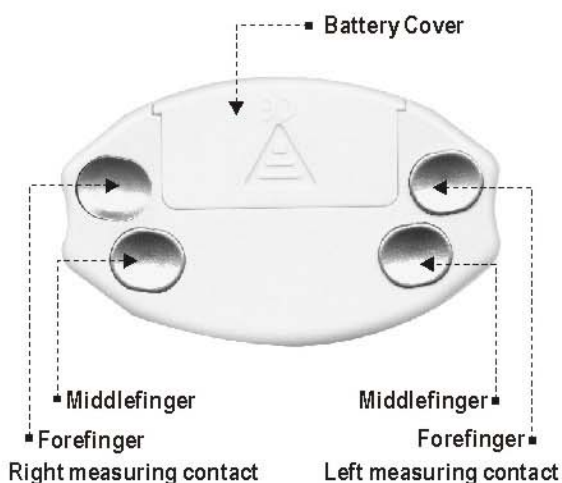
Bioelectrical Impedance Analysis (BIA)

BION Body Fat Monitor analyses body fat percentage on the basis of the bioelectrical impedance (the conductive properties of fat, bones, organs and muscle). This modern measuring procedure is actually based on the water content of the human body. Muscle contains water and therefore has high conductivity and low resistance. Body fat contains less water and therefore has low conductivity and high resistance.

FRONT VIEW



BACK VIEW

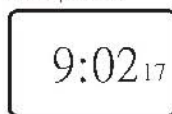


OPERATION

NOTE: BION Body Fat MONITOR has default data entered, please set the time, date and enter your personal data before measure.

DATE & TIME MODE

- Press "SET" to start DATE & TIME setting.
- Press "MODE" to Cycle through Day, Month, Hour, Min, Sec.
- To adjust the DATE & TIME, press "SET" and then use "▲" or "▼" key to adjust the DATE & TIME.
- Press "SET" when completed.

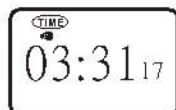


TIMER MODE (TIMER UP / DOWN)

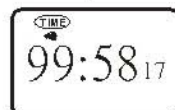
- Press "MODE" to TIMER MODE, then press "SET" to adjust.
- Press "▲" or "▼" key to adjust the HOUR, MIN & SEC.
- Press "SET" when completed.
- Press "Ⓜ" to turn ON or OFF of the TIMER MODE.
- When choosing TIMER DOWN function, the computer will start and when turn to zero, it will make sounds and start again.

You also can choose TIMER UP function starting when choosing it, the computer will automatically count up from 0:00⁰⁰ until 99:59:59. Then turn to Zero and start again.

PS: In TIMER MODE, User holds (Ⓜ) for more than 3 sec to reset and then return to the setting time.



TIMER DOWN



TIMER UP

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DAILY ALARM MODE

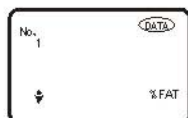
- Press "MODE" to DAILY ALARM MODE, then press "SET" to adjust.
- Press "▲" or "▼" key to adjust the HOUR, MIN & SEC.
- Press "Ⓜ" to turn ON or OFF of the alarm function.

PS: In ALARM MODE, User holds (Ⓜ) for more than 3 sec to reset.



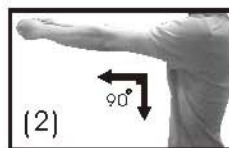
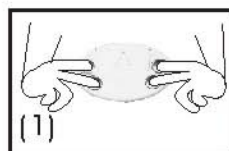
MEASURE MODE (Personal Data Setting)

- Press "MODE" to MEASURE MODE, then press "SET" to cycle through your personal data, setting from Gender, Age, Height to Weight.
- Press "▲" or "▼" key to adjust your data.
- Press "SET" to complete.



START MEASURE (BODY FAT)

- Use Thumb forefinger & middle finger to hold the measuring contacts (see Illustration1).
- Stand up and stretch your both arms out straight in front of you. (Horizontal/ see Illustration2).
- In MEASURE MODE, PRESS "Ⓜ" to start measuring. Do not move during measuring. The result will appear after 7 sec.



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RECALL MEMORY

- Press "MODE" to MEASURE mode.
- Press "▲" or "▼" to get into your own personal data and see one record of BODY FAT that help you to achieve the best result.

PS: The Body Fat Record will automatically change by every time measurement.



Battery low power indicator

- When the battery is at low level, the "TH 3" will appear on the display to warn you to change the new battery. Please open the battery door and replace with 2 new CR 2032 batteries.

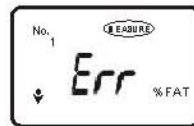


Error Report/Err 1

- When Err1 appears on the display, it means that you are holding the measuring sensors too loose. Repeat the measure with fingers holding the device properly.

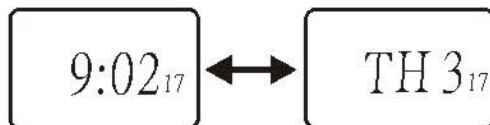
Error Report/Err 2

- When Err2 appears on the display, it means that the personal data entered is unrealistic or the skin is too dry which influence the conductivity of the measuring contacts. Repeat the measure with moisture skin or check the personal data had entered correctly.



HALT Mode

- The monitor will switch to HALT mode automatically after 60 sec non-active. The display will show the current date and time alternatively as a clock.
- Press any key to wake up the HALT Mode.



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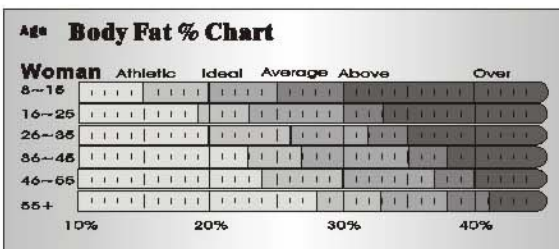
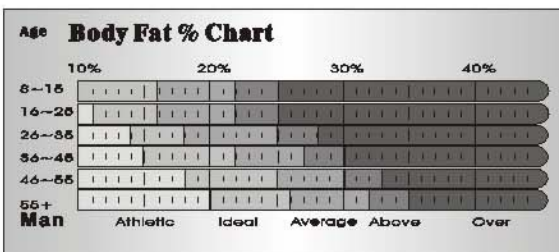
Your body fat percentage

Because body fat measurement is a relatively new field, especially in the consumer segment, a percentage value will initially have little meaning for you. This is why Bion has integrated colour evaluation scale in the display. It helps to recognize your fat percentage is normal or too high.



Body Mass Index (BMI)

The most widely used international standard for evaluating body weight is the Body Mass Index (BMI). Here is a colour scale tells you whether your BMI is normal or too high.



-9- -10-

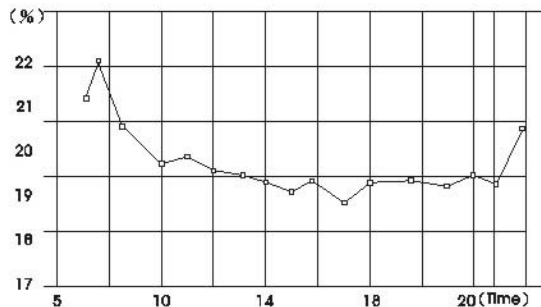
Daily Body Fat Fluctuate

During sleeping our body bioelectrical increases and reduce during the day time activities. Our body fat is fluctuate depending on how much food you have intake, amount of water you drink, how much activities you have in the day & how much hydration during showers.

The following chart shows how the body fat fluctuate base on the time of the day. Your body bioeletronical changes based on the factor of work, lifestyle & activities you do.

For best result to measure the body fat:

Check your body fat every evening after you showered with empty stomach, keep record every time you measure and you will see your body fat changes on daily bases.



IMPORTANT!

Please read over the following information before using the Bion Body Fat monitor.

- Never use the Bion Body Fat Monitor in combination with other medical equipment (especially heart pacemakers, ECG equipment, TENS equipment and cardio-pulmonary machines).
- If you have a sever illness or pregnant, please consult with your personal doctor before using Bion Body Fat Monitor.
- Keep the device out of reach of the children. It contains batteries which might be swallowed by children.
- Never change a prescribed medication dosage without consulting your doctor.

Incorrect measurement may be happened in the following groups

- Children aged below 9 years
- Adults aged above 80
- Pregnant women
- Persons with edemas
- Dialysis patients
- Professional athletes or bodybuilders

