

**TANITA**

**TRUSTED** by professionals

# Professional Product Guide

The global leader in health monitoring

[www.tanita.eu](http://www.tanita.eu)

**TANITA** is a Japanese company that manufactures and distributes precision weighing and body composition equipment worldwide. Our products are widely used within the scientific research, healthcare, fitness industries and more recently experiencing rapid growth within the slimming, pharmacy and occupational health markets. Tanita is the only manufacturer producing precision weighing and body composition devices for both the professional/medical field as for home usage.



**WORLD No.1  
BIA BRAND**

**5 YEAR  
GUARANTEE**

# Why Tanita Bioelectrical Impedance Analysis technology is the best

- **Highest levels of precision and clinical accuracy.**

The original prediction equations used in Tanita software were devised by world-renowned body composition expert Professor Steven Heymsfield and his research team at St Luke's Roosevelt Hospital, Columbia University, New York. Extensive independent research has proven that the accurate prediction of an individual's body composition can only be determined if a range of parameters are included in an algorithm, such as gender, age and height and weight.

- **Trusted by experts for clinical excellence.**

Tanita BIA technology has been more extensively validated against alternative body composition techniques than any other company and the findings have been published in international medical journals. In addition, Tanita monitors have been used in hundreds of independent research studies worldwide. Tanita is regarded by the scientific community as the gold standard in BIA technology and the Tanita Medical Advisory Board ensures Tanita remains at the forefront of scientific advances. For more information on our extensive scientific publications and validation visit:

<https://tanita.eu/tanita-academy/for-professionals/the-science>

- **Ground breaking advances in research.**

Tanita continually invests in numerous research projects that focus on enhancing understanding of key health and fitness issues, including areas such as childhood obesity, optimising sports performance and sarcopenia in the elderly. Our aim is to work with experts to develop tools and technologies to assist all healthcare and sports professionals in providing the best possible services and to help people enjoy healthier lives.

- **Repeatability of measurements through precision weighing.**

Precise weight measurements are essential for calculating accurate body composition measurements. Tanita prides itself on manufacturing highly accurate weighing mechanisms in both its home use and professional models. All Tanita medically approved professional monitors have been awarded NAWI Certification as well MDD Class IIa, FDA and CE Approval ensuring the highest standards are met.

- **Sound quality through robust construction.**

Tanita has grown through continuous product innovation and a commitment to maintaining the highest manufacturing quality standards. The company operates award-winning manufacturing facilities in Japan and China and all Tanita medical products meet strict international quality standards and are independently quality-controlled.



**WORLD No.1  
BIA BRAND**

**5 YEAR  
GUARANTEE**



# Let us help you decide...

## LEVEL OF ACCURACY

What level of measurement accuracy do you require?

*Click on an icon for more information...*



### Multi Frequency ▶

Uses 3,5 or 6 frequencies to estimate body composition.



### Dual Frequency ▶

Uses 2 frequencies to estimate body composition.



### Single Frequency ▶

Uses 1 frequency to estimate body composition.

## LEVEL OF PERSONALISATION

How much measurement do you or your clients require?

*Click on an icon for more information...*



### Segmental ▶

Provides measurements for whole body, each arm, leg and trunk area.



### Whole Body ▶

Provides whole body measurements.



### Medical Consultation ▶

Any medical consultation within a medical environment requires certified products.

## INFORMATION OUTPUT

How do you want to store and present measurement data?

*Click on an icon for more information...*



### Cloud & App ▶

All data is stored on a cloud based system and accessible via an App.



### Software ▶










Data is stored on dedicated software.



### Thermal Printer ▶

Measurements are automatically printed from the in-built printer.

## Which Tanita professional product is right for you?

	LEVEL OF ACCURACY			LEVEL OF PERSONALISATION			INFORMATION OUTPUT			
										
Tanita Boditrax system	•			•			•			<a href="#">View Tanita Boditrax system ▶</a>
MC-980 MA PLUS	•			•		•		•		<a href="#">View the MC-980 MA PLUS ▶</a>
MC-780 MA	•			•		•		•		<a href="#">View the MC-780 MA ▶</a>
DC-430 MA		•			•	•		•	•	<a href="#">View the DC-430 MA ▶</a>
DC-360		•			•			•	•	<a href="#">View the DC-360 ▶</a>
SC-240 MA			•		•	•		•		<a href="#">View the SC-240 MA ▶</a>
BPM ERKA (BP-17)								•		<a href="#">View the BPM ERKA (BP-17) ▶</a>



## Level of Accuracy: Multi Frequency

### What is multi frequency BIA technology?

Bioelectrical Impedance Analysis is a technique used for estimating body composition. All Tanita body composition monitors use advanced Bioelectrical Impedance Analysis technology. When you stand on a Tanita monitor, a very low, safe electrical signal is sent from four metal electrodes through your feet to your legs and abdomen. In segmental models, the four hand-held electrodes will provide extra readings for each leg, arm and abdominal area.

The electrical signal passes quickly through water that present in hydrated muscle tissue but meets resistance when it hits fat tissue. This resistance, known as impedance, is measured and input into scientifically validated Tanita equations to calculate body composition measurements in under 20 seconds.

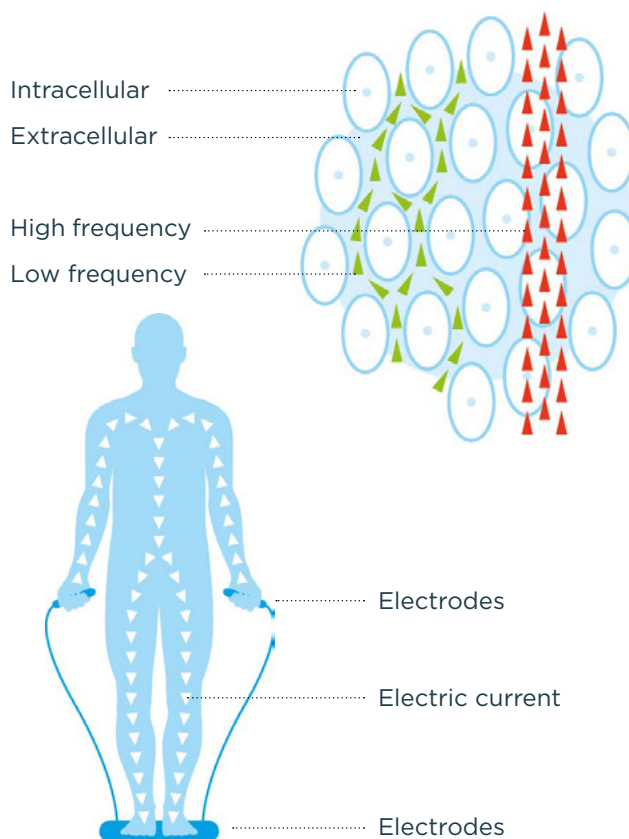
Tanita Multi-Frequency Monitors are able to measure bioelectrical impedance analysis at three, five or six different frequencies. The additional frequencies provide an exceptional level of accuracy compared to single and dual frequency monitors. The lower frequencies measure the impedance external to the cell membrane.

The higher frequencies are able to penetrate the cell membrane.

By measuring impedance at both the lower and higher frequencies it is possible to estimate extra-cellular water (ECW), intra-cellular water (ICW) and Total Body Water. This information is essential for providing the health status of a person and indicating health risks such as severe dehydration or oedema.

Further detailed information on the benefits of BIA technology in the measurement of body fat can be found here: [www.tanita.eu](http://www.tanita.eu)

### More information on Tanita BIA technology.



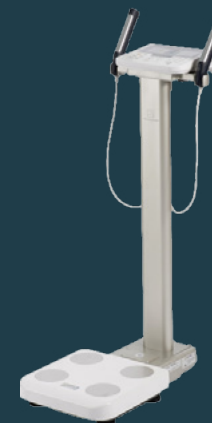
## Multi Frequency Body Composition Monitors



**Tanita / Boditrax**  
More info ►



**MC-980 MA PLUS**  
More info ►



**MC-780 MA**  
More info ►



## Level of Accuracy: Dual Frequency

### What is dual frequency BIA technology?

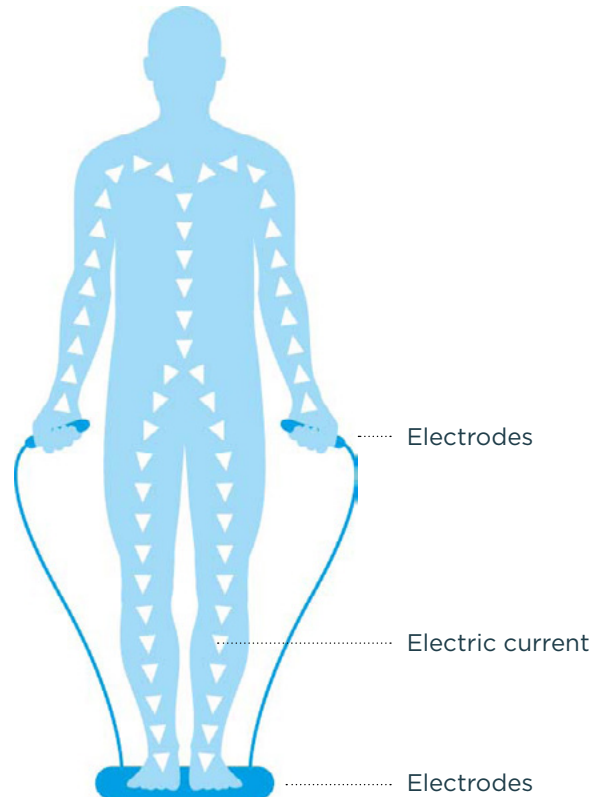
Bioelectrical Impedance Analysis is a technique used for estimating body composition. All Tanita body composition monitors use advanced Bioelectrical Impedance Analysis technology. When you stand on a Tanita monitor, a very low, safe electrical signal is sent from four metal electrodes through your feet to your legs and abdomen to produce whole body composition measurements.

The electrical signal passes quickly through water that present in hydrated muscle tissue but meets resistance when it hits fat tissue. This resistance, known as impedance, is measured and input into scientifically validated Tanita equations to calculate body composition measurements in under 20 seconds.

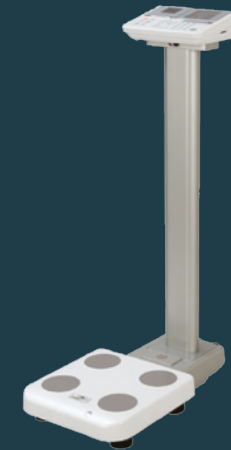
Tanita body composition monitors with Advanced Dual Bioelectrical Impedance Analysis Technology use two different frequencies to capture your body composition data. By using different frequencies, a higher accuracy of measurements can be achieved.

Further detailed information on the benefits of BIA technology in the measurement of body fat can be found here: [www.tanita.eu](http://www.tanita.eu)

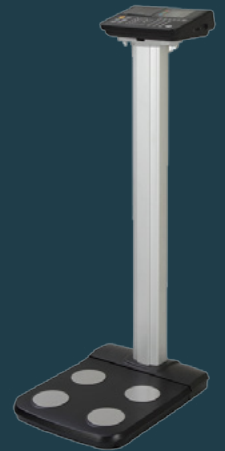
**More information on Tanita BIA technology.**



## Dual Frequency Body Composition Monitors



**DC-430 MA**  
More info ►



**DC-360**  
More info ►



## Level of Accuracy: Single Frequency

### What is single frequency BIA technology?

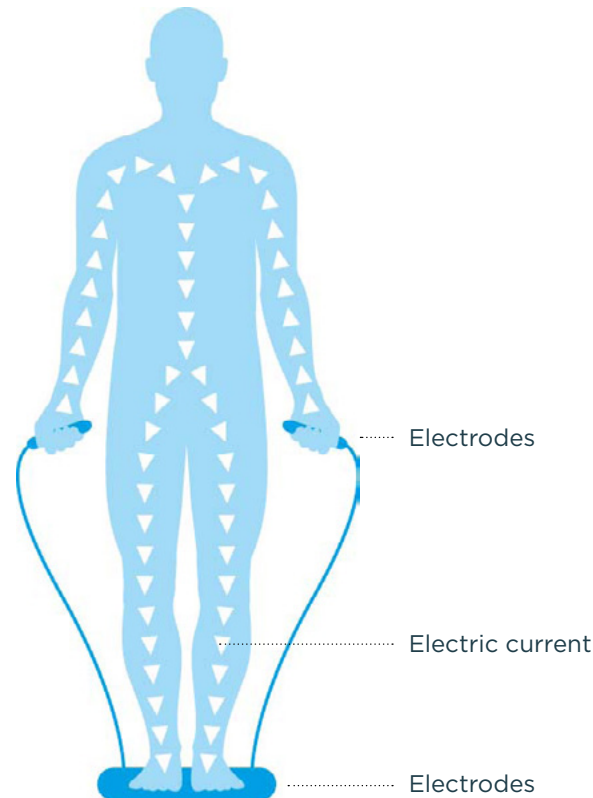
Bioelectrical Impedance Analysis is a technique used for estimating body composition. All Tanita body composition monitors use advanced Bioelectrical Impedance Analysis technology. When you stand on a Tanita monitor, a very low, safe electrical signal is sent from four metal electrodes through your feet to your legs and abdomen to provide whole body composition measurements.

The electrical signal passes quickly through water that present in hydrated muscle tissue but meets resistance when it hits fat tissue. This resistance, known as impedance, is measured and input into scientifically validated Tanita equations to calculate body composition measurements in under 20 seconds.

Tanita body composition monitors with Single frequency Bio-electrical Impedance Analysis Technology use a single frequency to capture body composition data.

Further detailed information on the benefits of BIA technology in the measurement of body fat can be found here: [www.tanita.eu](http://www.tanita.eu)

**More information on Tanita BIA technology.**



## Single Frequency Body Composition Monitors



**SC-240 MA**

More info ►



## Level of Personalisation: **Segmental**

Segmental Body Composition Measurements is the highest level of personalised assessment available.

In addition to whole body measurements, the Tanita Segmental Monitor will assess impedance of each arm, leg and trunk area independently. This allows an additional layer of information about a person's health and fitness status including segmental body water and fat free mass.

This information can be used to identify specific anomalies in body composition such as oedema in the legs or swimmers having higher upper body muscle mass. More importantly, segmental body composition analysis allows even the smallest changes in body composition to be identified and monitored over time giving a precise picture of overall health.

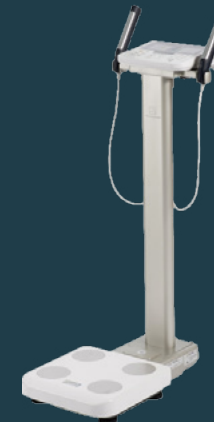
## Segmental Body Composition Monitors



**Tanita /  
Boditrax**  
[More info ►](#)



**MC-980 MA  
PLUS**  
[More info ►](#)



**MC-780 MA**  
[More info ►](#)



## Level of Personalisation: **Whole Body**

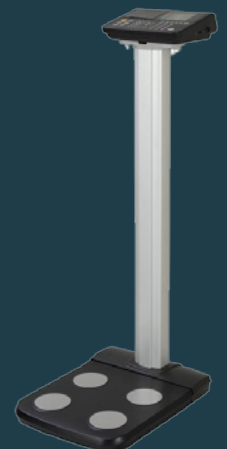
Using Advanced Dual or Single BIA technology, Tanita Body Composition Monitors can provide instant whole body measurements.

This includes body fat, fat mass, fat free mass, muscle mass, total body water, bone mass, BMR, metabolic age and visceral fat level. Further analysis of healthy ranges for these parameters are also available providing an excellent overview of a person's health and fitness status

## **Whole Body Composition Monitors**



**DC-430 MA**  
[More info ▶](#)



**DC-360**  
[More info ▶](#)



**SC-240 MA**  
[More info ▶](#)



## Level of Personalisation: **Medical Consultation**

Tanita is the only manufacturer to offer a full portfolio of whole body and segmental body composition monitors with Medical Approval conforming to all the current European Medical Regulations.

These are legal requirements applied to devices used within a medical environment. It applies to all health professionals discussing body composition data with a client in relation to their health. This includes dieticians, doctors, nurses, physiotherapists etc.

Tanita body composition analysers that have been awarded medical certification have met rigorous technical and quality standards to ensure accurate measurements are taken time after time. The regulations also ensure the patient safety and environment issues are set to the highest standards.

Current regulations met by Tanita body composition monitors (marked with MA) are as follows:

- Non-Automatic Weighing Instruments (2014/31/EU, EN 45501:2015)
- Medical Device Directive (93/42/EEC)
- RoHS Directive (2011/65/EU)
- EMC Directive (2014/30/EU)

## **Medical Consultation Body Composition Monitors**



**MC-980 MA  
PLUS**  
[More info ►](#)



**MC-780 MA**  
[More info ►](#)



**DC-430 MA**  
[More info ►](#)



**SC-240 MA**  
[More info ►](#)



## Information Output: Cloud & App

The Tanita Boditrax system takes segmental body composition analysis measured by the Tanita Advanced Multi Frequency BIA technology, and brings it to life for your clients.

Core measurements are shown in beautiful graphics and accompanied by explanatory definitions and healthy ranges, making complex data meaningful, goals achievable and results recordable.

The secure, cloud-based, Boditrax software means clients and trainers can access data, set goals and review progress via the Boditrax App or online. The Tanita Boditrax system helps users choose where to view the data that matters to them. They can set personal goals and track their progress when and where it suits them.

Clients can upload further personal measurements from other devices including, blood pressure, activity levels and much more.

Individual, facility and group level data gives you strategic management information essential for assess progress of clients and service providers.



## Body composition analysis with Cloud based and app facility



**Tanita /  
Boditrax**  
More info ►



## Information Output: Software

The GMON PRO software package has been developed in partnership with the leading software developer Medizin & Service GmbH.

The software captures data from Tanita Body Composition Analysers, ERKA blood pressure monitor and Activity Monitors, transfers it to a computer, and provides a client database with professional reports, graphs and trend analysis that can be used for client education, research and clinical records.

In line with EU regulations, the software is Medically Approved, which complies with MDD (Medical Device Directive) regulations. (Council Directive 93/42/EEC of 14 June 1993 concerning medical devices.)

In addition to body composition data captured from the Tanita Analyser, the user can input target values and waist circumference measurements allowing a full overview of a clients health and fitness progress.

A full colour, printable, client consultation sheet showing segmental body composition analysis and ranges is available for MC-980 MA PLUS, MC-780 MA, DC-360, DC-430 MA and SC-240 MA



## Scales connecting to software



**MC-980 MA PLUS**  
[More info ▶](#)



**MC-780 MA**  
[More info ▶](#)



**DC-430 MA**  
[More info ▶](#)



**DC-360**  
[More info ▶](#)

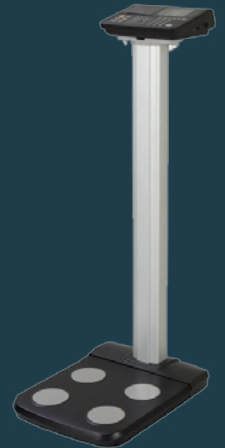


**SC-240 MA**  
[More info ▶](#)



This allows an instant record of a person's full body composition analysis with health indicators to be printed within seconds. This is especially useful for discussing results with a client and ensuring they have a full understanding of their health and fitness status.

More info ►



More info ►



# Tanita Boditrax System

Self-service multi frequency segmental body composition analyser with extensive software and analysis features

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The Tanita Boditrax system takes segmental body composition analysis measured by the Tanita Advanced Multi Frequency BIA technology, and brings it to life for your clients.

Core measurements are shown in beautiful graphics and accompanied by explanatory definitions and healthy ranges, making complex data meaningful, goals achievable and results recordable with Boditrax website and via the App.

## FULL SPECIFICATION ►



# Tanita Boditrax System

Self-service multi frequency segmental body composition analyser with extensive software and analysis features

## LEVEL OF ACCURACY

- Multi frequency BIA technology utilising 3 frequencies for unmatched accuracy.

## LEVEL OF PERSONALISATION

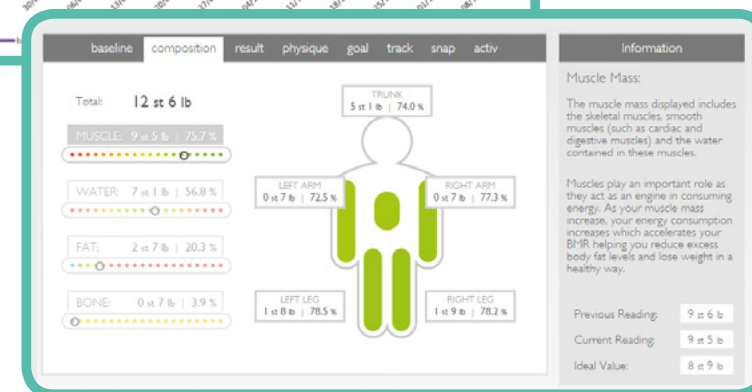
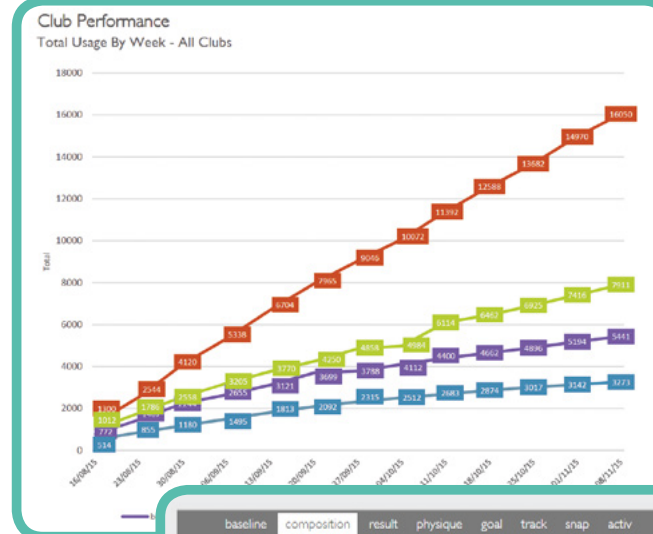
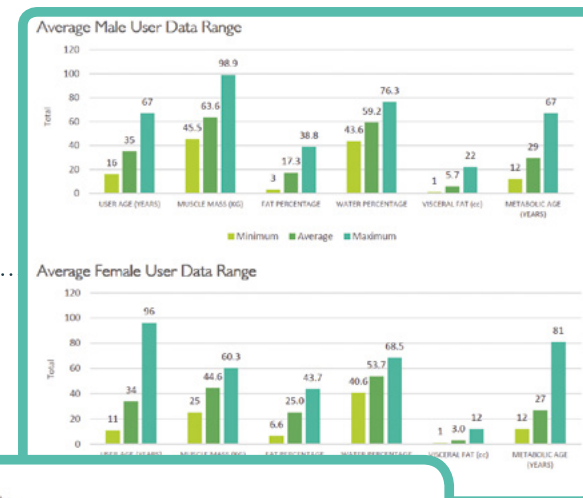
- 20 body composition measures in 30 seconds.
- Interactive touch screen display for self service measurements.

## INFORMATION OUTPUT

- Easy set up via LAN.
- 24/7 client data access via App and Website
- Securely cloud hosted and accessible anytime on any device.
- Agile and responsive. Online, or exported for embedding within other management reports.
- The Tanita Boditrax System can incorporate a wide range of additional devices, such as Fitbit, Apple Health kit etc.

## OTHER FEATURES

- Blood pressure, glucose monitors and anything that can be measured can be integrated. Additional data including hip-to-waist, bicep circumference and much more will help develop a 360 degree health and fitness picture.
- Swipe or touch pay can be integrated, World Pay, Sage Pay and other integrations with Leisure Management software are possible via an open API and a collaborative philosophy.





# MC-980 MA PLUS

Segmental Multi Frequency  
Body Composition Analyser  
with touchscreen display and  
Windows® OS

.....

The MC-980 MA PLUS is the ultimate tool in providing fast in-depth information for truly personalised medical, health and fitness consultations. Incorporating the latest multi-frequency BIA technology with the flexibility of in-built Microsoft® Windows® real time OS software, this monitor provides fast, convenient and accurate information. The MC-980 MA PLUS provides a full medical grade body composition analysis in less than 30 seconds and has an easy-to-follow colour interactive touch screen display.

**FULL SPECIFICATION ►**



MC-980 MA PLUS

# MC-980 MA PLUS

Segmental Multi Frequency Body Composition Analyser with touchscreen display and Windows® OS

## LEVEL OF ACCURACY

- ACCURACY GRADE: NAWI Class III, MDD Class II-a.

## LEVEL OF PERSONALISATION

- Full segmental body composition analysis provided in 30 seconds using clinically accurate Tanita Multi Frequency BIA Technology.
- Interactive, touch screen display allows clients to take measurement without specialist assistance.

## INFORMATION OUTPUT

- Software and detailed consultation sheets available in 14 languages.
- In-built Microsoft® Windows® real time OS allows client data to be automatically stored, managed and output. Windows 8 upgrade.
- USB ports allow simple data input/output and accessories to be connected including printers, bar code scanners and data capture devices.
- GMon Pro Software compatible, allowing trend analysis, health risk assessments and full data management.

## OTHER FEATURES

- Max weight capacity 300kg with 100g accuracy
- **NEW** colour options; champagne gold and ruby red.
- **NEW:** Sarcopenia index included (for indepth assessment of elderly health)



MC-980 MA PLUS

## Total Body Measurements

- Weight
- BMI
- Body Fat %
- Visceral Fat Indicator
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Protein kg
- Total Body Water Kg
- Total Body Water %
- Extra-Cellular Water Kg
- Intra-Cellular Water Kg
- ECW/TBW Ratio
- Basal Metabolic Rate
- Basal Metabolic Rate Indicator
- Bone Mineral Mass Indicator
- Metabolic Age
- Physique Rating
- Sarcopenia Index \*new\*

## Segmental Measurements

- Segmental Body Fat %
- Segmental Body Fat kg
- Segmental Fat Distribution Analysis
- Segment Fat Distribution Rating
- Segmental Muscle Mass Kg
- Segmental Muscle Mass Rating
- Segmental Muscle Mass Balance
- Leg Muscle Score
- Segmental Reactance/Resistance
- Segmental Phase Angle

## Compatible Software

**GMON**  
SOFTWARE



**5 YEAR  
GUARANTEE**

# MC-980 MA PLUS

Segmental Multi Frequency Body Composition Analyser with touchscreen display and Windows® OS

## Total Body Measurements

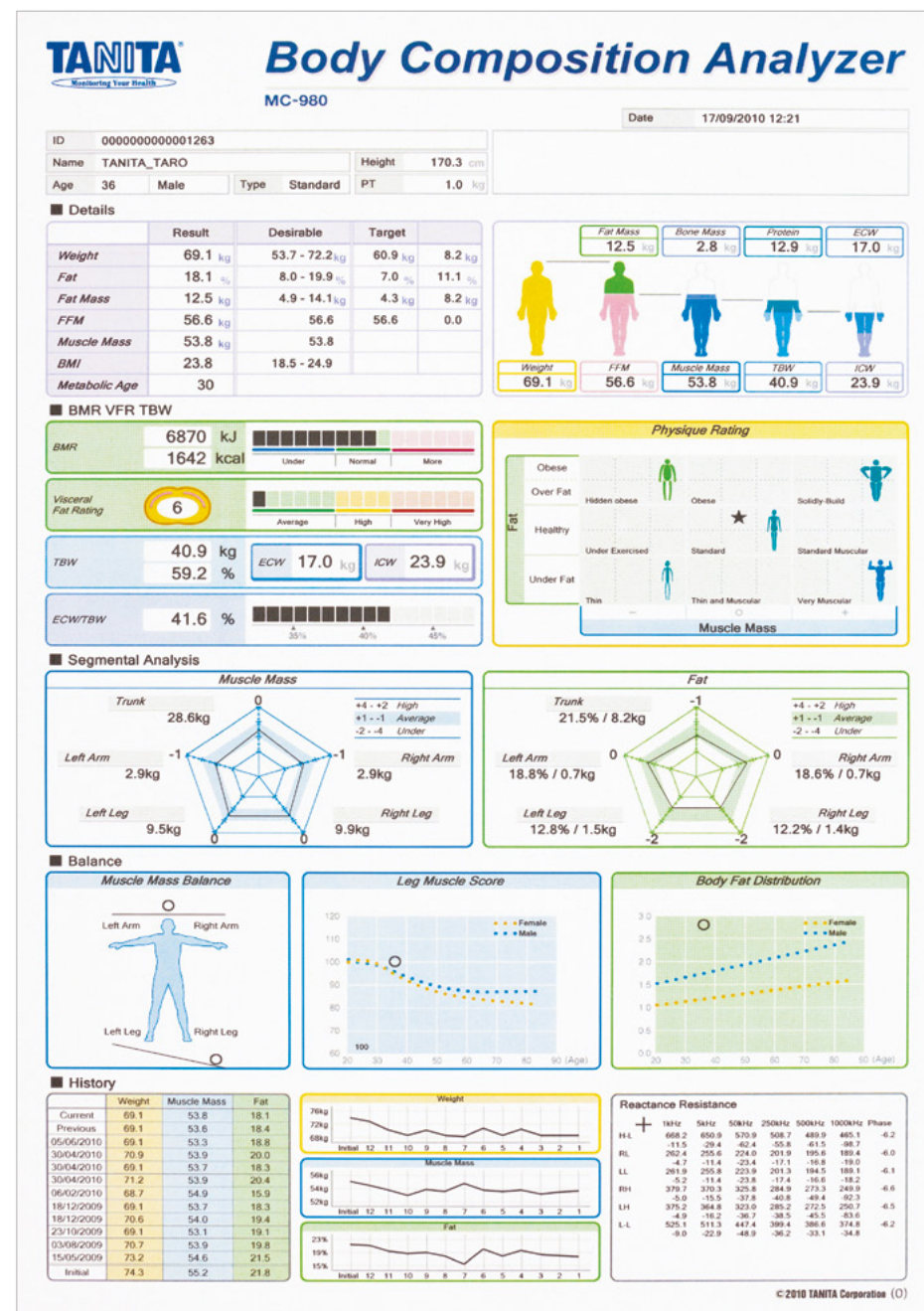
- Weight
- BMI
- Body Fat %
- Visceral Fat Indicator
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Protein kg
- Total Body Water Kg
- Total Body Water %
- Extra-Cellular Water Kg
- Intra-Cellular Water Kg
- ECW/TBW Ratio
- Basal Metabolic Rate
- Basal Metabolic Rate Indicator
- Bone Mineral Mass Indicator
- Metabolic Age
- Physique Rating
- Sarcopenia Index *\*new\**

## Segmental Measurements

- Segmental Body Fat %
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- Segmental Fat Distribution Analysis
- Segment Fat Distribution Rating
- Segmental Muscle Mass Kg
- Segmental Muscle Mass Rating
- Segmental Muscle Mass Balance
- Leg Muscle Score
- Segmental Reactance/Resistance
- Segmental Phase Angle

## Technical Specification

Accuracy Grade	MDD CLASS II-a, NAWI CLASS III
Approved Usage	<b>MDD approved for medical use</b>
Age Range	5 - 99 years
Weight Capacity	300 kg
Graduation	0.1kg
Product Dimensions	450 x 490 x 1240 mm
Product Weight	33 kg
Power Source	230V
Interface	3 x USB



MC 980 MA PLUS print out



# MC-780 MA

Multi frequency Segmental Body Composition Analyser with interactive display console and in-built SD card facility

The MC-780 MA has been designed to be an interactive stand-alone unit where clients can step on and take a measurement without specialist assistance. A full segmental body composition analysis is performed in less than 20 seconds.

The large LED dual display shows whole body composition measurement data and detailed segmental analysis in an easy-to-read illustrative format.

## FULL SPECIFICATION ►



MC-780 MA S



MC-780 MA P



# MC-780 MA

Multi frequency Segmental Body Composition Analyser with interactive display console and in-built SD card facility

## LEVEL OF ACCURACY

- ACCURACY GRADE: NAW: Class III, MDD: Class IIa.

## LEVEL OF PERSONALISATION

- Full and fast segmental body composition analysis using clinically accurate multi frequency BIA technology.
- Certified for medical consultations.

## INFORMATION OUTPUT

- In-built SD card facility allows data to be automatically collected and downloaded at convenience
- Client Identity feature allows continuous data to be collected for each client effortlessly. Also allows large anonymous data sets to be collated for research studies
- USB Connection
- Display console can be reversed for confidential readings with children or when large obese clients step on
- Output to any Pictbridge printer for a detailed client consultation sheet allowing a full client assessment.

## OTHER FEATURES

- Lightweight, easy to disassemble and transport
- Easy to use interactive display allows free standing use
- High weighing capacity 270kg
- Optional accessory; wireless Bluetooth compatible Parani



## Total Body Measurements

- Weight
- BMI
- Body Fat %
- Visceral Fat Indicator
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Physique Rating
- Total Body Water Kg
- Total Body Water %
- Extra-Cellular Water Kg
- Intra-Cellular Water Kg
- ECW/TBW Ratio
- Phase Angle
- Basal Metabolic Rate
- Basal Metabolic Rate Indicator
- Metabolic Age
- Bone Mineral Mass Indicator

## Segmental Measurements

- Segmental Body Fat %
- Segmental Fat Distribution Rating
- Segmental Muscle Mass Kg
- Segmental Muscle Mass Rating
- Segmental Muscle Mass Balance
- Segmental Reactance/Resistance
- Segmental Leg Muscle Score
- Segmental Phase Angle

## Compatible Software

**GMON**  
SOFTWARE



**5 YEAR  
GUARANTEE**

# MC-780 MA

Multi frequency Segmental Body Composition Analyser with interactive display console and in-built SD card facility

## Total Body Measurements

- Weight
- BMI
- Body Fat %
- Visceral Fat Indicator
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Physique Rating
- Total Body Water Kg
- Total Body Water %
- Extra-Cellular Water Kg
- Intra-Cellular Water Kg
- ECW/TBW Ratio
- Phase Angle
- Basal Metabolic Rate
- Basal Metabolic Rate Indicator
- Metabolic Age
- Bone Mineral Mass Indicator

## Segmental Measurements

- Segmental Body Fat %
- Segmental Fat Distribution Rating
- Segmental Muscle Mass Kg
- Segmental Muscle Mass Rating
- Segmental Muscle Mass Balance
- Segmental Reactance/Resistance
- Segmental Leg Muscle Score
- Segmental Phase Angle

## Technical Specification

Accuracy Grade	MDD CLASS II-a, NAWI CLASS III
Approved Usage	<b>MDD approved for medical use</b>
Age Range	5 - 99 years
Weight Capacity	270kg
Graduation	0.1kg
Product Dimensions	(P) 360 x 360 x 1165mm (S) 360 x 360 x 1165mm
Product Weight	(P) 22kg (S) 15.5kg
Power Source	AC 100 - 240V
Interface	RS232, USB, SD CARD

**TANITA**  
Measuring Your Health

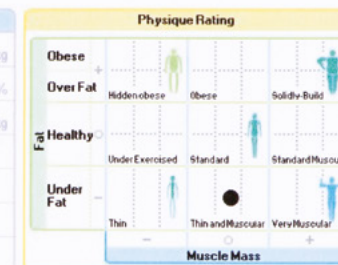
## Body Composition Analyzer

MC-780

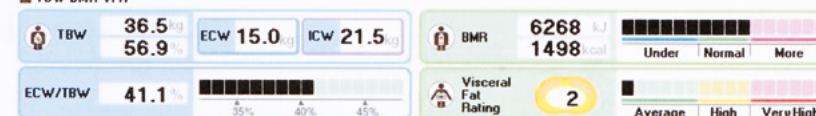
Date (D/M/Y)	25/03/2013 22:01	Age	33	<input checked="" type="checkbox"/> Standard	<input type="checkbox"/> Athletic
ID	A1122	Height	172.0 cm	<input type="checkbox"/> Male	<input checked="" type="checkbox"/> Female
		PT	1.5 kg		

### Details

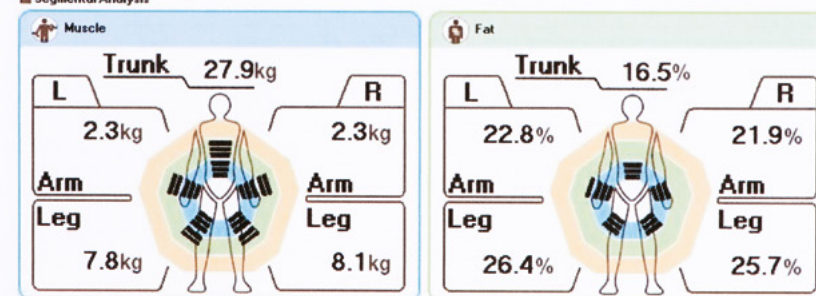
	Result	Desirable	Target	
Weight	64.2 kg	54.7-73.7 kg	kg	kg
Fat %	20.6 %	21.0-32.9 %	%	%
Fat Mass	13.2 kg	13.6-25.0 kg	kg	kg
Muscle Mass	48.4 kg	40.8-51.7 kg	kg	kg
Bone Mass	2.6 kg			
BMI	21.7	18.5-24.9		
Metabolic Age	18			



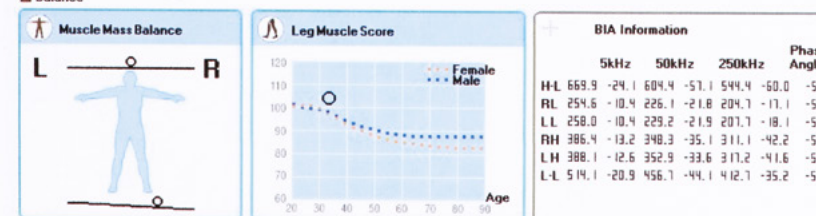
### TBW BMR VFR



### Segmental Analysis



### Balance



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MC 780 MA print out



# DC-430 MA

## Dual Frequency Body Composition Monitor with Integrated Printer

Featuring Dual Frequency BIA technology, the DC-430 MA delivers full body composition analysis in 15 seconds. Results are instantly shown on the easy-to-read LCD screen and the integrated printer automatically prints the body composition measurements together with a top line analysis.

For large data collection and convenience, all data can be stored on the SD Card for future use. Combined with GMon Pro Software, the DC-430 MA allows you to conduct client trend analysis, health risk assessments and full data management. In addition, the DC-430 MA has been accredited with the accuracy grade MDD Class II-a and NAWI Class III allowing use for medical consultations.

### FULL SPECIFICATION ►



# DC-430 MA

## Dual Frequency Body Composition Monitor with Integrated Printer

### LEVEL OF ACCURACY

- ACCURACY GRADE: MDD Class II-a, NAWI Class III

### LEVEL OF PERSONALISATION

- Full body composition analysis provided in 20 seconds using clinically accurate Tanita Dual Frequency BIA Technology
- Certified for medical consultations

### INFORMATION OUTPUT

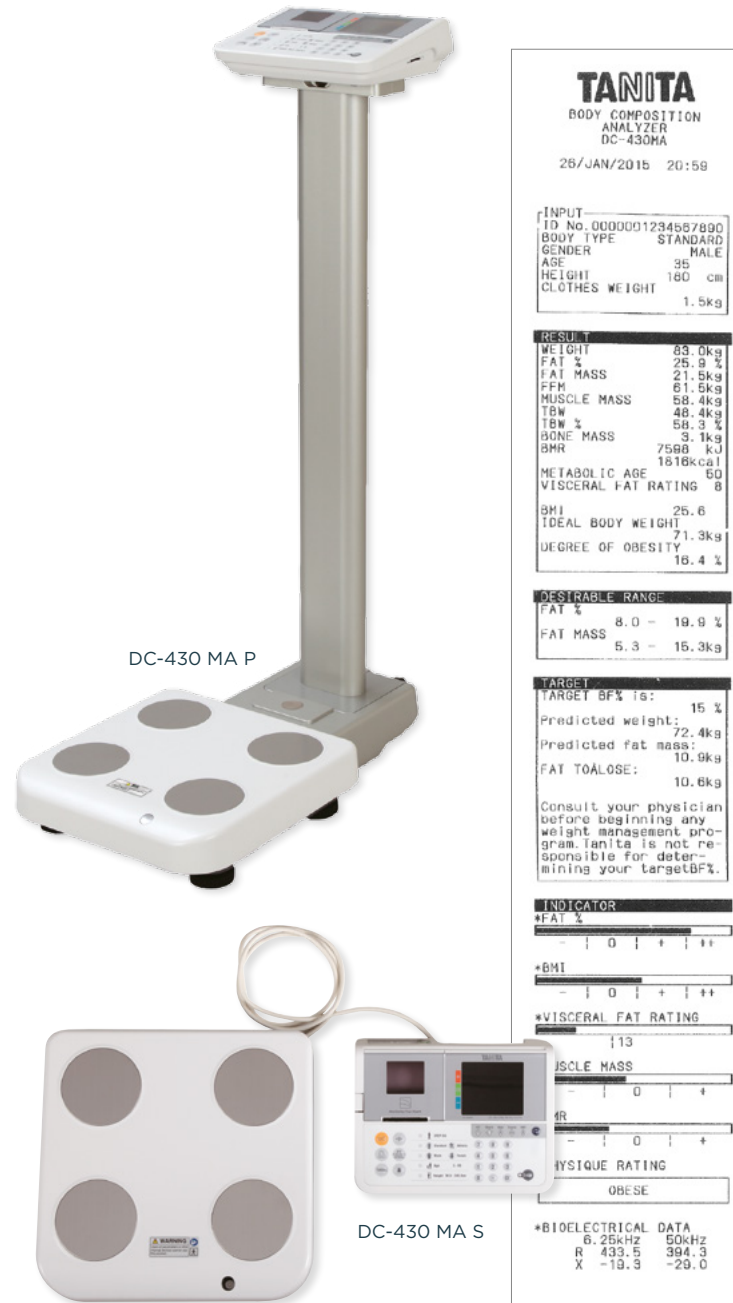
- Integrated printer prints instant read out of results with topline analysis.
- Results automatically stored on the SD Card, sent to a PC or printed.
- GMon Pro Software compatible, allowing trend analysis, health risk assessments and full data management.
- Print Out Analysis: Body Fat Analysis, Muscle Mass Indicator, BMR Indicator, Physique Rating, Target: BF and Weight

### OTHER FEATURES

- Max weight capacity 270kg with 100g accuracy

### TECHNICAL SPECIFICATION

Accuracy Grade	MDD CLASS II-a, NAWI CLASS III
Age Range	5 - 99 years
Weight Capacity	270kg
Graduation	100g
Product Dimensions	(P) 360 x 360 x 1070   (S) 360 x 360 x 94
Product Weight	(P) 13.5kg   (S) 7kg
Power Source	AC 100 - 240V
Interface	RS232, USB, SD CARD



### Measurements

- Body fat %
- Fat mass kg,
- Fat free mass kg
- Muscle mass kg
- Total Body Water %
- Body mass index
- Bone mass kg
- Physique rating
- Visceral fat rating
- Basal Metabolic Rate kcal
- Basal Metabolic Rate indicator
- Metabolic Age
- Print Out Analysis:
  - Body Fat Analysis
  - Muscle Mass Indicator
  - BMR Indicator
  - Physique Rating
  - Target: BF and Weight

### Accessories



TP 301  
Paper Rolls



Bluetooth wireless  
connection Parani

### Compatible Software

**GMON**  
SOFTWARE



**5 YEAR  
GUARANTEE**



# DC-360

## Dual Frequency Body Composition Monitor with Integrated Printer

Featuring Dual Frequency BIA technology, the DC-360 delivers full body composition analysis in 20 seconds. Results are instantly shown on the easy-to-read LCD screen and the integrated printer automatically prints the body composition measurements together with a top line analysis.

The robust, low profile platform provides additional client stability. For large data collection and convenience, all data can be stored on the SD Card for future use. Compatible with GMon Pro Software, the DC-360 allows client trend analysis, health risk assessments and full data management.

**FULL SPECIFICATION ►**



DC-360

# DC-360

## Dual frequency Body Composition Analyser with interactive display console and in-built SD card facility

### LEVEL OF ACCURACY

- ACCURACY GRADE: NAWI Class III

### LEVEL OF PERSONALISATION

- Full body composition analysis provided in 20 seconds using clinically accurate Tanita Dual Frequency BIA Technology

### INFORMATION OUTPUT

- Integrated printer provides instant read out of results with topline analysis.
- Results automatically stored on the SD Card, sent to a PC or printed.
- GMon Pro Software compatible, allowing trend analysis, health risk assessments and full data management.

### OTHER FEATURES

- Low profile platform for additional stability
- Max weight capacity 270kg with 100g accuracy

### TECHNICAL SPECIFICATION

Accuracy Grade	NAWI CLASS III
Age Range	5 - 99 years
Weight Capacity	270kg
Graduation	100g
Product Dimensions	(P) 360 x 360 x 1070   (S) 360 x 360 x 94
Product Weight	(P) 13.5kg   (S) 7kg
Power Source	AC 100 - 240V
Interface	RS232, USB, SD CARD



### Measurements

- Body fat %
- Fat mass kg,
- Fat free mass kg
- Muscle mass kg
- Total Body Water %
- Body mass index
- Bone mass kg
- Physique rating
- Visceral fat rating
- Basal Metabolic Rate kcal
- Basal Metabolic Rate indicator
- Metabolic Age
- Print Out Analysis:
  - Body Fat Analysis
  - Muscle Mass Indicator
  - BMR Indicator
  - Physique Rating
  - Target: BF and Weight

### Accessories



TP 301  
Paper Rolls



Bluetooth wireless  
connection Parani

### Compatible Software



5 YEAR  
GUARANTEE

# SC-240 MA

## Single frequency Portable Body Composition Analyser

The SC-240 MA is the lightest medically approved body composition monitor on the market, weighing just 4.7kg. It has been developed with input from healthcare, fitness and weight management professionals and its portability makes it ideal for mobile consultations, community work or field research studies.

When used with GMON Professional Software, the SC-240 MA can be automatically set-up for personalised patient studies, capturing measurements and trend results in a variety of reporting formats.

### FULL SPECIFICATION ►



SC-240 MA

# SC-240 MA

## Single frequency Portable Body Composition Analyser

### LEVEL OF ACCURACY

- ACCURACY GRADE: NAWI Class III, MDD Class II-a

### LEVEL OF PERSONALISATION

- Full body composition analysis provided in 15 seconds using clinically accurate Tanita BIA Technology
- Certified for medical consultations

### INFORMATION OUTPUT

- Core body composition results shown on screen. All additional results can be accessed via GMon Pro Software allowing trend analysis, health risk assessments and full data management.

### OTHER FEATURES

- Lightweight and highly portable (4.7kg) perfect for field studies, mobile and community assessments
- Low profile platform for additional stability

### TECHNICAL SPECIFICATION

Accuracy Grade	MDD CLASS II-a, NAWI CLASS III
Age Range	5 - 99 years
Weight Capacity	200kg
Graduation	100g
Product Dimensions	340 x 440 x 65 mm
Product Weight	4.7kg
Power Source	9 V Adaptor or 6 x AA Batteries
Interface	USB



SC-240 MA

### Measurements

- Weight
- Body fat %
- Body water %
- BMI

### Measurements only available via software

- Body Fat %
- BMI
- Fat Mass
- Fat Free Mass
- Body Water %
- Body Water Mass
- Muscle Mass
- Bone Mineral Mass
- Visceral Fat Level
- Basal Metabolic Rate
- Metabolic Age

### Compatible Software

**GMON**  
SOFTWARE



**5 YEAR  
GUARANTEE**

# Accessories

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## C-360

Padded Case with Wheels and Telescopic handle

- Compatible with DC-360 portable
- Trolley Bag with wheels and pull up handle.
- Dimensions (inc wheels): H:69 x L:43.5 x W:20 cm



## C-430

Padded Case with Wheels and Telescopic handle

- Compatible with Tanita DC-430
- Dimensions (inc wheels): H:54 x L:39 x W: 19.5 cm



## C-780

Padded Case with Wheels and Telescopic handle

- Compatible with MC-780 MA portable
- Padded Case with Wheels and Telescopic handle
- Padded interior for safe storage and handy internal pockets.
- Dimensions (incl wheels): H:69 x L:43.5 x W:27 cm



## C-300 CH

Padded Case with Wheels and Telescopic handle

- Compatible with Multiple Tanita products.
- Suitable for BC420SMA, SC240, SC330S and WB-380.
- Total Handle Length - 830 mm.
- Dimensions (inc wheels): 470 x 410 x 245 mm.



## MC-780MA BLUETOOTH KIT / Parani

- The MC 780 Bluetooth kit consists of two parts, master module (USB Stick on the computer) and slave module (for the device with 9-pin port).



# Professional Digital Blood Pressure Monitor ERKA (BP17)

Bluetooth and interval feature included

Tanita has partnered with the one of the world's leading manufacturers of professional blood pressure monitors.

Renowned for their accuracy, ERKA has created an exclusive high-end medical device that will enhance the Tanita range of health monitoring products.

**FULL SPECIFICATION ►**

**ERKA.**  
THE ORIGINAL  
Made in Germany since 1889



BP-17

# Professional Digital Blood Pressure Monitor ERKA (BP17)

Blood pressure monitor with Bluetooth and interval feature

## KEY FEATURES

### 4 Blood Pressure Measuring Modes

Choice between FOUR blood pressure measurement modes: the mode RAPID for single measurements, the mode ADVANCED for measurements in accordance with the guidelines of the European Society of Hypertension (ESH) and Manual mode where a stethoscope is used.

The INTERVAL mode has been developed exclusively with Tanita: Measures blood pressure continuously for a set period of time – shows a true picture of blood pressure rather than a snap reading.

The advantages are:

- Overcoming the 'doctors effect', whereby patients can feel nervous visiting a doctor or when too short resting time.
- Best possible way to track changes and helps identify patients risk level
- Effects of drug interventions can be measured directly
- Athletes measure how fast BP returns to normal level after activity
- Highlights stress levels and regulation

### Intuitive Menu Navigation

Full-colour innovative 4.2 TFT touch-screen allows easy operation. Sufficient memory space enables storage and clear view of measurement readings. The simple structure of the device ensures its user-friendliness.

### Connected

With integrated Bluetooth function, all data can seamlessly be transferred for data collection. SDK allows instant connection and integration to health and wellbeing partner software.

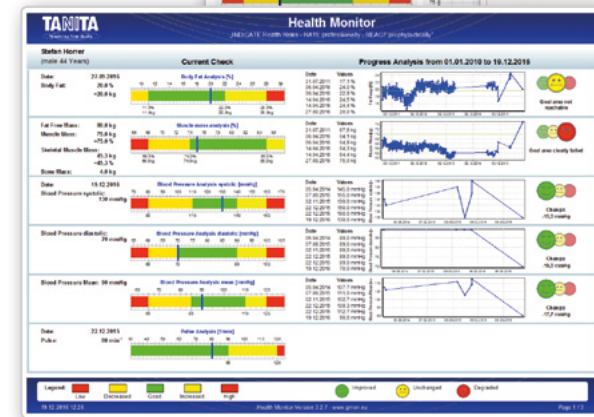
### GMON Ready

Already fully integrated into GMON software, blood pressure readings can be monitored together with full body composition readings.

## TECHNICAL SPECIFICATION

Power supply	Lithium-ion rechargeable battery
Dimensions	133 mm x 70 mm x 25 mm
Product Weight	about 180 gr
Display	Digital display
Memory	500 readings for each measuring mode
Measurement method	Oscillometric

GMON Software



## Compatible Software

**GMON**  
SOFTWARE

**MADE IN GERMANY** | **5 YEAR GUARANTEE**

# Leasing possibilities

Tanita now offers favourable leasing contracts for professional equipment. We offer 3 or 5 year leasing contracts with a possible "buying" option.


**All we need to be able to help you to expand your business is:**

- Company name and country
- Your name, email and title
- Chamber of Commerce number
- Your (business) phone number

Please choose your plan

We'll get in contact with a detailed personal offer within 48 hours

MC-980MA PLUS | £15,544.92



5 YEAR GUARANTEE

Select duration of lease

3 years | 570.15 p/m

Email address

Organization

Telephone number

Chamber of Commerce no

Full name

SEND REQUEST





## Paediatric Obesity

Monitoring the health of children is particularly important for preventing lifestyle diseases later on in life. Tanita has spearheaded research into this field to further understand the impact of long term intervention studies.

**MORE DETAILS** ▶

# Paediatric Obesity

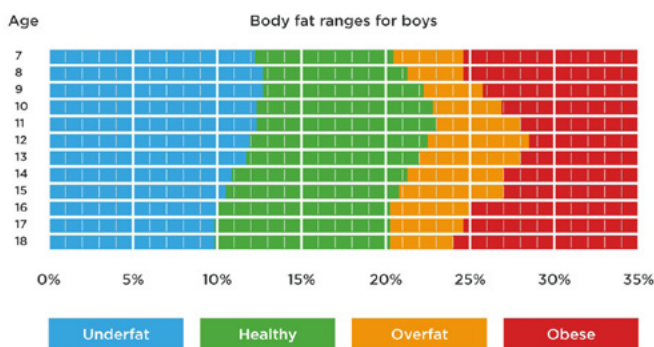
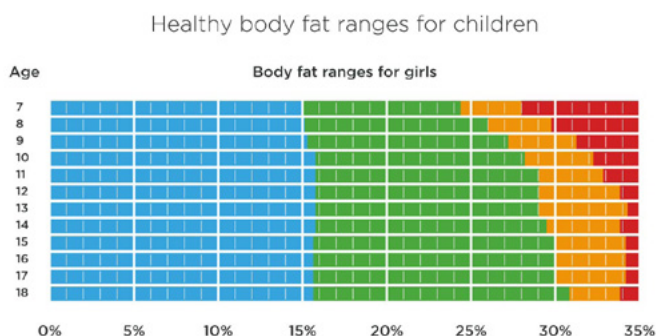
Tanita has funded a major research into body fat levels in children almost 2000 children aged 5 – 18 years. From this information gender specific smooth body fat centile charts were created using the LMS method.

The current method used by clinicians, researchers and healthcare professionals is a combination of BMI, weight and waist circumference.

Both BMI and weight fail to identify the level of fat and lean tissue in the subject and as a result may lead to substantial misclassification ie a healthy weight child may have a high level of body fat or a child with a high BMI may have low body fat but a high percentage of muscle tissue.

## The Results

- The growth patterns in boys and girls are standard up to 10 years where body fat levels increase after the infancy rebound.



Source:  
International journal of Obesity (2006) 30; HD McCarthy, TJ Cole, T. Fry,  
SA Jebb and AM Prentice Body fat reference curves for children

- Where the body fat curves differ markedly is at puberty where:
- Males start losing body fat and gain proportionately more muscle and lean tissue.
- Females continue to gain body fat and by the age of 18 have proportionately 60% more body fat than boys
- This is a considerable difference from BMI charts
- The charts have cut-offs to define regions of underfat, normal, overfat and obese and are set at the 2nd, 85th and 95th centiles.

## Who Would Benefit From Monitoring Children's Body Composition Measurements

- Any professional who uses weight management in children
- Paediatricians, dieticians, primary care nurses, researchers, school nurses and weight loss management programmes.

## Body composition monitors with children's health data



### MC-980 MA PLUS

[More info ▶](#)



### MC-780 MA

[More info ▶](#)



### DC-430 MA

[More info ▶](#)



### DC-360

[More info ▶](#)



### SC-240 MA

[More info ▶](#)



# Sports Performance

Using tanita BIA technology to improve sports performance in elite athletes.

**MORE DETAILS ►**

# Sports performance

Tanita BIA technology is increasingly being used to assess elite athletes in order to achieve peak performance.

## Body Composition Measurements

Body composition measurements can be used to supply personalised player information relevant to different specialist units within the sport performance teams including:

- Biomechanics
- Sports nutrition
- Sports science
- Physiotherapy
- Medical unit
- Fitness coach
- Strength and conditioning
- Rehab and pre-rehab

## Using The Data

This data can be used to optimise player assessments and treatments:

- Monitor optimal conditioning of players at peak times of the season
- Track long term changes in overall physique and body composition year-on-year
- Track youth development and physiological changes before, during and after training programmes or season
- Assist in injury prevention by monitoring muscle balance as part of the biomechanical assessment
- Assist in the rehabilitation post injury by assessing muscle development segmentally and comparing data against peak personal player data
- Monitor extracellular and intracellular hydration status to ensure optimal training and nutritional state, this is especially important during seasonal changes
- Profile new players as part of initial medical assessment
- Monitoring, tracking and sharing of data with third parties and potential buyers for player profiling



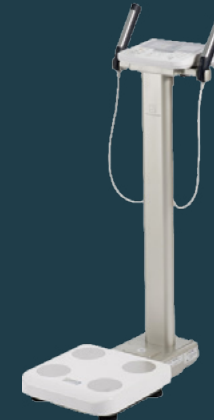
# Sports performance products



**Tanita / Boditrax**  
More info ►



**MC-980 MA PLUS**  
More info ►



**MC-780 MA**  
More info ►



**DC-360**  
More info ►

A young woman with long, vibrant red hair and sunglasses perched on her head is smiling warmly at the camera. She is seated at a light-colored wooden table in a bright, modern restaurant. In front of her is a white rectangular plate filled with a fresh green salad, topped with cherry tomatoes and a sprinkle of cheese. She holds a silver fork with a piece of salad on it, poised to take a bite. A smartphone lies on a dark napkin to her right. The background is softly blurred, showing other diners and warm, golden light filtering through the windows.

## Dieticians

Tanita has a strong clinical background working with nutrition relating to weight management and sports performance. Monitoring body composition is essential to motivating clients for long term weight loss.

**MORE DETAILS** ▶

# Dieticians

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Tanita is the Partner of Choice for many leading dieticians and weight management groups. Monitoring body composition over time has shown to be a key motivator for client success and provide clear data on positive outcomes of programmes that cannot be shown through weight alone or BMI calculations.

A detailed body composition analysis will assist dieticians to illustrate how changes in nutrition and exercise will both reduce body fat and increase muscle mass with the aim of improving long term health and wellbeing. We all know that maintaining motivation to stay on any planned diet programme is one of the biggest barriers to successful outcomes.

Utilising Tanita body composition analysis to monitor patients throughout their treatment will ensure they remain motivated by identifying changes in their body even if their weight has not changed. This may occur if a person has increased their physical activity, resulting in higher muscle mass and lower body fat.

Other aspects of health can also be addressed as part of the dietician consultation including the importance of maintaining good hydration levels and reducing high levels of visceral fat. The Basal Metabolic Rate function combined with Metabolic Age are perfect tools to discuss energy consumption and focus on regulating food intake to enhance health outcomes.

## Products for dieticians

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**MC-780 MA**  
[More info ▶](#)



**DC-430 MA**  
[More info ▶](#)



**SC-240 MA**  
[More info ▶](#)



## **Sarcopenia and Tanita BIA Technology**

Tanita is working with international research organisations worldwide to enhance knowledge of healthy aging.

**MORE DETAILS ►**

# Sarcopenia and Tanita BIA Technology

## What is Sarcopenia?

From the time you are born to around the time you turn 30, your muscles grow larger and stronger. But at some point in your 30s, you begin to lose muscle mass and function, a condition known as age-related sarcopenia or sarcopenia with aging. In addition, as we age the following factors have a role on overall muscle mass:

- Age-related reduction in nerve cells responsible for sending signals from the brain to the muscles
- A decrease in the concentrations of some hormones
- A decrease in the body's ability to metabolise protein
- Inadequate intake of calories especially protein to sustain muscle mass

## How common is Sarcopenia?

A recent study<sup>1</sup> shows Sarcopenia, which currently affects up to 20 percent of European seniors, may increase 63 percent by 2045. That would mean over 32 million people could be suffering from Sarcopenia by 2045 with women accounting for 66% of cases. This has a serious impact on health care infrastructure, communities and personal wellbeing.

## So how can sarcopenia be defined?

There is no global consensus on the definition of Sarcopenia and there is an on-going debate on establishing cut off points for Skeletal Muscle Mass. However in 2010, The European Working Group on Sarcopenia in Older People (EWGSOP) defined sarcopenia as:

- Low muscle mass with
- Low muscle strength OR
- Low gait speed

The rationale for use of two criteria is: muscle strength does not depend solely on muscle mass, and the relationship between strength and mass is not linear. This is the most applied definition used internationally by researchers and clinicians working within senior health sectors. This is the definition supported by Tanita.

## How to assess Sarcopenia?

- The EWGSOP recommended BIA technology as one of the core methods to effectively measure muscle mass for both research and clinical practice.
- Appendicular skeletal muscle mass (ASM) was obtained by adding skeletal muscle mass of both arms and legs. This information is used to develop the skeletal muscle mass index (SMI), which is used for the diagnosis of sarcopenia. This accurate measurement and calculation is the new Sarcopenia Index (SI) feature integrated into the Tanita MC-980MA PLUS Multi-frequency Segmental Body Composition Analyser allowing the healthcare professional or researcher to determine the exact level of sarcopenia, take corrective action and monitor progress.

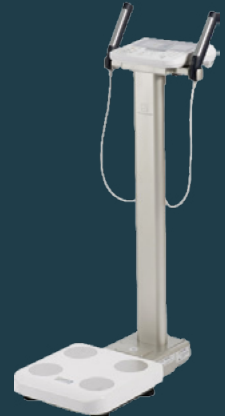
<sup>1</sup> Reference: OC24 The Future Prevalence of Sarcopenia in Europe  
O. Ethgen, C. Tchokonte, C. Beaudart<sup>1</sup>, F. Buckinx, J.-Y. Reginster,  
O. Bruyère Osteoporosis International, Volume 27/ Suppl 1/ 2016

## Tanita BIA Technology products



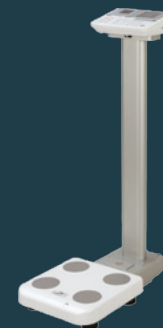
**MC-980 MA PLUS**

[More info ►](#)



**MC-780 MA**

[More info ►](#)



**DC-430 MA**

[More info ►](#)





# TANITA

TRUSTED by professionals

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