

LANAFORM

Home Health Experience

PDS-200C

SMART CONNECTED SCALES



Displays up to 18
body measurements



Progress monitoring
with app



Unlimited number
of users




Capacity:
5 to 180 kg



Accuracy:
100 g



A photograph showing the lower legs and feet of a person standing on a white, rectangular smart scale. The scale has two circular sensors on its surface. The person's feet are positioned on these sensors. The background is plain white.

Whether your goal is to lose weight, tone up or monitor your physical condition, the PDS-200C smart scales can cater to all your needs.

In addition to displaying your weight, it provides **17 body measurements**, such as BMI, fat mass and muscle mass, to help you better understand your body and achieve better health by providing you with detailed information about your body's essential parameters.

Discover these **smart digital scales with an easy-to-use connected app.**

The measuring principle

These scales work according to the B.I.A. (Bioelectrical Impedance Analysis) principle. For this purpose, an imperceptible current, which is absolutely safe and risk-free, enables you to find out body tissue levels in seconds. Electrical resistance measurements (impedance), as well as taking into account constants or individual data (age, height, sex, physical activity), are used to define the levels of body fat and other physical parameters.



Lanaform Connect

With the free intuitive Lanaform Connect* app, get to know your body and manage your goals easily.



Progress monitoring

Easily view your progress with graphs, dashboards and personalised tips from the app.



Unlimited number of users

Ideal for maintaining your physical fitness along with your family.



Full analysis

View up to **18 body measurements** such as body mass index, fat level, bone mass, basal metabolic rate, metabolic age, etc. from the Lanaform Connect app.

*Configuration required: iOS 10.0 or higher, or Android 5.0 or higher, Bluetooth 4.4 or higher.



Weight measurement

For accurate results, it is recommended to wear loose/light clothing before weighing.



Body mass index

Body mass index or BMI is an international tool for assessing weight and health.



Fat levels

The proportion of adipose tissue in the body's composition reflects the level of fat in our body.



Muscle mass

Total muscle weight, including skeletal muscle, heart muscle and smooth muscle.



Visceral fat index

Visceral fat can lead to increased risk of the occurrence of health complications



Body water levels

The water content in the body composition, expressed as a percentage. Adequate water content may increase the body's ability to burn fat.





Bone weight

Bone tissue consists of minerals (calcium, phosphorus, etc.) and the bone matrix (collagen fibres, basic substance, inorganic salt, etc.) per unit of volume.



Protein levels

Proteins are an important part of all cells. The amount of protein refers to the actual weight of the protein in the human body and is one of the indicators of physical health.



Basal Metabolic Rate

Basal Metabolic Rate (BMR) is the minimum energy required at rest.



Fat mass

Relationship between adipose tissue and body composition. Fat mass mainly includes subcutaneous fat and visceral fat.



Body fat index

Fat mass index is a gradual division of the fat mass percentage.



Obesity level

Obesity level indicates the difference between actual and ideal weight. This is an index of heart disease.





Ideal weight

Ideal weight is one of the important measures of physical health. The relationship between height and weight can be a basic indicator of everyone's well-being.



Weight control

Displays the difference between actual and ideal weight.



Weight without fat measurement

Weight with fat mass deducted, which reflects the state of physical health.



Metabolic age

Metabolic age is based on the analysis of body composition. This is a benchmark to assess whether you are actually older or younger than your metabolic age.



Body appearance

Body type is based on percentage fat mass and BMI, which may reflect body appearance to some extent.



Physical fitness score

The physical score is based on comprehensive data. The higher the score, the better the physical condition.





Simple to use

Wirelessly and automatically uploads your measurements directly to your smartphone or tablet via Bluetooth.



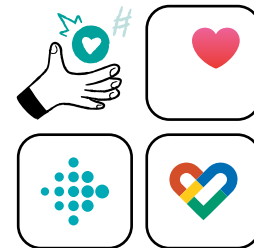
Suitable for everyone

In addition, PDS-200c offer a capacity of 180 kg with accuracy to the nearest 100 g, allowing use by anyone.



Easy to read

The large backlit display with 22 mm digits makes it easy to read your progression.



Sharing

Synchronize your app with Google Fit, Apple Health and Fitbit for greater convenience.



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PDS-200C

SMART CONNECTED SCALES

LA090307

Characteristics

- Scale plate dimensions: 30×30 cm
- 6 mm tempered glass
- Capacity: 5-180 kg
- Graduations: 100 g
- LED screen
- Digit size: 22 mm
- Switches on and off automatically
- Display in case of overload
- Battery type: 4×AAA 1.5V
- Measurement units: kg, lb or st



Master Carton Dimensions
33.2 × 25.5 × 35.3 cm



Master Carton Weight
12.70 kg



Colour Boxes / Master Carton
6



Colour Box Dimensions
33.3 × 31.7 × 3.8 cm



Colour Box Weight
1.86 kg



Voltage
6 V (4×AAA 1.5V)



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