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• The actual item may vary from the photographs/illustrations.

L'DOCILE
HEALTHCARE PRODUCTS

Bluetooth Smart Scale

INSTRUCTIONS FOR USE



LDBS2020

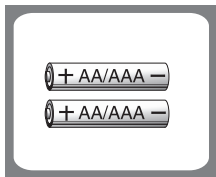
Dear Customer,

Welcome to the world of L'Docile Bluetooth Smart Scale. This product is specially designed to test your Body Weight, BMI, BFR, Muscle, Moisture, Bone Mass, BMR, Visceral Fat, Protein Rate, Body Age, Body Fat, Standard Weight, Weight Control, Weight without Fat, Muscle Weight, Protein Amount, and Obesity Degree, providing information for your reference. Based on the analysis of your height, weight and age, etc., it helps you control your weight and map your progress. Please read this instructions carefully before use.

FEATURES

1. Use of German high precision strain gauge sensors & high performance CPU
2. Multifunction: test Body Weight, BMI, BFR, Muscle, Moisture, Bone Mass, BMR, Visceral Fat, Protein Rate, Body Age, Body Fat, Standard Weight, Weight Control, Weight without Fat, Muscle Weight, Protein Amount, Obesity Degree
3. Optional normal weighing mode
4. Low battery [LO] and overload indicators [Err]
5. Capacity of 3kg - 180Kg (unit: kg lb st:lb). Accuracy: 100g
Remark: The scale would be switched on when a weight of 5 kg or more is placed on it. After switching on, the minimum weight this scale can measure is 3kg
6. Automatic ON / OFF
7. White LED display, invisible when OFF

TO INSTALL OR REPLACE BATTERIES



1. Open the battery case cover at the bottom of the scale.
2. Take out the used batteries, with the aid of a sharp object (if needed).
3. Install new batteries by putting one side of the battery down first and pressing down the other side. (Please observe the polarity)

USER-FRIENDLY TIPS

1. During Measuring

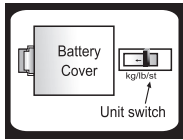
- a. The device is designed to allow auto step on. Please always ignore the first reading and only start taking effective record from the second time weighing.
- b. Always remove your shoes and socks, wipe clean your feet before using the scale.
- c. Step on the weighing platform gently.
- d. It is advisable to take measurement at the same time of the day.
- e. Measured result could be misleading after intensive exercise, excessive dieting or under extreme dehydration condition.
- f. Always weigh/use the scale on a hard and flat surface.
When you are measuring, please keep still.
- g. The measured data of the following people may have deviation:
* Children under 10 or adult over 100
(can only use the device under normal weighing mode)
* Adult over 70
* Body building athletes or other occupational athletes.
- h. People with the following conditions should not use the device:
* Pregnant women
* Those with symptom of edema
* Those on dialysis treatment
* Those who use heart pacemaker or with other implanted medical device.

2. Safety Warning

- a. The measurements evaluated by the L'Docile Bluetooth Smart Scale are only for reference (not for medical purpose). If your results are over/below the normal level, please consult your doctor for more advice.
- b. Keep away from strong electro-magnetic field when using the scale.
- c. It could be slippery if you weigh on a wet surface. Moreover, if the weighing platform surface is glazed, never step on the edge of the scale and do keep balance during your weighing.

TO SET WEIGHT UNIT

L'Docile body scales count with both measuring systems, Metric (kilograms) and Imperial (pounds, stones). You can convert your weight unit as follows:



The unit switch in on the back side of the scale, inside the battery compartment.

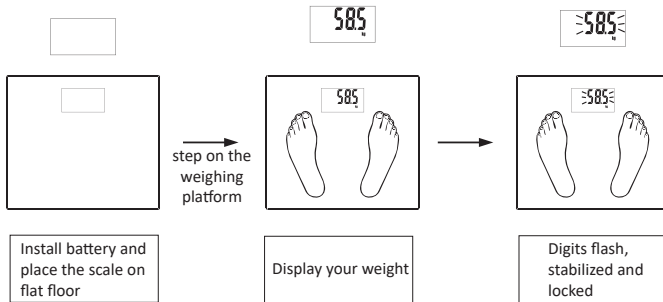
Find the unit switch button, and press it to convert the measuring scale between kg-lb-st.

After selecting the preferred unit of measurement, the scale will auto-off after 3 seconds. The selected weight unit will be activated when the scale is turned ON again.

- * When setting lb/st as weight unit, the default height unit is feet/inch;
- * When setting kg as weight unit, the default height unit is cm.

NORMAL WEIGHING MODE

Auto step on weighing mode when bluetooth is not connected



- When LCD shows 0.0, the scale is ready for weight measurement.
- Now carefully step on the glass platform of the scale.
Stand as still as possible until the weight reading is shown on the LED at the moment body weight of measurement is finished.
- After reading your weight, please leave the scale.
The scale will automatically switch off after a few seconds

BLUETOOTH CONNECTION

Measuring Body Weight, BMI, BFR, Muscle, Moisture, Bone Mass, BMR, Visceral Fat, Protein Rate, Body Age, Body Fat, Standard Weight, Weight Control, Weight without Fat, Muscle Weight, Protein Amount, Obesity Degree

a. Download "AIFit" App

Search for the app at Google Play or Apple store, or simply scan the below QR code to start the download to your phone.

Remark: Aifit is available for iOS 8.0 and Android 5.0 devices with Bluetooth or later versions

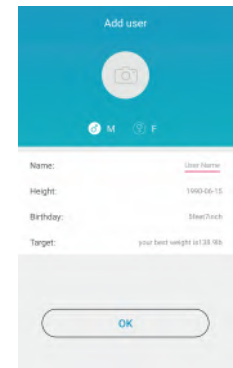
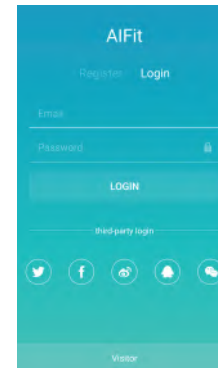


b. Register a USER

Step 1:
Start <AIFit> and register an account

Step 2:
Edit the user and complete the profile

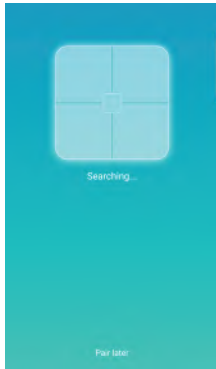
Tip: You can register up to 8 users.



c. Pair the device

First turn on your the Bluetooth function of your device

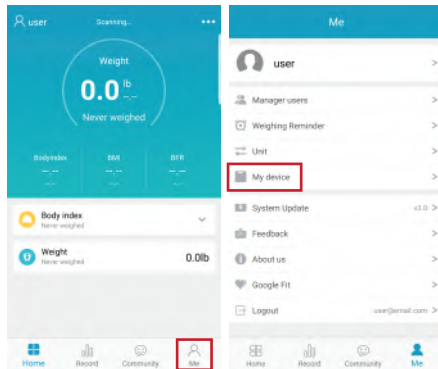
<Setting><Bluetooth>



Please step on the Bluetooth Smart Scale to power it on.

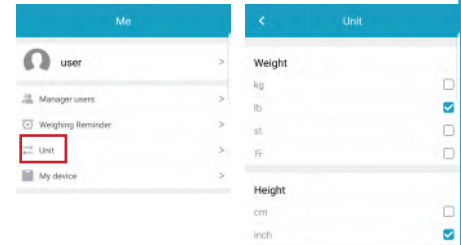
Start the App <Aifit> & it will pair the Smart Scale automatically.

If you want to pair another device, please click <My Device> to unpair and connect to another device



d. Unit

If you want to change the unit, please click <Unit> to select unit kg/lb/lb:st



e. Measure

Put the scale on a hard flat surface, place one foot on the scale and wait until the display shows "0.0".

Step on platform of the scale with bare feet and stand as steady as possible until the weight reading is shown and locked on the display, and simultaneously your measure data will be showing on the App.

d. Baby Scale Mode

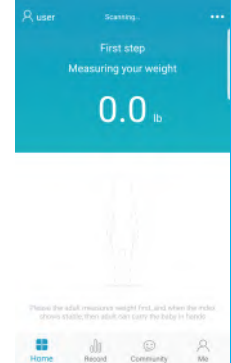
With L'Docile Bluetooth Smart Scale you can also weight a baby and have their exact weight.

Step 1: Switch to baby weight model

Step 2: Step on the scale to measure your weight

Step 3: Hold the baby and measure the weight again

Step 4: The app will automatically show the baby's weight.



WARNING INDICATORS



Low Battery Indicator
The battery power is running low, please replace with a new battery.



Overload or measurement error indicator
The weighing subject on the platform exceeds the maximum capacity of the scale of 180 kg / 396lb
Please step off to avoid damage



Faulty measurement
"Err1" appears with the below 2 conditions:
1.Body fat percentage less than 5% or over 50%
2.Unsuccessful test

ABOUT FAT

1. About Fat%

Fat % is an index % of fat content in human body.
The fat content in human body is of a certain level, over abundance of fat will bring bad effects on metabolism, thereby, various illnesses may invade.

2. Working Principles

As electrical signal of certain frequency transmits through human body, the impedance of fat is stronger than that of muscle or other human tissues.
Through the use of biological resistance analysis, this product will pass a safe frequency of low voltage electrical current through human body, thus, the Fat % will be reflected according to the resistance differences when the electrical signal is transmitting through the human body.

Body Fat Percentage Range: 5% - 85%

Body fat ranges for standard adults

Age	Female				Male			
	Under	Healthy	Over	Obese	Under	Healthy	Over	Obese
10-20	<16.6	16.6-22.2	22.2-30.6	>30.6	<14	14-18	18-26.6	>26.6
20-40	<17.2	17.2-22.6	22.6-31.6	>31.6	<14.2	14.2-18.8	18.8-27.2	>27.2
40-60	<17.2	17.2-22.6	22.6-31.6	>31.6	<14.2	14.2-18.8	18.8-27.2	>27.2
60-80	<17.8	17.8-23.2	23.2-32.2	>32.2	<14.6	14.6-19.3	19.3-28.3	>28.3

Body Hydration Percentage Range: 5% - 85%

The comparison sheet of hydration measured and hydration standard level

Age	Female				Male			
	Slight	Low	Standard	High	Slight	Low	Standard	High
10-20	<52	52-55	55-63	>63	<53	53-57	57-70	>70
20-40	<49	49-52	52-60	>60	<50	50-54	54-62	>62
40-60	<45	45-49	49-56	>56	<48	48-53	53-59	>59
60-80	<39	39-43	43-52.5	>52.5	<44	44-49	49-57.5	>57.5

This sheet is for reference only.

Body Muscle Percentage Range: 13 - 80%

Female: <34% ; Male: >40%

Female				Male			
Slight	Low	Standard	High	Slight	Low	Standard	High
<30	30-35	35-44	>44	<35	35-39	39-49	>49

Body Substance (kg): 0.5-8.0kg

Female				Male			
Slight	Low	Standard	High	Slight	Low	Standard	High
<3.6	3.6-3.9	3.9-4.3	>4.3	<4.2	4.2-4.5	4.5-5.1	>5.1

ABOUT CALORIE

1. Calorie & Energy Consumption

Calorie: Energy Unit

The data indicates the energy you need to sustain the daily metabolism and ordinary activities required for your weight, height, age and gender.

2. Calorie & Losing Weight

The control of the calorie intake combined with proper exercise is an effective way to lose weight. This is a very simple theory. As the daily energy intake can not support the energy consumption of the human body, the saccharide and fat stored inside will decompose and provide energy to the human body. This leads to weight loss.

SPECIFICATIONS

Model: LDBS2020

Measurement: Body Weight, BMI, BFR, Muscle, Moisture, Bone Mass, BMR, Visceral Fat, Protein Rate, Body Age, Standard Weight, Weight Control, Body Fat, Weight without Fat, Muscle Weight, Protein Amount, Obesity Degree

Top material: 6mm ITO tempered safety glass

Bottom material: ABS plastic

Auto power ON/OFF: Yes

Low battery indicator: Yes

Overload indicator: Yes

Display: White LED display

Display size: 67 x 32 mm

Capacity: 180 kg / 396 lb

Division: 0.1 kg / 0.2 lb

Power supply: 4 x 1.5V AAA batteries

Unit size: 313 x 283 x 23.5 mm

ADVISE FOR USE & CARE

1. Please take off shoes and socks and keep your bare feet in touch with the scale when taking Body Weight, BMI, BFR, Muscle, Moisture, Bone Mass, BMR, Visceral Fat, Protein Rate, Body Age, Standard Weight, Weight Control, Body Fat, Weight without Fat, Muscle Weight, Protein Amount, and Obesity Degree measurement.
2. Keep standing still during the course of weighing.
3. The scale is high precision measuring device. Never jump or stomp on the scale or disassemble it and please handle it carefully to avoid breaking when moving it.
4. DO NOT strike, shock or drop the scale.
5. The scale is for family use only and not suitable for professional use.
6. Body Weight, BMI, BFR, Muscle, Moisture, Bone Mass, BMR, Visceral Fat, Protein Rate, Body Age, Standard Weight, Weight Control, Body Fat, Weight without Fat, Muscle Weight, Protein Amount, and Obesity Degree measured are for reference only. You should consult a doctor when you undertake any diet or exercise program.
7. Caution: Slippery when wet! The glass platform maybe pretty slippery when wet, thus please make sure both the glass and your feet are dry before use. Never step on the scale platform with wet foot.
8. Clean the scale with a damp cloth and avoid water getting inside the scale.
9. DO NOT use chemical/abrasive cleaning agents.
10. Keep the scale in cool place with dry air.
11. Always keep your scale in horizontal position.
12. If failed to turn on the scale, check whether battery is installed, or battery power is low. Insert or replace new batteries.
13. If there is error on display or can not turn off the scale for a long time, please take off the batteries for about 3 seconds, then install them again to reset the device. If you can not resolve the problem, please contact your dealer for consultation.
14. Do not use it for commercial purpose