

MARSDEN

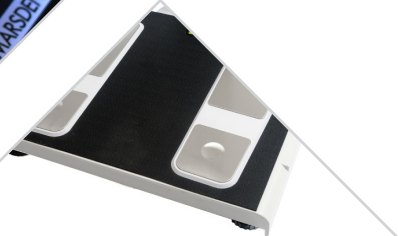
MBF-6000 MBF-6010

Body Composition Scales



- High capacity, MDD/CIII Approved portable scale (MBF-6000)/column scale (MBF-6010)
- Provides Muscle Mass, Fat Mass, Basal Metabolic Rate and 12 other measurements
- Printer included
- Suitable for hospitals, gyms, slimming clubs and pharmacies

www.marsden-weighing.co.uk



Marsden MBF-6000/6010: Professional, easy to use scales for a complete picture of body health

Specification

Capacity:	300kg
Graduations:	100g
Dimensions:	450mm x 340mm x 85mm (MBF-6000) 450mm x 425mm x 1055mm (MBF-6010)
Power:	Mains/rechargeable battery
Battery life:	Upto 3000 weigh-ins (or 55 hours of continuous use)
Weight of scale:	9.5kg (MBF-6000); 12.5kg (MBF-6010)

All the readings you need

Measure everything from Body Fat Percentage to Muscle and Protein Mass

Weighing scales don't tell you the full story: for a better understanding of body health, you need to understand your body composition.

Marsden body composition scales provide a comprehensive list of measurements. The MBF-6010 column scale, and the portable MBF-6000, are very easy to use, with a clear, step-by-step process to obtain your results, and two large screens to show weight, height, BMI and Body Fat Percentage.

Additionally, via a print-out, the following measurements are also given: (see overleaf for details): Basal Metabolic Rate (BMR), Total Body Water (TBW), Fat Free Mass (FFM), Fat Mass (FM), Body Fat %, Muscle Mass (MM), Protein Mass (PM), Extracellular Water (ECW), Intracellular Water (ICW), Skeletal Muscle Index (SM), Visceral Fat Area Level (VFA), Metabolic Age (AGEM), Weight, BMI.

A print out of your results

Get a hard copy of every reading, instantly

Each Marsden body composition scale is supplied with a printer - this means you'll get a hard copy of all your measurements every time you step on the scale.

A print out of readings makes the MBF-6000 and MBF-6010 ideal for physicians, physiotherapists, personal trainers and gyms alike.





High accuracy measurements

Closer to DEXA than any other scale, when tested

During development, with help from Hull York Medical School, the Marsden MBF-6000 and MBF-6010 were tested against equivalent body composition scales from other manufacturers.

The MBF-6000 and MBF-6010 were found to be closer to DEXA - the 'golden standard' for body composition, as used by the NHS - than any other scale tested.

The MBF-6000 and MBF-6010 are also legal for medical use: both are Class III Approved and MDD Approved.



Four year warranty Industry-leading peace of mind

So, the MBF-6000 and MBF-6010 are easy to use, highly accurate and provide a detailed overview of your body's health, measuring everything from Protein Mass and Fat Mass to Basal Metabolic Rate.

Plus, to give you extra peace of mind when you buy from Marsden, both scales are covered by the Marsden 4 Year Warranty. This demonstrates our belief in the quality and reliability of our body composition scales.

Additionally, both scales can be covered by a Marsden service and recalibration contract.



Accessories available

- Automatic height measure** for instant on-screen height and BMI. Manual height measure also available
- Carry case (MBF-6000 only)** for extra portability
- Marsden service contract** for accuracy/calibration checks



Marsden MBF-6000/6010: What do they measure?

FM /FFM- Fat Mass/Fat Free Mass

Fat Mass is the total mass of fat in the body - and the Fat Free Mass is the total of everything else. Fat Mass of around 10-12% for men and 20-32% for women is ideal.

Body Fat Percentage

This measure separates your body composition into two categories - your fat mass and everything else (bones, muscle, hair and water). A healthy Body Fat Percentage for men is 8-20% for men and 15-31% for women.

BMR - Basal Metabolic Rate

The amount of calories that your body needs to function, if the body was resting for 24 hours and only vital functions need supporting.

TBW - Total Body Water

This shows how hydrated the body is - beneficial for transporting waste, helping organs function, regulating temperature and digestion. Healthy TBW for men is 60-65%; for women it is 45-60%.

MM - Muscle Mass

The weight of muscles in the body. When the body builds muscles, it burns energy and fat. As muscle mass increases, the body is able to burn calories and energy faster.

PM - Protein Mass

The total amount of protein in the body. A lack of protein can lead to an increase in body fats.

BM - Bone Mineral content

The measure of bone mineral found in the body. A higher bone mineral content indicates a higher bone density and strength.

ECW - Extracellular Water

The water found outside cells which helps particular tissue to function well. Nutrients and other supplements are served to membrane-bound cells - including sodium, potassium, calcium, chlorides and bicarbonates.

ICW - Intracellular Water

The water usually found inside cells that possesses dissolved ions and some other components that are important in the cellular process. This represents 55% of total body water.

SM - Skeletal Muscle

The only type of muscle which can be actively grown through exercise and nutrition. A part of Lean Body Mass, and an increase in Skeletal Muscle Mass is an increase of Lean Body Mass.

VFA level - Visceral Fat Area level

The area of body fat surrounding the waist. Visceral fat wraps around major organs like the liver, pancreas and kidney - ensuring there is some distance between each organ.

AGEM - Metabolic Age

The AGEM is your Basal Metabolic Rate compared to average BMR for your age group.

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Your Health Score

Additionally, Marsden body composition scales provide an overall Health Score.

Your Health Score is calculated using your age, weight, and gender information, as well as the readings above. Health Score works on a percentage basis, with 100 being the highest possible score attainable.