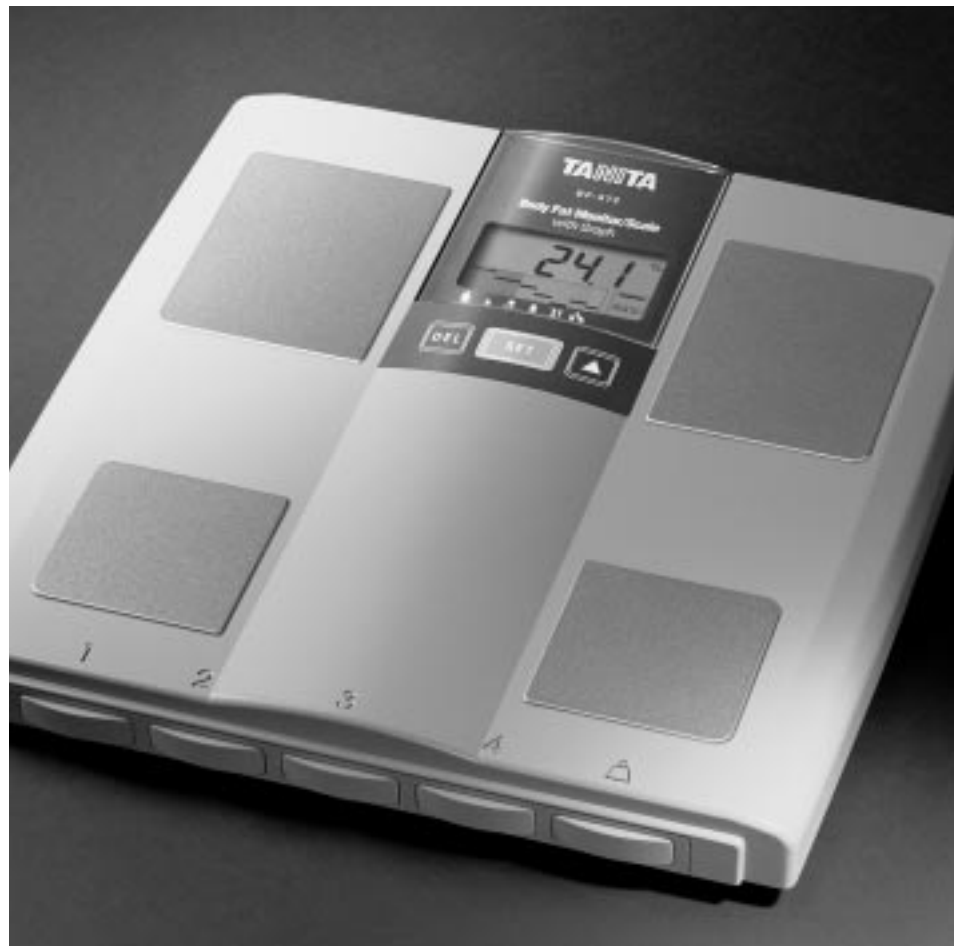




# BF-572 BODY FAT MONITOR/SCALE


## Instruction Manual

Read this Instruction Manual carefully and keep it for future reference.



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## Federal Communications Commission Notice

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio or television technician for help.

## Modifications

The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Tanita Corporation may void the user's authority to operate the equipment.

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## Introduction

Thank you for selecting the Tanita BF-572 Body Fat Monitor/Scale. This family model uses the BIA (Bioelectrical Impedance Analysis) method, a state-of-the-art technology for body fat assessment.

### ▲ Safety Precautions

- **Persons with implanted electrical medical equipment, such as a pacemaker, should not use the BF-572. When taking a body fat reading, the BF-572 passes a low-level electrical signal through the body, which may interfere with the operation of a pacemaker.**
- The Tanita Body Fat Monitor/Scale BF-572 is intended for home use only. This unit is not intended for professional use in hospitals or other medical facilities; it is not equipped with the quality standards required for heavy usage experienced under professional conditions.
- Do not use this unit on slippery surfaces such as wet floors.
- Disabled people should be assisted by someone else, or use a handrail when using the BF-572.

## Important Notes for Users

The BF-572 is intended for use by adults and children with moderately active to inactive lifestyles and by adults with athletic body types.

Tanita defines “athlete” as a person involved in intense physical activity of approximately 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita’s athlete definition includes “lifetime of fitness” individuals who have been fit for years but currently exercise less than 10 hours per week.

Tanita’s athlete definition does not include “enthusiastic beginners” who are making a real commitment to exercising at least 10 hours per week but whose bodies have not yet changed to require the Athlete mode.

Body fat percentage estimates may be slightly lower or higher for the following categories of people:

- Adults seventy years old or older
- Persons undergoing dialysis
- Persons suffering from edema

Body fat percentage estimates for these persons should not be treated as absolute values, but may be used as relative values for checking body fat percent variations over a period of time.

**The BF-572 is not intended for pregnant women, professional athletes or bodybuilders.**

Recommendations for exercise programs or diets based on calculated data should be determined by a doctor or licensed medical professional. Do not attempt to evaluate the data by yourself.

Recorded data may be lost if the BF-572 is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data.

Tanita takes no responsibility for any kind of damage or loss caused by these units, or any kind of claim made by a third person.

**Note:** Body fat percentage estimates will vary with the amount of moisture in the body, and can be affected by dehydration or overhydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.

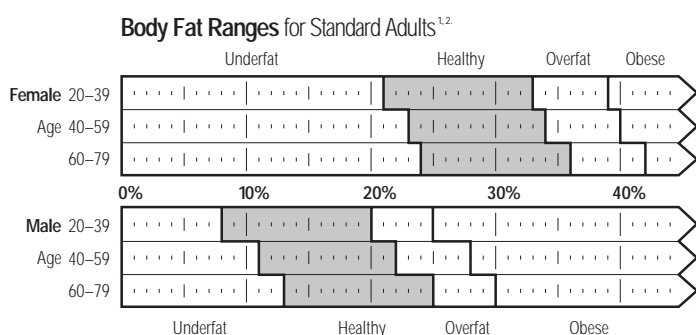
# Principles of Estimating Body Fat Percentage

The Tanita Body Fat Monitor/Scale BF-572 allows you to estimate your weight and body fat percentage at home as easily as you measure your weight. This model also includes Tanita's Graph feature, so you can track your results over time.

## What is Body Fat Percentage?

Body fat percentage is the percentage of fat in your body. Until now, your absolute weight has determined whether or not you were considered overweight or obese. In recent years, the definition of obesity has been refined to mean the presence of excess body fat. Too much body fat has been linked to conditions such as high blood pressure, heart disease, diabetes, cancer, and other disabling conditions.

The chart below shows four ranges of body fat percentage.



<sup>1</sup> Based on NIH/WHO BMI Guidelines.

<sup>2</sup> As reported by Gallagher, et al., at NY Obesity Research Center.

To determine the percentage of body fat that is appropriate for your body, consult your physician.

## The BIA Method



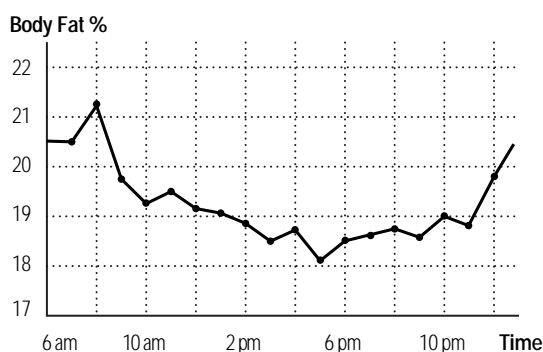
The BF-572 uses the BIA (Bioelectrical Impedance Analysis) method. In this method, a safe low-level electrical signal is passed through the body. It is difficult for the signal to flow through fat in the human body, but easy to flow through moisture in the muscle and other body tissues. The difficulty with which a signal flows through a substance is called impedance. So the amount of fat in the body can be accurately estimated by measuring the impedance. The signal used is very low-level, making it safe and imperceptible.

## Body Fat Percentage Fluctuations in a Day

Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage reading at a consistent time of day under consistent conditions.

Besides this basic cycle of fluctuations in the daily body fat readings, variations may be caused by hydration changes in the body due to eating, drinking, menstruation, illness, exercising, and bathing. Daily body fat readings are unique to each person, and depend upon one's lifestyle, job and activities.

The graph below shows an example of daily body fat percentage fluctuations, based on the BIA method.

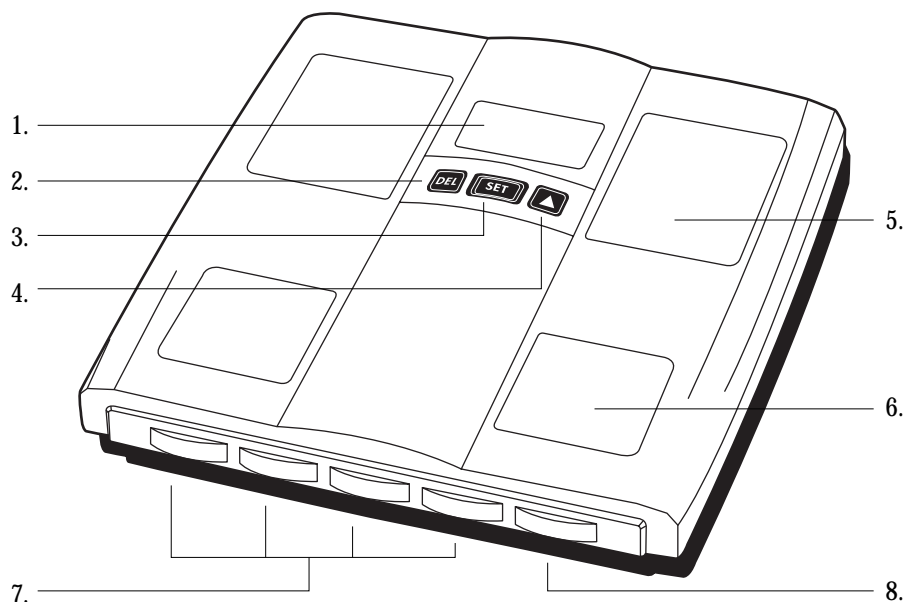


## Advantages of Tanita's BIA Method

Previously, body fat percentage was determined by measuring the thickness of subcutaneous fat by pinching it with calipers, or by laying a person on a scanning bed and passing a current from hand to foot. However, these methods present problems—professional skills are required, the procedures take time and are often invasive, and measurement values vary. Currently, the gold standard methods of fat percentage measurement are DEXA (dual energy x-ray absorptiometry) and Hydrodensitometry (underwater weighing).

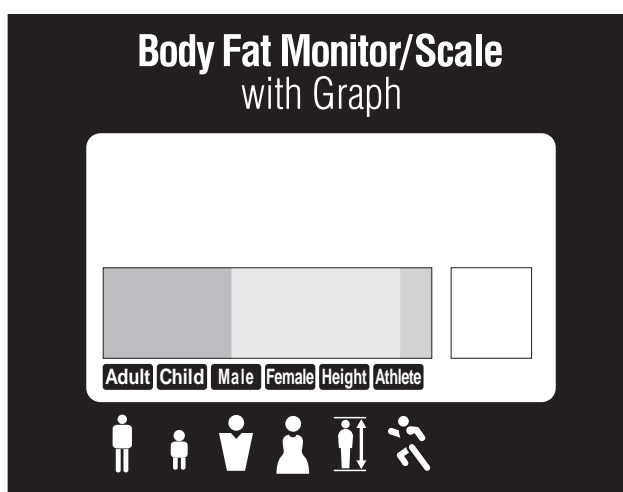
Tanita's BIA method uses equations derived from large, multi-ethnic population studies to predict body composition. Readings taken with Tanita's BF-572 correlate highly with both DEXA (Tanita's reference model) and Hydrodensitometry.

## Features and Functions



### Measuring Platform

1. Display Screen
2. Gray Delete Button **DEL**  
*Used for erasing Graph data only (see p.8).*
3. Orange SET Button **SET**
4. Gray Arrow Button **▲**
5. Ball of Foot Electrodes
6. Heel Electrodes
7. Personal Keys (Start Switches)  
*Used to store personal data (Adult/Athlete/Child, Female/Male and Height) for up to four individuals.*
8. Weight-Only Key  
*Used for weight measurement only.*

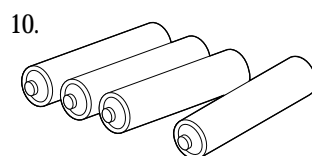
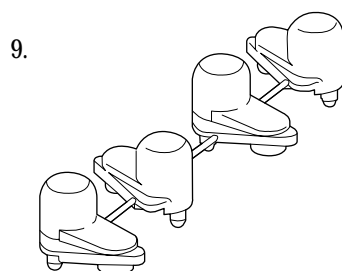


### Display Icons

- Adult Mode
- Child Mode
- Male
- Female
- Height
- Athlete Mode

### Accessories

9. Support Feet (4)  
*Only needed if unit is placed on carpet. Do not use these feet on hard flooring.*
10. AA-Size Batteries (4)



### Printed Material

This Instruction Manual  
Educational Booklet  
Getting Started Workbook  
Quick Reference Card

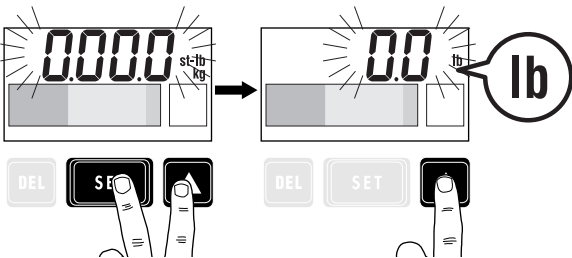
## Important Features of the BF-572

- The BF-572 allows you to measure both weight and body fat percentage simultaneously as easily as stepping on a scale.
- The BF-572 stores results over time and displays them graphically so that users can track their progress.
- The BF-572 can be set for a Adult, Athlete or Child, Female or Male, increasing the accuracy of the reading.
- Personal data (Adult/Athlete/Child, Female/Male and Height) can be stored in the memory of the unit for up to four people.
- Weight-Only Key provides quick weight readings.
- The unit emits a helpful “beep” when activated, and also at various stages in the programming and measuring processes. Listen for these sounds which will prompt you to step on the unit, look at your reading(s), or confirm a setting.

## Selecting the Weight Mode (lb, kg or st-lb)

The BF-572 can measure weight in three different modes: lb (pounds), kg (kilograms) or st-lb (British stone-pounds). The default setting (the setting at which Tanita products are shipped) is lb. If you would like to change that setting, or if at any point another setting has been inadvertently entered, follow these steps:

Press **▲** and **SET** simultaneously. Release the buttons, the display will flash all three weight modes at the same time. Press **▲** to cycle through each weight mode until just the mode that you require is displayed. Then press **SET**. The unit will beep twice in short succession, and the display screen will flash to confirm your selection and store it in memory.



**Note:** If weight mode is set to pounds or stone-pounds, the height programming mode will be automatically set to feet and inches. Similarly, if kilograms is selected, height will be automatically set to centimeters.

## Automatic Shut-Down Function

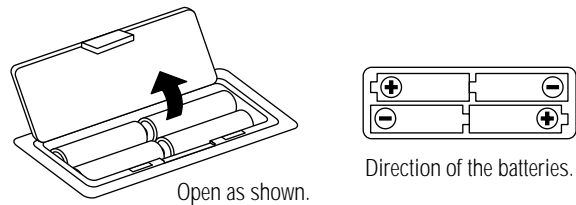
The automatic shut-down function shuts off the power automatically in the following cases:

- If you interrupt the measurement process. The power will shut down automatically within 10 to 30 seconds, depending upon the type of operation.
- If an extraordinary weight is applied to the platform.
- If you make a mistake during measurement or a key or button operation.
- During programming, if you do not touch any of the keys or buttons within 60 seconds.
- After you have completed the measuring process.

## Preparations Before Use

### Inserting the Batteries

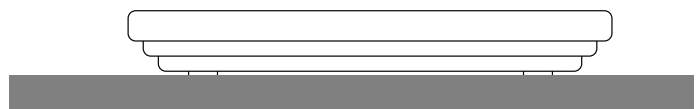
Locate the battery cover on the back of the measuring platform. Press the tab to release the cover as shown and insert the supplied AA-size batteries as indicated.



**▲ Note:** Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned, the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

### Positioning the Unit

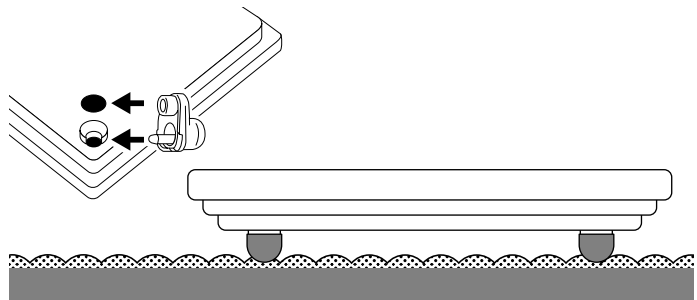
To ensure safe and accurate measurement, place the unit on a hard, flat surface where there is minimal vibration.



**▲ Note:** To avoid possible injury, do not step on the edge of the platform.

### Attaching the Support Feet

If (and only if) you would like to place the unit on carpet, insert the supplied support feet into the holes at the four corners on the bottom of the measuring platform.



**Note:** Do not use the unit on any carpeting that is more than 0.8" (20 mm) in thickness.

**▲ Do not use the support feet on hard, flat surfaces, as the unit may tip over.**



## Setting and Storing Personal Data in Memory

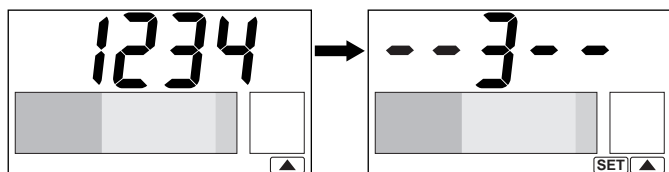
The body fat function of the BF-572 can be operated only if personal data (Adult/Athlete/Child, Female/Male and Height) has been preprogrammed into at least one of the four Personal Keys.

### 1. Turn on the Power

When programming data, press **SET** to turn the unit on (once programmed, tapping a Personal Key turns the unit on). The unit will beep to confirm activation, the Personal Key numbers ("1234") will be displayed, an arrow icon will appear in the lower right corner, and the display will flash.

### 2. Select a Personal Key

Press **▲** to select a Personal Key (pressing **▲** once will activate Personal Key number 1, pressing **▲** twice will activate Key number 2, etc.). Once you reach the Personal Key number that you wish to use, press **SET**. (During programming, the unit will beep once each time you press **SET**.)



### 3. Select Adult, Athlete or Child Mode.

Use **▲** to specify Adult, Athlete or Child, then press **SET**.



Adult = age 18 or older, who has moderately active to inactive lifestyle.

Child = up to the age of 18, over 3' 4" (102 cm), who has moderately active to inactive lifestyle.

Athlete = adult involved in intense physical activity. (See p.1 for Tanita's definition of "athlete.")

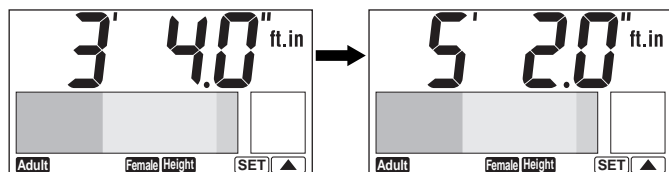
### 4. Select Female or Male

Use **▲** to select Female or Male, then press **SET**.

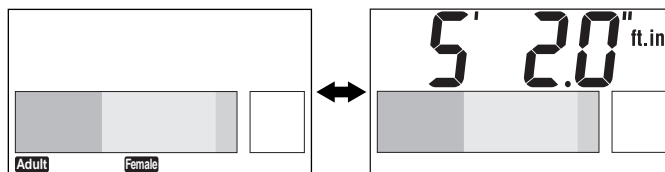


### 5. Specify the Height

Use **▲** to specify height (in feet and inches if weight mode is set to lbs or st-lb, or in centimeters if weight mode is set to kg). Then press **SET**.



The unit will beep twice and the display will flash all data (Adult/Athlete/Child, Female/Male and Height) for three seconds to confirm the programming. The power will then automatically shut off.

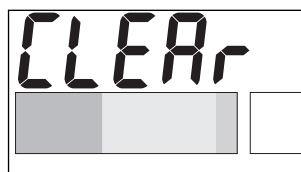


**Note:** As you enter data, or while the display flashes the personal settings, we recommend that you check for any mistakes, such as an incorrect height setting. If you find that you have made a mistake, tap the Weight-Only Key while the display is flashing. The unit will automatically shut off and will cancel any data that you entered at that time.

## Reprogramming a Personal Key

From time to time, you may need to adjust the data stored in a Personal Key.

- The most common need for this would be to allow a new user or a guest to obtain readings, even though all four Personal Keys already contain data.
  - To add a new or guest user and erase the data of a previous user, repeat the Steps 1 through 5 of *Setting and Storing Personal Data in Memory*. After you have entered the new data, "Clear" will appear and flash on the display (the unit is asking if it is OK to delete the previous user's data). Press **SET** once more. "Clear" will be displayed for three seconds. The display will then flash all the new data to confirm programming, and the power will shut off automatically.



**Warning:** All previous data and readings for the previous user of the selected Personal Key will be erased, including Graph data.

- You may also need to change your personal data if your height has changed, or if you need to change the user mode for your readings (from Adult to Athlete or vice versa, or when a teenager needs to start using the Adult mode). In these cases you can reprogram a Personal Key without erasing the data stored in the Graph.
  - To make any of the above changes, repeat Steps 1 through 5, of *Setting and Storing Personal Data in Memory*. The unit will beep, the display will flash the new data, and the unit will shut off automatically. The previously stored Graph results for the Personal Key will still be stored.

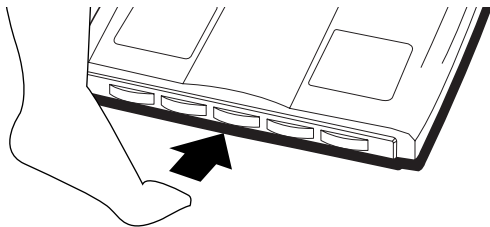
**Note:** Graph readings will not remain stored if you reprogram a Personal Key from Adult to Child, or try to change the gender. The previous readings (for that reprogrammed Personal Key) stored in the Graph will be erased.

# Taking Weight & Body Fat Readings

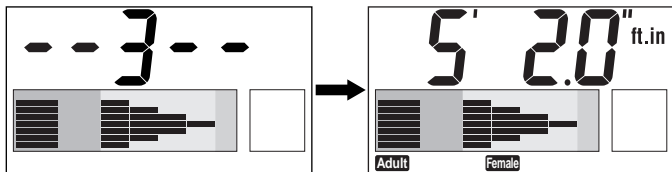
After programming your personal data, you are now ready to take a reading.

## 1. Turn on the Power

When taking weight and body fat readings, use your toe to turn the unit on by tapping your Personal Key. Release the key within three seconds.



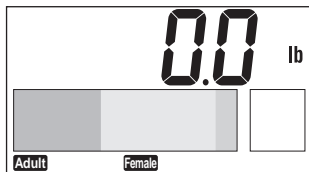
The unit will beep and your preset data will appear (Personal Key number, Adult/Athlete/Child, Female/Male and Height).



**Note:** Information will also appear within the Graph area. This is explained in the next section, *Understanding the Graph Function*.

## 2. Stepping on the Platform

Following the display of your preset data, the unit will beep again and display will show "0.0".



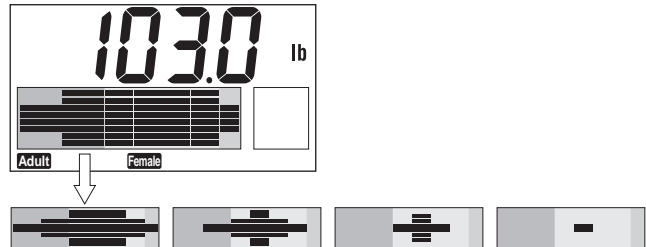
Now step on the platform.

If you step on the platform before "0.0" appears, you will not obtain a reading. However, if you wait too long (30 seconds or more), the power may shut off automatically.

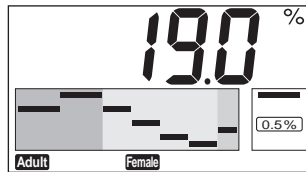
Stand erect on the platform. Be sure that the heel and ball of each foot are directly on top of the electrodes. Don't worry if your feet appear to be too large for the unit—accurate readings can still be obtained if your toes overhang the platform.

## 3. Your Results

Your weight will be displayed first (a beep will indicate that weight measurement has been taken). Continue to stand erect on the platform. Then a brief animation will appear while your body fat is determined. At the end of the animation, your body fat percentage will appear on the display screen.



The bar graph counts down while the unit is calculating the body fat percentage. The unit emits a double beep to indicate that the result is displayed.



Now your body fat percentage and body weight results will be displayed alternately at two-second intervals. At the same time, the unit will display a Graph that shows your progress level over time (see *Understanding the Graph Function*).

**Note:** Even if you step off the platform after all results are displayed, the alternating display of body fat percentage and body weight will be repeated for 20 seconds.

The BF-572 will store each of your results automatically for tracking purposes. It stores the values of previous readings for the same Personal Key. These results will be displayed in graph form (see *Understanding the Graph Function*).

## Getting Accurate Readings

To get the most accurate absolute values, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Stand erect on the platform.

It is best to take readings at the same time of day. Try to wait about three hours after rising, eating, or hard exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.

**Note:** An accurate reading will not be possible if the soles of your feet are not clean, if your knees are bent, or if you are in a sitting position.



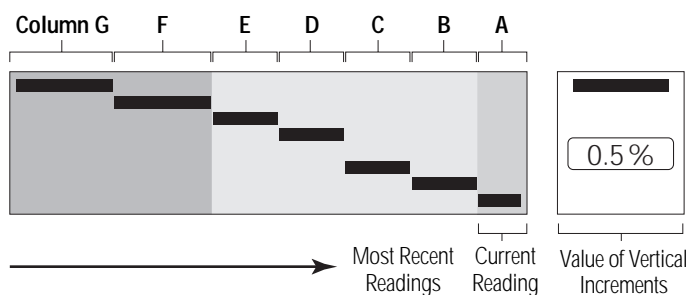
# Understanding the Graph Function

The Graph is best read and interpreted after a significant number of readings have been taken, with each of those readings being taken under consistent conditions and at regular intervals. We recommend that you take your body fat readings 30 or more times (for example, once every week over an eight month period) before studying the Graph (and/or this section of the manual).

The BF-572 tracks readings per use, rather than by date, and has the capacity to store up to 84 readings per preprogrammed Personal Key. If readings are taken weekly, the Graph would display any changes of an individual's body fat percentage during a 20-month period.

**Note:** Graph does not display specific body fat readings. It displays the general trend over time.

## Graph Explanation



### Column A Yellow Section/Current Reading

The bar displayed in this section represents your current body fat percentage reading.

### Columns B – E Light Blue Section

**Column B:** For this column, the unit calculates the average of the most recent readings (up to seven) and displays that average as a bar. The average is updated each time you take a body fat reading.

**Column C:** After every seventh reading, the average percentage that previously appeared in Column B shifts left to Column C.

**Columns D and E:** As with Column C, these columns contain the average from each previous column after that column reached its seventh reading.

**Note:** Depending on whether this average is higher, the same, or lower than the average of the previous column, the bar moves up to another level, stays at the same level, or moves down to another level. Over time, these bars create a line diagram.

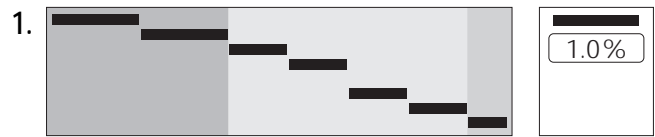
### Columns F and G Dark Blue Section

Each of the two bars in this section represents the average of the preceding 28 readings. The two bars represent a total of 56, and when added to the 28 readings in the Recent Results section, the total number of readings stored is 84.

**After 84 Readings:** The oldest set of 28 readings are deleted every time an additional set of 28 readings are stored.

### Value of Vertical Increments

The Graph creates diagrams using three different Values of Vertical Increments, 0.2%, 0.5% and 1%, to accommodate the different levels of change within each individual's body. If the Value of Vertical Increments displayed is 0.2%, each of the eight vertical increments in the corresponding Graph represents a 0.2% change in body fat.



For example, Individual "1" has decreased his body fat percentage significantly (in this case, 7%) between Column G and Column A, so the resulting Value of Vertical Increments is at the highest number, which is 1%.



Another example shows Individual "2," whose body fat percentage has decreased over time, but not at the same rate as Individual "1" as her body fat has decreased by 3.5%. The Graph may look the same but the Value of Vertical Increments is 0.5%, showing a rate of change which is half of that for Individual "1."



The body fat of Individual "3" has remained relatively consistent over time. His Graph is displayed at Value of Vertical Increments of 0.2%. Although the Graph may at first look erratic, the overall trend is uniform. His body fat has not changed more than 0.6% between one set of readings and the next (between Columns D and E); and between Column G and Column A, his body fat has changed only 0.2%.



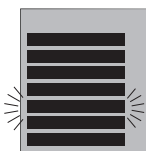
Our final example shows the readings of Individual "4." Her Graph is at Value of Vertical Increment 0.5%. Her body fat has fluctuated over time, but the overall trend shows an increase in body fat, with a gain of 1% between Columns G and A.

**Note:** Fluctuations in body fat percentage may reflect inconsistency of readings, women's menstrual cycles, or changes in hydration levels.

Tanita recommends that users look at the overall trend, rather than changes between readings.

## Understanding the Graph Function (continued)

### Counting the Stored Readings



Each time you tap a Personal Key to begin a body fat reading, you will see a blinking bar on the left side of the Graph (Column G). This indicates the number of readings currently stored in Column B. This column averages that number of readings (up to seven) and uses the average percentage to compare with the Current Reading and estimate the percentage of change.

### Choosing Not to Store Results in Memory

For various reasons, you may not want your current reading to be stored in memory. For example, you may consider that the result is skewed by conditions that are atypical to your usual readings, such as extreme hydration levels, amount of clothing worn at the time of reading, etc.

If you do not want the unit to store current reading, press **DEL** while the current result is displayed (within 20 seconds after it appears). Your weight and body fat percentage will be displayed alternately three times, and then the power will automatically shut off.

### Erasing Stored Graph Results

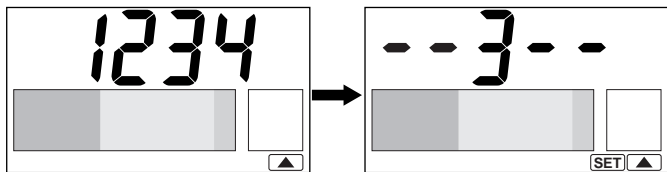
All recorded Graph results can be erased without erasing programmed personal data.

#### 1. Turn on the Power

Press **SET** to turn the unit on. The unit will beep, the Personal Key numbers ("1234") will appear, along with an arrow icon in the bottom-right corner, and the display will flash.

#### 2. Select a Personal Key and Delete the Graph Results

Press **▲** to select a Personal Key, then press **DEL** for two seconds.



All bars will appear on the display. The bars will then disappear one row at a time, from top to bottom, erasing all existing Graph results (the unit will beep while the countdown progresses, and will confirm the deletion with a double beep).

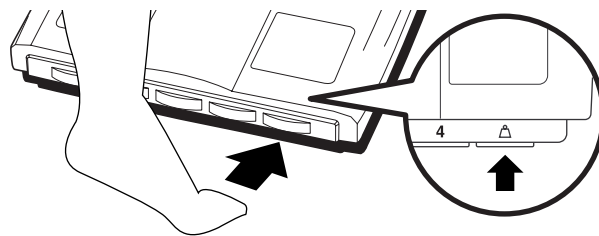


**Note:** If you change your mind, or begin this erasing process unintentionally, stop the deletion of data by pressing the Weight-Only Key before all the bars disappear. The unit will automatically shut off, and will not erase any data.

## Taking Weight Measurement Only

#### 1. Select Weight-Only Key

Using your toe, tap the Weight-Only Key to select weight measurement. After 2 or 3 seconds, "88888" will appear in the display and then it will show "0.0".



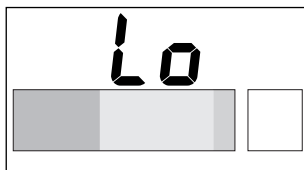
#### 2. Take Measurement

Step on the platform.

Your weight measurement will appear. If you remain on the platform, the display will flash for about 30 seconds, and then the power shuts off automatically. If you step off the platform, the weight will continue to show for about 5 seconds.

## Replacing the Batteries

When the batteries run low, the "Lo" message will appear in the display window. When this message appears, be sure to replace the batteries immediately, since weak batteries will affect the accuracy of your readings.



Your setting will not be erased from the memory when you remove the batteries.

When you change the batteries, exchange all four at the same time with new AA-size batteries. New batteries should last for about one year if the unit is used once every day. The unit comes with trial batteries; their service life will be short.

## Handling Tips

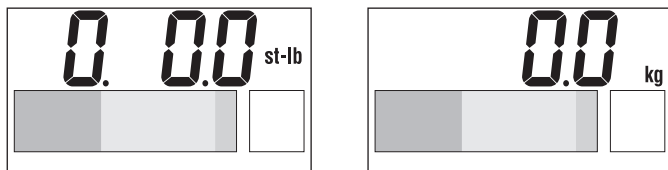
This unit is a precision instrument utilizing state-of-the-art technology. To keep the unit in the best condition, follow these instructions carefully:

- Do not attempt to disassemble the measuring platform.
- Store the unit horizontally, and place it so that the Personal Keys will not be pressed accidentally.
- Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
- Avoid excessive impact or vibration to the unit.
- Never submerge the unit in water. Use alcohol to clean the electrodes and glass cleaner to keep them shiny, applied to a cloth first; avoid soaps.

## Troubleshooting

### If the following problems occur... then...

"st-lb" or "kg" appears while taking a weight measurement.



The unit's "Weight Mode" has been set to measure your weight in units of stone pounds or kilograms. Refer to *Selecting the Weight Mode (lb, kg or st-lb)* on p.4 if you would like to change the setting back to pounds (lb).

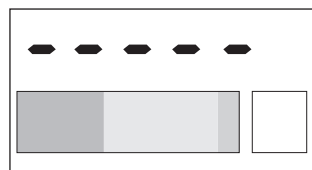
Nothing appears on the display screen after initial display of preset data.

Check foot alignment. Make sure you wait for "0.0" to appear before stepping on the platform. Check to see that the batteries are fresh and are in the correct positions.

"Lo" appears on the display, or all display data appears and immediately disappears.

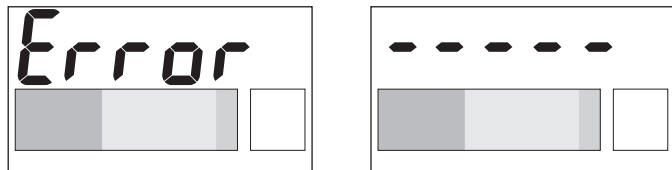
Batteries are low. Replace batteries immediately.

The display shows "- - - -" and goes off when a Personal Key is pressed.



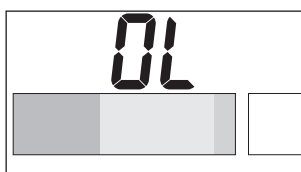
No data (Adult/Athlete/Child, Female/Male and Height) has been stored in the memory of the Personal Key. Preprogram with personal data.

"Error" or "- - - -" appears, or the power shuts off while measuring.



Be sure that you have selected the correct user mode (Adult/Athlete/Child, Female/Male and Height), that socks or stockings have been removed, and that the soles of your feet are clean and properly aligned with the guides on the measuring platform. Consider whether or not you have selected the correct Personal Key and make sure that you waited for "0.0" to appear before stepping on the platform. Step off and repeat steps on p.6 (*Taking Weight & Body Fat Readings*).

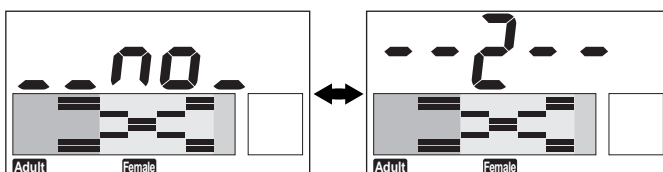
"OL" appears while measuring.



Reading can not be obtained if the weight capacity (300 lb/136 kg/ 21 st-6 lb) is exceeded.

**Note:** If body fat percentage is more than 75%, readings can not be obtained from the unit.

The display flashes "--no--" and a Personal Key number alternately, and "X" flashes in the Graph area.



This message is part of the BF-572's built-in memory protection feature, which prevents individuals from taking readings using an incorrect Personal Key and adding skewed data to the Graph. The unit compares the current weight reading to the last result, and if there is a significant difference, it will display this message.

When you see this message, make sure that you have selected the correct Personal Key.

**If the Personal Key number is wrong,** do not press any of the keys or buttons. Step off the platform and the alternating message will disappear. Then the unit will shut off automatically and current result will not be stored.

**If the Personal Key is correct** and you would like the new reading to be stored, press **SET** while the display is still flashing. As usual, your current result will appear on the display, and the graph will store your result.

The body fat percentage reading does not appear after the weight is measured.

Vibration will interfere with the fat percentage reading. Be sure to stand erect and still on the measuring platform. Do not bend your knees. Be sure that shoes and socks are removed and check foot alignment. Step off and repeat steps on p.6.

*If you need assistance, please call our toll-free customer service number at 1-800-TANITA-8 (USA and Canada only).*

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# Tanita Products Limited Warranty

## Not Valid Without Proof of Purchase

Your Tanita product is warranted to the original consumer only, for three (3) years, to be free from defects in materials and workmanship under normal use. This product is designed **for personal use only**. Tanita Corporation of America reserves the right to nullify the warranty agreement should the product be used in a commercial environment. This warranty is void if the product has been tampered with or mistreated, or if the defect is related to servicing or parts not supplied by us. Our obligation under this warranty is limited solely to the charge of repairing the product, plus the cost of parts or, at the option of Tanita, replacing the product with an equivalent model. There are no express or implied warranties except as listed above.

**Tanita is not liable for incidental or consequential damages for failure or malfunction of the product and any recovery may not be greater than the purchase price paid for this product.** Some states do not allow limitation on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. **No person is authorized to change the terms of this warranty.**

### If Product Is Defective or Needs Repair

*Do not return this product to the place of purchase; doing so may delay the processing of your warranty claim.*

Call Tanita at 1-800-TANITA-8 to receive a Return Authorization Number before returning this product. Include \$12.50 for handling, return postage and insurance to the facility listed below. **Proof of purchase must accompany the product.** Because of possible loss, we recommend insuring your product, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. It is important that you pack the product carefully prior to shipment to prevent damage in transit and that you include a letter describing in detail the specific condition requiring adjustment or repair.

### Tanita Products Limited After Warranty

All terms and conditions apply as specified above in the original Tanita Limited Warranty **except** for the cost of labor and parts:

- Minimum charge for After Warranty labor is \$30 per hour, plus the cost of parts.
- You will be notified by mail or telephone of the total cost to repair your product to working condition, so prepayment can be arranged.
- Your approval is required before any repair work can be performed on your product.

*Please complete the following information and **retain for your records**.*

Model: \_\_\_\_\_ Date Purchased: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Purchased From: \_\_\_\_\_

Address: \_\_\_\_\_



*Please send all returns to:*  
**Tanita Corporation**  
2625 S. Clearbrook Drive  
Arlington Heights, IL 60005 USA

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## Specifications

BF-572

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### Weight Capacity

300 lb (136 kg) (21 st-6 lb)

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### Weight Increments

0.2 lb (0.1 kg) (0.2 lb)

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### Body Fat Increments

0.1%

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### Power Supply

DC 6V AA-size (UM3-type) battery (x4)—  
included

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### Power Consumption

60 mA maximum

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### Measuring Current

50 kHz 500  $\mu$ A

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### After sales service

Please contact the store where you bought this unit for any inquiry regarding operation or trouble, request for repair and/or placement of an order for parts or products. Or call 1-800-TANITA-8 (USA and Canada only).



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