

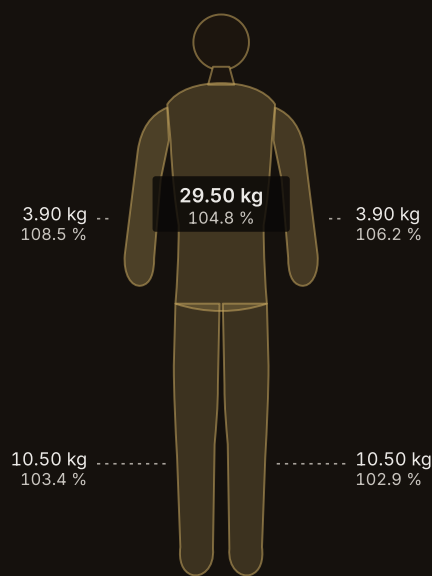
Body composition report

InBody 380

Height	Age	Sex	Weight	BMI
180 cm	45 years	Male	82.0 kg	25.3 kg/m²

I Your results at a glance

The five headline numbers



Lean mass by segment

YOUR GLOBAL SCORE



InBody score

The device's overall rating out of 100. A muscular person may exceed 100 points. Not a diagnosis on its own.

BODY FAT PERCENTAGE

12.3 kg 15.0 %

Percent body fat (PBF) · Printed range 8.6 to 17.1 kg

YOUR TOTAL AMOUNT OF MUSCLE

39.5 kg

Skeletal muscle mass (SMM)

All the skeletal muscle you carry.

YOUR METABOLISM IN CALORIES

1876 kcal

Basal metabolic rate (BMR)

Estimated energy at rest over 24 hours. Daily needs are higher.

WEIGHT

82.0 kg

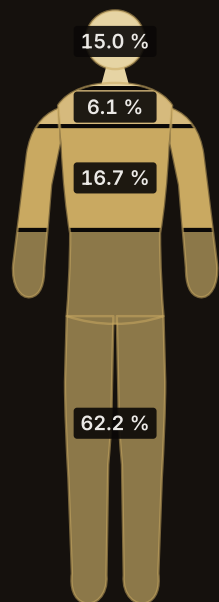
Total body weight

The total the compartments on the next page divide up.

11 Your fat and your muscle

Body composition and segmental lean analysis

What your 82.0 kg is made of. The device measures four things, and every kilogram you carry is one of them.

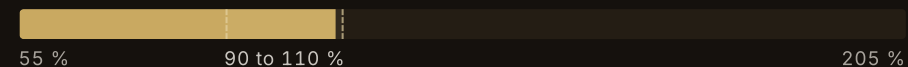


■ Body fat mass	12.3 kg	15.0 %
■ Minerals	5.00 kg	6.1 %
■ Protein	13.7 kg	16.7 %
■ Total body water	51.0 L	62.2 %

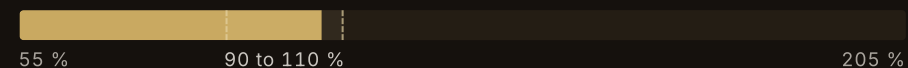
Proportions of total weight, not where each one sits in the body.

Lean mass per segment in kilograms and as a percentage of the amount expected for that segment. The marked band is the device's 90 to 110 % interval.

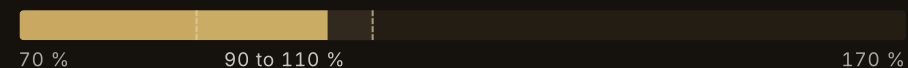
Right arm 3.90 kg / 108.5 %



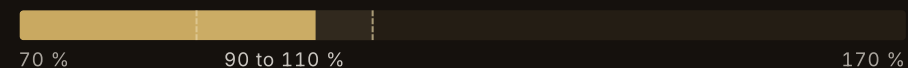
Left arm 3.90 kg / 106.2 %



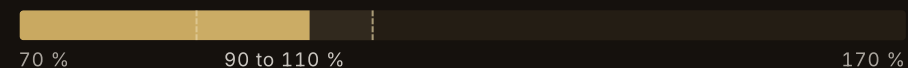
Trunk 29.50 kg / 104.8 %



Right leg 10.50 kg / 103.4 %



Left leg 10.50 kg / 102.9 %



Appendicular lean mass (sum of the four limbs) 28.80 kg

III Your nutritional aspect

The device's nutritional evaluation

How the device rated each nutrition-linked compartment against your own reference ranges. The measured kilograms are on the previous page.

Protein	NORMAL
Minerals	NORMAL
Body fat mass	NORMAL

IV Your next test

- 1 Body composition changes over weeks, not days. The trend across repeated tests says more than any single measurement.
- 2 Retest under similar conditions where you can. Time of day, meals and hydration all influence a bioimpedance measurement, and similar conditions keep the numbers comparable.
- 3 Bring your questions to the consult. The clinical reading of these figures belongs to your treating physician.

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Every value comes from the InBody report for the test shown. No figure has been added that is not on that report.

Every range shown is the one printed by the device, derived from height and sex rather than from the person's actual weight. This report is a summary of the measurement; the clinical reading of these figures belongs to the treating physician and is given in consult.