



InBody 380

CAROLINA HORMONE AND HEALTH CENTER

WHAT IS INBODY?

The InBody 380 machine measures body composition in less than a minute using bioelectrical impedance analysis (BIA). BIA sends a small, alternating electrical current through the body - you won't feel a thing! - to determine body composition

WHAT DOES INBODY MEASURE?

- Skeletal Muscle Mass
- Body Fat Percent
- Body Fat Mass
- Body Water
- Basal Metabolic Rate
- Abdominal Fat Analysis, and more!

HOW DO I PREPARE FOR A INBODY TEST?

DO maintain your normal fluid intake the day before
DO stand upright for at least 5 minutes
DO remove any socks or pantyhose
DO remove all heavy accessories like jewelry, watches, & jackets
DO warm yourself up for 20 minutes in cold weather
DO use the restroom prior to testing
DON'T eat or exercise for at least 3 hours
DON'T consume alcohol or excess caffeine for at least 24 hours
DON'T shower or use a sauna
DON'T use lotion or ointment on your hands & feet

INVESTMENT

Included with BHRT and Peptide treatments (*conditions do apply*).
Non Pellet/Peptide Patient: Please call your local office for pricing information.