AWS®
Weigh Better

# MERCURY PRO

# User Manual

Body Fat Analyzer GBF-1226




## MPR-180 (396lb x 0.2lb)

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# MERCURY PRO

Thank you for purchasing the American Weigh MERCURY PRO digital body fat scale. Please read all operating instructions carefully before use. Scales are precision measuring devices and should always be handled with proper care. To ensure years of reliable service, keep these simple tips in mind:

- Do not exceed the scale's maximum capacity. Overloading your scale can permanently damage it!
- Avoid exposure to extreme heat or cold. Scales perform best at normal room temperature.
- Store your scale in a clean, dry location. Dust, dirt, and moisture can accumulate on the weighing sensors and electronics causing inaccuracy or malfunction.
- Avoid using your scale in close proximity to strong radio wave emitting devices such as computers, cash registers, and cordless phones.
- Always weigh on a flat and level surface, free from vibrations and drafts. The corner of a room is usually the most stable.
- Gently apply all items to be weighed. Do not drop items onto the weighing platform.
- Avoid dropping your scale. The warranty does not cover damage due to rough treatment or overload.
- Check the batteries first if you are having any trouble with your scale. This simple step can remedy most scale issues.
- Do not disassemble your scale. This product contains no user serviceable parts.

## Special Note on Body Fat Scales

This scale uses bioelectrical impedance analysis (BIA) to calculate body fat %. This technology works by measuring the resistance (impedance) of small electrical currents through the body. When the user's height and body impedance are known, the scale can accurately determine total body water (TBW) and fat-free mass (FFM). Fat-free mass is then subtracted from your total body weight to obtain your body fat mass.

This scale should be used while barefoot. Measurement errors can arise if weighing while wearing socks or pantyhose. To avoid slipping, do not step on the scale with wet feet. Do not use the scale on carpet. Be sure your feet are properly aligned with the heel and ball-of-foot electrodes on the scale.

The BIA method assumes that your body is within normal hydration ranges. Do not use the scale after drinking alcohol or caffeine excessively as these can affect your hydration levels and degrade the body fat analyzers accuracy. Other factors that can affect hydration include excercise, certain medications, diuretics, illness, and menstrual cycle in women. For best results, you should weigh unclothed wait a few hours after waking, excercising, or eating to use the body fat analyzer. The results of this body fat analyzer should be used as a guide to monitor changes in your fitness over some period of time. Accuracy will depend on consistency in your weighing routine.

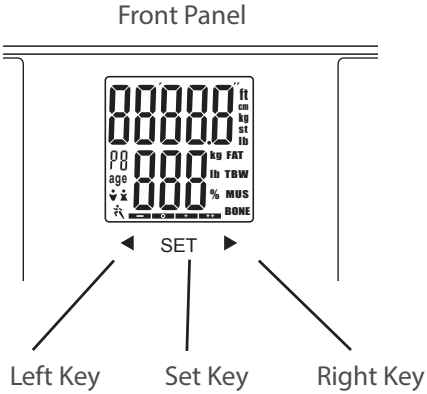


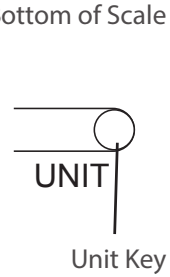
**WARNING: This scale's body fat analysis feature passes a small, safe electrical current through the body and should not be used by those with pacemakers or other electronic medical implants as it could cause them to malfunction.**

## I. Part List

1. Scale
2. AAA Batteries (x4)

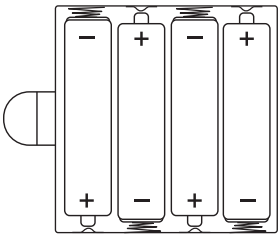
## II. Key Description




## III. Battery Installation

1. Before using the scale for the first time, check the battery compartment and remove any plastic insulation strips or packaging that may be in place to prevent battery drainage during shipping/storage.
2. If you are replacing the batteries, make sure the positive and negative contacts are properly aligned.



## IV. Scale Only Operation

1. Place the scale on a flat, level surface. Do not weigh on carpet as it may affect the accuracy.
2. Step onto the platform. Once the weight has stabilized, it will be locked on the display.
3. The scale will turn off automatically after 10 seconds of non-use.

## V. Changing the Unit of Measure

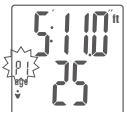
1. Press the **UNIT** key on the bottom of the scale to change the scale's displayed unit of measure.
2. If the scale is turned off then back on, it will default to the last unit used.

- **MPR-180 Units:** kg (Kilogram) ▸ lb (Pound) ▸ st:lb (UK Stone:Pound)

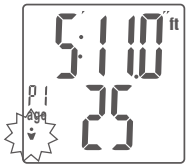


## VI. Entering Personal Data

1. Press the **SET** key to enter setup mode. The user ID no. will begin to flash.
2. **User ID. Number:** Use the ◀ or ▶ key to select the desired user ID no. (1~8). Touch the **SET** key to confirm.
3. **Gender and Athlete Mode:** Use the ◀ or ▶ key to select your gender and athlete mode. Touch the **SET** key to confirm.

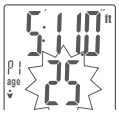


| Symbol | Description |
|---|---|
| | male |
| | female |
| | athlete |





4. **Height:** Use the ◀ or ▶ key to select your height. Touch the **SET** key to confirm.



5. **Age:** Use the ◀ or ▶ key to select your age Touch the **SET** key to confirm



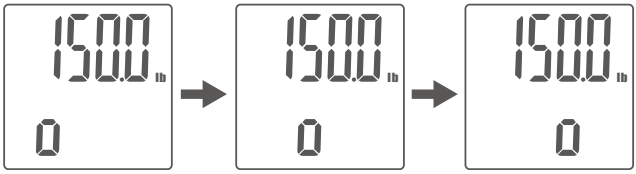
6. Your personal data data will be saved and the scale will display “0.0”, indicating it is ready to begin weighing.

NOTE: If there is no input for 20 seconds during setup mode, the scale will return to normal weighing

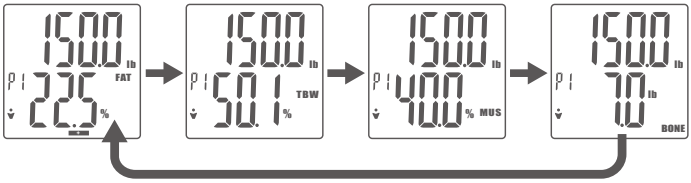
## VII. Obtaining Body Fat Measurement

1. Place the scale on a flat, level surface. Do not weigh on carpet as it may affect the accuracy.
2. Touch the SET key to turn the scale on then use ◀ or ▶ to select your user ID no.
3. Wait for the display to show “0.0”
4. Stand on the platform with bare feet. Once the weight has stabilized, it will be locked on the display.
5. Body fat analysis will now commence as the display shows a moving “o”.



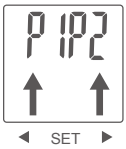


6. When analysis is complete, the body fat data will cycle on the display three times before the scale turns off.




**x3**

7. For future weighings, the scale will remember you based on weight and automatically select the correct user ID no.
8. If there are two users with similar weights, the scale will prompt you to select the correct user ID no. using the ◀ or ▶ key before commencing with body fat analysis.




## VIII. Body Fat Analysis Information

### Body Fat Level Indicators

| Symbol | Description |
|---|---|
| — | Underweight |
| o | Healthy |
| + | Overweight |
| ++ | Obese |

### Body Fat %

| Age | Female | | | | Male | | | |
|---|---|---|---|---|---|---|---|---|
| | Under-weight | Healthy | Over-weight | Obese | Under-weight | Healthy | Over-weight | Obese |
| <39 | <21 | 21.1-33 | 33.1-39 | >39 | <8 | 8.1-20 | 20.1-25 | >25 |
| 40-59 | <23 | 23.1-34 | 34.1-40 | >40 | <11 | 11.1-22 | 22.1-28 | >28 |
| 60+ | <24 | 24.1-36 | 36.1-42 | >42 | <13 | 13.1-25 | 25.1-30 | >30 |

## Body Water %

| Age | Female | | | Male | | |
|---|---|---|---|---|---|---|
| | Healthy | Healthy | Healthy | Healthy | Healthy | Healthy |
| 10-15 | <57 | 57.1-67 | >67 | <58 | 58.1-72 | >72 |
| 16-30 | <47 | 47.1-57 | >57 | <53 | 53.1-67 | >67 |
| 31-60 | <42 | 42.1 | >52 | <47 | 47.1-61 | >61 |
| 61-80 | <37 | 37.1-47 | >47 | <42 | 42.1-56 | >56 |

## Body Muscle %

| Age | Female | Male |
|---|---|---|
| | Healthy | Healthy |
| 6~100 | >34 | >40 |

## Bone Mass

| | Female | | | Male | | |
|---|---|---|---|---|---|---|
| Weight | <100lb | 100-130lb | >130lb | <130lb | 130-165 | >165lb |
| Bone | 4lb | 4.8lb | 5.5lb | 5.5lb | 6.4lb | 7lb |

## IX. Reminders

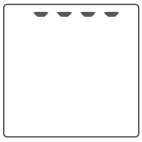
- **Do not use this scale on carpet.**
- **For body fat analysis, be sure to stand on the scale with bare feet. Do not use socks.**
- **When storing the scale for long periods of time, remove the batteries to prevent leakage.**
- **Clean the scale with a slightly damp cloth. Do not use strong chemicals or abrasives.**
- **This scale's measurements are meant to be used as a guide to maintaining a healthy lifestyle. They should not be used as a substitute for professional assessment.**
- **The body fat analyzer is not calibrated for pregnant women or young children under ten years old and will not yield accurate results for these groups**

## X. Error Codes

1. **Lo** - Batteries are low. Replace the batteries.




2. **-----** - Maximum capacity exceeded. This scale cannot be used to give measurements over 396lbs.



## XI. Specifications

| | MPR-180 |
|---|---|
| Max. Capacity | 396lb / 180kg / 28st |
| Readability | 0.2lb / 0.1kg / 0.2lb |
| Power | 4 x AAA |
| Dimensions | 12.6 x 12.6 x 0.9” |
| Platform Dimensions | 12.6 x 12.6” |
| Warranty | 10 Year Limited Warranty |

## CAUTION

The Mercury Pro offers you a seamless way to manage your health.

Please be aware that this device is designed for healthy population over 10 years old self-measuring and self-monitoring body compositions. Any information provided by this device is in no way meant to treat, cure or prevent any disease or illness from happening. If in doubt, contact your physician. This device should not be used by any female subject who may be suspected of, or is pregnant. Otherwise, the effects of this device on the fetus are unknown. This device should not be used by any any person who is connected to a wearable or implantable electronic device or instrument such as a pacemaker or defibrillator. This device should not be used for anyone who is acutely or chronically ill because of suffering from a disease or taking medications that affect your water levels. The accuracy of readings for these patients has not been verified. Specific medical advice should be obtained from a physician.

The Mercury Pro is equipped with data transmission function. It may emit electromagnetic energy so as to perform its intended function. Nearby portable and mobile RF communications equipment can affect the performance of the Mercury Pro. And the device can interfere vicinity electrical equipment.

Manufacturer will make available on request circuit diagrams, component parts list,etc.

WARNING:No modifications of this equipment is allowed.

This may result in increased EMISSIONS or decreased IMMUNITY of the Mercury Pro.

Please use the device according to the user manual. Any misuse can cause electric shock, burns, fire and other unexpected hazards.

Please use and storage the device under the environment which was provided in the user manual.

Don’t expose the device to extreme temperatures, direct sunlight, moist or corrosive environment.

Do not step on the scale when your body or feet are wet, especially after bathing or showering to prevent slipping.

## Safety and Usage Information

The warning signs and symbols are essential to ensure your correct and safe use of this product and protect you and others from injury. Please kindly find the meanings of the warning signs and symbols, which you may encounter in the label and user manual, as follows:



Symbol for “THE OPERATION GUIDE MUST BE READ”



Symbol for “TYPE BF APPLIED PARTS”

SN

Symbol for “SERIAL NUMBER”



Symbol for “DIRECT CURRENT”



Symbol for “MANUFACTURER”



Symbol for “MANUFACTURE DATE”



Symbol for “ENVIRONMENT PROTECTION” – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice.

**FCC User Guide Information**

Radio Frequency Interface Requirements - FCC

Note: 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 / TV technician for help.

Radio Transmitters (Part 15)

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**FCC RF Exposure Guidelines**

Safety Information
Reducing RF Exposure - Use Properly

Only operate the device in accordance with the instructions supplied.

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possiblity of exceeding the FCC radio frequency exposure limits, human proximity to the antenna shall not be less than 20 cm (8 inches) during normal operation.

**American Weigh Scales, Inc.**
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Made in China to our exact specifications and quality control.

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