TANITA

Instruction Manual
BODY COMPOSITION ANALYZER
DC-13C

<Usage Conditions>
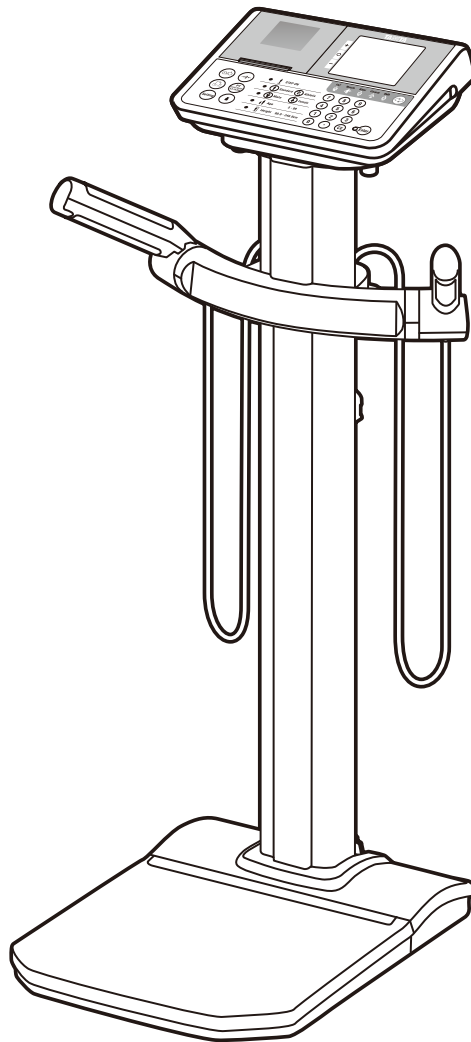
Temperature Range	: **5 – 35°C**
Relative Humidity Range	: **30 – 80%** (non-condensing)
Max Altitude	: **2,000m ASL/6500ft ASL**
Atmospheric Pressure Range	: **86 – 106kPa**

<Storage Conditions>

Temperature Range	: **-10 – 60°C**
Relative Humidity Range	: **10 – 90%** (non-condensing)
Atmospheric Pressure Range	: **70 – 106kPa**

To avoid malfunctions, avoid storing the equipment in a place with direct sunlight, significant temperature changes, a risk of dampness, a large amount of dust or a risk of vibration or impact, or in the vicinity of flames.

⚠ Please read this Instruction Manual carefully and keep it for future reference.

Contents

Before Use

How to Use

If Necessary

For Your Safety

This section explains precautionary measures to be taken to avoid injury to the users of this equipment and others, and to prevent damage to property. Please familiarise yourself with this information to ensure safe operation of this equipment.

⚠ **Warning**	Failure to follow instructions highlighted with this mark could result in death or severe injury.
⚠ **Caution**	Failure to follow instructions highlighted with this mark could result in injury or damage to property.
🚫 Prohibited	This mark indicates actions that are prohibited.
❗ Required	This mark indicates instructions that must always be followed.

⚠ Warning

🚫 Prohibited	**This equipment must not be used on subjects with pacemakers or other mechanical implants.**
	This equipment passes a weak electrical current through the body which could interfere with and cause the malfunction of electrical medical implants, with serious consequences.
	Do not handle the plug with wet hands.
	This may result in electric shock, fire, or current leakage.
	Do not modify this equipment.
	There is a risk of electrocution or injury, and precise analysis cannot be guaranteed.
	Do not use multiple adapters.
	This may result in fire.
	Do not use the equipment if you have any kind of wound or inflammation on any part of your body that comes into direct contact with the equipment.

⚠ Caution

🚫 Prohibited	**Do not allow the equipment to get wet.**
	Avoid using on subjects with allergies to metals. Allergic reactions may be caused by the stainless steel used in the electrodes of this equipment.
	Do not jump on the equipment.
	Do not tilt the equipment.
	Do not use this equipment near other products that emit electromagnetic waves.
	Do not insert fingers into any of the gaps or holes.
	Do not apply force to the display. The screen may break and cause injury.
	Do not place items sensitive to magnetic forces near the equipment. The magnet of the impedance meter may corrupt data on devices such as USB memory sticks if these are placed near the equipment.
	Assist persons with disabilities. Another person should assist persons with disabilities who may not be able to take a measurement alone.

❗ Required	**Clean the equipment after each use.** Wipe off the equipment if dust accumulates or it becomes dirty.
	Stand clear of the subject during measurement to ensure accuracy.
	Continually monitor both the subject and the equipment for anomalies. If an anomaly in the subject or equipment is discovered, take appropriate action, such as stopping the equipment, while ensuring the safety of the subject.
	Use the included AC cable.
	Do not lean against the equipment.
	Unplug the AC cable from the equipment when moving it.
	Interpretation of analysis results (e.g. evaluation of measurements and formulation of exercise programs based on results) must be performed by a professional. Weight loss measures and exercise based on self-analysis could be harmful to your health. Always follow the advice of a qualified professional.
	This equipment is designated a Class B IT device (mainly for systems intended to be used in indoor environments) and is CE (EMC) certified, but it may affect devices that are sensitive to electromagnetic waves.

⚠ For Accurate Measurements

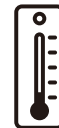|	
🚫 Prohibited	**Avoid measuring after strenuous exercise.** This may cause inaccurate measurements. Please take measurements after sufficient rest.
	Avoid measuring after over-eating or over-drinking, or when severely dehydrated. This may cause inaccurate measurements. For greater accuracy, avoid using directly after waking up. Use at the same time of day each time, at least three hours after the last meal.
	Ensure arms are not touching sides and inner thighs are not touching each other during measurement. If necessary, place a dry towel between arm and side and/or between thighs.
	Do not take measurements while using transmitting devices such as mobile phones, as these may affect readings.

|	
❗ Required	**Use the equipment under the same conditions and in the same position as much as possible for accurate tracking of changes.** Readings are affected by the level of hydration and position of the body. Please use at the same time of day each time, under the same conditions and in the same body position.
	Avoid measuring in multiple locations with greatly differing temperatures. This may cause inaccurate measurements. Allow the equipment to stand for at least 2 hours before using if it is moved to a new location with a temperature difference of 20°C/36°F or more.
	Place palms and fingers in the correct positions on the electrodes when measuring. Improper contact between the hands and electrodes may cause the displayed fat percentage to be lower than the actual percentage, or cause an error.
	Hold onto the grip. Be sure to wash your hands first. Having dirty hands will cause inaccurate measurements.
	Do not sit or bend the elbows or knees. This causes inaccurate measurements.
	Do not move during measurement. This causes inaccurate measurements.
	Use in a stable location. Errors in measurements may occur if the equipment is used in an unstable location.
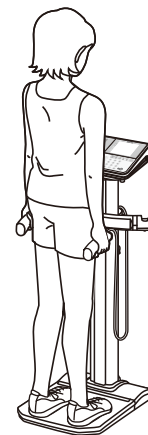
Note

For people to whom any of the following apply, changes in measurement values should be referred to as a reference.
· People with metal implants
· People taking medications that induce changes in body water (e.g. diuretics, etc.)
· People who are pregnant, on dialysis or experiencing any swelling. The reliability of body fat percentages may decrease.

For Your Safety (continued)

Scheduled Maintenance

TANITA recommends that each facility conduct periodic checks of each unit.
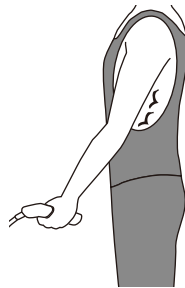
1. Check the following at least daily:
   - The unit is on a stable and level surface on a firm flooring, not on a thick carpet
   - Date and time settings
2. Visually inspect the following at least weekly:
   - The display for any damage or contamination
   - All cables, cords, and connector ends for damage or contamination
   - All safety-related labeling for legibility
   - All accessories (electrodes, etc.) for wear or damage
3. Visually inspect the following at least monthly:
   - Mounting screws

Update settings, replace items, or call for service as necessary according to the results of the visual inspections. Do not use the unit if you see any signs of damage. Equipment that has been damaged must be checked for proper operation by qualified personnel before using again.
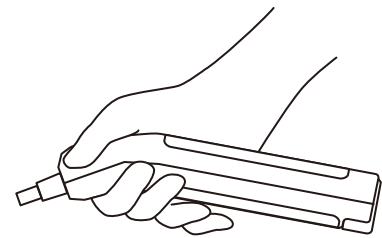
Incorrect Ways to Measure
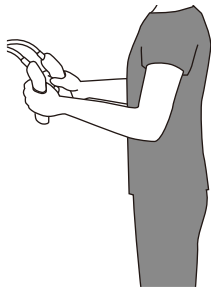
With bent elbows and wrists   With skin to skin contact   Without all fingers attached to the electrodes

Contact condition
· **If your inner things are touching or your arms make skin-to-skin contact, the results can only be used as reference data.**

Checking the Contained Items

Checking the Contained Items (Platform, Control box, Accessories)

Ⓐ Control box

Ⓑ Platform

Ⓒ Cover (front)

Ⓓ Cover (back)

Column

Ⓐ

Ⓓ

Ⓒ
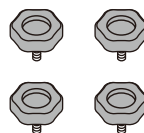
Grip

Ⓑ
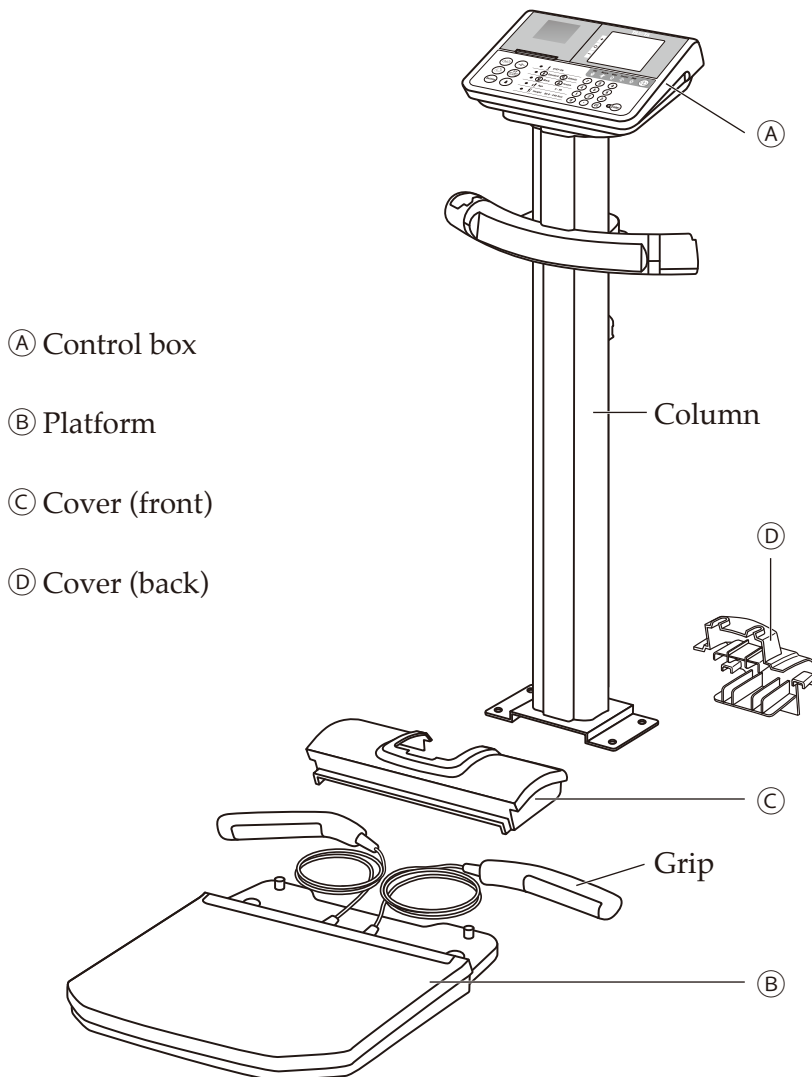
Accessories

☐ AC adaptor

☐ AC cord

☐ Screws x 4

☐ Mats x 3

☐ Assembly Guide

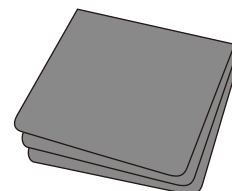☐ Measurement Guide

☐ Printer Paper x 1

Contact us if you do not have all of the components listed above (See back cover).
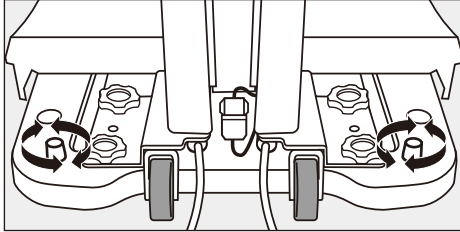
Positioning the Scale/Setting up the Mat

Before Use

Positioning the Scale

Checking that the equipment is level.

Unfasten the knobs on the platform and stabilize the feet (× 4) and adjustable feet (× 2).

Feet   Adjustable feet × 2
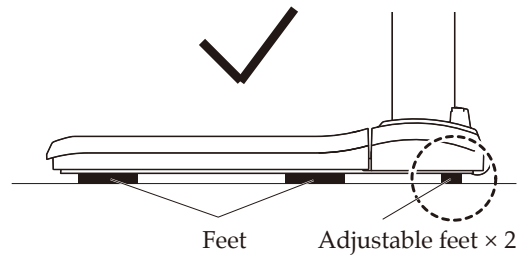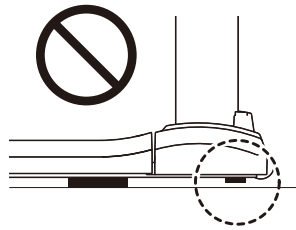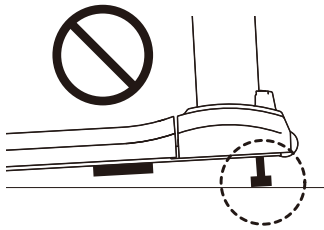
Note

For accurate measurements, make the equipment as even as possible.

Setting up the Mat

You can use the device while wearing your shoes.
Use the mat to make sure that you do not slip on the platform.
The mat also protects the device against stains and damage.
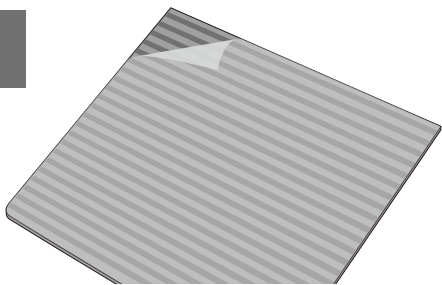
1 Remove the protective sheet under the mat.
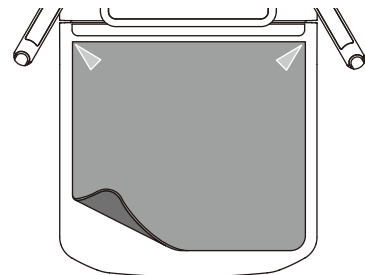
2 Align the mat with the platform.

Note

If the equipment is being used for measurement every day, the mat should be replaced around once a month. If you are unsure about anything, please contact our customer service division.

Part Names & Connection Procedure

Control Box

Electrodes × 4

Grip holder

Casters × 2

Platform

Adjustable feet ×2

Feet × 4
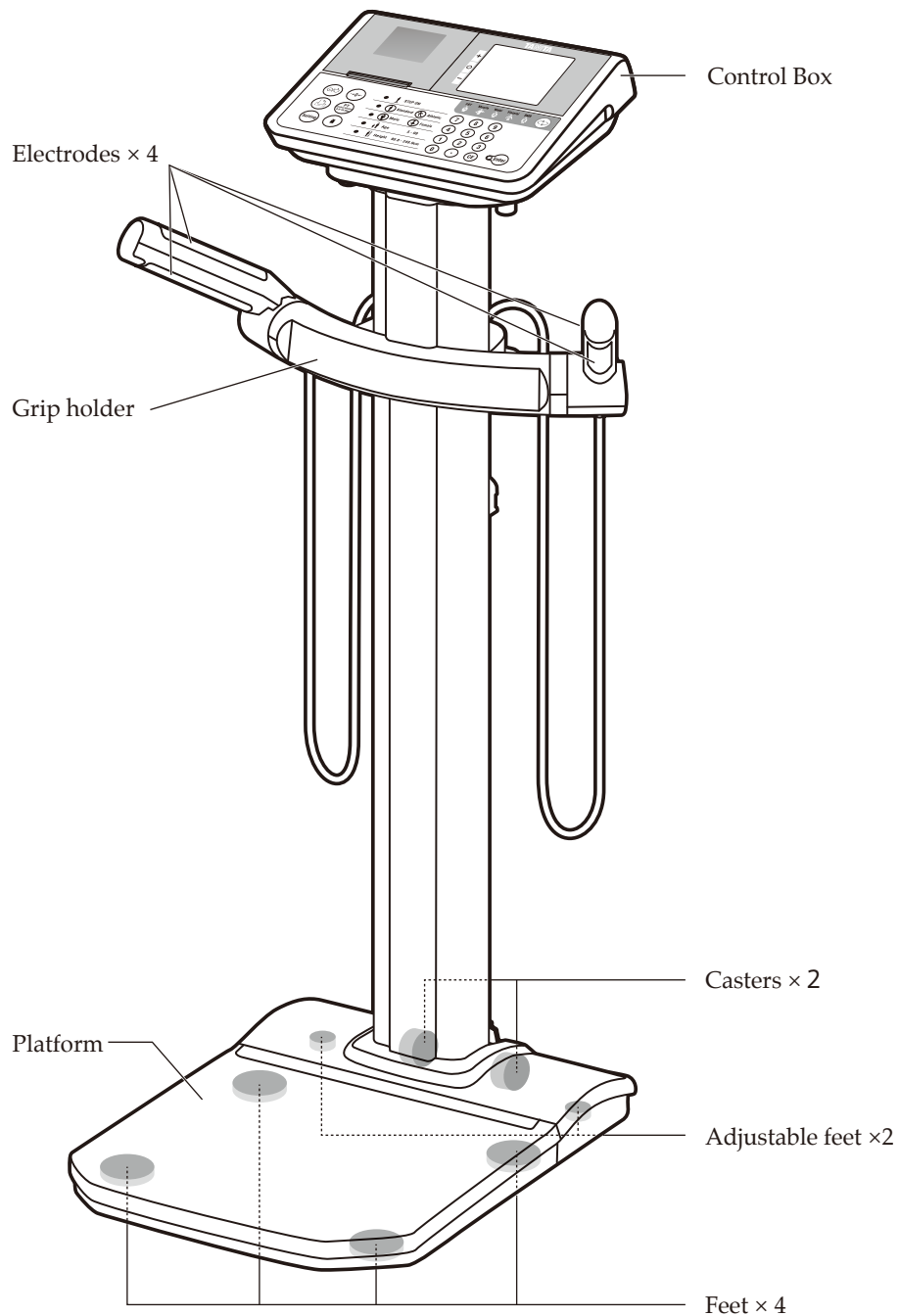
Symbols and their Meanings

⬦⎓⬦	Positive polarity	⬚ SD	SD card	⌧	WEEE - Waste Electrical and Electronic Equipment Directives
∼	Alternating current	|O|O|	Serial interface	⌂	For indoor use only
⊖→	Input, Output	⎓	Direct current	☻	See the instructions
⚠	Caution Refer to the attached notes.	SN	Serial number	▰	Manufacturer
CE	CE marking				

Before Use

Control Box

Printer Cover

Display

SD card slot

Operating key

Connecting the Power

⟨Back of the controller⟩

Plug
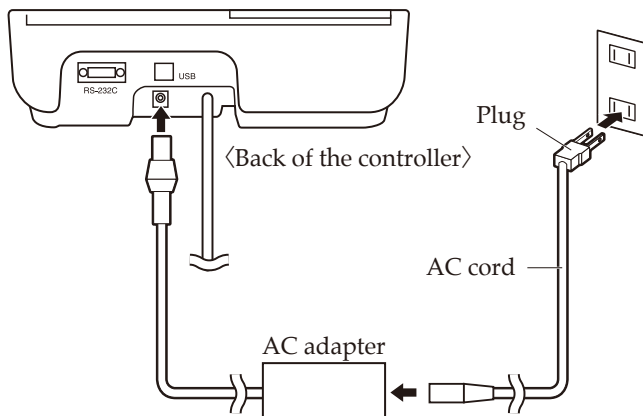
AC cord

AC adapter

1. Connect the AC adapter to the AC cord and plug the AC adapter into the controller jack.

2. Plug the plug on the AC adapter into the wall socket.

⚠ Warning

Do not have wet hands while handling the plug or AC adapter, as this can cause electrical shocks.

10

Display and Keys

Meanings of the LED Indicators and Keys

⏻ ⊙/⊙	Turn ON / OFF the power
🖨	Feeds the printer paper
Setting	Set various functions
→0←	Reset zero point
PT (Clothes Weight) 0.0-10.0kg	Set preset value (Clothes weight)
🔲	Select measurement mode
⟳↩	Select measurement display
SD	SD card

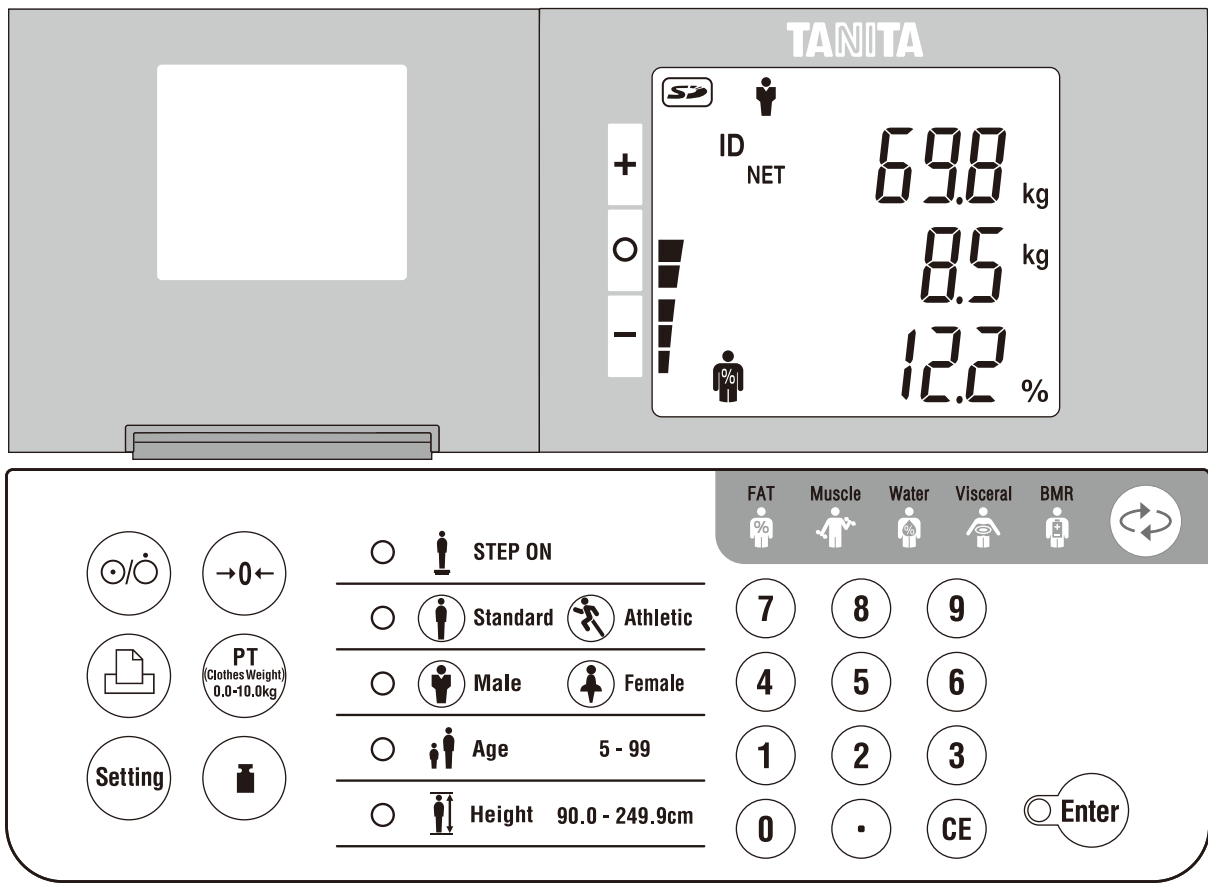|		
FAT %	Display Body Fat (percentage and mass) *Not measured value but calculated value	
Muscle	Display Body Muscle (percentage and mass) *Not measured value but calculated value	
Water %	Display Body Water (percentage and mass) *Not measured value but calculated value	
Visceral	Display Visceral Fat Rating	**BMR** Display Basal Metabolic Rate

○ 🔲 **STEP ON**	Indicate to step on
○ 🔲 **Standard** 🏃 **Athletic**	Select the body type from "Standard mode" or "Athletic mode"
○ 🔲 **Male** 🔲 **Female**	Select the gender from "Male" or "Female"
○ 🔲 **Age** 5 – 99	Enter the age between "5 – 99 years"
○ 🔲 **Height** 90.0 – 249.9cm	Enter the height between "90.0 – 249.9cm"
○ **Enter**	Confirms the entered numerical value.

11

Setting the Printer Paper

Before Use

1
(1) **Turn the power OFF and push the handle on the left hand side of the controller.**
(2) **Open the printer cover.**
(3) **Set the printer paper in place.**

Peel off the adhesive and pull out approximately 10cm of printer paper.

(4) **Replace the printer cover to its original place.**
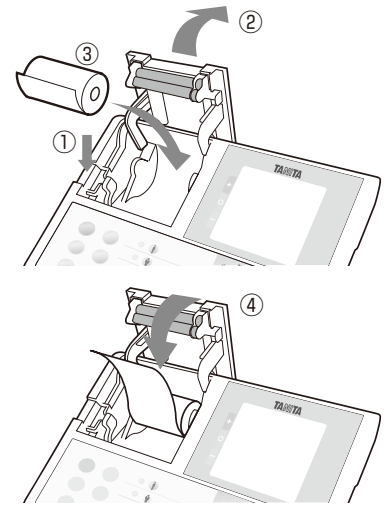
2
Press ⊙ to turn on the device.

After all the indicators are displayed, [0.0kg] is displayed.
If the device is turned on with the printer cover open, [COPEn] is displayed.
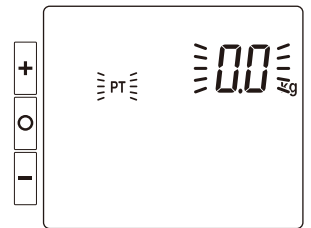
3
Press 🖨. The printer paper is cut automatically, and the settings are completed.

Paper is not automatically cut when 'Auto Cut' is set to 'Off'.

Note
Cutting automatically setting → See P.15 Setting item 4
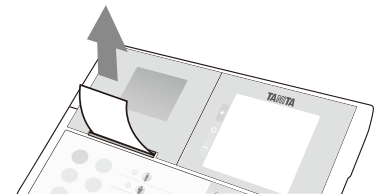
Setting an SD Card

1 **When the power is turned OFF, insert an SD card into the slot with the logo side facing upwards.**

Make sure the card is facing in the correct direction when inserting it.
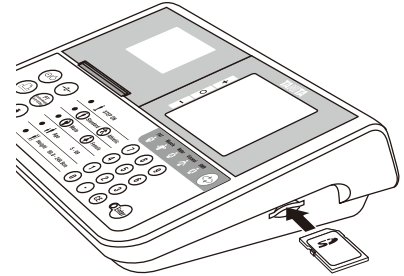
2 **Press ⊙/⊙ to turn on the device.**

3 **When the device detects the SD card, the mark on the right appears in the upper left corner of the screen.**
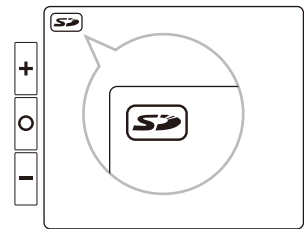
Be sure to insert and remove the SD card when the device power is off to avoid damaging the SD card.

Note

Compatible with SD and SDHC memory cards
Not compatible with SDXC memory cards

Power Supply

Turning the Main Power ON/OFF

Turning the main power ON.
Press the ⦿ key to turn on the power.
The initial screen is displayed.

Turning the main power OFF.
Press the ⦿ key to turn the power OFF.

Emergency Shut Down

Keep the area around the plug socket clear
during operation of the equipment in case
of an emergency.
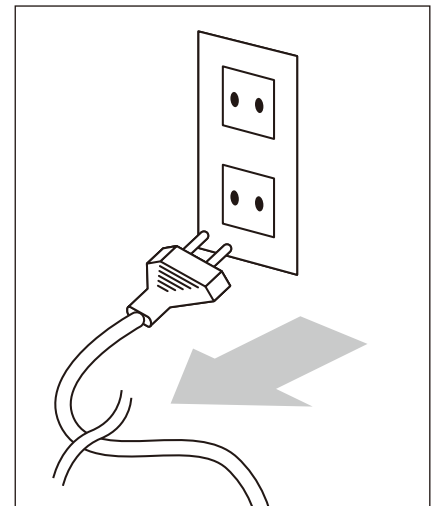
Settings

1 Press the (Setting) key to change the mode. The setting screen is displayed.

SEt 00

Note

• The (Setting) key cannot be used when the scale is measuring weight or results are displayed while standing on the platform after measurement.

2 Select the setting item from the list below. Enter numerical values and press the (Enter) key.

Setting item List (Enter) → Save changes and return

(CE) → Correct input number or cancel

| No.	Setting item	Default
0	Check the software version	-
1	Date and time → See **Note** below	2023.1.1 00:00
2	Number to be printed automatically (0-3 sheet(s))	1
4	Cutting automatically (0: off, 1: on)	1
5	Beep sound (0: off, 1: on)	1
7	ID number (Automatic count up) (0: off, 1: on)	0
8	Measurement flow (0: Two step flow / Measure body weight first, 1: One step flow / Enter personal info first)) * Measurement flow → See P. 17	0
9	Body type selection (Athletic mode) (0: off, 1: on) * Athletic mode → See P. 17 & P. 22	1

No.	Setting item	Default
10	Height input unit (0: 0.1cm increments, 1: 1cm increments)	0
11	Automatic determination time of input information (0-9 second(s)) * 0: Disables this function	0
18	Target body fat ratio input (0: off, 1: on)	0
19	Printout Language(1: English, 2: French, 3: German, 4: Italian, 5: Spanish, 6: Dutch, 7: Turkish, 8: Danish, 9: Swedish, 10: Norwegian, 11: Polish)	1
20	Printout contents (1: full, 2: short)	1
21	Timeout function of result display (0: disable, 1: enable)	0
23	BMR kJ unit display (0: off, 1: on)	1
45–69	Printing item settings (0: off, 1: on) → See P. 23	1
80	Reading Stored Measurement Result Data → See P. 26	-

Note

Enter the year, month, day, hour and minute.
The date format is "yyyy mm dd hh:mm"
(Date input range: 2023 01 01 00:00 – 2099 12 31 23:59)

Example 3:45 pm, 10th October, 2023
"2023" "10 10" "15:45"

2023 10 10 15:45

To enter a number with 1 digit (0 – 9), press "0" first.

Press the (Setting) key again to return to the measurement screen.
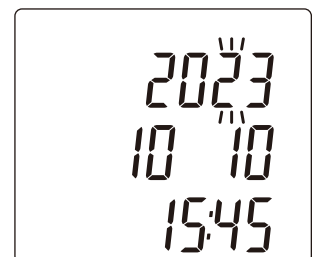
Settings (continued)

Select the Measurement Mode

Select the measurement mode by pressing the (🔳) key.

The measurement mode is switched in
the following order when the
(🔳) key is pressed:

"Body Composition"

"Scale"

The " 🔳 " mark is displayed
when the scale mode is selected.

Body Composition Mode

Scale Mode

Taking a Measurement

Body Composition Mode (Two step flow
Measure body weight first)

1 Set the clothes weight after 0.0kg is displayed.

Set the clothes weight after 0.0kg is displayed. When undertaking measurements with your shoes on, count the weight of the shoes toward the clothes weight (0.0 – 10.0kg).

PT 0.0 kg

Standard clothes weight: summer 1.0kg, winter 2.0kg
Standard shoes weight:

| Pumps 0.2kg | Running shoes 0.5kg | Sneakers 0.7kg | Leather shoes 1.0kg | Boots 2.5kg |

*The weight is based on the standards as researched by Tanita.

2 Enter ID number.

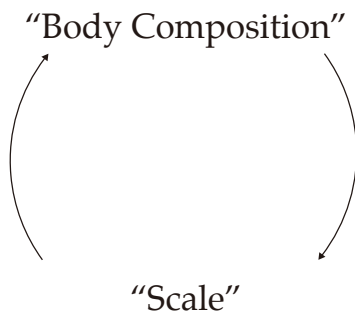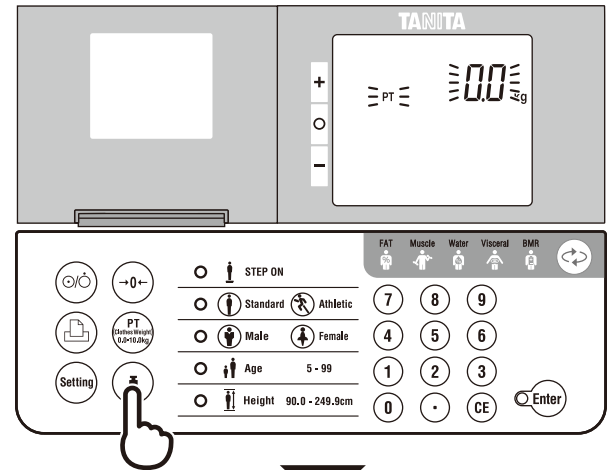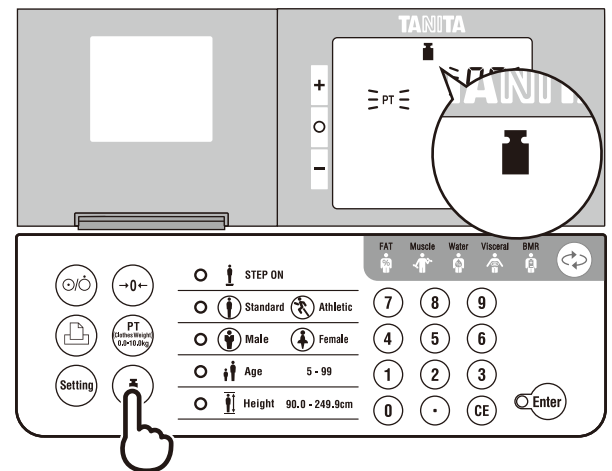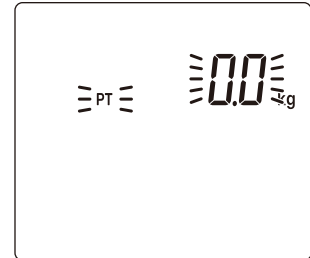If the ID number function is set to OFF, the scale switches directly to "Measure body weight" without requesting an ID number. If the ID number is set to ON, ID number will be increased automatically. To change ID number manually, press (CE) and enter the preferred ID number.
The ID number range: 0 – 9999999999999999
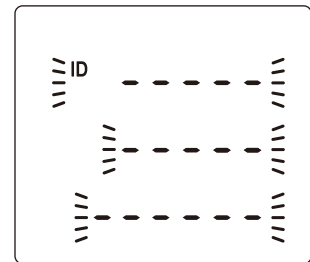
ID – – – – – –

Note   ID number setting → See P.15 Setting item 7

3 Measure body weight.

Step onto the platform, after " **StEP on** " flashes.
"**NET**" is displayed when you have entered a tare value (clothes weight).
The "Stabilised" icon (⊙) appears when the load is stable.

ID O NET – 1.0 kg
StEP
on
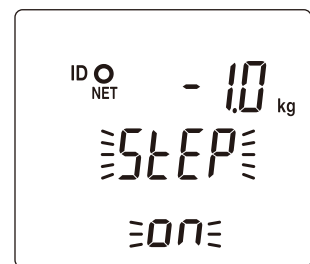
Note

When the One step flow is selected, enter personal information first.
→ See P.15 Setting item 8
If the scale does not detect a load, press (PT Clothes Weight 0.0-10.0kg) to switch to "Input tare value".
If the scale detects the load, press (PT Clothes Weight 0.0-10.0kg) to display the entered tare value.

4 Select body type. 🧍 Standard 🏃 Athletic

If the body type selection (Athletic mode) is set to OFF, the scale switches directly to "Select gender" without requesting a body type.
The "🏃" mark is displayed when the Athletic mode is selected.

ID NET 69.8 kg
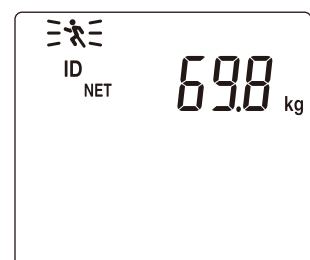
Note   Athletic mode setting → See P.15 Setting item 9
Athlete condition → See P.22

en

How to Use

Body Composition Mode

5 Select gender.

👤 Male   👤 Female

ID NET **69.8** kg

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6 Enter age. 👤 Age

```
●  👤 STEP ON
●  👤 Standard  👤 Athletic    7   7  8  9
●  👤 Male  👤 Female          4   4  5  6
● ┤👤 Age      5 - 99          1   1  2  3      ◯ Enter
○  👤 Height  90.0 - 249.9cm   0   0  CE
```

The age range: 5 – 99

ID NET **69.8** kg

00

---

7 Enter height. 👤 Height

```
●  👤 STEP ON
●  👤 Standard  👤 Athletic    7   7  8  9
●  👤 Male  👤 Female          4   4  5  6
●  👤 Age      5 - 99          1   1  2  3      ◯ Enter
● ┤👤 Height  90.0 - 249.9cm   0   0  CE
```
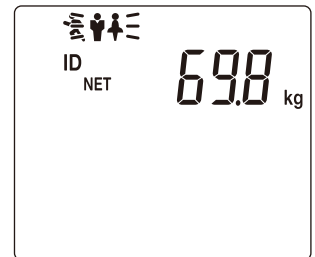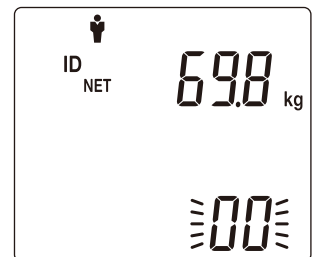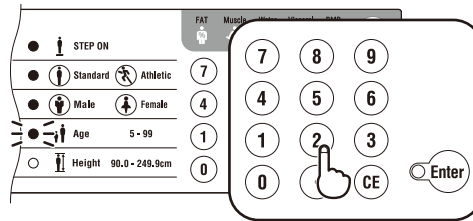
The height range:
90.0 – 249.9cm
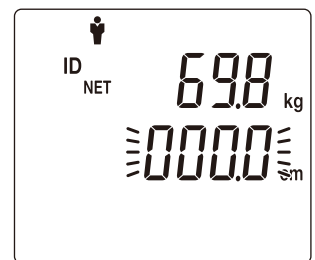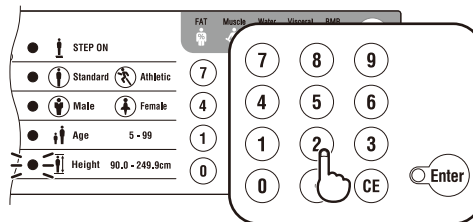
Note   Height input unit setting → See P.15 Setting item 10

ID NET **69.8** kg

000.0 cm

---

8 Set target body fat ratio.

If the target body fat ratio function is set to OFF, the scale switches directly to "Measuring impedance" without entering the target value.
The body fat ratio range: 4 – 55%

Note   Target Body Fat ratio input → See P.15 Setting item 18

ID NET **69.8** kg

GOAL

– – %

---
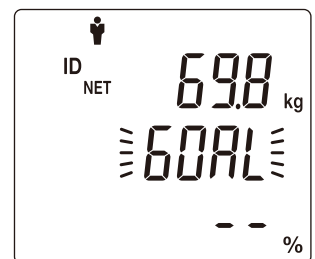
9 Measure body composition.

The scale starts measuring impedance after you have entered all of the personal information.
Wait until "ᔚ𝗋 iᔖ on" is displayed, and remain standing while measuring.
The measurement is complete when all "oooooo" disappear.
The scale displays the measurement results after measuring the whole body impedance.

The next measuring starts by pressing ◯ Enter.

ID NET **69.8** kg

ᔚ𝗋 iᔖ

on
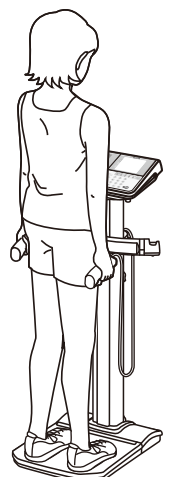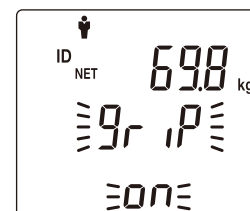
Measurement Results

Output Measurement Results (Body Composition Mode)

The measurement results are displayed on the LCD after measurement is completed.
The results are printed immediately after measurement is completed.

Press the ⟨⟩ key to select the measurement display.
The measurement display is switched in the following order by pressing the ⟨⟩ key.

→ "Fat" → "Muscle" → "Body Water" → "Visceral fat rating" → "Basal metabolic rate" → "BMI"
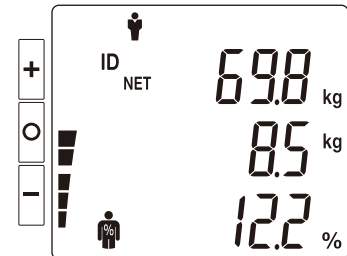
Body Fat (Applicable age: 5 – 99)

Body weight (kg)
Body fat mass (kg)
Body fat %
Body fat icon
Fat rating
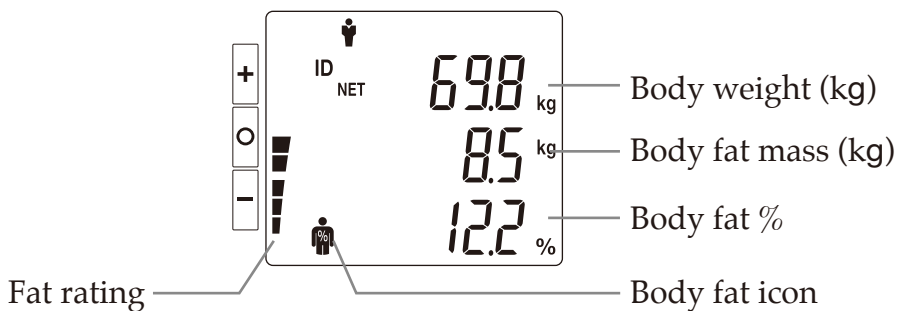
Muscle (Applicable age: 18 – 99)

Body weight (kg)
Body muscle mass (kg)
Body muscle %
Muscle icon
Muscle mass rating
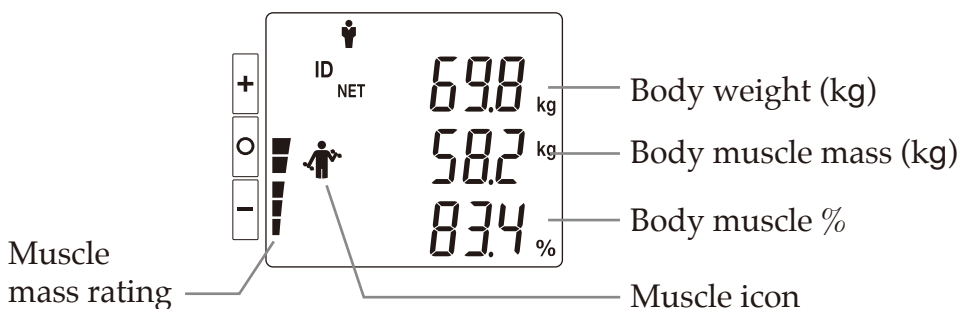
*Muscle mass level compared to the general population.

Taking a Measurement (continued)

en

How to Use

Measurement Results

Total Body water (Applicable age: 5 – 99)

69.8 kg — Body weight (kg)
42.0 kg — Body water (kg)
60.2 % — Body water %
— Body water icon
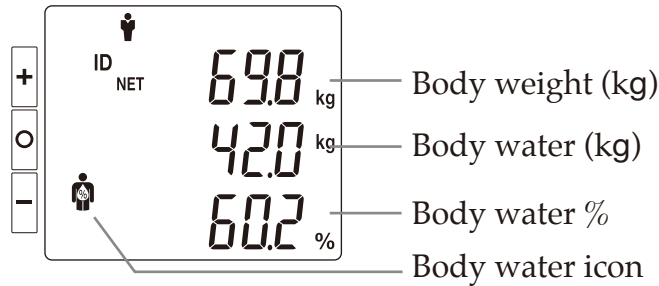
Visceral fat rating (Applicable age: 18 – 99)

69.8 kg — Body weight (kg)
4 — Visceral fat rating

Visceral fat rating ——
—— VFR icon
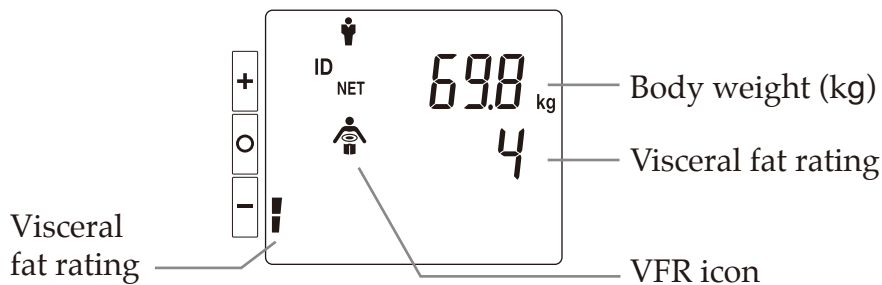
Basal metabolic rate (Applicable age: 5 – 99)

69.8 kg — Body weight (kg)
7351 kJ — BMR (kJ)
—— BMR icon
BMR rating ——
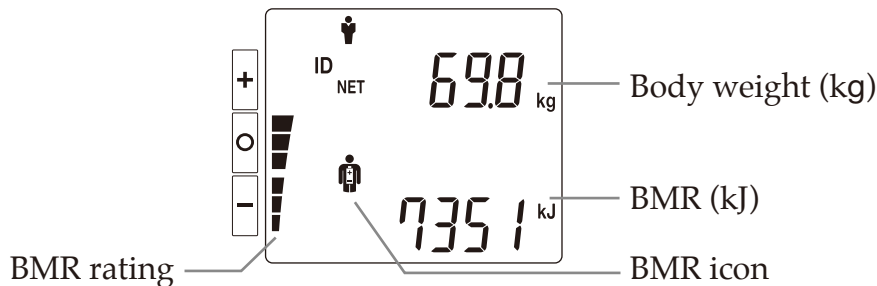
*Basal metabolic rate level compared to the general population.

Note BMR kJ unit display ON / OFF setting → See P.15 Setting item 23

Body Mass Index (BMI) (Applicable age: 5 – 99)

69.8 kg — Body weight
170.3 cm — Body height
24.1 — BMI
—— BMI icon
BMI rating ——

"O" flashes if measuring posture is incorrect.
The results can only be used as reference data. → See P.28

ID O NET 69.8 kg

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Scale Mode

The "👕" icon is displayed when the scale mode is selected.

1 **Set the clothes weight after 0.0kg is displayed .**

Set the clothes weight after 0.0kg is displayed.
When undertaking measurements with your shoes on, count the weight of the shoes toward the clothes weight (0.0 – 10.0kg).
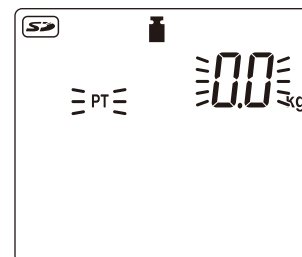
Standard clothes weight: summer 1.0kg, winter 2.0kg
Standard shoes weight:

Pumps	Running shoes	Sneakers	Leather shoes	Boots
0.2kg	0.5kg	0.7kg	1.0kg	2.5kg

*The weight is based on the standards as researched by Tanita.

2 **Enter the ID number**

If the ID number function is set to OFF, the scale starts measuring weight immediately.
If the ID number is set to ON, ID number will be increased automatically.
To change ID number manually, press ⓒ and enter the preferred ID number.
The ID number range is from 0 – 9999999999999999.

Press (PT Clothes Weight 0.0–10.0kg) to enter tare value (clothes weight).
The tare value range is 0.0 – 10.0kg.
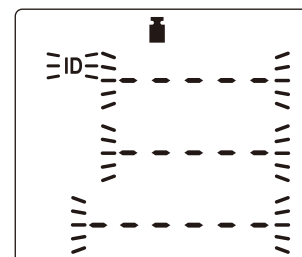
Note ID number setting → See P.15 Setting item 7

3 **Measure body weight.**

Step onto the platform, after "StEP on" flashes.

"NET" is displayed when you have entered a tare value (clothes weight).
Set the clothes weight after 0.0kg is displayed.
When undertaking measurements with your shoes on, count the weight of the shoes toward the clothes weight (0.0 – 10.0kg).

21
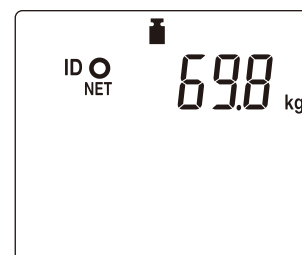
General Instructions for Body Composition Measurement

Athletic Mode

• **Recommended for those who are 18 years or older and meet the following conditions.**
- People who carry out 12 or more hours of general or cardiovascular exercise a week.
- People who belong to a sport team or a sport organization with the aim of participation in competition, etc.
- People who are professional athletes.
- People who are undertaking training such as bodybuilding to increase their muscle mass.

Target Body Fat

• **A target body fat % should be set by a professional only. Tanita is not responsible for setting the appropriate target body fat % for specific individuals.**

Attention

• **Posture when measuring.**
- Stand with both feet parallel on the electrodes.
- Stand without bending knees.
• **The age input range is 5 – 99 years old.**
  Input age 99 for those who are 100 years or older.

Note

• Inaccurate results may be reported after excessive food / fluid intake, or after periods of intense exercise.

• If clothes weight is input, clothes weight is subtracted from the weight measurements.

Select Printing Data

1 **Press the (Setting) key to change the mode.
The setting screen is displayed.**

```
SEt
  00
```

Note

The (Setting) key cannot be used when the scale is measuring weight or results are displayed while standing on the platform after measurement.

2 **Select the printing item from the list below.**

Select the No. of the item that you want to change, select whether printing is on or off, and press ○Enter .

Printing Data 0: off, 1: on

No.	Items	Default
45	Fat Mass	1.on
46	Fat Free Mass	1.on
47	Muscle Mass	1.on
48	Total Body Water Mass	1.on
49	Bone Mass	1.on
50	Basal Metabolic Rate (BMR)	1.on
51	Metabolic Age	1.on
52	Visceral Fat Rating	1.on
54	BMI	1.on
56	Ideal Body Weight	1.on
57	Degree of Obesity	1.on

No.	Items	Default
58	Desirable Range	1.on
59	Total Body Water %	1.on
60	Indicator Fat %	1.on
61	Indicator BMI	1.on
62	Indicator Visceral Fat Rating	1.on
63	Indicator Muscle Mass	1.on
64	Indicator BMR	1.on
66	Physique Rating	1.on
67	Bioelectrical Data	1.on
68	TANITA Logo	1.on
69	Muscle Mass %	1.on

Press the (Setting) key again to return to the measurement display.

Lists of Contents of the Print Item Preset

Print item	Body composition analyzer						Scale
	Full			Short			
Body Type	Standard	Athletic	Child	Standard	Athletic	Child	
TANITA LOGO	✓	✓	✓	✓	✓	✓	✓
Category Name	✓	✓	✓	✓	✓	✓	✓
Model Number	✓	✓	✓	✓	✓	✓	✓
Date and Time	✓	✓	✓	✓	✓	✓	✓
ID No	*1	*1	*1	*1	*1	*1	*1
Body Type	✓	✓		✓	✓		
Gender	✓	✓	✓	✓	✓	✓	
Age	✓	✓	✓	✓	✓	✓	
Height	✓	✓	✓	✓	✓	✓	
Clothes Weight	✓	✓	✓	✓	✓	✓	✓
Weight	✓	✓	✓	✓	✓	✓	✓
Fat %	✓	✓	✓	✓	✓	✓	
Fat Mass	✓	✓	✓				
Fat Free Mass	✓	✓	✓				
Muscle Mass	✓	✓					
Muscle Mass %	✓	✓					
Total Body Water	*3	*3	*3				
Total Body Water %	*3	*3	*3				
Bone Mass	✓	✓					
Basal Metabolic Rate	✓	✓	✓				
Metabolic Age	✓	✓					
Visceral Fat Rating	✓	✓					
BMI	✓	✓	✓	✓	✓	✓	
Ideal Body Weight	✓						
Degree of Obesity	✓						
Desirable Range	✓	✓	✓				
Target Body Fat %	*2	*2	*2	*2	*2	*2	
Indicator Fat %	✓	✓	✓				
Indicator BMI	✓	✓					
Indicator Visceral Fat Rating	✓	✓					
Indicator Muscle Mass	✓	✓					
Indicator BMR	✓	✓					
Physique Rating	✓	✓					
Bioelectrical Data	✓	✓	✓	✓	✓	✓	
Contact condition	✓	✓	✓	✓	✓	✓	

See P.25 for an example of preset print.

*1: These items are not default.

*2: If Target Body Fat % is on, and if the Target Body Fat % has been input, it will print out.

*3: Total Body Water will not print if there is an error.

In the Case to Select the Print Item Preset

All items can be printed in Standard Mode.

*In the Case to Select the Print Item Preset

Weight
・Measured weight.

Fat %
・Fat % is amount of body fat as a proportion of body weight.

Fat mass
・Total weight of fat mass in the body.

FFM
・Fat Free Mass is comprised of muscle, bone, tissue, water, and all other fat free mass in the body.

Muscle mass/Muscle mass %*
・Bone-free lean tissue mass (LTM)

TBW/TBW %
・Total Body Water is the amount of water retained in the body. TBW is said to comprise between 50 – 70% of total body weight. Generally, men tend to have higher water weight than women due to a greater amount of muscle.

Bone mass*
・Bone mineral amount included in the entire bone.

BMR
・Basal Metabolic Rate represents the total energy expended by the body to maintain normal functions at rest such as respiration and circulation.

Metabolic age*
・Metabolic age is evaluated young when a muscular amount is larger, and BMR is higher.

Visceral fat rating*
・Visceral fat rating feature indicates the rating of visceral fat.
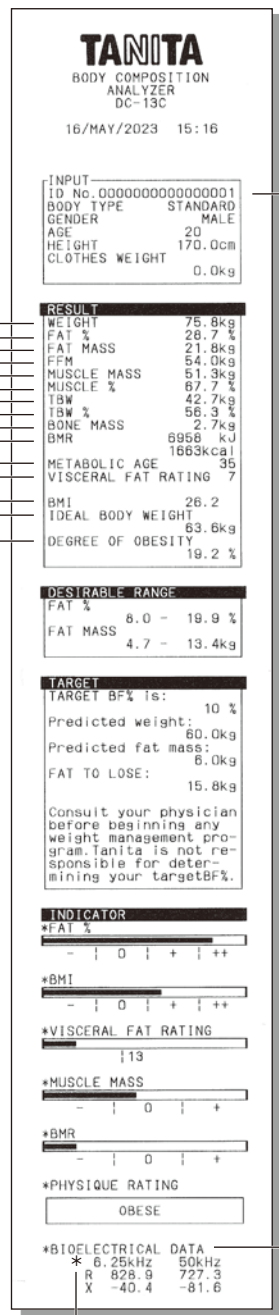
BMI
・Calculated with "weight (kg) / height(m)^2"

Ideal body weight*
・Ideal body weight is a value for which the BMI is 22.

Degree of obesity*
・Calculated as (weight – Ideal body weight) / Ideal body weight × 100.

*18 – 99 years old only

For those who are 17 years old or younger, only the body fat % is displayed as the standard value. The muscle mass and total body water for those who are 17 years old or younger are for reference.

⚠ **Please consult your doctor before you start a body weight management program.**
TANITA is not responsible for the target body fat ratio.

```
TANITA
BODY COMPOSITION
ANALYZER
DC-13C

16/MAY/2023   15:16

INPUT
ID No.0000000000000001
BODY TYPE      STANDARD
GENDER             MALE
AGE                  20
HEIGHT          170.0cm
CLOTHES WEIGHT
                    0.0kg

RESULT
WEIGHT           75.8kg
FAT %             28.7 %
FAT MASS         21.8kg
FFM              54.0kg
MUSCLE MASS      51.3kg
MUSCLE %          67.7 %
TBW              42.7kg
TBW %             56.3 %
BONE MASS         2.7kg
BMR          6958   kJ
              1663kcal
METABOLIC AGE        35
VISCERAL FAT RATING   7

BMI                26.2
IDEAL BODY WEIGHT
                 63.6kg
DEGREE OF OBESITY
                 19.2 %

DESIRABLE RANGE
FAT %
         8.0 -  19.9 %
FAT MASS
         4.7 -  13.4kg

TARGET
TARGET BF% is:
                  10 %
Predicted weight:
               60.0kg
Predicted fat mass:
                6.0kg
FAT TO LOSE:
               15.8kg

Consult your physician
before beginning any
weight management pro-
gram.Tanita is not re-
sponsible for deter-
mining your targetBF%.

INDICATOR
*FAT %
    - ¦ 0 ¦ + ¦ ++

*BMI
    - ¦ 0 ¦ + ¦ ++

*VISCERAL FAT RATING
           ¦13

*MUSCLE MASS
    - ¦ 0 ¦ +

*BMR
    - ¦ 0 ¦ +

*PHYSIQUE RATING
       OBESE

*BIOELECTRICAL DATA
 *  6.25kHz    50kHz
 R  828.9     727.3
 X  -40.4     -81.6
```

ID
・When it is set with an ID, it is printed out. (The default is without an ID.)

Bioelectrical data
・The table indicates Resistance(R)/Reactance(X) data.

Contact condition mark
・When this mark is printed out it means that your posture during measurement was incorrect. The results can only be used as reference data.
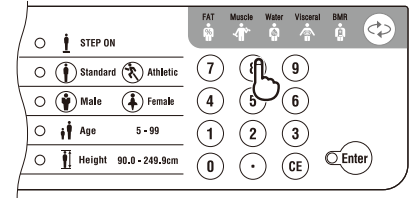
25

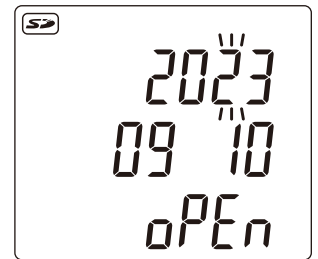**How to Use**

Reading Stored Measurement Result Data

1
Press the (Setting) key while the display is on, and select the setting 80.
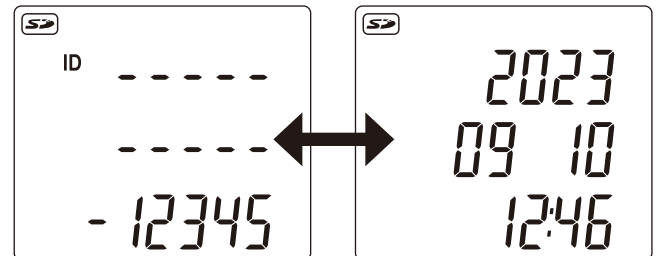
Make sure the SD card is inserted.
Enter the measurement date (YYYYMMDD) using the keypad, then press the Enter key and "oPEn" lights.
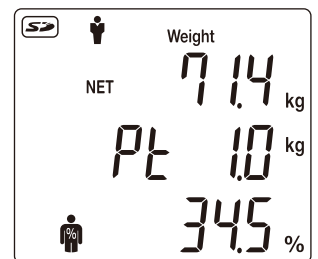
When there is no data matching with the entered date, "F-nonE" is displayed.

2
When a file is present, the ID and measurement data and time of the data saved at the beginning of the file are alternately displayed.

(1) Press the key, and the ID and measurement date and time of the data saved below are alternately displayed.

(2) Press the Enter key, and Body weight, Pt (Clothes weight) and Body Fat % are displayed.
  *Press the CE key to return to one higher level.

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Data Output

Outputting measurement results via the USB or RS

The results are output to the PC immediately after measurement is completed.

Data is output in CSV format.

- USB connector (Type B 4 - pin female) and RS-232C are located on the back of the control box.
- Please provide your own cable as necessary as none are included.
  USB cable: Type A 4 - pin (male) - Type B 4 - pin (male)
- Please install the necessary driver on your PC. Drivers can be downloaded from:
  https://www.tanita.eu/
- RS-232C and USB are mutually exclusive.

Data Storage

Data storage of measurement results

The results are saved to the SD card immediately after measurement is completed.

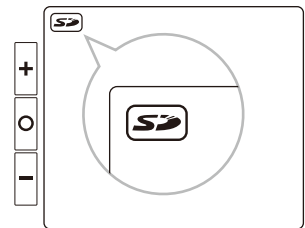The [SD] icon is displayed when a valid SD card is inserted.

A new file is created on the SD card for each day.

The file is created using the measurement date and time as the file name, as shown below. "YYYYMMDD" (year, month and date)

If **"Sd-F"** is shown in the display, this indicates that there is not enough free space left on the SD card.

- Do not remove the SD card when it is storing or reading data.
- Do not turn off the main power when the SD card is storing or reading data.

*Compatible with SD and SDHC memory cards. Not compatible with SDXC memory cards.

Troubleshooting

If Necessary

Please check the following before requesting repair.

Problem		Solution
Measurement	Error with impedance measurement "Err40" is displayed.	• Stand barefoot on the platform for measurement. • If the soles of the feet are dry, use a dropper to apply about 0.5 mL of water before measurement. • Check the input details.
	Error with zeroing "uuuuu" is displayed.	• Turn off the power and remove anything on the platform, then turn on the power and try measuring again.
	The weight value does not stabilize.	• Is the equipment placed on a vibrating surface? • Is the measuring platform tilted? • Is something blocking the gap in the measuring platform? • Remove any inserted objects.
Display	Nothing is displayed, even when the power is turned on.	• Confirm that the power is connected correctly.
	"-----" is displayed.	• The measured weight exceeds weighing capacity.
	" ⬤ " flashes.	• " ⬤ " flashes if measuring posture is incorrect. The results can only be used as reference data. → See P.6
Printer	Run out of print paper "P-End" is displayed.	• Printer paper is not supplied. ⇒ Supply paper. ⇒ In the case that the printer is not used, press CE key and redo the initial setting.
	Printer cover open "COPEn" is displayed.	• The printer cover is open. ⇒ Properly close it. ⇒ Check that the printer paper is not slanted.
SD card	"Sd-F" is displayed.	• Insufficient space on the SD card. ⇒ Transfer or delete data from the SD card.
	"Sd-P" is displayed. or "Sd-E" is displayed.	• An SD memory card drive error might have occurred. ⇒ Turn off the power off and on. ⇒ Format the SD memory card. ⇒ The device might be damaged.

Specifications

Model Number		DC-13C
Power Source		100 – 240V AC
Rated power		36VA
Impedance Measurement	**Measurement System**	Dual-frequency 4 electrode
	Measurement Frequency	6.25kHz / 50kHz
	Electrode Materials	Plastic plated
	Measurement Part	Between both hands
	Measurement Range	150.0 – 1,500.0Ω (0.1Ω increments)
	Accuracy at First Calibration	±2%
Weight Measurement	**Measurement System**	Strain gauge load cell
	Range	2.0 – 270.0kg (including preset tare value)
	Minimum Graduation	0.1kg
	Accuracy at First Calibration	±0.2kg
Display		LCD screen
Interface		USB B-type connector (device)
		RS-232C
		SD card
Usage Conditions Range	**Temperature**	5 – 35℃
	Relative Humidity	30 – 80% (without condensation)
Storage Conditions Range	**Temperature**	-10 – +60℃
	Relative Humidity	10 – 90% (without condensation)
Product Weight		12kg
Product Size		D400mm×H1027mm×W568mm – D603mm×H1027mm×W568mm

*Compatible with SD and SDHC memory cards. Not compatible with SDXC memory cards.

If Necessary

Input Items	**Clothes Weight**	0.0 – 10.0kg (0.1kg increments)
	ID No.	16 digits
	Gender	Female / Male
	Body Type	Standard / Athletic *1
	Age	5 – 99 years
	Height	90.0 – 249.9cm (0.1cm increments)
	Target Body Fat %	4 – 55% (1% increments)
Output Items	**ID No.**	16 digits
	Gender	Female / Male
	Body Type	Standard / Athletic *1
	Age	5 – 99 years
	Height	90.0 – 249.9cm (0.1cm increments)
	Clothes Weight	0.0 – 10.0kg (0.1kg increments)
	Weight	2.0 – 270.0kg (0.1kg increments)
	Fat %	3.0 – 75.0% (0.1% increments)
	Fat Mass	0.1kg increments
	FFM	0.1kg increments
	Muscle Mass *2	0.1kg increments
	Muscle Mass % *2	0.1% increments
	Muscle Mass Rating *2	1 – 24 (1 increments)
	BMI	0.1 increments
	Bone Mass *2	0.1kg increments
	Basal Metabolic Rate (BMR)	1kcal / 1kJ increments
	BMR Rating *2	1 – 24 (1 increments)
	Metabolic Age *2	1 year increments
	Visceral Fat Rating *2	1 – 59 (1 increments)
	TBW	0.1kg increments
	TBW %	0.1% increments
	Physique Rating *2	9 ratings
	Ideal Body Weight *2 *3	0.1kg increments
	Degree of Obesity *2 *3	0.1% increments
	Target Body Fat %	1% increments
	Bioelectrical Data	Resistance / Reactance
	Contact Condition *4	

*1: Athletic mode can be selected only 18 – 99 years old
*2: 18 – 99 years old
*3: Athletic mode will not be output.
*4: The results can only be used as reference data.

CE

This product meets the following requirements;
1. EMC Directive (2014/30/EU)
2. RoHS Directive (2011/65/EU)

· The product design and specifications may be changed at any time without prior notice.
· SD Logo, SDHC Logo and SDXC Logo are trademarks of SD-3C LLC.

Disposal

This product is an electronic device. Please dispose of this product appropriately, not as general household waste. Be sure to follow the regulations in your area when disposing of this product.

DC13C7601(1)-2306OF