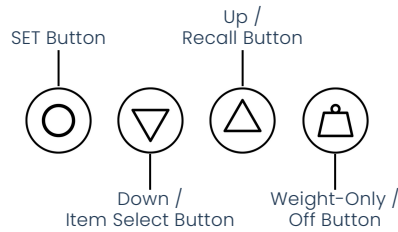
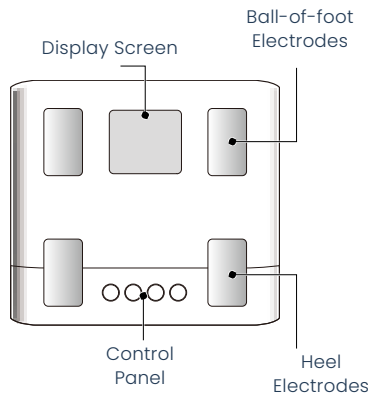


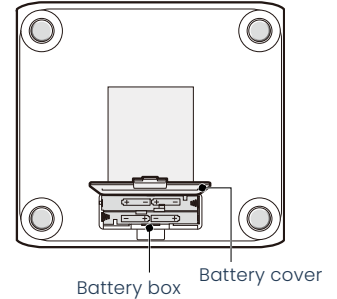
Features and Functions

Front

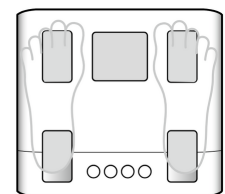
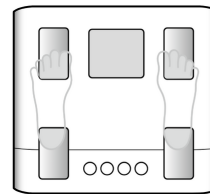


Back

AA-Size Batteries (4x)



Its strategically positioned electrodes ensure precise measurements, regardless of your foot size.



Preparation before use

Inserting the Batteries

- Note: Be sure that the batteries are inserted in the correct direction.

Changing the weighing unit

- When the power is off, press and hold the button for more than three seconds.
- Use the button to switch the weighing unit.
- Press the button to confirm.

Setting Your Location Code

Different locations across the world have different gravitational pulls. These differences affect the accuracy of the weight measurement.

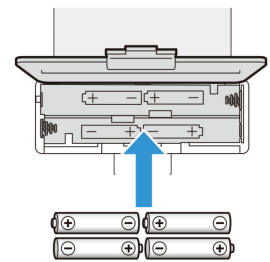
- When the power is off, press and hold the button.
- Scan below middle QR code to see your location code, and press the buttons to select your location code.
- Press the button to enter and save the setting.

When the location code is set, the year will automatically appear on the screen.

Setting the Date and Time

- Select the year, month and time using the and buttons.
- Press to confirm.

The power automatically turns off after displaying the set region, year, month, day and time.



Setting up your device via Smartphone

Create your My TANITA account by scanning this QR code



See your location code



Setting up your device by scanning this QR code



Download the free My TANITA app



Getting the most from your TANITA BC-333LE Body Composition Scale

Top tips for how to best measure and monitor your body composition.

Remember, a TANITA Body Composition Scale is completely different to a normal bathroom scale; showing you not just your weight, but also what that weight is made up of.

Your body composition naturally changes due to factors such as eating, drinking, sweating and going to the bathroom. These factors can change your body weight up to 2.5kg during the course of the day, so it is important to measure under most consistent circumstances possible.

By following these guidelines, normal daily fluctuations will average out, and you will be able to better assess the real changes in your body composition over time.



1 Measure **once a week, at a similar time of day.**



2 Position your **scale on a flat, solid, floor surface**, not on carpet.



3 **Avoid taking a measurement straight after exercise.** Exercise affects your body in a number of ways, this can lead to inconsistent results.



4 **Measure 2-3 hours after a meal** as undigested food/drink will artificially increase your weight. Large amounts of caffeine or alcohol tend to impact water transfer in your body and will have a negative impact on the accuracy of the results.

5

Always stand on the scale with bare feet because the electrodes need skin contact. Preferably measure with **as little clothing as possible and empty your pockets** (especially electrical devices such as phones, smart watches and GPS devices).



6

Make sure you **stand completely still** during the measurements.



7

Keep the scale in a room with a **moderate temperature and without high humidity** – for this reason it is best not to keep your scale in the bathroom.



8

Finally, **keep your scale clean and free from dust.**



Visit our
"Understanding your measurements" page
to learn more about your results

