

BEST PRACTICE

FOR SCANNING CONDITIONS

The Body Insight protocol provided below should be followed so that the quality of the scan results are not compromised, and so that your investment provides you with reliable, replicable information. Prior to your scan, we ask for compliance with the following:

- 1) Do not eat any food or consume any fluids for 8 hours prior to the scan. If you must consume water, no more than 200ml in this time frame.
- 2) Do not perform any exercise for 8 hours prior to the scan;
- 3) Do not consume any alcohol 24 hours prior to the scan;
- 4) Empty your bladder / go to the toilet prior to scan;
- 5) Remove all Jewellery / watches before the scan;

It is also important to inform one of our staff members if any of the following apply to you as this will adversely affect your scan result:

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| 1) Any metal pins, plates as a result of surgery | 2) You are pregnant |
| 3) You are on any prescribed medication | 4) You have a pacemaker |

