



DIET THERAPY
CLINICAL NUTRITION CONSULTANCY
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Body composition analysis

In order to obtain the most accurate results from your Body Composition Analysis, please ensure the following conditions are met

- No alcohol 48 hours before the test
- Avoid intense exercise 12 hours before the test
- Avoid eating or drinking (especially caffeinated products) 4 hours before the test
- Empty bladder 30 minutes before test
- Avoid all diuretics for 7 days before test (only if possible)
- Test should be taken 3 hours after waking.
- Illness at the time of measurement may affect individual hydration levels, which may affect results.