



YOUR PRESCRIPTION FOR A HEALTHIER LIFE

17000 El Camino Real, Suite 104C, Houston, TX 77058 Phone: (281) 241-7125

Patient: Doe, John	Age: 38.7 years	Referring Physician: (Not Specified)
Birth Date: 11/13/1980	Weight: 217.0 lbs.	Patient ID: (not specified)
Height: 73.0 in.	Ethnicity: Hispanic	Measured: 05/24/2019 01:19:22 AM (16 [SP 1])
Sex: Male		Analyzed: 05/24/2019 01:19:23 AM (16 [SP 1])

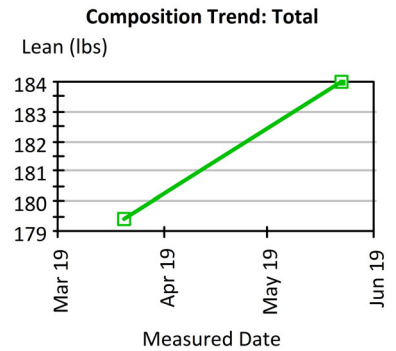
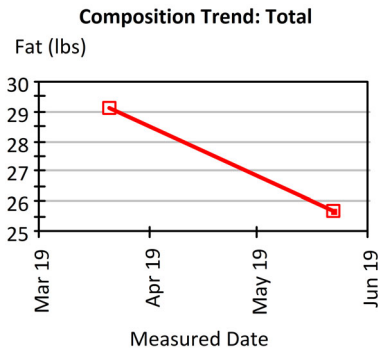
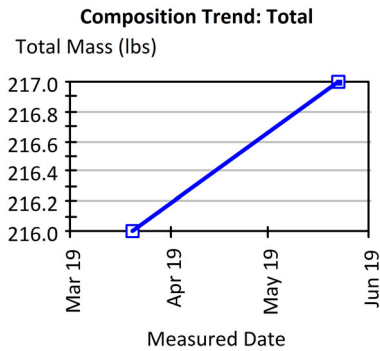
Body Composition Analysis (BCA)

DXA or DEXA is a three component model, it quantifies three primary metrics: Bone, Fat & Lean Tissue. These components are then organized into additional metrics which are depicted throughout your report. **Total Mass** = Measured Weight it's the sum of your Fat, Lean & BMC. **Fat Tissue** = All Fat Mass including items like brain, bone marrow, ect. **Lean Tissue** = Muscle Mass, Organs, Blood and Stomach Contents. **BMC** = Bone Mineral Content; generally 3 - 5% of the total. **Fat Free** = the total of Lean Tissue and BMC.

Measured Date	Total Body Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
05/24/2019	11.8	217.0	25.7	184.0	7.3	191.3 lbs
03/20/2019	13.5	216.0	29.1	179.4	7.5	186.9 lbs

Body Composition History (Region: Total)

Measured Date	Total Mass (lbs)	Change vs.		Fat Mass (lbs)	Change vs.		Lean Mass (lbs)	Change vs.	
		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)		Baseline (lbs)	Previous (lbs)
(e) 05/24/2019	217.0	1.0	1.0	25.7	-3.4	-3.4	184.0	4.6	4.6
(e) 03/20/2019	216.0	baseline	-	29.1	baseline	-	179.4	baseline	-



Regional Body Composition Analysis

The regional body composition report below shows the 5 key regions of your body including your arms, legs, trunk, android (abdomen) and gynoid (hips region) metric and displays the composition analysis for each region.

Region	Total Fat %	Total Mass (lbs)	Fat Tissue (lbs)	Lean Tissue (lbs)	BMC (lbs)	Fat Free (lbs)
Arms	9.1%	32.2	2.9 lbs	28.0 lbs	1.3 lbs	29.2 lbs
Legs	13.8%	61.9	8.6 lbs	50.6 lbs	2.7 lbs	53.3 lbs
Trunk	10.8%	112.0	12.1 lbs	97.7 lbs	2.1 lbs	99.8 lbs
Android	10.7%	16.9	1.8 lbs	14.9 lbs	0.2 lbs	15.1 lbs
Gynoid	13.0%	31.5	4.1 lbs	26.6 lbs	0.8 lbs	27.4 lbs
Total	11.8%	217.0	25.7 lbs	184.0 lbs	7.3 lbs	191.3 lbs