

InBody Pre-test Rules

- Hydrate well the day before
- Do not drink caffeine on the day of test
- Do not eat 3-4hrs before test
- Do not exercise 6-12hrs before test
- Do not take InBody Test after shower or sauna
- Do not Consume alcohol for 24hrs before test
- Do not wear jewelry
- Do not take InBody Test while menstruating
- Individuals with pacemakers or other electronic medical devices should not take the InBody Test

InBody

InBody Pre-test Rules

- Hydrate well the day before
- Do not drink caffeine on the day of test
- Do not eat 3-4hrs before test
- Do not exercise 6-12hrs before test
- Do not take InBody Test after shower or sauna
- Do not Consume alcohol for 24hrs before test
- Do not wear jewelry
- Do not take InBody Test while menstruating
- Individuals with pacemakers or other electronic medical devices should not take the InBody Test

InBody