

SCALEMAN

iPhone Body Fat Scale

WITH BODY WATER, BONE MASS, MUSCLE MASS, DAILY
CALORIE REQUIREMENT (DRC) AND BMI ESTIMATION

Perfect Scale Pro 31093, New Balance Scale Pro 31093, FS-208L, FS-205L, FS-209L



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MODEL: FS-205L4

IPHONE BODY FAT SCALE WITH BODY WATER, BONE MASS, MUSCLE MASS, DAILY CALORIE REQUIREMENT (DRC) AND BMI ESTIMATION

INSTRUCTION MANUAL

INTRODUCTION




The SCALEMAN iphone body fat scale is designed and manufactured in a facility certified ISO9001 Quality, ISO14001 Environment, OHSAS18001 Health and Safety Management Systems and ISO13485 Medical Devices Quality Management System. The scale uses the method of Bioelectrical Impedance Analysis (BIA) to estimate body fat, total body water, bone mass and muscle mass. It sends a harmless amount of electricity into the body, then estimates from the measured impedance of the body, the percentage of total body water, percentage body fat, percentage bone mass and percentage muscle mass. The body fat scale is also equipped with an “Athlete Mode” for athletes whose body build is different from non-athletes. Based on your percentage body fat, it also suggests daily calorie reference for your present weight.

Note: Read this Instruction Manual carefully and keep it handy for future reference.

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with features and operations before using the unit.

- The warning signs and the sample icons shown here are listed in order for you to use this product safely and correctly as well as to prevent product damage, risk and injury to you and others.
- The icons and meanings are as follows:

 PRECAUTION NOTICE	Indicate the right condition to use the product and prevent damage, risk and injury.
 IMPORTANT NOTICE TO USERS	Indicate the important notice users should read before using the product.
 CARE AND MAINTENANCE	Indicate matters in which the possibility of damage may happen as a result of incorrect handling and improper maintenance.

INTENDED USE

This scale is intended to measure body weight and impedance and estimate percentage of body fat and body water, bone mass and muscle mass using BIA (Bioelectrical Impedance Analysis). It is intended for use by healthy children 10-17 years old and healthy adults with active, moderately active, to inactive lifestyles for body composition assessment in the home environment.

⚠ PRECAUTION NOTICE

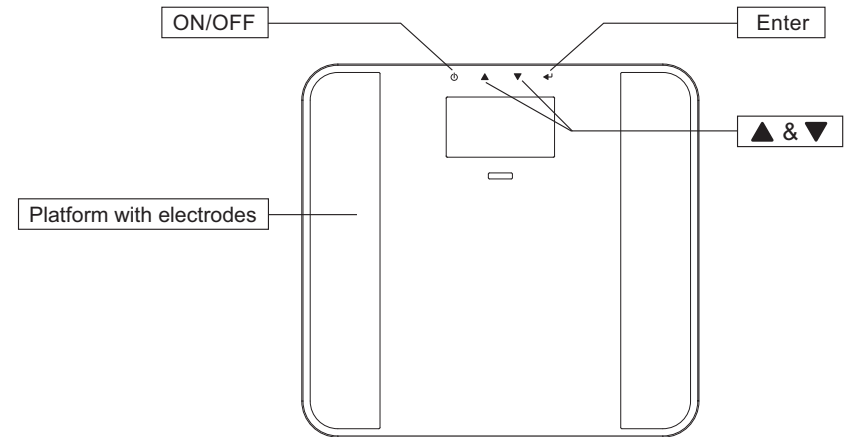
- Do not use the scale on subjects who have body implants such as pacemaker, artificial limbs, contraceptive devices, metal plates or screws. It may cause the devices to malfunction or produce an inaccurate result. When in doubt, please consult your physician.
- Do not disassemble the scale as incorrect handling may cause injury.

⚠ IMPORTANT NOTICE TO USERS

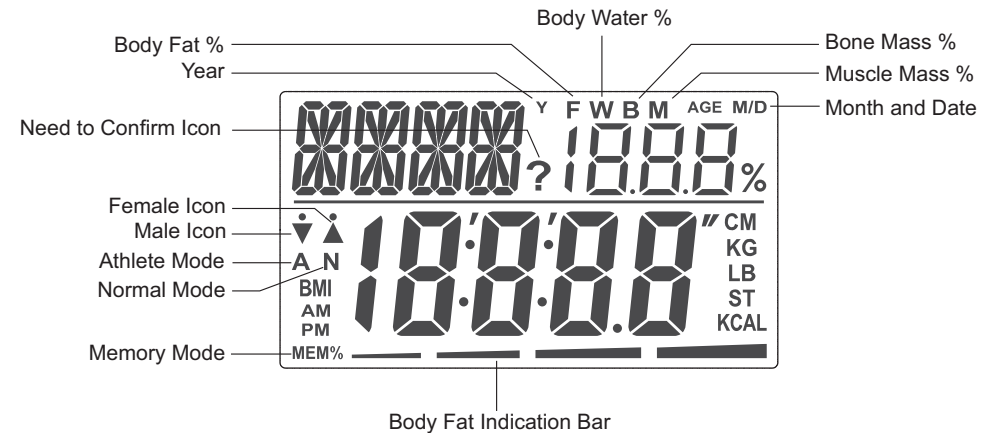
- This product is intended for adults and children (ages 10 to 85).
- Make sure to use only the type of battery stated (see Section "PREPARATION BEFORE USE").
- The "Athlete" mode is only applied to age 15 or above.
- Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.
- Do not use on pregnant women. The result is inaccurate and effects on the fetus are unknown.
- For body fat and body water estimates, always estimate in bare feet.

PRODUCT DESCRIPTION

FRONT VIEW



LCD DISPLAY



FUNCTION KEYS



- Turn the scale on or off
- Enter Time and Date Setting mode

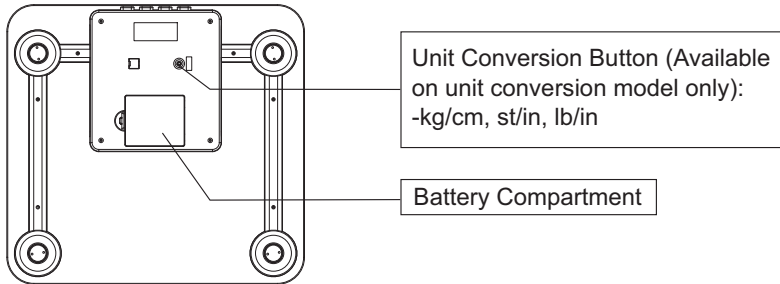


- Changes value of height and age, toggle between Male and Female toggle between Normal and Athlete mode in Body Fat and Total Body Water Estimation mode.
- Select memory 1 - 4 in Memory mode & Recall mode
- Changes value of year, month, date, hour and minute in Time and Date Setting mode.



- Confirm for selection

BACK VIEW



UNIT CONVERSION BUTTON

Press the unit conversion button located at the bottom of the scale to toggle the measuring unit between kg/cm, st/in, and lb/in.
User selectable unit: kg/cm, st/in or lb/in

PREPARATION BEFORE USE

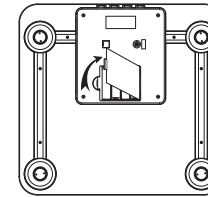
1. Insert the Battery

Open the battery cover on the back of the scale unit. Insert the batteries. Be sure the polarity of the battery is set properly for proper function. If you do not intend to use this unit for a prolonged period of time, it is advisable to remove the battery before storage.

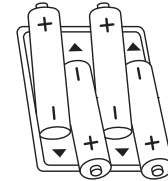
TIPS

Replace battery when **Lo** is displayed.

Open the battery door



Direction of the 4pcs AA batteries



2. Set Unit (Available On Unit Conversion Model Only)

Select between kilogram, stone-pound and pound measuring unit with the unit conversion button at the bottom of the scale.

3. Set the Right Position

Use the scale on a flat and hard floor surface.



4. Start-up the Scale

Press lightly on the scale platform to start-up the scale, the display shows **0000** and then turns off. The scale is ready for use.

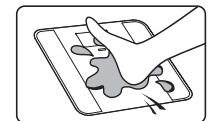
PRECAUTION !

To avoid injury, do not step on the edge of the platform.



PRECAUTION !

To avoid injury, do not step with wet feet.



PRECAUTION !

The scale must be start-up after each battery insertion/replacement or each time move to another place.

5. Time and Date Setting

- When first power up the scale, press [⏻], the year blinks (Fig.1). Press [▲] or [▼] key to adjust the year. Press [↵] to confirm.
- The month blinks (Fig.2). Press the [▲] or [▼] key to adjust the month. Press [↵] to confirm.
- The date blinks (Fig.3). Press the [▲] or [▼] key to adjust the date. Press [↵] to confirm.
- The hour blinks (Fig.4). Press the [▲] or [▼] key to adjust the hour. Press [↵] to confirm.
- The minute blinks (Fig.5). Press the [▲] or [▼] key to adjust the minute. Press [↵] to confirm, the time and date displays with a BEEP sound. And then the scale turns off for around 10 seconds.
- For revising the time and date, press and hold [⏻] for around 3 seconds to enter time and date mode, and press and hold [⏻] for around 3 seconds again to edit the time and date.

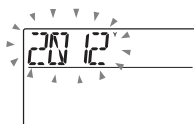


Fig.1

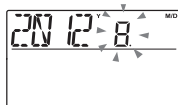


Fig.2

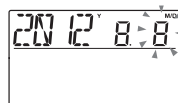


Fig.3



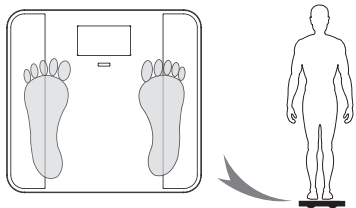
Fig.4



Fig.5

OPERATION

The accuracy of the results depends on how you stand on the scale. Position your feet to contact maximally the metal electrodes on the platform. This ensures the best contact between your feet and the metal contacts. Stay on the scale until the body fat estimation is completed and the result is displayed.



Heels centered on electrodes (✓)



Heels not touching the electrode (X)

WEIGHING-ONLY OPERATION

- Step onto the scale and stand still while the weight is computed (Fig.6).
- The screen displays the weight (Fig.7).
- The scale turns off automatically after use.



Fig.6



Fig.7

BODY FAT AND TOTAL BODY WATER ESTIMATING OPERATION

⚠ IMPORTANT NOTICE TO USERS

A few steps must be followed before estimating body fat and total body water.

PROGRAM PERSONAL DATA

Input the user's height, age, gender and normal or athlete mode. Once the information is memorized, it will only need to be reentered if there is a change to the data.

1. Select User

Press [⏻] key to enter body fat and total body water estimation mode. The user ID blinks (Fig.8). Press [▲] or [▼] key to select a user ID (1-4). Press [↵] to confirm.

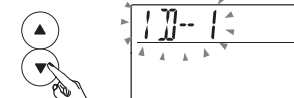


Fig.8

2. Set Height

The height blinks (Fig.9). Press [▲] or [▼] key to adjust the height. Press [↵] to confirm.

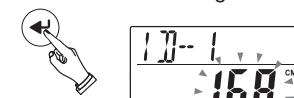


Fig.9

3. Set Age

The age blinks (Fig.10). Press [▲] or [▼] key to adjust the age. Press [↵] to confirm.

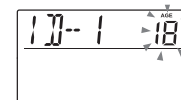


Fig.10

4. Select Gender

The gender icon blinks (Fig.11). Press [▲] or [▼] key to toggle between male (♂) and female (♀). Press [↵] to confirm.

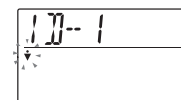


Fig.11

5. Select Normal or Athlete Mode

The Normal icon blinks (Fig.12). Press [▲] or [▼] key to toggle between normal (N) and athlete (A). Press [←] to confirm all settings. All personal information stored to memory will be displayed with a BEED sound, then “0.0” (Fig.13).

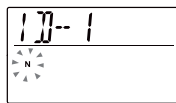


Fig.12

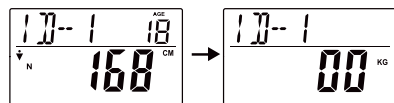


Fig.13

NOTE: Athlete mode is only available for those 15-85 years of age. For those aged 14 or under, this step is automatically by-passed. (See section: "Why is the Athlete Mode necessary in a Body Fat Analyzer?")

6. Measuring

Step on the scale with bare feet and stand still while the weight is being measured. Then the screen displays the weight for 2 times (Fig. 14).



Fig.14

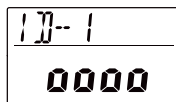
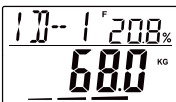


Fig.15

7. Stay on the scale during the whole computation process, then the scale starts to compute your body composition. The screen displays the measurement pattern while computing (Fig.15).



8. Then body fat % (F) and weight are displayed, next total body water % (W) and weight, then bone mass% (B) and daily calorie estimates (Kcal), and last muscle mass % (M) and BMI are displayed twice sequentially (Fig.16).

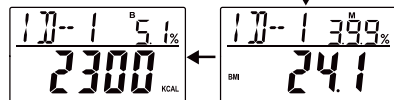
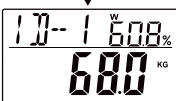


Fig.16

9. Delete Memory

Press [⏻] key to turn the scale on. The user ID blinks. Press [▲] or [▼] key to select a user ID (1-4). Press and hold [←] for around 3 seconds, “DEL?” will display (Fig.17), and then press [←] to delete all memories stored in the selected ID.

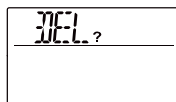


Fig.17

BODY FAT AND TOTAL BODY WATER ESTIMATING OPERATION WITH USER MEMORY

The scale features 4 ID settings. This allows users to store and recall your own height, age, gender and normal/athlete mode selection for frequently using. And each ID features 30 personal memories. The memory LED flashes when total memories come to 75%, it will keep flashing until to the scale auto off. When the memories are full, RED indication will light to remind user download the data to iPhone, iPod touch or iPad.

1. Press the [⏻] key to turn the scale on. Press [▲] or [▼] key to toggle between user ID (1-4). The display will show the previous reading, then “0.0”. (Note: The previous reading for that memory location will show after last use.)
2. Follow the steps 6-8 in the section “BODY FAT AND BODY WATER ESTIMATION OPERATION”

APPLE FUNCTION

The scale features the function of wireless (Bluetooth 4.0) communication between scale and iPhone, iPod touch or iPad. This allows users to transfer their personal data to Apple unit for recording and analyzing. To operate your new Body Fat scale for iPhone, iPod touch or iPad you have to install the free BFAScale40 app. You can download it from Apple's app store and then install it. Once the software has been successfully installed, the new “BFAScale40” icon appears on your device.

1. Pair and Connect the Scale with Iphone, iPod touch or iPad

A. Activate the Apple devices Bluetooth function.



TIPS
Bluetooth function is only activated on the Apple unit with which you want the scale to be connected. If other devices also have Bluetooth activated, this may cause bad connections.

B. Tap on the scale lightly to enter pair mode and “PAIR” display on the scale. (Fig.18).

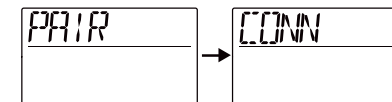


Fig.18

C. Touch “BFAScale40” icon on your device after connected with device, “CONN” displays on the scale. (Fig.18)

2. Upload Data to Iphone, iPod touch or iPad

A. Select your ID with gray border (Fig. 19a). A reminder displays, press YES to enter Home page (Fig. 19b).

Note: The ID with red border is bundled by other devices. You can use the ID by delete it and reset the profile on the scale, and then reconnect to Apps. The ID with white border means the profile is closed on the scale.



Fig.19a



Fig.19b

B. Press refurbish button to upload the data, the data displays on the device after a successful upload (Fig.20). The scale turns off around 60 seconds.



Fig.20

C. Touch QUICK MODE on the home page to enter quick use mode (Fig.21). The scale will display user's ID with a beep sound and start weighing. And the new data will upload to record automatically after weighted.

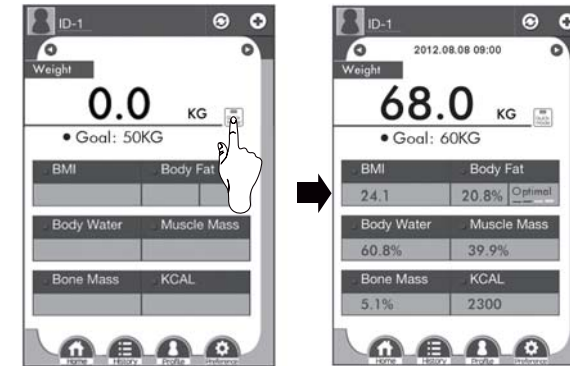


Fig.21

3. Statistics

A. Touch BFAScale40 symbol on your device, the latest record displays. Or touch ID on the top left corner of screen for backing to Select User page to choose your ID.
 B. Rotate your device by 90°, track graph displays. And touch other options on the top of screen to view relevant measurement results (Fig.24).

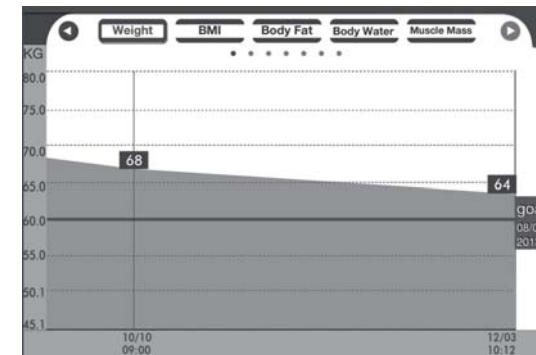


Fig.24

4. Diary

- A. Touch History on the bottom of Home page to view history records (Fig.25). And touch left or right arrow to toggle different records of weight, BMI, body fat, body water, bone mass, muscle mass and KCAL.



Fig.25

- B. Touch edit icon on the top left corner of screen, delete icon [] displays. Touch delete icon to delete record and touch [] to confirm (Fig.26).

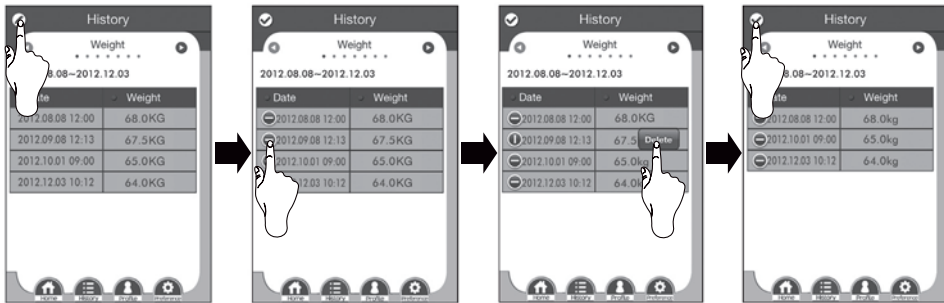


Fig.26

5. Profile Setting

- A. Touch Profile on the bottom of Home page to enter User Profile setting page (Fig.27).



Fig.27

- B. Touch figure icon for adding a photo and text field for editing relevant data, and touch Done to confirm.
 C. For Goal setting, slide button towards right to active target function. Input your target weight and date separately, and touch Done to confirm.
 D. The personal data can be transferred to scale. Touch Send on the top right on the screen with the scale paired. "DATA" displays on scale (Fig.32a). Press [] to confirm and the scale shows the data (Fig.32b).

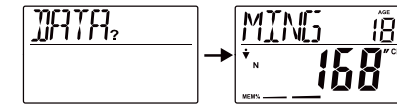


Fig.32a

Fig.32b

6. Preference Setting

- A. Touch Preference on the bottom of Home page to enter configuration editing page (Fig.33). Choose your ideal height unit and weight unit by touching it.



Fig.33

B. Backup the data in iCloud to App servers (Fig. 34) or in iTunes to your computer (Fig. 35).



Fig.34

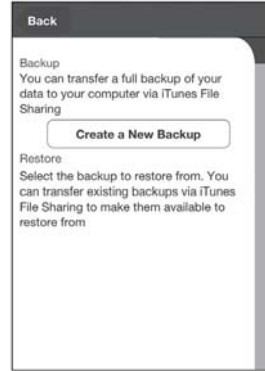



Fig.35

C. Slide button towards right to active passcode function. And enter your passcode at twice to confirm (Fig. 36).



Fig.36

TO TURN OFF THE SCALE

Press [] button to turn off the scale or it turns off automatically if idled for around 15 seconds.

PROBLEM-SOLVING

1. **No weight display?**
Check if the scale is powered up and started up. If not, please refer to the section **“Preparation Before Use”**.
2. **Why does the display read “Lo”?**
Battery is running low. Replace the battery.
3. **The message displayed “----”.**
Negative weight. Step off the scale and wait until the scale automatically switches off. The scale is ready for use again.
4. **The message displayed “Err 0”.**
Initialization error. Step off the scale and wait until the scale automatically switches off. Start the scale again by pressing lightly on the scale platform to re-initialize the scale, the display shows “0000” and then turns off. The scale is ready for use again.
5. **The message displays “Err 1”.**
Instability error. Step off the scale and wait until the scale automatically switches off. Step on the scale to repeat measurement again, stand still while computation is in process.
6. **The message displays “Err 2” when measuring.**
Overload warning. Remove the weight immediately; otherwise, permanent damage to the scale will occur.
7. **The message displays “Err 3” when estimating body fat and total body water values.**
Contact error. Impedance cannot be measured. Please make sure that you are standing still on the scale and maintaining maximum contact between your feet and the metal contacts. If not, please refer to **“Operation”** section. You may need to moisten your feet to improve the electrical contact.
8. **After I tried the corrective actions from Err 1 to Err 3, I still can’t solve the problem.**
If Err 1 to Err 3 persists after following the corrective actions, remove battery and reinsert battery after 1 minute.
9. **I have tried all corrective actions, but still can’t solve the problem.**
Please contact your sales representative.

CARE AND MAINTENANCE

1. Do not disassemble the scale other than replacing the battery; it contains no user serviceable parts. Damage to the scale may occur as a result of improper handling.
2. Remove battery when the scale is not used for a prolonged period of time.
3. Clean the scale after use with a dampened cloth. Do not use solvents or immerse the unit in water.
4. Avoid excessive impact or vibration to the scale, such as dropping it onto the floor.

PRODUCT SPECIFICATIONS

1. Wireless communication between Scale and iPhone
2. Bioelectrical Impedance Analysis (BIA) technology for body fat, body water, bone mass and muscle mass estimation
3. High precision STRAIN GAUGE technology for weight measurement
4. Large glass platform
5. With calorie predictor
6. With color segment and LED backlight
7. Athlete mode selection (age range from 15 to 85 years)
8. 4-user memories
9. 4-button operation
10. Body fat level indicator
11. Auto-off functions
12. Low battery indicator
13. Capacity: 182kg, 28st8lb or 400lb
14. Graduation: 100g, 0.2lb or 0.2lb
15. Body fat and body water graduation: 0.1%
16. Bone mass & Muscle mass graduation: 0.1%
17. Age range: 10 - 85 years
18. Height range: 75 to 225cm (2'5. 5" to 7'4. 5")
19. Body fat range: 4 to 60%
20. Power: 4 x AA (LR6) alkaline battery (not included)
21. View area size: W90 x H50mm (3.5" x 2.0")
22. Platform material: Glass
23. Platform Size: 330 x 310 mm (13.0" x 12.2") (Approx)
24. Product dimension: 330 x 310 x 30 mm (13.0" x 12.2" x 1.2") (Approx)
25. Gift box dimension: 351 x 325 x 42mm(Approx.)
26. Product weight: 1.92kg (Approx.)
27. Total weight (product &gift box): 2.22 (Approx.)
28. Accuracy of weight measurement: ±0.5kg(7.5~65kg); ±0.8kg(65~135kg); ±1.2kg(135~182kg)
29. Output power for Body Fat Analyzer: <300uA

EDUCATION INFORMATION

IMPORTANT INFORMATION TO KNOW BEFORE USING YOUR BODY FAT SCALE

Before using the scale, you should know...

1. Why is it important to monitor percentage body fat (%BF)?

The absolute weight traditionally determines whether or not a person is obese. Weight change in itself does not indicate whether it was the weight of body fat or muscle that had changed. In weight management, it is desirable that muscle mass be maintained while body fat is lost. Thus, monitoring the percentage of fat in the body is an important step toward successful weight management and body health.

The optimal %BF of an individual varies according to age and gender.

The table as follows may be used as a guide:

Standard for Men

(Source: University of Illinois Medical Center, Chicago, USA)

Rating	Age				
	20-29	30-39	40-49	50-59	60+
Low	<13	<14	<16	<17	<18
Optimal	14-20	15-21	17-23	18-24	19-25
Moderate	21-23	22-24	24-26	25-27	26-28
High	> 23	>24	>26	>27	>28

Standard for Women

(Source: University of Illinois Medical Center, Chicago, USA)

Rating	Age				
	20-29	30-39	40-49	50-59	60+
Low	<19	<20	<21	<22	<23
Optimal	20-28	21-29	22-30	23-31	24-32
Moderate	29-31	30-32	31-33	32-33	33-35
High	> 31	>32	>33	>34	>35

2. How is percentage body fat (%BF) estimated?

The percentage of BF is measured by a method called Bioelectrical Impedance Analysis (BIA). The use of BIA to estimate body fat has been pioneered since the seventies. It was only in the past decade that the estimation of body fat using BIA technology was successfully offered to the consumer as a compact bathroom scale. With BIA technology, a low intensity electrical signal is sent through the body. The signal is very low and causes no bodily harm. Depending on the amount of body fat of the individual, the electrical signal will flow with a different degree of difficulty. The difficulty with which a signal flows through the body is called electrical impedance. Hence, by measuring the electrical impedance and applying to the data a proprietary algorithm, %BF can be estimated. Please note that the percentage of body fat and body water will not add up to 100%.

Please be reminded that the %BF estimated with the scale represents only a good approximation of your actual body fat. There exist clinical methods of estimating

3. Why is it important to monitor percentage Total Body Water (%TBW) in the body?

Water is an essential component of the body and its level is one of the health indicators. Water makes up approximately between 50-70% of the body's weight. It is present proportionally more in lean tissue compared to fat tissue. Water is a medium for biochemical reactions that regulate body functions. Waste products are carried in water from cells for excretion in urine and sweat. Water provides form to cells; helps to maintain body temperature; provides moisture to skin and mucosa; cushions vital organs; lubricates joints and is a component of many body fluids. The amount of water in the body fluctuates with the hydration level of the body and state of health. Monitoring the level of body water can be a useful tool for one's health maintenance. Similar to body fat estimation, the %TBW function provided in this scale is based on BIA.

The estimated %TBW may vary according to your hydration level, that is, how much water you have drunk or how much you have sweated immediately prior to the estimation. For better accuracy, avoid fluctuation in hydration level prior to the estimation. The accuracy of the scale in estimating TBW will also decrease with individuals suffering from diseases that tend to accumulate water in the body.

The optimal %TBW of an individual varies according to age and gender.

The table as follows may be used as a guide:

(Source: University of Illinois Medical Center, Chicago, USA)

	%BF Range	Optimal % TBW Range
Men	4 to 14%	70 to 63%
	15 to 21%	63 to 58%
	22 to 24%	58 to 56%
	25 to 60%	56 to 29%
Women	4 to 20%	70 to 59%
	21 to 29%	59 to 52%
	30 to 32%	52 to 50%
	33 to 60%	50 to 29%

Please be reminded that the %TBW estimated with the scale represents only a good approximation of your TBW. There exist clinical methods of estimating total body water that can be ordered by your physician.

4. When should I use the scale's body fat and total body water functions?

For maximum accuracy and repeatability, it is recommended that the scale's body fat and total body water functions be used at approximately the same time of the day, e.g. before breakfast in the morning. It is also a good practice to avoid swings in hydration level of the body prior to the measurement. Establishing your own baseline value of %BF and %TBW and track their changes is better than merely comparing your %BF and %TBW value to the population's normal value.

5. Why is the Athlete Mode necessary in a Body Fat Analyzer?

It has been found that body fat estimation using BIA could overestimate the percentage body fat of adult elite athletes. The physiological variation of athletes in bone density and level of hydration are two of the reasons said to account for the difference. The Athlete mode is selectable only for adults of 15 years of age or older.

6. Definition of an Athlete

The general consensus among researchers is that a quantitative dimension could be used in defining an athlete. For example, an athlete could be defined as a person who consistently trains a minimum of three times per week for two hours each time, in order to improve specific skills required in the performance of their specific sport and/or activity.

7. What is Muscle Mass?

Our Body Fat Scale estimates the weight of Skeletal Muscle Mass in your body. You've got around 650 muscles in your body, and they make up roughly half of your body weight. These muscles can be divided **into three different groups: skeletal, smooth and cardiac.** All of these muscles can stretch and contract, but they perform very different functions.

Skeletal muscle: Produces movement, maintains posture, stabilizes joints and generates heat

Smooth muscle: Found in the walls of hollow organs

Cardiac muscle: Exists only in your heart

Skeletal muscle (SM)

The tissue most commonly thought of as muscle is skeletal muscle. Skeletal muscles cover your skeleton, giving your body its shape. They are attached to your skeleton by strong, springy tendons or are directly connected to rough patches of bone. Skeletal muscles are under voluntary control, which means you consciously control what they do. Just about all body movement, from walking to nodding your head, is caused by skeletal muscle contraction. Your skeletal muscles function almost continuously to maintain your posture, making one tiny adjustment after another to keep your body upright. Skeletal muscle is also important for holding your bones in the correct position and prevents your joints from dislocating. Some skeletal muscles in your face are directly attached to your skin. The slightest contraction of one of these muscles changes your facial expression.

Skeletal muscle generates heat as a by-product of muscle activity. This heat is vital for maintaining your normal body temperature.

Skeletal muscle represents approximately 30% of body weight of a healthy 58 kg woman or 40% of a 70 kg man. (International Commission on Radiological Protection, 1975)

8. What is Bone Mass?

Our Body Fat Scale estimates the weight of non-living bone mineral content. This is important for monitoring and maintaining healthy bones through exercise and calcium-rich diet.

An adult skeleton is made up of 206 bones, which come in several different shapes and sizes and have specific structure.

Your bones contain blood vessels, nerve cells and living bone cells known as osteocytes. These are held together by a framework of hard, non-living material containing calcium and phosphorous. A thin membrane called the periosteum covers the surface of your bones.

Bone Mineral Content differs according to age and sex.

The typical range of percentage bone mass (mineral content) of average men and women is between 4.0 to 5.3%. (Rico 1993)

9. What's Calorie Predictor?

The Calorie Predictor function estimates the number of calories required based on your body composition and user entered personal data. This tool can be used as a guide when setting daily calorie goals during weight loss and exercise programs.

10. What is Body Mass Index (BMI)?

BMI is a ratio of a person's weight to height. BMI is commonly used to classify weight as "healthy" or "unhealthy".

European version (BMI for adult 19-99 of age):

BMI	Classification
30 and over	Obese
25 -29.9	Overweight
18.5 – 24.9	Normal
Under 18.5	Underweight

Asian Version (BMI for adult 19-99 of age):

BMI	Classification
25 and over	Obese
23 -24.9	Overweight
18.5 – 22.9	Normal
Under 18.5	Underweight

AFTER SALES SERVICE

The output power is so low that no SAR measurement is required.

MANUFACTURER INFORMATION

FOOK TIN TECHNOLOGIES LTD.

4/F, Eastern Centre, 1065 King's Road, Quarry Bay, HONG KONG
www.fooktin.com.hk

FCC statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes could void the user's authority to operate the equipment.