

140 mm

# AIFRESH SMART NUTRITION SCALE

## Instruction Manual

Please read this instruction completely before using this product.

(封底) 105 mm

(封面)

The Smart Nutrition Scale is designed for you to keep track of what you eat, giving you an accurate count of the nutritional value of your entire meal all at once. With over 8,000 food data base in the app, you can find out nutritional instantly with just a simple tap. It is a useful tool for calorie counters, Patients with hypertension, athletes, and anyone who wants to lead a healthier life. The Smart Nutrition Scale not only helps you set goals for calorie and nutritional well-being by automatically tracking what you eat, also a good tool for you to make coffee.

### SPECIFICATION

- 1) High precision strain gauge sensor
- 2) Capacity: 5kg d=1g
- 3) Unit: g/kg/oz/lb.oz/ml
- 4) Tare function
- 5) Switch on/ automatic off
- 6) Overload and Low power indicator
- 7) Auto set zero /Auto power off
- 8) Power: AAA battery
- 9) Minimum weighing: 5g

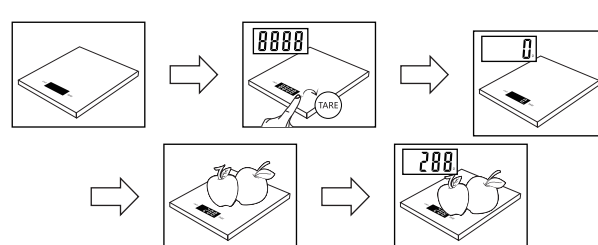
### BATTERY

Power: AAA batteries.  
For the first time use, please open the battery cover to insert the batteries correctly. Remove the batteries completely and reinsert them again if the scale fails to operate.

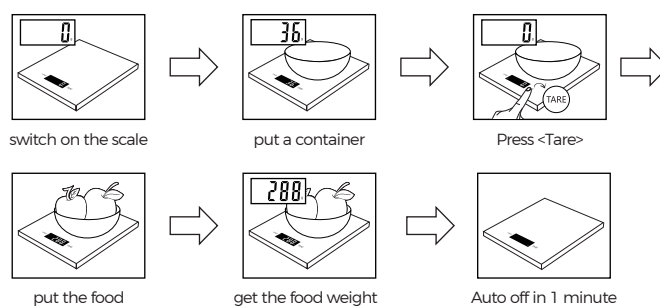
### INSTRUCTION FOR USE WITHOUT CONNECT APP

- Step 1. Put the scale on the hard & flat surface.
- Step 2. Press the key of "<TARE>" to switch on the scale, the LCD will show "8888" and it will turn to "0" after 1 seconds.
- Step 3. Put the food on the scale, the LCD will show the weight of food.

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### TARE FUNCTION



### UNIT EXCHANGE (g/kg/lb.oz/ml)

Under the weight mode, press "UNIT" key to change the unit like "g", "kg", "lb.oz" or "ml" etc. as demand.



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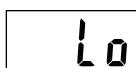
### OVERLOAD INDICATION

If the weight is over loaded "Max Capacity".The LCD display will show "EEEE".



### LOW POWER INDICATION

When the LCD show "Lo". Open the battery cover and replace the new battery with correct polarity.



### HOW TO CONNECT APP

#### 1. Download APP

Please search for "Aifresh" in APP Store or Google Play, or scan below QR code to download it.

**Please note: Open the "Bluetooth" function on your device before using the app.**



#### 2. How To Add Device On The APP

After download APP, please register an account first.

2.1 Turn on kitchen scale, and go to APP home page, APP will request you complete <basic information> then you will get a personal RNI. (RNI=recommended nutrient intake) value. It is mainly used as the target value of individual daily intake of this dietary nutrient.

2.2 Back to the <home> page, start to measure the food.

**The scale will auto connect to APP, after you turn on the bluetooth**

For example, for a breakfast, there are 1 pcs avocado /1 glass milk / 1 slice of bread.

First, put avocado on the scale, the weight data will transfer to APP at the same time, then click <select food> and input <avocado> and select the food, then you will get all the 24 detailed nutritional datas on the APP. Second, click <Plate>, follow the same steps to measure milk and bread.

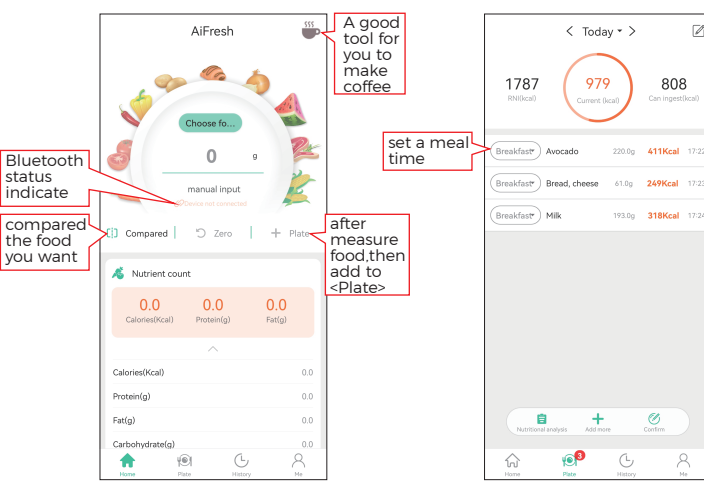
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Last, click <Plate> to check the total calorie this meal to make wise choice for your breakfast and then click <Confirm> then you will have a record at the <History>

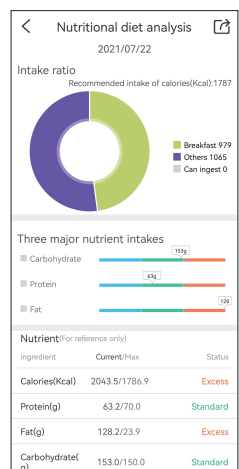
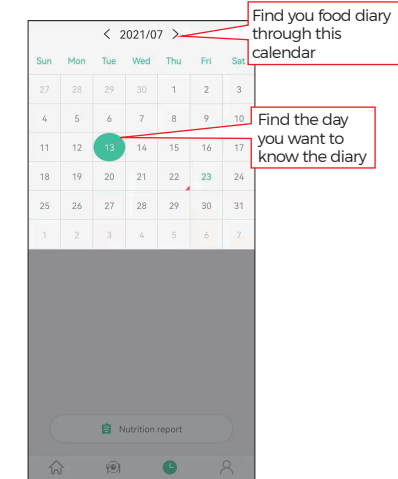
2.3 Go to <History> you can track what you eat before and you can check <Nutrition Report> to know more detail.

2.4 If you make coffee by yourself, you can click <☕> to discover more function

2.5 Go to <Me> to discover more function.



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### ADVICE FOR USE & CARE

- Please use scale on the hard & flat surface.
- Clean the scale with a wet cloth, avoid water seeping into the scale.
- Please remove the battery from the scale if it is not used for a long period.
- Do not put anything on the scale if the scale is not in using.
- Do not use chemical abrasive cleaners.
- Do not drop or beat the scales as it may damage the sensor.
- Do not put the scale in the wet or hot environment.
- If product is out of function, please check the battery status such as polarity in correct polarity or whether battery energy is too low.
- This scale is for family use only and should not be used commercially.
- Please do not open the rear cover if the user is not professional.

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**FCC Caution:**

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.