

## CONGRATULATIONS ON PURCHASING YOUR NUTRIDISK POCKET SMART SCALE

Now, you are just steps away  
from smart eating

### 2 BATTERY CHARGING

Plug one end of the supplied USB  
cable into to USB port on the back side  
of the scale. Plug the other end into a  
USB power adaptor or computer.



### 4 CONNECTING SCALE TO APP

Turn on the scale and open a NutriDisk  
compatible app in your mobile device.  
The iOS/Android app will automatically  
search and connect to NutriDisk.

smart  
scale  
apps

auto connect



### 1 TURNING ON/OFF

Rest a finger on the multi-purpose  
touch button for one second to turn  
on the scale. To turn off the scale,  
rest a finger on the same button for  
three seconds.

NutriDisk will automatically turn off  
after 200 seconds. The auto shut-  
off time is adjustable via NutriDisk  
compatible mobile apps.



### 3 APP DOWNLOAD

Download one or many of our free  
apps available at the iTunes Store  
for Apple and on Google Play for  
your Android devices.  
Visit <http://app.smartfoodscases.com>  
to stay updated of the complete list  
NutriDisk compatible apps.



Available on the  
App Store

ANDROID APP ON  
Google play



### 5 LIGHT INDICATOR

The multi-purpose touch button is  
also functions as status indicator.



#### Green LED - Stay Solid On

Device on but not connected  
to a scale via Bluetooth



#### Green LED - Flashing

Device on, not connected  
to a scale via Bluetooth,  
is being charged via a USB  
cable. Flashing will stop when  
the scale's battery is fully  
charged.



#### Blue LED - Stay Solid On

Device on and is connected  
to a scale via Bluetooth.



#### Blue LED - Flashing

Device on and is connected  
to a scale via Bluetooth, is  
being charged via a USB  
cable. Flashing will stop when  
the scale's battery is fully  
charged.



#### Red LED - Stay Solid On

Device is low on battery  
power. Bluetooth connection  
is not possible. Recharge the  
scale using the supplied cable  
immediately

#### Warning

The device must be recharged within two  
weeks when Red LED appears,  
or  
recharged every three months to maintain the health of  
the built-in Lithium polymer battery.

### 6 APP TUTORIAL

Please visit the following link to access  
the latest visual guide on how to use  
NutriDisk with its compatible mobile  
apps:  
<http://app.smartfoodscases.com>

### 7 GETTING HELP

Let us help you address any question  
you may have.  
email: [service@reflexwireless.com](mailto:service@reflexwireless.com)  
facebook: [www.facebook.com/nutridisk](http://www.facebook.com/nutridisk)  
phone :  
USA: +1 347-334-7094  
Canada: +1 778-800-0841

### 8 DEVICE SPECIFICATIONS

Weighing Range:	5kg/10lb
Resolution:	1g
Bluetooth:	Bluetooth 4.0
Battery:	500mAh
Dimension:	105x105x10(mm)

**Federal Communications Commission (FCC) Compliance Statement:**

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

RF warning statement:

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

**Industry Canada (IC) Compliance Statement:**

- English: "

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device."

- French: "

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement."

