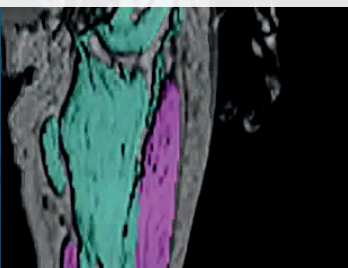
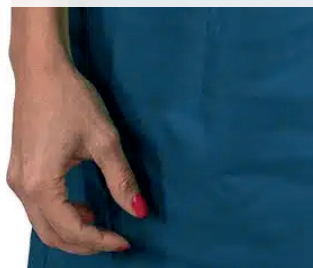


Body Composition Profiling for true  
Health Measurements

**Beyond BMI - Learn why you  
need to know your BCP**





**BCP is your Body Composition Profile.**  
It consists of five key measurements of your fat and muscle distribution.

## 1 Visceral Fat

**Intra-abdominal fat is stored around and between the abdominal organs.**

Excessive visceral fat has been presented as a strong predictor of cardiovascular diseases as well as type 2 diabetes, and has been associated with increased risk of cancer, liver inflammation and fibrosis, metabolic syndrome, stroke, sleep apnea, among others.

## 2 Subcutaneous Fat

**The most prominent type of fat and it is stored beneath the skin.**

Generalized excessive fat accumulation, including subcutaneous fat as the prominent type, has been associated with overweight, obesity, cardiovascular diseases, type 2 diabetes, cancer, depression, osteoarthritis, sleep apnea, among others.

## 3 Liver Fat

**Fat stored inside the liver.**

Excessive accumulation of fat in the liver increases the risk of nonalcoholic fatty liver disease, cirrhosis, hepatocellular carcinoma, and type 2 diabetes.

## 4 Muscle Fat

**Fat deposited inside skeletal muscles and it indicates muscle quality.**

Excessive muscle fat has been associated with reduced physical function, disability, frailty, increased fracture risk, type 2 diabetes, increased risk of hospitalization, severe illness outcome, poor overall survival, among others.

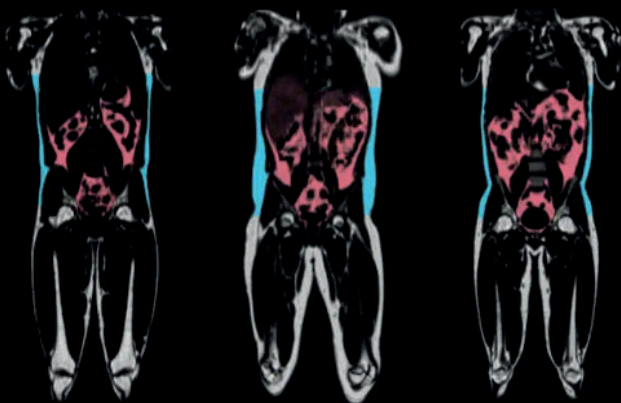
## 5 Muscle Volume

**Lean volume of skeletal muscles and it indicates the muscle quantity.**

Low muscle volume has been associated with shorter survival, longer length of hospital stay, higher surgical and post-operative complications, poorer quality of life, frailty, sarcopenia, falls, and lower physical function.

# It's not the fat, it's where it's at

Did you know that you have different types of fat in your body and that one can be more dangerous than the other?



VAT - 1.90 L

ASAT - 2.69 L

VAT - 2.57 L

ASAT - 8.00 L

VAT - 4.50 L

ASAT - 5.15 L

Metabolically Healthy → Increase in Visceral Fat → Increased Health Risks\*

*\*Specially diabetes and heart disease*

## These three men have the same BMI of 26.

Looking deeper at their BCP, one can see that although they have the same BMI, the amount of high-risk visceral fat (VAT) varies a lot.

Since BMI does not distinguish between different types of fat, it lacks the possibility to understand one's health status and the opportunity to prevent disease.

# Muscles tell us important information

ACTIVE LIFESTYLE



INACTIVE LIFESTYLE



Having poor muscle health is as bad for longevity as smoking<sup>1</sup>

Our muscles change over time – both in volume and composition. Actually, normal aging and inactivity causes 3% to 5% muscle loss each decade after the age of 30.<sup>2</sup>

Even though these four men above have the same BMI, their cross-sectional thigh scans show varying muscle quantity and quality. BCP identifies changes in muscle health. What's more important, your muscles can reveal critical health information.

Read about the scientific references here

1: <https://onlinelibrary.wiley.com/doi/full/10.1002/jcsm.12834>

2: <https://pubmed.ncbi.nlm.nih.gov/15192443/>

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## BCP is a snapshot of how your lifestyle is manifested on your muscles and fat levels

If you aim to avoid disease, stay healthy and extend your lifespan, then the BCP via MRI is the tool to check and track your health and longevity.

Scan to learn more and read the scientific references:

