

What is a VLA?

A Vitality and Longevity Assessment is an objective, safe and accurate bio-impedance test that measures the body's fluid levels along with the amount of muscle and fat in body.

What is Bio-impedance?

Bio-impedance are measurements of a small electrical current as it passes through the body. The measurements are then interpreted through a computer that calculates the different components of the body.

Why is a VLA Important?

A VLA helps monitor a person's progress as they make lifestyle changes including eating habits, vitamin & mineral supplementation, exercise, and stress management.

What are the VLA Readings?

Phase Angle is an indicator of the health of the cell membrane.

Body Capacitance is another indicator of the health of the cell membrane.

Total Body Water indicates the total amount of water in the body. This is important to know for mineral balance.

Intercellular Water is an indicator of the mineral status of the cell.

Extracellular Water can indicate toxicity levels in the tissues.

Basal Metabolism is the number of calories burned at rest during a 24 hour period.

Body Cell Mass is another indicator of cellular health.

Fat Free Mass is the measurement of muscle in the body.

Body Fat is the measurement of fat in the body.

Impedance Index is an indicator of total health.

What is Normal?

Phase Angle: Men: 9.9-12.9
 Women: 7.8-10.9

Body Capacitance: Men: 700-1300
 Women: 500-900

Total Body Water: 50-60%

Intracellular Water: > 60%

Extracellular Water: < 40%

Basal Metabolism: Higher the better

Body Cell Mass: 35-40%

Fat Free Mass: Higher the better

Body Fat: Men: 15-20%
 Women: 20-25%

Impedance Index: > 1273