

# INBODY INTERPRETATION

The InBody 580 provides a detailed look into your body composition, hydration, metabolism, and cellular health. Your provider uses this data to personalize IV therapy, injectable nutrients, hormone optimization, and wellness programs that help you feel and function your best!

## Core Parameters & Optimal Ranges

Metric	Optimal Range	What It Measures	What It Means	Recommended Treatment Focus
<b>Phase Angle (PhA)</b>	6.0-8.0	Cell membrane integrity and mitochondrial function	Low PhA (<5.5) indicates oxidative stress, chronic fatigue, or poor nutrient status	NAD, Glutathione, Vitamin C, B-Complex, Zinc, CoQ10, Anti-inflammatory IV therapy
<b>ECW/TBW Ratio</b>	0.36-0.38	Balance of extracellular to total body water	Elevated (>0.385) suggests inflammation, fluid retention, or toxin burden	Glutathione, Omega-3, Electrolytes, NAD, Creatine, Anti-inflammatory IV therapy
<b>SMI (Skeletal Muscle Index)</b>	Men $\geq 7.0$ kg/m <sup>2</sup> Women $\geq 6$ kg/m <sup>2</sup>	Muscle mass relative to weight	Below range indicates sarcopenia or hormonal decline	Testosterone optimization, Resistance training, Protein supplementation, NAD
<b>PBF (Percent Body Fat)</b>	Men 10-20% Women 18-28%	Ratio of fat mass to total body weight	High PBF increases inflammation and metabolic risk	Semaglutide/Tirzepatide, L-Carnitine, B12, Glutathione, Weight-management support
<b>VFA (Visceral Fat Area)</b>	<100 cm <sup>2</sup>	Deep abdominal fat surrounding organs	High visceral fat → insulin resistance & cortisol dysregulation	Metabolic reset IVs, Peptide therapy, Thyroid support, Stress modulation
<b>BMR (Basal Metabolic Rate)</b>	>1,400 men >1,100 women	Calories burned at rest	Low BMR = thyroid imbalance, low muscle, or metabolic slowing	Thyroid & adrenal labs, L-Carnitine, CoQ10, Metabolic IV therapy  <i>*caloric intake needs to be greater than BMR for fat burning</i>
<b>BMI</b>	18.5-24.9 kg/m <sup>2</sup>	Weight relative to height	Used only in context with other markers	Focus on composition over weight

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## InBody-Driven Lab Recommendations

InBody Finding	Recommended Lab Tests	Purpose/Insight
Low Phase Angle or High ECW Ratio	CRP, ESR, Homocysteine, Iron/Ferritin	Evaluate inflammation and oxidative stress
Low SMI	Testosterone (Total & Free), Thyroid panel	Assess anabolic/hormonal balance
High PBF or VFA	Fasting Insulin, HbA1C, Lipid Panel, Estradiol	Screen for insulin resistance, hormone changes and cardiovascular risk
Low BMR / Fatigue	TSH, Free T3, Free T4, Reverse T3, Cortisol	Evaluate thyroid and adrenal function
Fluid retention or swelling	CMP, Electrolytes, Renal Function, Thyroid panel	Rule out metabolic or renal imbalance

