

Etekcity ESN00, Smart Body Weight Scale

Etekcity Smart Food Nutrition Scale & Smart Body Weight Scale User Manual

Models: ESN00 (Food Scale), Smart Body Weight Scale

INTRODUCTION

This manual provides instructions for the Etekcity Smart Food Nutrition Scale (Model ESN00) and the Etekcity Smart Body Weight Scale. These devices are designed to assist in tracking nutritional intake and body composition data, respectively, through integration with the VeSync application.

IMPORTANT SAFETY INFORMATION

- Always place the scale on a hard, flat surface for accurate measurements. Avoid carpets or soft surfaces.
- Do not immerse the scale in water or use harsh chemical cleaners. Wipe with a damp cloth.
- The Smart Body Weight Scale uses a harmless electrical current to measure body fat. Consult a healthcare professional before using this scale if you use medical electronic equipment such as a pacemaker. Alternatively, you can activate its Zero-Current Mode to measure weight and BMI only.
- This scale is not intended for use by professional athletes.
- Keep batteries out of reach of children.

SETUP

1. Download the VeSync App

Search for "VeSync" in the Apple App Store or Google Play Store and download the application. The app is compatible with iOS 10.0+ and Android 5.0+.

[Download for iOS](#) | [Download for Android](#)

2. Etekcity Smart Food Nutrition Scale (ESN00) Setup

1. **Battery Installation:** Open the battery compartment on the underside of the scale. Insert the 2 x 1.5V AAA batteries (pre-installed) ensuring correct polarity. Close the compartment.
2. **Initial Use:** Place the scale on a flat, hard surface. Press the "T/U" button to turn it on.

3. Pairing with VeSync:

- Open the VeSync app and create an account or log in.
- Follow the in-app instructions to add a new device. Select the "Smart Food Nutrition Scale".
- Ensure Bluetooth is enabled on your smartphone. The app will guide you through the pairing process.



Image: Etekcity Smart Food Nutrition Scale showing its display and the VeSync app interface on a smartphone.

3. Etekcity Smart Body Weight Scale Setup

1. **Battery Installation:** Open the battery compartment on the underside of the scale. Insert the 3 x 1.5V AAA batteries (pre-installed) ensuring correct polarity. Close the compartment.
2. **Initial Calibration:** Place the scale on a hard, flat surface. Step on the scale briefly, then step off. The display will show "0.0" or similar, indicating it's calibrated.
3. **Pairing with VeSync:**
 - Open the VeSync app and ensure you are logged in.
 - Follow the in-app instructions to add a new device. Select the "Smart Fitness Scale".
 - Ensure Bluetooth is enabled on your smartphone. The app will guide you through the pairing process.

Easily Record Your Nutrition

Tired of looking up your food data? With VeSync you can weigh and record your food data easily and view daily nutrition reports.

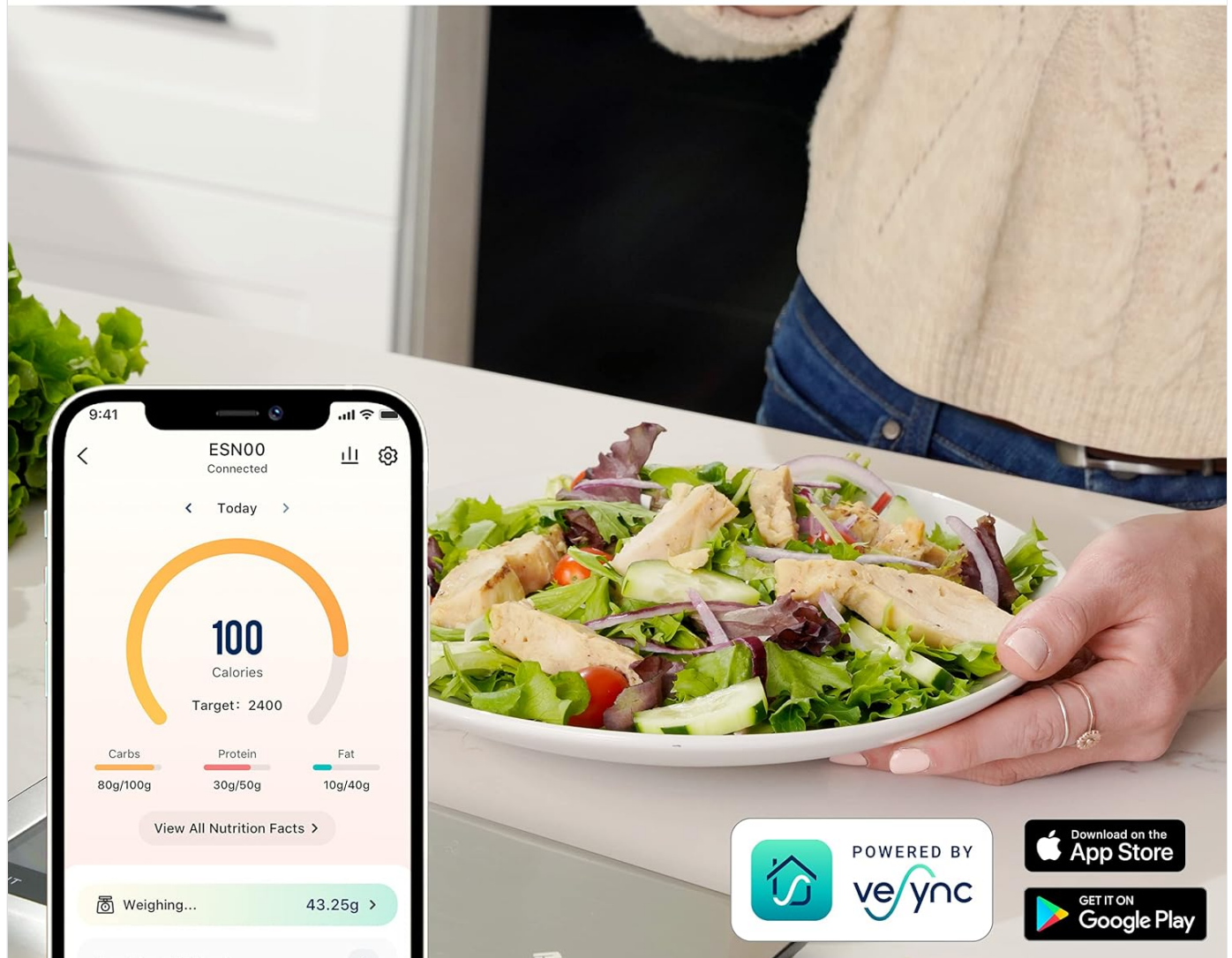


Image: Etekcity Smart Body Weight Scale displaying weight, with a smartphone showing the VeSync app's body composition analysis.

OPERATING INSTRUCTIONS

1. Etekcity Smart Food Nutrition Scale (ESN00)

Basic Weighing

1. Place the scale on a flat, stable surface.
2. Press the "T/U" button to turn on the scale.
3. Press "T/U" repeatedly to cycle through units: oz, lb:oz, g, mL (water/milk), fl'oz (water/milk).
4. Place the item to be weighed on the center of the scale platform. The weight will be displayed.

Tare Function

To weigh items in a container, first place the empty container on the scale. Press the "T/U" button once to zero out the container's weight. Then, add the food item to the container; only the weight of the food will be displayed.

Using with VeSync App for Nutrition Tracking

- Ensure the scale is connected to the VeSync app via Bluetooth.
- Place food on the scale. The weight will transmit to the app.
- In the app, search for the food item in the Nutritionix database (nearly 1 million items).
- The app will display 19 nutrition data points, including calories, total carbs, protein, fat, vitamins, and minerals.
- Track, save, and analyze your daily eating habits and view daily nutrition reports.



Image: The Etekcity Smart Food Nutrition Scale with a bowl of strawberries, illustrating the 19 nutrition measurements available through the VeSync app.



19 Nutrition Measurements

Keep a close eye on your food's nutritional value
with the free VeSync app.



Calories



Total Carbs



Total Fat



Protein



Vitamin C



Vitamin A



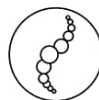
Sodium



Calcium



Iron



Cholesterol



Potassium



Vitamin D

Image: A user recording nutrition data with the Etekcity Smart Food Nutrition Scale, showing the daily nutrition report interface in the VeSync app.

2. Etekcity Smart Body Weight Scale

Taking a Measurement

1. Place the scale on a hard, flat surface.
2. Open the VeSync app and ensure the scale is connected.
3. Step onto the scale barefoot and stand still. The display will show your weight.
4. Your weight and 13 essential biometrics (e.g., BMI, body fat, muscle mass) will be transmitted to the VeSync app for detailed analysis and tracking.

Zero-Current Mode

If you have medical electronic equipment like a pacemaker, you can use the Zero-Current Mode. This mode measures only weight and BMI, disabling the electrical current used for other body composition metrics. Refer to the VeSync app settings for activation.



Image: A close-up of feet on the Etekcity Smart Body Weight Scale, highlighting its precise measurement capabilities.

Precise Measurements

Measure your body weight in increments down to **0.1 lb / 0.05 kg**, which is more precise than common fitness scales.

Increments
down to
0.1 lb / 0.05 kg



Image: The VeSync app interface displaying 13 essential biometrics measured by the Etekcity Smart Body Weight Scale, including weight, BMI, and body fat.

MAINTENANCE

- **Cleaning:** Wipe the scale surface with a slightly damp cloth. Do not use abrasive cleaners or immerse the scale in water.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or in the app. Ensure correct polarity when inserting new batteries.
- **Storage:** Store the scale in a cool, dry place. Avoid extreme temperatures and humidity.

TROUBLESHOOTING

Problem	Solution
Scale does not turn on.	Check battery installation. Replace batteries if necessary.
Inaccurate measurements.	Ensure the scale is on a hard, flat surface. Recalibrate the body scale by stepping on and off. Ensure food scale is tared correctly.
Cannot connect to VeSync app.	Ensure Bluetooth is enabled on your device. Restart the scale and your smartphone. Try re-pairing the device in the VeSync app. Ensure the app is up to date.
Food scale display shows "Lo".	Low battery indicator. Replace batteries.
Body scale not showing full body composition data.	Ensure you are stepping on the scale barefoot. Check if Zero-Current Mode is activated in the VeSync app settings.

SPECIFICATIONS

Etekcity Smart Food Nutrition Scale (ESN00)

- **Weight Capacity:** 176.4 oz / 11 lb / 5000 g / 5000 mL
- **Units:** oz / lb:oz / g / mL (water/milk) / fl'oz (water/milk)
- **Nutrition Data:** 19 data points via VeSync app
- **Increments:** 0.1 oz / 1 g / 1 ml
- **Backlight Time:** 30-120 seconds (adjustable in app)
- **Dimensions:** 9.2 x 6.3 x 0.6 inch / 235 x 160 x 16.5 mm
- **Battery:** 2 x 1.5V AAA batteries
- **Material:** 304 Stainless Steel

Etekcity Smart Body Weight Scale

- **Weight Capacity:** 400 lb / 180 kg / 28 st
- **Increments:** 0.05 lb / 0.02 kg (for $m \leq 10$ kg), 0.1 lb / 0.05 kg (for $10 \text{ kg} \leq m \leq 180$ kg)
- **Weight Units:** lb / kg / st
- **Platform:** Tempered Glass
- **Battery:** 3 x 1.5V AAA Batteries
- **Dimensions:** 11 x 11 x 1.1 in / 28 x 28 x 2.9 cm
- **Operating System Compatibility:** iOS 10.0+ or Android 5.0+
- **Biometrics Tracked:** 13 essential biometrics (e.g., Weight, BMI, Body Fat, Protein, Muscle Mass, Fat-Free Body Weight, Visceral Fat, Body Water, Skeletal Muscle, Bone Mass, BMR, Subcutaneous Fat, Metabolic Age)

WARRANTY AND SUPPORT

Etekcity provides a limited warranty for its products. For detailed warranty information, product support, or to contact customer service, please visit the official Etekcity website or refer to the warranty card included with your purchase.

Website: www.etekcity.com

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question