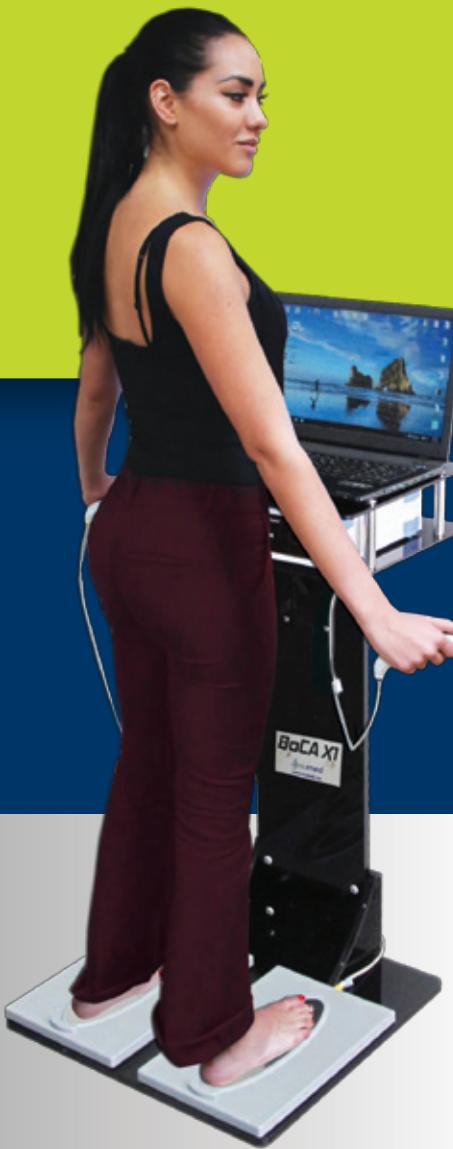


MEDICAL AND NUTRITION CLINICAL EQUIPMENT HEALTH AND NUTRITION EDUCATIONAL TOOLS



**THE HEALTH CARE
PROFESSIONAL CATALOG
2017 - 2018**

NUMED has everything you need from A to Z!

Overview

NUMED's mission is to provide innovative medical and nutrition clinical equipment and health and nutrition educational tools as well as awareness campaigns about health and nutrition.

NUMED's vision is to become a leader in state-of-the-art clinical equipment, and educational tools by providing cost-effective and customized solutions.

While we try to make our products price-competitive, unique, and diverse, our main priority is to keep them scientifically-based and highly appropriate for the targets we want to reach.

Most importantly, NUMED is dedicated to the development and innovation in its fields of expertise.

Our aim is to offer local, regional and international markets custom-made products that are best adapted to serve these populations. Through this policy, NUMED has created its own line of products including:

- Educational tools: customized posters, handouts, folding, and several other printed materials in the Arabic, French, and English languages, etc.
- 3-D educational tools (muscle/fat masses, consequences of obesity, 3-D food tubes, food models, etc.)
- Multiple clinical equipment (height scales, girth measures, body composition scales, kitchen scales, etc.)
- Software solutions in Arabic (body composition, etc.)

Our services target:

- Nutritionists
- Clinical dietitians
- Medical doctors
- Patients (healthy eating, diabetic, therapeutic nutrition, etc.)
- Educational institutions: health organizations, labs, schools, universities, governmental organizations, NGOs, etc.
- Hospitals, clinics
- Gyms, restaurants, spas, fitness, beauty centers and many others

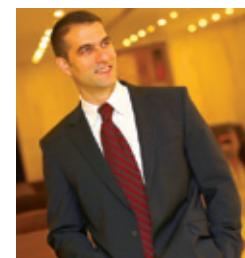
From the CEO

Dear valued customer,

Welcome to our new 2017-2018 NUMED Catalog. It wouldn't have been possible to develop it without your continued, worthy support. It is with pride that I state that, in this priced catalog, you will be introduced to our newest items, adapted and developed, among others, for health education such as food models, food model cards, Arabic body composition software, and other educational tools (posters, handouts, 3D items, etc.). Many factors have contributed to the unicity of NUMED and its exclusivity of many International brands. But, mostly, it is thanks to the combined efforts of our team of professionals that NUMED has witnessed such a progress and improvement on all levels.

NUMED will always remain at your disposal to offer the best customer service and provide a helping hand.

Best regards,



Ziad Harb, M.D.
CEO, NUMED s.a.r.l.

Quick Index**● Anthropometric assessment**

- Body Composition.....1
- Girth Measurements.....6
- Weight Scales.....7
- Height Scales.....7
- Pediatrics Line.....8

● Educational Tools

- Food Models.....9
- Nutrition Education.....23
- Obesity/Overweight.....30
- Alcohol.....31
- Heart and Vascular Health.....32
- Diabetes.....32
- Physical Activity.....33
- Tobacco.....33
- Pregnant & Breastfeeding Women.....34
- Children 2-6 Years.....34
- Children 6-12 Years.....34

● Dietary Assessment

- Food Weighing Scales.....35
- Measuring Cups and spoons.....35

● Diagnostic Equipment

- Cardiology.....36
- Miscellaneous.....37
- Biochemistry (Dip Stick).....37
- Food intolerance.....39

● Metabolism & Fitness

- Indirect Calorimeter.....40
- Pedometers.....40
- Strength & Conditioning.....41

● Accessories

- Product Aids.....42
- Hygiene/Antiseptic.....42
- Breezing Accessories.....42
- Biochemistry.....42
- BOCA X1 Accessories.....43



All prices are subject to an additional 10% VAT for orders inside Lebanon except for the ones with this NO VAT mark

In order to reach all markets across the world, and to fulfill our aim of expansion, NUMED is proud to have signed many International distributorship agreements.



You can now buy our products online and ship your orders to any country in the world with our website platform numed.me!



We are social! Like us on Facebook & Follow us on Instagram to receive the latest updates, offers and a lot more!

NUMED reserves the right to change its product prices at any time without further notice



All products made by NUMED are marked with the NUMED Logo

Body Composition - MEDIGATE

ABB003- Boca X1 Body Composition Analyzer

• BoCA X1 is the state-of-art, ultra-precise body composition analyzer with the most diverse body composition assessment parameters gathered in one device such as segmental body fat, body water and muscle mass, using 8-point contact electrodes

• For that to be achieved, Medigate, a company devoted to developing medical devices (ECG, etc.), has pushed the research limits to the extreme

• BOCA X1 has acquired many certifications, of which: ISO Certificate, Free Sales Certificate and Good Manufacturing Practices Certificate

Price: 4950\$



NUMED is the exclusive worldwide distributor of the first **Arabic** Body Composition Software

Features

- Most extended Segmental body composition data available on the market
- No empirical estimations with very high accuracy compared to DEXA and CT-scan
- Most versatile and most easily portable device on the market
- Multi-frequency analysis (4 frequencies - range: 2 ~ 1,000kHz)
- Tetrapolar 8-point tactile electrode method (20 Impedances)
- Can be used simultaneously on multiple computers and clinic locations
- Age range covering children, adults, and elderly
- More than 15 patient reports on any printer (no custom paper)
- Comes with standard BoCaX1 computer-based software (Bocalyzer)
- Comes with Standard Nutrition and Physical Activity software (BocaUtility)
- Provides customized diets and physical activity prescription
- Insertion of unlimited number of Food and Physical Activity database
- High quality, easy-to-use, user-friendly design & compact size
- Extremely convenient maintenance & installation
- Warranty: 2 years on device, 1 year on wires and accessories
- ▲ Warranty is only valid if an electrical adapted stabilizer is used

Applied Rating Current: Less than 550µA + 10%

Power Consumption: 20VA

Power Source: AC 100V, 220, 50/60Hz

External Interface: RS-232

Weight: 3.0Kg

Dimensions: 257x 307 x 80 [WxLxH] mm

Measurement Duration: Less than 90 seconds

Operating Conditions: Humidity: 30% ~ 75% RH (non-condensing)-

Temperature: +10°C ~ +40°C - Atmospheric pressure: 700hPa ~ 1060hPa

Storage Conditions: Humidity: 10% ~ 80% RH - Atmospheric pressure: 500hPa ~ 1060hPa

Bocalyzer

- Operating System: Windows 2000/XP/Vista/7/8
- CPU: Intel Pentium III or IV, IBM - PC or compatible
- Hard Disk: 200MB of available hard disk space
- Memory (RAM): 512MB
- Graphic Card & Monitor: 16bit, 1024 x 768 resolution
- Port: Serial Port or USB
- Input Devices: Keyboard, Mouse

Body Composition Results

• Body Composition Outputs for Children, Adults and Elderly: Segmental measurements (Left & right arms and legs and trunk) of body fat, Skeletal muscle, Body water and soft lean mass with their balance (upper/lower and left/right body), Weight, Total percentage body fat, BMI, Extracellular fluid rate (segmental Edema), Muscle mass, Intracellular fluid (ICF), Extracellular fluid (ECF), Protein, Mineral, Total body water, Muscle (soft lean mass), Fat free mass (FFM): all with their evolution over the last 10 tests along with comparison to normal values and interpretation

• Subcutaneous, Visceral and Abdominal fat areas, their balance and evolution over the last 10 tests with graphical CT-scan-like images. Fat compartments in the body in kg and % (Hypodermic, Musculoskeletal and Abdominal), Muscle composition (ICF and ECF and protein), FFM composition in kg and % (ICF, ECF, mineral and protein) with comparison to normal values. Waist-to-hip ratio and index (WHR, WHI) with evolution over the last 10 tests. Health/fitness index, Body type and BMI interpretation (obese, muscular, normal, etc.). Ideal/target values and control of weight, fat, soft and lean masses

• Nutrition and Physical Activity Outputs (Utility): A complete nutrition and physical activity software; BMR, total energy and physical activity expenditures, prescription of individualized physical activity program (exercise menu: type, intensity, duration, weekly frequency, etc.), repartition of macronutrients and calorie levels for each meal. Unlimited insertion of sports activities, food, food categories, composition and relation to diseases and use in prescribed diets for patients. Prescription of individualized diets (food menu) for weight control, beauty weight, etc.

• System Settings: Adjustable lower and upper values for TBW, ECF, fat, proteins, minerals, WHR and WHI and BMI for gender and 8 age ranges. Insertion of user data and logo on reports. Database to excel converter. Unlimited patient entries and tests

Areas of application

- Obesity, nutrition and dietetic clinics and centers
- Research centers and labs and education institutions
- Sports, physical therapy and fitness clubs and centers
- Hospitals and specialized medical clinics (pediatric, geriatric, diabetes, nephrology, cardiology, rehabilitation, orthopedic, plastic surgery, etc.)



NUMED is the exclusive regional distributor for BOCA X1

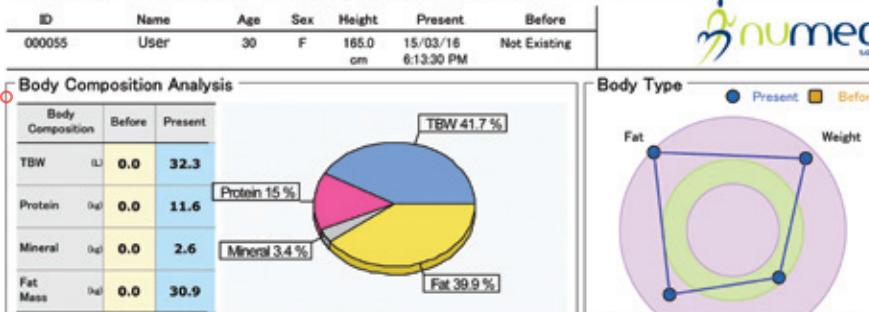


Body Composition - MEDIGATE

Body Composition Analysis

Body composition Analysis

Body water, Protein, Mineral and Fat mass are analyzed and their ratios in relation to weight are displayed.



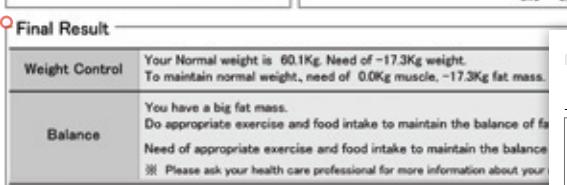
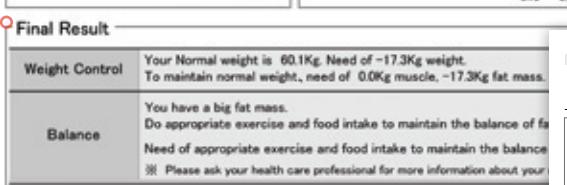
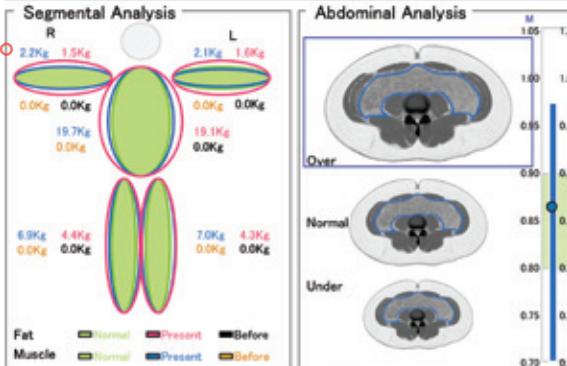
Muscle/Fat Balance

Weight, Muscle mass, Fat mass and Fat ratio are analyzed and compared to the standards to determine the level of obesity.



Segmental Composition Analysis

This section shows the distribution of body fat and muscle for each part: Upper left and right, Lower left and right and Trunk muscle and fat analysis with previous test results and comparison to normal values for these areas.



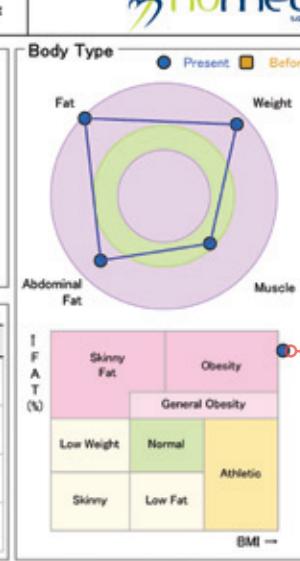
NUMED
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Final Result

Muscle, Fat and Weight to lose are analyzed and presented. Health Index provides an indicator of Health and Fitness status.



BOCA X1 REPORTS



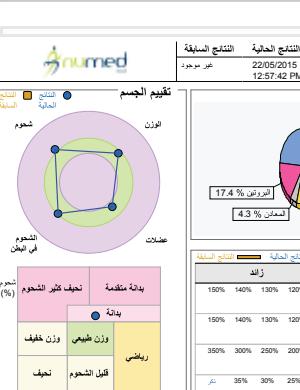
Reference Values

Body Morphology and Type

Based on fat and muscle ratios and distribution in the body.

Abdomen Obesity Analysis

Abdominal Obesity Visceral & Subcutaneous Fat with CT-Scan-like images.



تحليل تكوين الجسم

العنوان: العمر الجنس النوع النتائج السابقة غير موجودة

الرقم الشخصي: 03123456

تحليل تكوين الجسم

نوع الجسم: الماء

الكتلة: الماء

الكتلة: الدهون

الكتلة: العظام

الكتلة: العضلات

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Body Composition - MEDIGATE

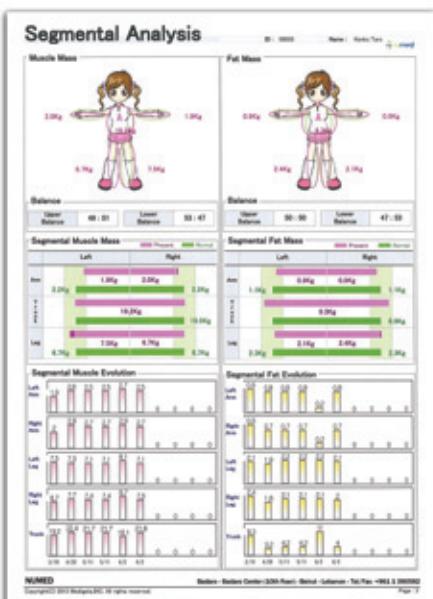


Summary page

- Summarizes patient personal information and body composition results

- The past 10 measurements of Weight, Percent Body Fat, ECF ratio and Muscle Mass can be displayed in the evolution graph (selection of Body Composition List: Environment option)
- Exercise Prescription, Prescription, Calories
- Aerobic Exercise Menu
- Weight Training Menu

These parameters and options could be modified or added using BCA_Utility



Segmental Analysis

- Muscle and Fat mass with right/left and upper/lower body measurements and comparison to normal values and 10 last test results



Body Composition Evolution and Exercise Prescription

- The past 10 measurements of Weight, Percent Body Fat, ECF ratio and Muscle Mass can be displayed in the evolution graph (selection of Body Composition List: Environment option)
 - Exercise Prescription, Prescription Calories, Target Weight, Total Energy Expenditure, Target Fat Mass, Exercise Level, and Target Weight are presented
 - Weight loss prediction projected over 55 weeks



Patient Adapted Dietary Prescription

- Customized presentation of patient needed daily macronutrients and calorie intake

Recommended Food

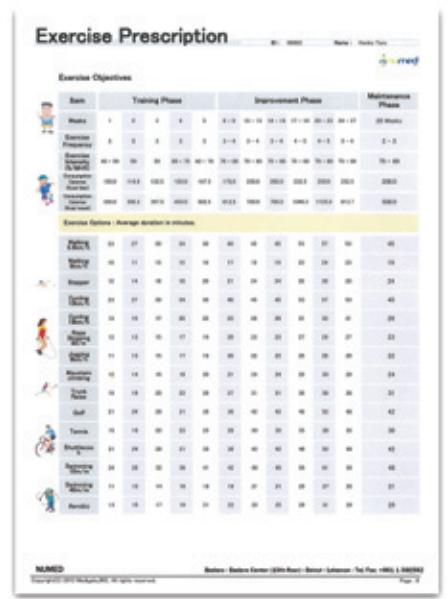
- Presentation of recommended food intake
These parameters and options could be modified or added using BCA_Utility



Exercise Menu

- Recommended Menu
 - Sports Supplements Menu
 - Aerobic Exercise Menu
 - Weight Training Menu

These parameters and options could be modified or added using BCA_Utility



Patient Adapted Exercise Prescription

- Exercise Objectives
 - Exercise Frequency/duration
 - Exercise Intensity
 - Consumption of calories (Kcal/day)
 - Normal exercise time

These parameters and options could be modified or added using BCA_Utility

Body Composition - SANOCARE

ABB009- BC2 BIcheck Body Composition Analyzer

- Portable, independent and Lightweight - Weighing only 390g
- Saves all information in its memory which you can review at any time
- 12V mains adaptor or batteries
- Measuring time: less than 2 minutes
- Robust and Easy to Hold
- Strong housing and outer rubber protection

Price: 2750\$

Body Parameters

- Total Fat %/kg, Ideal Total Fat %/kg, Fat Objective %/kg, Fat Loss/kg
- Lean %/kg, Ideal Lean %/kg, Muscle kg/%
- Total Water %/litre, Ideal Total Water %/litre
- Dry Weight %/kg, Ideal Weight Kg by Build, Weight Objective kg, Weight Loss/Gain kg
- Body Mass Index BMI + Ideal Obesity Grade by BMI
- Build (calculated by bone size)
- Waist/Hip Ratio and body type, Waist/Height Ratio
- Basal Metabolic Rate Kcal
- Total Energy Expenditure Kcal, TEE by Activity Level
- Equations by Population and BMI
- Impedance, Resistance and Reactance @50kHz

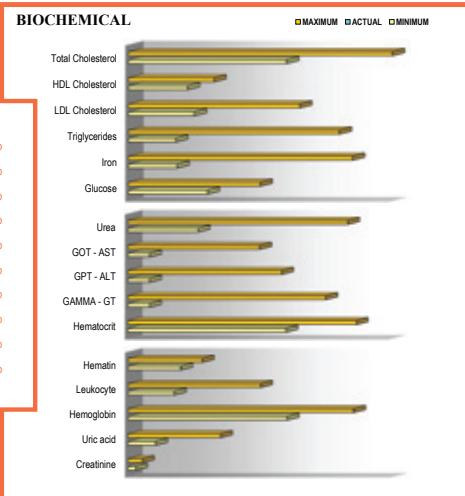
Features

- Large OLED screen; 7 Lines of Information
- Large Letters on a Bright Screen
- Menu for Client Management; Search, View, Edit and Eliminate files
- Memory Data Base of 300 Client Files
- Precise and Validated Method
- Perform test horizontally or vertically
- 15 second Quick Check
- Upload results on PC software
- Alphanumeric Keyboard (Robust, easy to use and to clean)
- Durable Cables and Plug
- Warranty: 2 years

BIcheck includes: Analyser BC2, Robust Carrybag, Patient Cable, 100 Electrodes, Instruction Manual - Digital, Quick Guide - card, Resistance Cable, 12V EU/UK mains adaptor



NEW!



RESULTS

BODY COMPOSITION

Anthropometrical Data

Gender:	Male
Age:	19 years
Weight:	66.200 kg
Height:	170 cms
Build:	Large
Population:	Adult

SKINFOLDS

Subscapularis	mm
Suprailliac	mm
Biceps	mm
Triceps	mm

Body Fat

---	%
---	Kg

ACTUAL **DESIRED**

103.4	66.2
112.5	72.0
100.0	64.0
-3.4	-2.2

REFERENCE **IDEAL**

15.9	10.5
12.9	9.3
10.0	6.4
-5.9	-4.1

DESIRERD - ACTUAL

55.7	55.7
62.7	62.7
57.6	57.6
1.9	1.9

FAT

WEIGHT

WEIGHT

BIO - IMPEDANCE (BIA)

	BODY FAT	LEAN MASS		
%	kg	%	kg	
ACTUAL	15.9	10.5	84.1	55.7
REFERENCE	12.9	9.3	87.1	62.7
DESIRED	10.0	6.4	90.0	57.6
DESIRERD - ACTUAL	-5.9	-4.1	5.9	1.9

Body Fat level according to Bio-Impedance: Reference
Body Fat level according to Skinfold: (No Data)

PERIMETERS

WAIST **HIP** **BICEPS** **WRIST**

ACTUAL	80 cms
IDEAL	90 cms

ACTUAL	90 cms
IDEAL	100 cms

ACTUAL	35 cms
IDEAL	35 cms

ACTUAL	18 cms
IDEAL	18 cms

WATER in LEAN

TBW **ECW** **ICW**

MEASURED **REFERENCE** **DESIRED**

66.3	36.9	73.0
36.9	45.8	42.0

TBW: Total Body Water
ECW: Total Extracellular Water
ICW: Total Intracellular Water

Body water 36.9 litres 56 % of Weight
Intracellular
Extracellular

Extracellular Mass
Body Cell Mass

Bone Mineral
META Index

24.7 Ref: 18-30

CARDIAC FUNCTION

SYSTOLIC PRESSURE **DIASTOLIC PRESSURE** **PULSE RATE**

ACTUAL	135 mmhg
IDEAL	130 mmhg

ACTUAL	85 mmhg
IDEAL	70 mmhg

ACTUAL	60 beats
IDEAL	75 beats

ACTUAL **IDEAL** **VALUE**

Systolic Pressure	135 mmhg	130 mmhg
Diastolic Pressure	85 mmhg	70 mmhg
Pulse Rate	60 beats	75 beats

BMR

ACTUAL **REF**

Actual BMR: 1889 kcal/day
Reference BMR: 1776 kcal/day

BMI

ACTUAL **REF**

Body mass index: 22.84 kg/m²
Obesity Grade: Reference
Reference: 18.50-24.90 kg/m²

WAIST-HIP CIRCUMFERENCES

ACTUAL **REF**

Waist-Hip Circumferences: 0.89
Reference: 0.90
Low risk, fat levels relatively low

HANDGRIP STRENGTH

ACTUAL **AVERAGE** **Measured Value**
Average Value
Level: Reference

Measured Value: 42.0 kg/cm²
Average Value: 35.7 - 55.5 kg/cm²

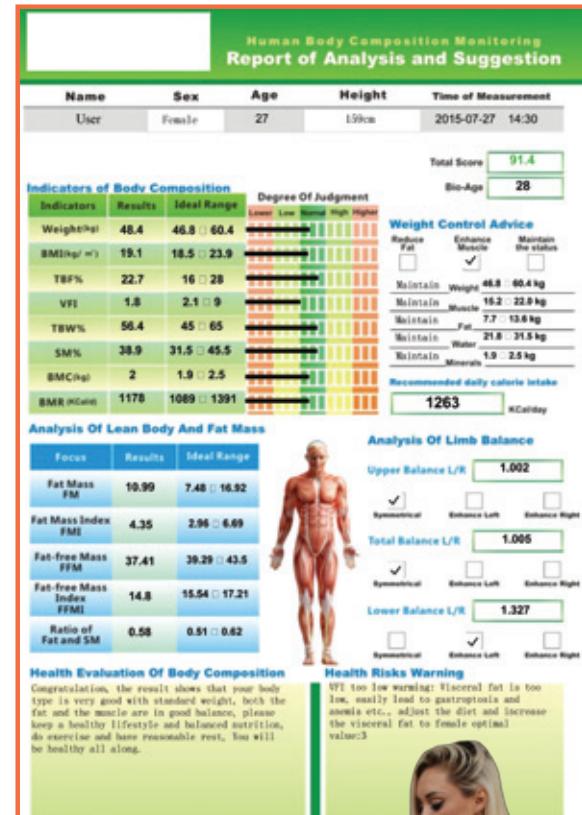
Body Composition - Scales

ABB008- Bodecoder Body Composition Analyzer

- A unique mono-frequency BIA body composition scale providing segmental assessment with high results accuracy. The most cost/effective device in its range found on the market
 - Body Composition Data: Weight, BMI (Body Mass Index), TBF% (Total Body Fluid percentage), FM (Fat Mass), FMI (Fat Mass Index), FFM (Fat Free Mass), FFMI (Fat Free Mass Index), Ratio of Fat and SM, VFL (Visceral Fat Level), TBW% (Total Body Water percentage), SMM (Skeletal Muscle Mass), BMM Kg (Bone Mineral Mass), BMR Kcal/day (Basal Metabolic Rate), overall score, body bio-age, and body balance analysis
- Price: 450\$**

Features and Display

- Wireless data transmission by Bluetooth
 - 180 body composition history records and trend chart
 - Automatically calculates the difference value between present and history result
 - Limitless visitor storage data
 - Generate health report and workout plan
 - With cellphone/tablet APP and computer software
 - Health report and exercise prescription printouts
 - Capability: 0.3~150kg; graduation: 100g, 10-80 years old, 100cm-200cm height
 - Measuring frequency: 50KHz, 0.5mA
 - Measuring method: 5-segment and 8-electrode BIA, measuring time: <10s
 - Wide Display Screen (View Screen display) for excellent readability: 51×51mm LCD
 - Data transmission: bluetooth version: BT4.0 BLE
 - Battery: embedded single 3.7V/800mAH chargeable lithium battery
 - Power supply: charging voltage DC 5V 500mA, please use mobile phone charger or connect to a PC to charge
 - Low voltage and over weighting warning
 - Dimensions: W(340mm)*L(370mm)*H(40mm)
 - Net weight: 3.1kg
 - Customized health management plan
 - Warranty: 1 year
- ⚠️ Warning: Only connect the Bodecoder to PC/Laptop if PC/Laptop is unplugged or if PC/Laptop is connected to an electrical adapted stabilizer



Body Composition Data Analysis

- Comparison of results to normal ranges (lower/low/Standard/High/Higher)
- Segmental analysis: Upper and lower limb balance
- Segmental analysis: Left and right body balance
- Data history chart
- Advice (in kilograms of weight) to decrease, maintain or increase Fat & Muscle
- Biological age based on body composition data
- Physical Activity Assessment and Monitoring

42

Buy it with its distinctive transparent
Plexiglas stand found on page 42



OREGON Body Composition Scale

- Measures body fat, total body water, muscle mass and bone mass (percentage and kg), Male/Female and Athlete/Non Athlete options
- Full display screen: has a separate display for body fat, water, muscle, and bone
- Integrated memory remembers and auto-detects 8 different users based on weight
- Low/Over-fat and Overload indicators, Auto On function - Auto Off in 20 seconds without operation
- Equipped with advanced 4 high precision G sensors providing accurate results
- Easy to read extra-large backlit reverse LCD (129x51mm)
- Ultra slim design, only 19mm height, with distinctive stainless steel and glass design
- 6mm tempered safety glass weighing platform - Easy to clean
- Capacity: 180kg (397lb/28 st), Readability: 0.1kg/0.2lb, Dimensions: 310x310x19mm
- Display Units: kg/lb/st
- 4 x AAA-Included (with backlight)
- Warranty: 1 year NUMED Warranty
- Dimensions: 310x310x19mm
- FDA number: K102191
- Also available in packs
- 1 unit - **ABBW003 - 89\$**
- Pack of 5 - **ABBW003-P5 - 311.5\$**
- Pack of 15 - **ABBW003-P15 - 801\$**
- Pack of 45 - **ABBW003-P45 - 2002.5\$**

Body Composition - Skinfold Calipers

Accufat Skinfold Caliper

- Meets all of the requirements for jaw pressure and accuracy
- Spring-loaded arm assures reproducible results
- Material: ABS plastic
- Instruction book included
- Fat % chart for men/women measurements
- Range: 80mm
- Also available in packs
- 1 unit - **ABSM005** - 34\$
- Pack of 6 - **ABSM005P6** - 142.8\$
- Pack of 24 - **ABSM005P24** - 489.6\$
- Pack of 80 - **ABSM005P80** - 1360\$



Fatracker Skinfold Caliper

- Measures body fat by measuring skinfolds thicknesses
- Wide measuring range from 0-60 mm/0-2.5 inch
- Body percentage fat chart included
- Push-button retraction and locking feature ensure snug measurement and superior accuracy
- Accurate, reliable, private, and easy to use
- Also available in packs
- 1 unit - **ABSM003** - 10.5\$
- Pack of 6 - **ABSM003P6** - 44.1\$
- Pack of 24 - **ABSM003P24** - 151.2\$
- Pack of 80 - **ABSM003P80** - 420\$



ABSM002- Professional Skinfold Caliper

- Provides measurement of subcutaneous tissue for body fat assessment
- Measurement arms with 'floating tips' ensure accurate and reproducible results
- Movement made of stainless steel and aluminum constructions
- Dial graduations : 1mm
- Measuring range: 0 mm - 60 mm
- Measuring pressure: 10gms/mm2
- Repeatability: 0.20mm (have a poise weight)
- Accuracy: +/-0.2mm
- Price: 188\$

ABSM001- Baseline Professional Caliper + Case

- Lightweight aluminum caliper
- Measurement arms with "floating tips" to assure accurate and reproducible results
- 60mm scale is large and easy to read
- Complete with booklet and tables
- Price: 260\$



Digital Skinfold Caliper

- Digital body fat caliper
- Accurate, dependable with good repeatability
- Quickly provides exact measurement of body fat thickness
- Hold function, holds and displays measured value, mm & inch conversion
- Made of ABS plastic, stylish and lightweight
- Large LCD display for easy reading
- CE qualifications
- Also available in packs
- 1 unit - **ABSE004** - 18\$
- Pack of 6 - **ABSE004P6** - 86.4\$
- Pack of 24 - **ABSE004P24** - 302.4\$
- Pack of 80 - **ABSE004P80** - 864\$



ABSE002- FatTrack GOLD PREMIUM Body Composition Caliper

Three great products: ONE GOAL

1- FatTrack II Digital Body Fat Caliper:

- Digitally accurate measurement
- Automatically calculates and displays % body fat
- No tables and charts to interpret
- Simply enter age and gender with first use of the FatTrack II
- Uses most popular trainer-recommended 3-site measurement system for men and women - upper, midsection, and lower body
- Stores 3 personal profiles, uses state of the art technology for 1mm accuracy and 100% repeatability

2- MyoTape Body Tape Measure:

Super-accurate measurement of any body part, push-button retraction and locking feature on Myotape

3- Body Tracker Software:

Record and track tape measurements, BMI, BMR, and blood pressure, graphing, picture slideshows, chart against goals, and progress printouts

Price: 70\$



ABSM004 - AccuMeasure FitKid™ Caliper for Children

- A caliper for children
- Monitors children's body fat in seconds at home or in clinics
- Easy to use, totally private, clinically accurate and safe for children
- Used to measure children's % body fat from ages 6-17
- Price: 35.45\$

Girth Measurements



BMIgirth Measuring Tape

- NUMED-made girth measurement tape made with high quality material
- Measures girths in centimeters
- Automatic retractable tape
- A pivoting disc shows BMI based on weight and height (in kg and m)
- Also available in packs
- 1 unit - **AGT002** - 9.2\$
- Pack of 6 - **AGT002P6** - 38.64\$
- Pack of 24 - **AGT002P24** - 132.48\$
- Pack of 80 - **AGT002P80** - 368\$



Accugirth Measuring Tape

- NUMED-made tape for measuring the circumference & length
- Printed on both sides
- Press button for automatic rewinding
- Graduation: 1mm
- Also available in packs
- 1 unit - **AGT003** - 7.2\$
- Pack of 6 - **AGT003P6** - 30.24\$
- Pack of 24 - **AGT003P24** - 103.68\$
- Pack of 80 - **AGT003P80** - 288\$

Weight Scales



APAFM001- ADE Professional Mechanical Round Floor Scale

- Easy to read large round dial
- Solid steel construction
- Heavy duty lever system
- Easy access due to extra sized platform
- Non-slip platform
- Capacity: 160kg – Graduation: 500g

Price: 120\$

APAPM001- ADE Professional Mechanical Scale

- Reading on both sides
- Robust lever system
- Platform and column: powder coated
- Weighing head: cast iron
- Platform with non-slip plastic cover
- Measuring range height rod: 75 - 200cm – Graduation 5mm
- Also double graduated (kg/lbs) available
- Capacity: 200kg – Graduation: 100g

Price: 390\$



APAWME001- ADE Professional Electronic Scale

- Large Display – 29mm – for easy readability of all results
- Automatic zero setting and function test
- Tare and hold function
- Automatic switch off
- Low battery indicator
- BMI (Body Mass Index) function
- 25 personal memory settings for all displayed results
- Power supply: mains adapter and batteries
- Optional with height measuring rod mechanical (AHW002) or digital (APAHD001)
- Capacity: 250kg Graduation: 100g

Price: 600\$



APAFE003- ADE Heavy Duty Electronic Scale

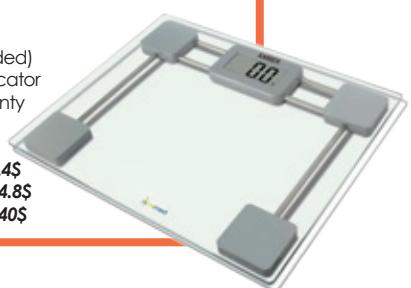
- The perfect scale for daily use at Hospitals and clinics
- Fully automatic mother and child weighing function will allow determining the weight of newborn and small children fast and effortless by starting the scale via the tap on function
- Strong and sturdy construction
- The turning display allows the reading from both sides of the display
- Capacity: 250 kg
- Graduation: 100 g
- Power supply: 4 x AA batteries life time approx. 4000 cycles
- Leveling feet
- Automatic On/Off switch
- Tap on start function

Price: 160\$



AMBER Body Scale

- Equipped with 4 high precision G sensor TM system
- 6mm tempered safety glass platform
- Auto On/Off function
- Ultra-slim design, 23.6mm height only
- Large LCD size: 63x30mm
- Capacity: 180kg (397lb/28 st)
- Readability: 0.1kg/0.2lb
- Display Units: kg/lb/st
- 1xCR2032 lithium battery (included)
- Low battery and Overload indicator
- Warranty: 1 year NUMED Warranty
- Also available in packs
- ▶ 1 unit - **APAFE002 - 38\$**
- ▶ Pack of 4 - **APAFE002-P4 - 106.4\$**
- ▶ Pack of 16 - **APAFE002-P16 - 364.8\$**
- ▶ Pack of 60 - **APAFE002-P60 - 1140\$**



Height Scales



AHW001- Wall-Mounted Rolled Stadiometer

- NUMED-made wall-mounted stadiometer
- Uncomplicated mounting on wall with just one screw
- Display window in the head piece
- Made of very durable plastic
- Measuring range: 0 - 200cm – Graduation: 1 mm

Price: 14\$

APAHD001- ADE Digital Scale-Mounted Stadiometer



- For mounting on ADE column scales
- Electronic Height Scale
- Reading results at scale display
- Measuring unit: cm only or cm+inch
- Measuring range: 110 - 200cm – Graduation: 1mm

Price: 250\$



AHW003- Accuheight Wall Stadiometer

- Wall-mounted roll-up measuring tape
- User-friendly and space sparing
- Most economic height measuring solution
- Reliable easy readout
- Comes with 3 screws and a double -sided tape in an original box
- Measuring range: 0 - 220cm – Graduation: 1mm

Price: 18\$

Height Scales



AHW002- Wall-Mounted Aluminium Stadiometer

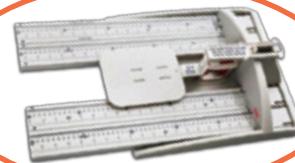
- Aluminium stadiometer
- High quality material
- Easily wall-mounted
- Range: 60 - 200cm
- Graduation: 1mm

Price: 82\$

AHP003- ADE Professional Portable Height Scale

- The portable stadiometer is ideally suitable for field workers as well as for points of care and hospital use
- The height rod can be quickly taken apart into 4 pieces which can be stored within the platform
- The two wall distance pieces keep the height rod steady and vertical at the wall without any additional fixing
- The scale can be read from both sides at the clear red indicator point
- Measuring range: 15-210 cm - Graduation: 1 mm
- Easy to carry- weighs only 2.3kg

Price: 175\$



Pediatrics Line

APPSM001- ADE Mechanical Sliding Weight Baby Scale

- Easy to read clear weight indication
- Unit function kg/lbs selectable
- Capacity: 16kg – Graduation: 5g

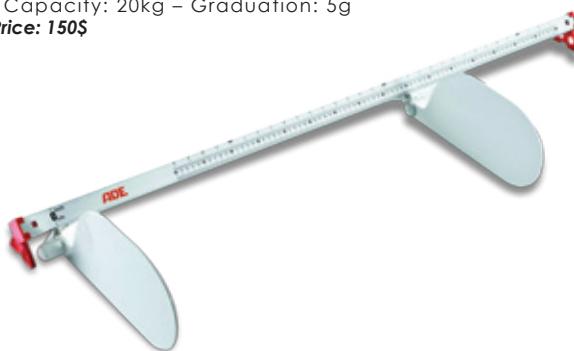
Price: 200\$



APPSE001- ADE Professional Electronic Baby Scale

- Large LCD, 30 mm
- Unit function kg/lbs selectable
- Tare and multiple tare function
- Memory function, automatic shut off
- Power supply: mains adapter and battery
- Capacity: 20kg – Graduation: 5g

Price: 150\$



APPR001- ADE Baby Length Measuring Rod

- Extra Large measuring tongues
- Soft sliding for easy and comfortable operation
- Measuring range: 20 - 80cm – Graduation: 2mm

Price: 80\$



APPM001- ADE Baby Length Measuring Mat

- Easy to read while baby lies on the mat
- Soft material - perfect for babies' skin
- Easy to clean plastic material, resistant to soft disinfection fluids
- Reading in cm and inch
- Measuring range: 10 - 100cm – Graduation: 5mm

Price: 60\$

NUMED ReplicAlive food models are educational tools made to simulate real-life food in terms of portion sizes.

They reflect the specific quantity of the food they represent in volume. Their manufacturing comes from an exclusive know and know-how acquired by the NUMED technical team. Each piece represents a hand-made job starting from real food choice to mold making, casting, painting and packaging. This makes our ReplicAlive food models an exceptional reproduction of the real food that is carefully chosen by our scientific team to match the exact designated food portions. Same models are identical through our standardized operational procedures and strict control for each food type.

Food models are made of safe flexible vinyl plastic or hard resin material. These food models can be mixed together to show composed meals (sandwiches, etc.). They are not toys and should not be left within the reach of children under 12 years of age without supervision.

Why use NUMED food models?

Food Replicas make a highly valuable tool in: Food groups education, Nutritive value (macronutrients, calorie content, etc.), Diet planning and prescription, Population and patient nutrition education (diabetic, etc.), Sizes (in volume) of food portions, and Clinics' and centers' identity



Refer to NUMED food models cards on page 23 for detailed nutrition information about each food model.

For proper handling, refer to the ReplicAlive Models Care Instructions found on page 44.

Grain group

Vegetable group

Fruit group

Protein group

Milk group

Fat group

Tbsp = Tablespoon, tsp = teaspoon, dia. = diameter, g = gram, ml = milliliter, cm = centimeter

Beans and Legumes

1. Beans, Fava, cooked

- 1/2 cup, 120ml
ENFMMEA18 - 6.9\$

2. Beans, red, cooked

- 1/2 cup, 120ml
ENFMMEA33 - 6.9\$

3. Beans, white, cooked

- 1 cup, 240ml
ENFMMEA37 - 11.1\$

4. Chickpeas, cooked

- 1/2 cup, 120ml
ENFMMEA27 - 6.9\$

5. Lentils, cooked

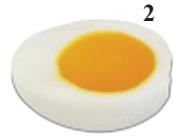
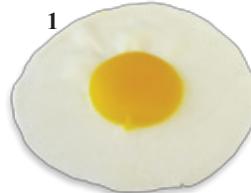
- 1/2 cup, 120ml
ENFMMEA17 - 6.9\$

6. Lima beans, cooked

- 1/2 cup, 120ml
ENFMMEA19 - 6.9\$

7. Peas, cooked

- 1/2 cup, 120ml
ENFMMEA11 - 6.9\$



Eggs

1. Egg, fried

- 1 medium
ENFMMEA4 - 6.8\$

2. Egg, hard-boiled

- 1/2 medium - 30g
ENFMMEA26 - 6.4\$

3. Egg, hard-boiled

- 1 medium - 60g
ENFMMEA25 - 6.8\$

Nuts and Seeds

1. Almonds, raw

- 6 (11g)
ENMFAT9 - 6\$

2. Cashews, raw

- 4 (12g)
ENMFAT12 - 5\$

3. Mixed nuts

- 8 (7.5g) oil roasted peanuts
- 6 (8.4g) dry roasted pistachios
- 17 (13g) pumpkin seeds
- 4 (8g) oil roasted cashews
ENFMNUT6 - 23.2\$

4. Peanut butter

- 2tsp, 10g
ENFMNUT3 - 3.4\$

5. Walnuts, raw

- 3 halves, 7.5g, (2.5g each)
ENFMNUT2 - 5\$

6. Peanuts, oil roasted

- 32 nuts, 30g
ENFMNUT7 - 5.2\$

7. Pine nuts, dried

- 7.5g, 1 Tbsp
ENFMNUT8 - 3.7\$

8. Hazelnuts (filberts), dry roasted

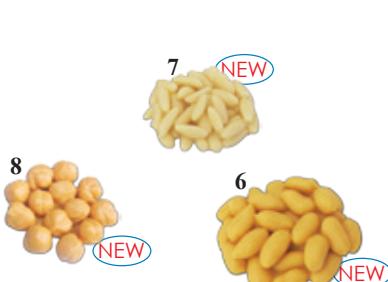
- 16g, 13 nuts
ENFMNUT9 - 3.9\$

9. Pistachio nuts, dry roasted, in shell

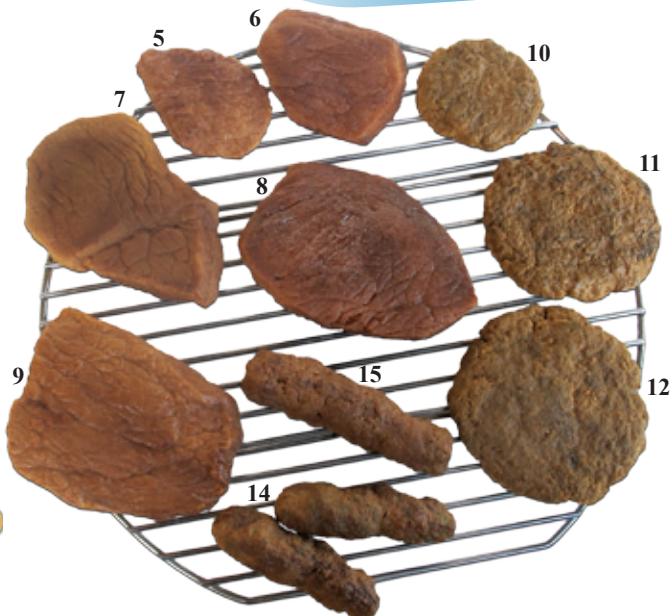
- 20g (11g edible part), 14 nuts
ENFMNUT10 - 8.1\$

10. Peanuts, dry roasted, in shell

- 18g (10g edible part), 7 whole, 1/2cup
ENFMNUT11 - 6.5\$



Food Models

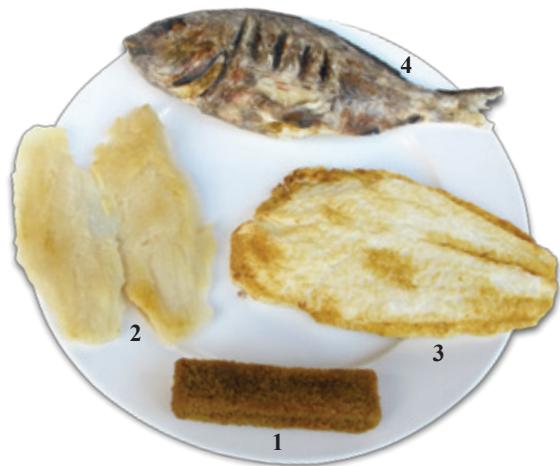
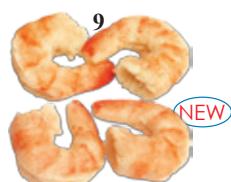
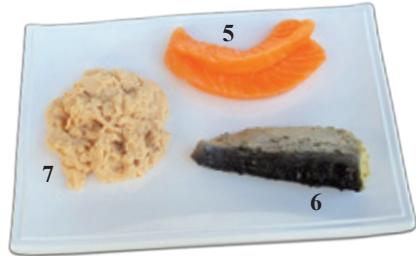


Meats

- | | | | | |
|---|--|--|---|--|
| 1. Beef, lean cut, raw
- 82g
ENFMMEA40 - 7.8\$ | 5. Beef, steak, grilled
- 30g
ENFMMEA8 - 5.3\$ | 9. Beef, steak, grilled
- 180g
ENFMMEA28 - 13.4\$ | 13. Hot dog
- 1, 11cm - 29g
ENFMMEA38 - 4.3\$ | 17. Shawarma, meat
- 30g
ENFMMEAT4 - 5.3\$ |
| 2. Beef, lean cut, raw
- 126g
ENFMMEA41 - 8.9\$ | 6. Beef, steak, grilled
- 60g
ENFMMEA3 - 7.1\$ | 10. Hamburger meat, grilled
- 1, 10cm dia. - 30g
ENFMMEA35 - 5.3\$ | 14. Kofta, grilled
- 2 pieces, 50g
- each (9cm, 25g)
ENFMMEA1 - 7.5\$ | 18. Steak, strip, grilled
- 150g
ENFMMEAT5 - 10.9\$ |
| 3. Beef, lean, grilled
- 5 small pieces (30g)
ENFMMEA22 - 7.9\$ | 7. Beef, steak, grilled
- 90g
ENFMMEA23 - 8.7\$ | 11. Hamburger meat, grilled
- 1, 6.5cm dia. - 60g
ENFMMEA10 - 7.1\$ | 15. Kebab, grilled
- 1 piece, 11cm, 50g
ENFMMEA2 - 6.2\$ | 19. Bologna, beef
- 1 piece, 32g
- 10cm dia., 0.4cm thick
ENFMMEA6 - 5.1\$ |
| 4. Beef, lean, grilled
- 6 medium pieces (60g)
ENFMMEA36 - 9.9\$ | 8. Beef, steak, grilled
- 120g
ENFMMEA2 - 9.8\$ | 12. Hamburger meat, grilled
- 1, 9cm dia. - 90g
ENFMMEA12 - 8.7\$ | 16. Sausages (makanek)
- 4 pieces, 50g
- each (4.7cm, 12.5g)
ENFMMEA3 - 7.9\$ | |

Seafood

- | | | |
|---|---|--|
| 1. Fish stick, fried
- 1, 28g
ENFMMEA42 - 5.7\$ | 5. Salmon, Sashimi
- 2 pieces (30g)
ENFMMEA29 - 6.1\$ | 9. Shrimp, extra large, cooked
- 4 pieces, 15g each (edible part)
ENFMSEAO4 - 8.4\$ |
| 2. Fish fillet, grilled
- 60g
ENFMMEA6 - 8.7\$ | 6. Sardine, canned
- 1 piece, 10cm - 30g
ENFMMEA20 - 9.5\$ | 10. Shrimp, colossal, fried
- 1 piece, 30g (edible part)
ENFMSEAO5 - 5.9\$ |
| 3. Fish fillet, hamour, grilled
- 120g
ENFMSEAFO1 - 9.6\$ | 7. Tuna, canned in water
- 1/4 big can, 30g
ENFMMEA1 - 4.9\$ | |
| 4. Fish, sea bream, grilled
- 130g (87g edible part)
ENFMSEAFO2 - 22\$ | 8. Crab, sticks
- 3 pieces (8cm long), 15g each
ENFMSEAFO3 - 6.7\$ | |



Food Models

Poultry

1. Chicken breast

- skinless, cooked, 30g
ENFMMEA31 - 4.9\$

2. Chicken breast

- skinless, cooked, 60g
ENFMMEA32 - 6.9\$

3. Chicken breast

- skinless, cooked, 120g
ENFMMEA34 - 9.3\$

4. Chicken breast

- skinless, grilled, 60g
ENFMMEA14 - 9.1\$

5. Chicken, drumstick, fried

- 1 piece, 88g
- 60g edible part
ENFPOUL1 - 8.1\$

6. Chicken, grilled, (taouk)

- 5 pieces (90g)
ENFMMEA43 - 13.3\$

7. Chicken, leg, fried

- 1 piece, 160g
- 117 edible part
ENFPOUL2 - 10.8\$

8. Shawarma, chicken

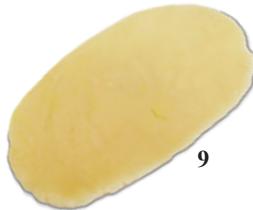
- 60g
ENFPOUL3 - 8.2\$

9. Turkey

- 1 slice, 30g
ENFMMEA39 - 4.5\$

10. Chicken liver, cooked

- 1 whole, 29g
ENFPOUL4 - 5.9\$



Basic Proteins Kit

Save
5%

- Almonds, raw, 6 (11g)
- Beans, Fava, cooked, 1/2 cup, 120ml
- Sardine, canned, 1 piece, 10cm, 30g
- Egg, hard-boiled, 1/2 medium - 30g

- Beef, steak, grilled, 180g
- Fish stick, fried, 1 piece, 28g
- Chicken, grilled (taouk), 5 pieces (90g)

KITBASPRO - 61.2 → 58.14\$

Rice

1. Rice, brown

- 1/3 cup - 80ml
ENFMGRA3 - 6.3\$

3. Rice cake

- 1 piece, 10cm dia. x1.5cm, 11g
ENFRICE1 - 8.2\$

2. Rice, brown

- 1/2 cup - 120ml
ENFMGRA18 - 6.9\$

5. Rice, white

- 1/2 cup - 120ml
ENFMGRA17 - 6.9\$

4. Rice, white

- 1/3 cup - 80ml
ENFMGRA2 - 6.3\$



Potatoes/others

1. Chestnut, edible part

- 2 (24g)
ENFMGRA15 - 4.3\$

2. French fries, commercial

- 180 ml, 60g
ENFMGRA6 - 12.3\$

3. French Fries, home made

- 120ml, 40g
ENFMGRA13 - 9.5\$

4. Potato, baked

- 1 medium, 160g
ENFMGRA35 - 10.7\$

5. Potato, boiled

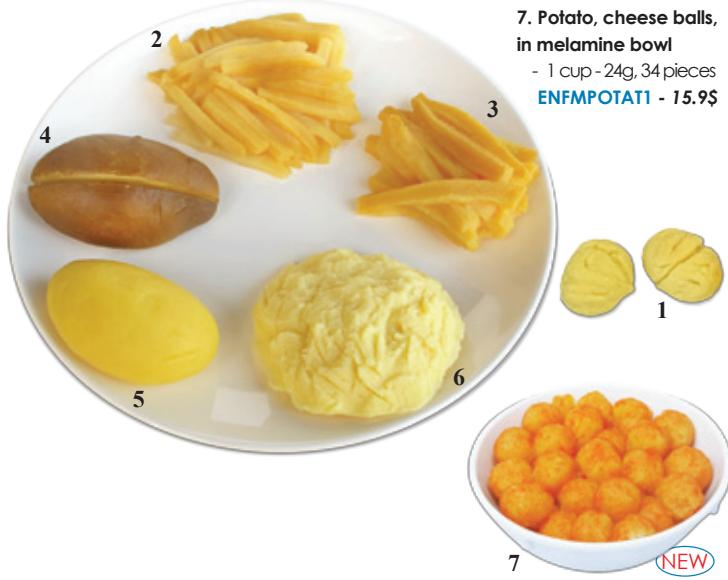
- 1 small - 96g
ENFMGRA41 - 7.9\$

6. Potato, mashed

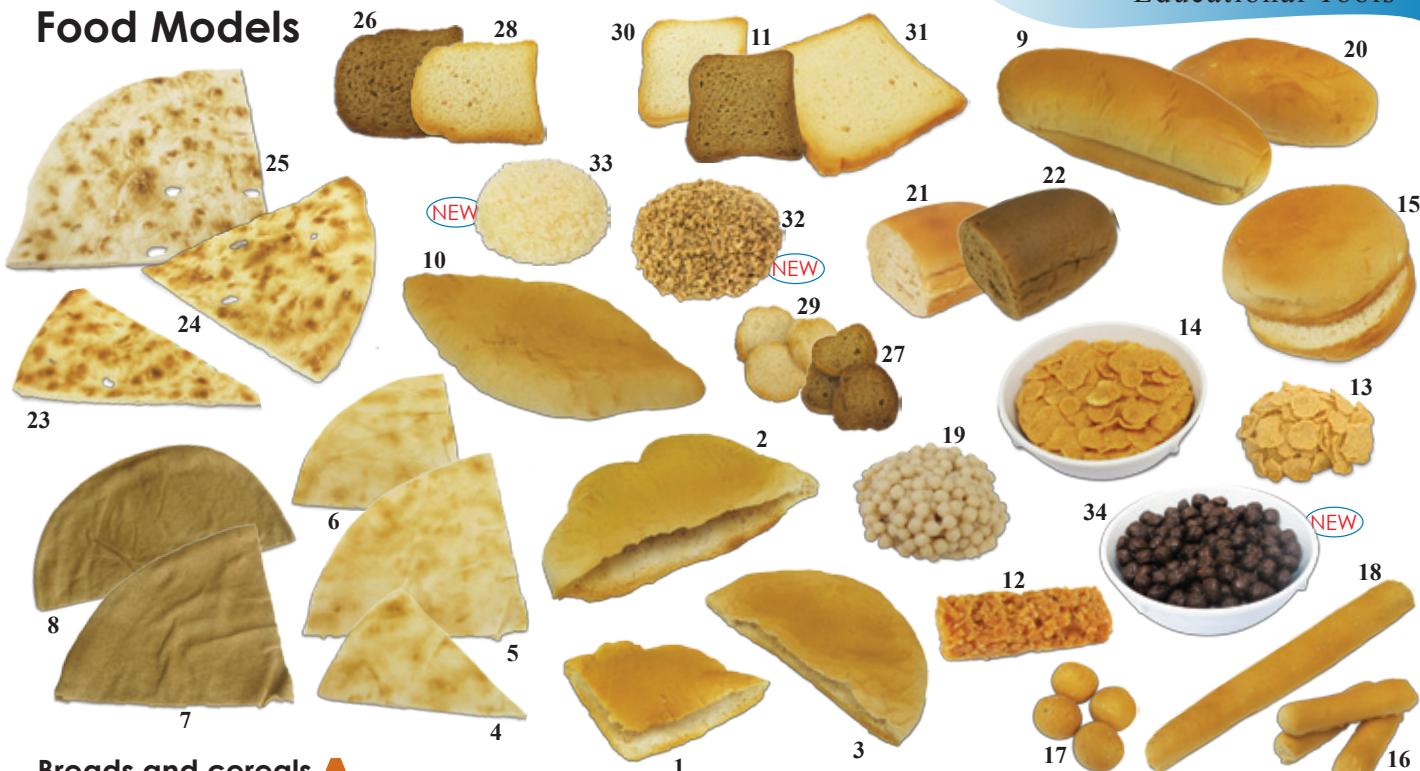
- 90g
ENFMGRA34 - 6.9\$

7. Potato, cheese balls, in melamine bowl

- 1 cup - 24g, 34 pieces
ENMPOTAT1 - 15.9\$



Food Models



Breads and cereals

1. Bread, Khameer (Al Jazeeri)
- 16cm dia., 1/4, 30g
ENFMBREA3 - 8.7\$

2. Bread, Khameer (Al Jazeeri)
- 16cm dia., 1/2, 60g
ENFMBREA4 - 11.3\$

3. Bread, Khameer
- 14cm dia., 1/2, 30g
ENFMBREA5 - 8.7\$

4. Bread, Lebanese, white, large
- 32cm dia., 1/8 loaf, 15g
ENFMGRA14 - 8.1\$

5. Bread, Lebanese, white, large
- 32cm dia., 1/4 loaf, 30g
ENFMGRA46 - 9.8\$

6. Bread, Lebanese, white, small
- 21cm dia., 1/4 loaf, 15g
ENFMGRA30 - 8.4\$

7. Bread, Lebanese, whole grain, large
- 32cm dia., 1/4 loaf, 30g
ENFMGRA23 - 9.8\$

8. Bread, Lebanese, whole grain, small
- 21cm dia., 1/2 loaf, 30g
ENFMGRA36 - 9.8\$

9. Bread, Samooli (Sandwich, White)
- 18.5cm length, 60g
ENFMBREA1 - 16.8\$

10. Bread, Samoon (Iraqi)
- 22cm length, 56g
ENFMBREA2 - 10.9\$

11. Brown toast, thin, soft
- 7.5cm, 15g
ENFMGRA8 - 8.6\$

12. Cereal bar
- 1 bar, 8.7x3x1.5cm, 27g
ENFCUGRA1 - 4.2\$

13. Corn Flakes
- 1/2 cup - 20g
ENFMGRA42 - 6.9\$

14. Corn flakes, in melamine bowl
- 1 cup - 40g
ENFMGRA31 - 15\$

15. Hamburger bun
- 2 halves, 9 cm dia., 60g
ENFMGRA5 - 16.6\$

16. Kaak, long, white
- 9cm, 3 (24g)
ENFMGRA39 - 8.8\$

17. Kaak, small round
- 4 pieces (12g), 3g each
ENFMGRA24 - 8.8\$

18. Kaak, white
- 20cm, 24g
ENFMGRA10 - 9.3\$

19. Moghrabiyyeh
- 1/2 cup
ENFMGRA48 - 6.9\$

20. Pain au lait
- 11cm, 30g
ENFMGRA43 - 11.9\$

21. Sandwich, white
- 9cm, 30g
ENFMGRA21 - 11.9\$

22. Sandwich, whole
- 9cm, 30g
ENFMGRA22 - 11.9\$

23. Tameez bread
- 34cm dia. (350g)
- 1/12, 30g
ENFMGRA1 - 9.1\$

24. Tameez bread
- 34cm dia. (350g)
- 1/6, 60g
ENFMGRA4 - 11.9\$

25. Tameez bread
- 34cm dia. (350g) - 1/4-90g
ENFMGRA49 - 13.9\$

26. Toast, hard, brown
- 7.5cm, 13g
ENFMGRA25 - 8.6\$

27. Toast, hard, brown
- 3 (11g), 4cm dia.
ENFMGRA27 - 8.4\$

28. Toast, hard, white
- 7.5cm, 13g
ENFMGRA37 - 8.6\$

29. Toast, soft, white
- 4cm dia., 3 (14g)
ENFMGRA20 - 8.4\$

30. Toast, white, thin, soft
- 7.5cm, 15g
ENFMGRA7 - 8.6\$

31. Toast, white, soft, large
- 11x11x1cm, 30g
ENFMGRA32 - 9.3\$

32. Bulgur, cooked
- 1/2 cup - 96g
ENFMBREA6 - 6.1\$

33. Quinoa, cooked
- 1/3 cup - 67g
ENFMBREA7 - 5.9\$

34. Cereals, chocolate balls, in melamine bowl
- 1 cup - 42g
ENFMBREA8 - 14.1\$

Basic Grains Kit

- Tameez bread, 34cm dia. (350g), 1/12, 30g
- Pasta, Penné, 1/2 cup, 120 ml
- Bread, lebanese, whole grain, large (32cm dia.), 1/4 loaf, 30g
- Corn, 1/2 cup, 75g
- Kaak, long, white, 9cm, 3 (24g)
- Potato, boiled, 1 small, 96g
- Rice, white, 1 cup, 240ml

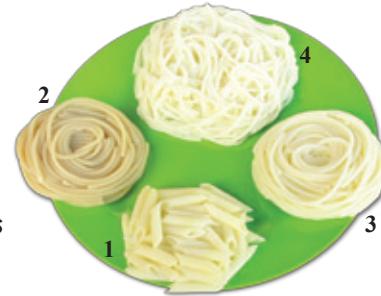
KITBASGRA - 62.1 → 58.99\$

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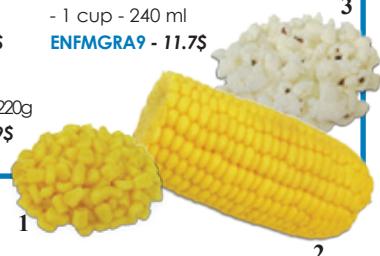
Pasta ⚡

- | | |
|--------------------------|---------------------------|
| 1. Pasta, Penné | 3. Spaghetti, white |
| - 1/2 cup - 120 ml | - 1/2 cup - 120 ml |
| ENFMGRA11 - 6.9\$ | ENFMGRA12 - 6.9\$ |
| 2. Spaghetti, brown | 4. Spaghetti, white |
| - 1/2 cup - 120 ml | - 1 cup - 240ml |
| ENFMGRA44 - 6.9\$ | ENFMGRA45 - 11.8\$ |



Corn ⚡

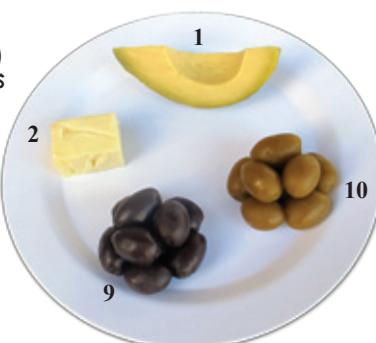
- | | |
|---------------------------|--------------------------|
| 1. Corn | 3. Popcorn |
| - 1/2 cup - 75g | - 1 cup - 240 ml |
| ENFMGRA29 - 7.1\$ | ENFMGRA9 - 11.7\$ |
| 2. Corn, cob | |
| (23cm), 1/2-11.5cm - 220g | |
| ENFMGRA28 - 12.9\$ | |



Fats and Oils ⚡

- | | |
|--------------------------|--------------------------|
| 1. Avocado | 6. Mayonnaise |
| - 1/5 whole, 30g | - 1 Tbsp. - 15ml |
| ENFMFAT14 - 7.9\$ | ENFMFAT7 - 5.4\$ |
| 2. Butter Pat | 7. Olive oil |
| - 1 cube, 15g | - 1 tsp - 5ml |
| ENFMFAT13 - 4.3\$ | ENFMFAT17 - 4.5\$ |
| 3. Canola oil | 8. Olive oil |
| - 1 tsp - 5ml | - 1 Tbsp. - 15ml |
| ENFMFAT1 - 4.5\$ | ENFMFAT4 - 5.4\$ |
| 4. Canola oil | 9. Olives, black |
| - 1 Tbsp. - 15ml | - 9 medium (33g) |
| ENFMFAT19 - 5.4\$ | ENFMFAT5 - 7.2\$ |
| 5. Mayonnaise | 10. Olives, green |
| - 1 tsp - 5ml | - 9 medium (33g) |
| ENFMFAT6 - 4.5\$ | ENFMFAT18 - 7.2\$ |

- | | |
|-------------------------|-------------------------|
| 11. Tahini | 12. Thyme in Olive oil |
| - 1 Tbsp, 15 g | - 1 tsp - 5ml |
| ENFMFAT2 - 5.4\$ | ENFMFAT8 - 5.2\$ |
| 13. Thyme in Olive oil | |
| - 1 Tbsp. - 15ml | |
| ENFMFAT3 - 5.9\$ | |



Sauces ⚡

- | | |
|--|---|
| 1. Balsamic sauce, in melamine ramekin cup | 5. Ketchup, in melamine ramekin cup |
| - 45ml | - 45ml |
| ENMSAUCE5 - 4.9\$ | ENMSAUCE6 - 5.2\$ |
| 2. Barbecue, in melamine ramekin cup | 6. Lemon - mayo sauce, in melamine ramekin cup |
| - 45ml | - 45ml |
| ENMSAUCE3 - 5.2\$ | ENMSAUCE7 - 4.9\$ |
| 3. Caesar dressing | 7. Lemon - mustard sauce, in melamine ramekin cup |
| - 1 Tbsp - 15ml | - 45ml |
| ENMFAT15 - 5.7\$ | ENMSAUCE1 - 4.9\$ |
| 4. Cocktail sauce, in melamine ramekin cup | 8. Tarator, in melamine bowl |
| - 45ml | - 120ml |
| ENMSAUCE2 - 5.2\$ | ENMSAUCE4 - 12.5\$ |



Basic Fat Kit ⚡

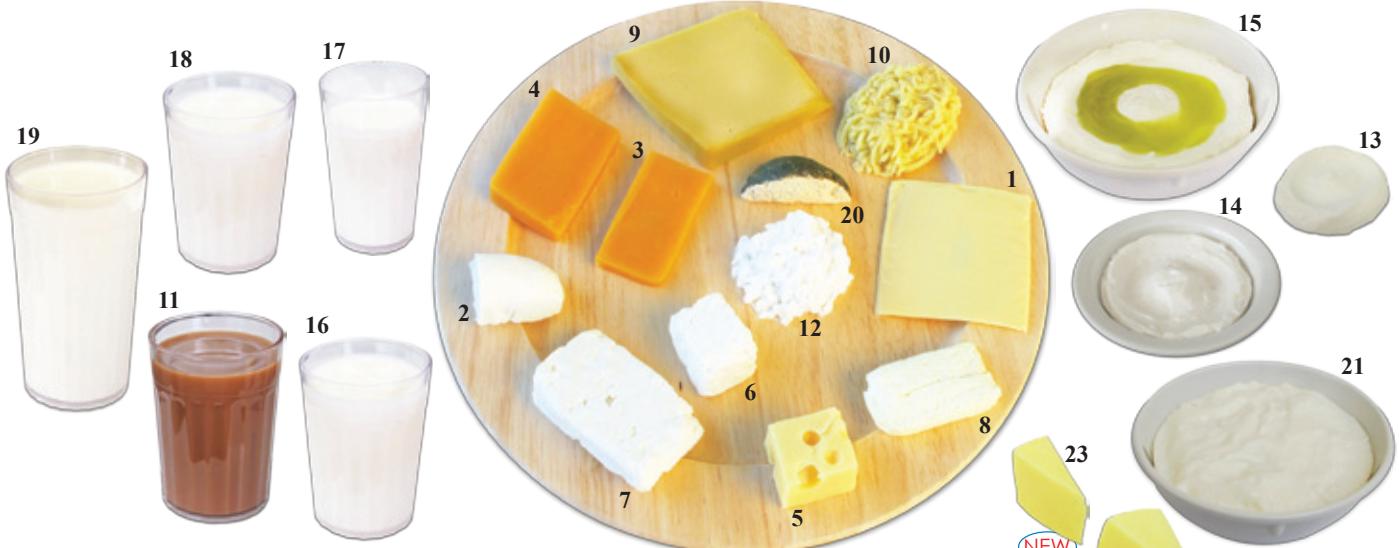
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- Canola oil, 1 tsp, 5ml
- Thyme in olive oil, 1 Tbsp, 15ml
- Mayonnaise, 1 tsp, 5ml
- Butter Pat, 1 cube, 15g
- Avocado, 1 slice, 1/5 whole (30g)
- Olives, green, 9 medium (33g)
- Lemon - mayo sauce, in melamine ramekin cup, 45ml

KITBASFAT - 39.2 → 37.24\$



Food Models



Milk and Cheeses

1. American cheese

- 1 piece - 20g
ENFMMIL7 - 3.8\$

2. Cheese, Akkawi

- 1 slice, 30g
ENFMMIL11 - 4.9\$

3. Cheese, Cheddar

- 1 slice - 30g
ENFMMIL5 - 4.6\$

4. Cheese, Cheddar

- 1 slice - 60g
ENFMMIL4 - 6.8\$

5. Cheese, Emmental

- 1 slice, 30g
ENFMMIL20 - 4.7\$

6. Cheese, Feta

- 30g
ENFMMIL9 - 4.9\$

7. Cheese, Feta

- 1 slice, 60g
ENFMMIL21 - 6.9\$

8. Cheese, Halloum

- 1 slice, 30g
ENFMMIL12 - 4.9\$

9. Cheese, Parmesan

- 1 slice, 90g
ENFMMIL10 - 10.6\$

10. Cheese, Parmesan, grated

- 30g
ENFMMIL8 - 4.8\$

11. Chocolate milk

- 1 cup, 240ml
ENFMMIL1 - 12.8\$

12. Karishe

- 2.5 Tbps - 40g
ENFMMIL17 - 5.2\$

13. Labneh, whole

- 45g, 3 Tbps
ENFMMIL23 - 5.7\$

14. Labneh, whole, in melamine bowl

- 90g, 6 Tbps
ENFMMIL19 - 12.8\$

15. Labneh, whole, in melamine bowl

- 180g (12 Tbps)
- 1Tbsp olive oil
ENFMMIL22 - 18.7\$

16. Milk, Camel, Whole

- 1 cup - 240ml
ENFMMIL25 - 12.8\$

17. Milk, whole

- 1/2 cup - 120ml
ENFMMIL3 - 9.2\$

18. Milk, whole

- 1 cup - 240ml
ENFMMIL2 - 12.8\$

19. Milk, whole

- 1 1/2 cups - 360ml
ENFMMIL24 - 15.7\$

20. Shanklish

- 30g
ENFMMIL18 - 6.6\$

21. Yogurt, plain, whole, in melamine bowl

- 1 cup, 240ml
ENFMMIL6 - 14.7\$



22. Cheese, creamy

- 1 wedge - 20g
ENFMMIL14 - 3.9\$

23. Cheese, Kashkaval

- 1 wedge - 30g
ENFMMIL13 - 4.6\$

24. Cheese, Kashkaval

- 1 wedge - 60g
ENFMMIL15 - 6.8\$

Basic Dairy Kit

Save
5%

- Milk, Whole, 1 cup, 240ml
- Cheese, Cheddar, 1 slice, 60g
- Cheese, Akkawi, 1 slice, 30g
- Shanklish, 30g
- Labneh, whole, in melamine bowl, 90g, 6 Tbsp
- Cheese, Emmental, 1 slice, 30g
- Cheese, Feta, 1 slice, 60g

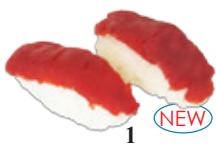
KITBASDAI - 55.5 → 52.72\$



Sushi

1. Sushi, Maguro (Nigiri Tuna)

- 2 pieces, 25g each (20g rice, 5g tuna)
ENFMSUSH1 - 8.8\$



2. Sushi, Kappa Maki (Hoso-maki Avocado)

- 2 pieces, 15g each
ENFMSUSH2 - 6.1\$



3. Sushi, double salmon rolls

- 2 pieces, 33g each (20g rice, 10g salmon, 3g avodaco)
ENFMSUSH3 - 12.8\$



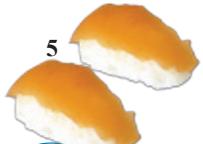
4. Sushi, salmon rolls

- 2 pieces, 28g each (20g rice, 5g salmon, 3g avodaco)
ENFMSUSH4 - 11.8\$



6. Sushi, sake (Nigiri salmon)

- 2 pieces, 25g each (20g rice, 5g salmon)
ENFMSUSH5 - 8.8\$



Food Models

Meals

1. Biryani, in melamine plate

- 1 cup rice, 1 fish
- almonds, cashews, carrots, spices

ENFMMEAL3 - 39.5\$

2. Harees, in melamine plate

- 300g, in lamb meat
- topped with 1Tbsp of ghee

ENFMMEAL4 - 34\$

3. Kabsa, in melamine plate

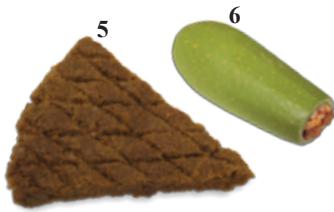
- 1 cup rice, 1 chicken leg
- almonds, carrots, spices

ENFMMEAL2 - 37\$

4. Kabsa, in melamine plate

- 1 cup rice, 60g lamb meat
- almonds, carrots, spices

ENFMMEALS - 35\$



5. Kebbe bel sayniah

- 1 slice (26cm dia. - 1/8), 120g

ENFMCOM6 - 14.6\$

6. Stuffed zucchini, with rice and meat

- 1, 9cm, 80g

ENFMMEAL1 - 12.9\$

7. Peas and rice, in melamine plate

- 2/3 cup rice, 1/2 cup peas, 1/4 cup carrots, 30g grilled meat

ENFMMEAL6 - 45\$

8. Meat with vegetables, in melamine plate

- 150g meat, 1 cup cooked vegetables (1/4 of each: baby carrots, mushrooms, corn and green beans)

ENFMMEAL7 - 38.5\$

9. Rice with Chicken, in melamine plate

- 1 cup rice, 15g ground meat, 30g chicken, 7g pine nuts, 7g almonds

ENFMMEAL8 - 38.5\$

10. Pasta, penne, with red sauce, in melamine plate

- 1 1/2 cup pasta, 45ml tomato sauce

ENFMMEAL9 - 31.5\$



Mezze and Pastries

1. Falafel

- 1 piece, 4cm dia. 42g

ENFMCOM7 - 7\$

2. Fatayer, spinach

- 1, 7cm - 15g

ENFMCOM10 - 7.3\$

3. Hummus, home-made, in Bowl

- 5 Tbsp - 75g
- 2 tsps olive oil

ENFMCOM14 - 16.8\$

4. Kebbe mehshiyyeh

- 1 - 7cm - 38g

ENFMCOM1 - 7.9\$

5. Lahm baajin

- 1 slice, dough (23cm dia. 1/4 (30g))
- ground meat (15g)

ENFMCOM12 - 13.2\$

6. Manousheh with thyme

- 1 slice, dough (23cm dia. 1/4 (30g))
- thyme with olive oil (5g)

ENFMCOM8 - 12.8\$

7. Sambousek, meat

- 1, 6.5cm - 16g

ENFMCOM5 - 6.3\$

8. Warak Arish

- 1, 7cm - 15g

ENFMCOM9 - 4.2\$

9. Cheese roll

- 1 piece, 27g, 10 cm

ENFMMEZ1 - 6.8\$

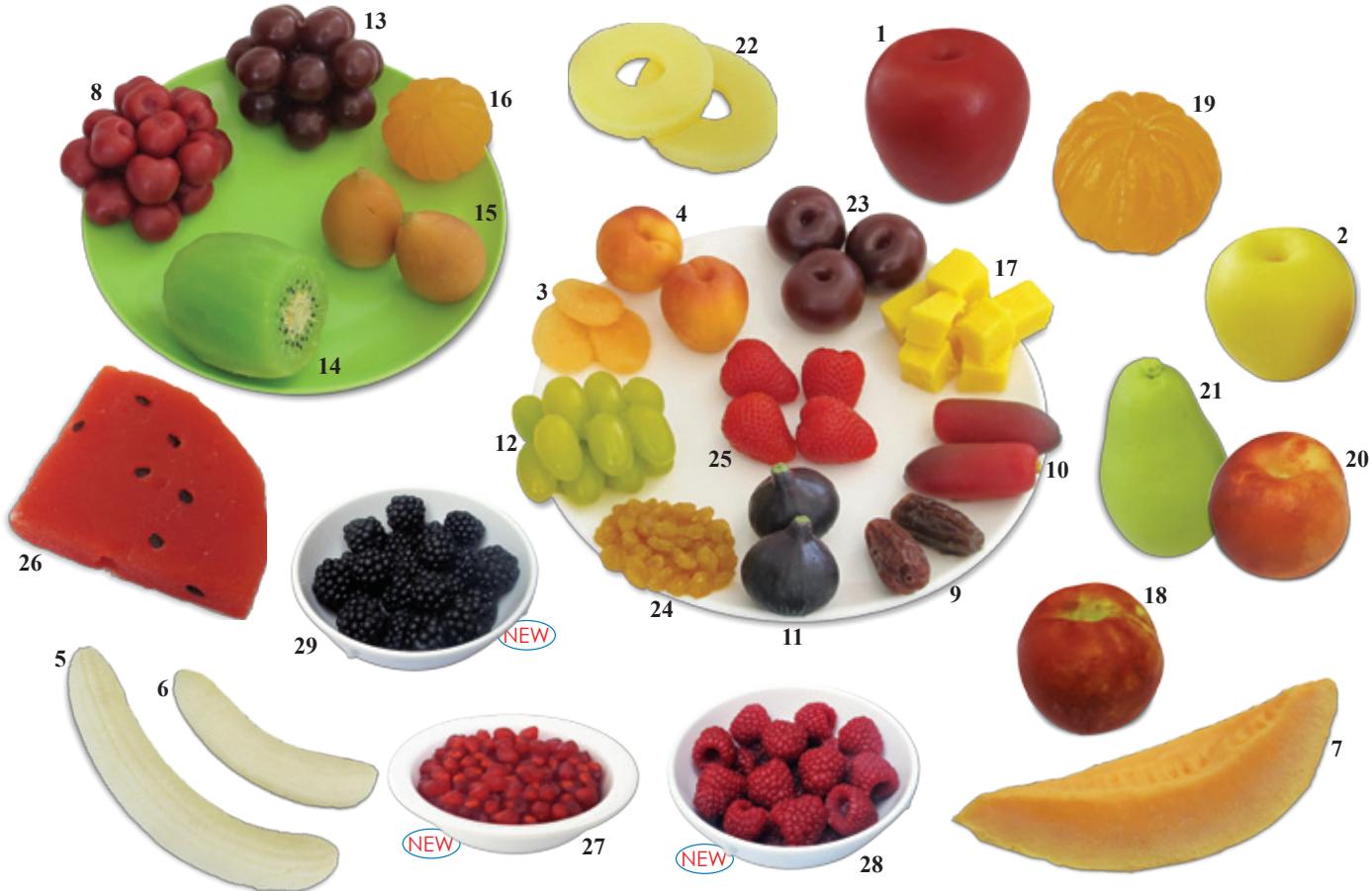
10. Croissant, butter, plain

- 80g

ENFMPAST1 - 16.1\$



Food Models



Fruits 🍎

- | | | | | |
|--|---|--|--|---|
| 1. Apple, red, medium
- 180g, 7cm dia.
ENFMFRU1 - 15.5\$ | 7. Cantaloupe
- 1 slice, 175g
ENFMFRU4 - 15.3\$ | 13. Grapes, red
- 12 (105g)
ENFMFRU39 - 10.7\$ | 19. Orange, peeled
- 1 whole, 178g
ENFMFRU28 - 13.2\$ | 25. Strawberries
- 4 medium, (95g)
ENFMFRU20 - 8.6\$ |
| 2. Apple, yellow, small
- 120g, 6cm dia.
ENFMFRU14 - 13\$ | 8. Cherries
- 17 (80g)
ENFMFRU13 - 9.2\$ | 14. Kiwi, peeled, large
- 110g
ENFMFRU5 - 10.8\$ | 20. Peach, medium
- 155g
ENFMFRU16 - 14.9\$ | 26. Watermelon wedge
- 11x11x2cm, 200g
ENFMFRU15 - 16\$ |
| 3. Apricots, dried
- 3 (26g)
ENFMFRU30 - 4.7\$ | 9. Dates, dried
- 2 (20g)
ENFMFRU45 - 5.1\$ | 15. Loquat, medium
- 2 (70g)
ENFMFRU38 - 9.5\$ | 21. Pear, medium
- 120g
ENFMFRU25 - 12.5\$ | 27. Pomegranate, raw,
in melamine bowl
- 1/3 cup, 72g
ENFMFRU6 - 14.9\$ |
| 4. Apricots, raw
- 2 (125g)
ENFMFRU29 - 13\$ | 10. Dates, raw
- 2 (56g)
ENFMFRU18 - 8.8\$ | 16. Mandarin, peeled
- 1 whole, 60g
ENFMFRU27 - 7.1\$ | 22. Pineapple
- 2 slices (60g)
ENFMFRU44 - 6.7\$ | 28. Raspberries, raw,
in melamine bowl
- 1 cup, 120g, 25 fruits
ENFMFRU9 - 12.9\$ |
| 5. Banana, peeled, medium
- 120g
ENFMFRU2 - 9.6\$ | 11. Figs, raw
- 2 medium (78g)
ENFMFRU12 - 9.3\$ | 17. Mango, cubes
- 100g
ENFMFRU11 - 8.9\$ | 23. Plums, raw
- 3 small (135g)
ENFMFRU31 - 12.1\$ | 29. Blackberries, raw,
in melamine bowl
- 1 cup, 140g, 22 fruits
ENFMFRU17 - 12.9\$ |
| 6. Banana, peeled, small
- 60g
ENFMFRU3 - 6.9\$ | 12. Grapes, green
- 13 (90g)
ENFMFRU22 - 10.4\$ | 18. Nectarine, medium
- 135g
ENFMFRU26 - 13.6\$ | 24. Raisins
- 2Tbsp, 20g
ENFMFRU43 - 4.4\$ | |

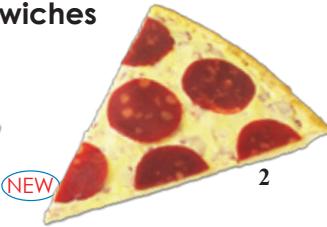
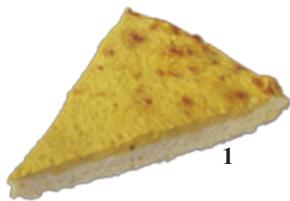
Basic Fruits Kit 🍎

Save
5%

- Banana, peeled, small, 60
 - Apple, yellow, small, 120g, 6cm dia.
 - Dates, raw, 2 (40g, edible part)
 - Pear, medium, 120g
 - Orange, peeled, 1 whole, 7cm dia., 178g
 - Loquat, medium, 2 (70g)
 - Grapes, red, 12 (105g)
- KITBASFRU - ~~74.6~~ → 70.87\$**

Food Models

Fast Foods and Sandwiches



- 1. Pizza, cheese**

 - 1 slice, 30cm dia., 1/8
 - 60g dough, 30g cheese

ENFMCOM13 - 18.2\$

- 2. Pizza, pepperoni, thin crust**
- 1 slice, 36cm dia., 1/8
ENFMFAFO1 - 24.9\$

- 3. Shawarma, meat, sandwich**

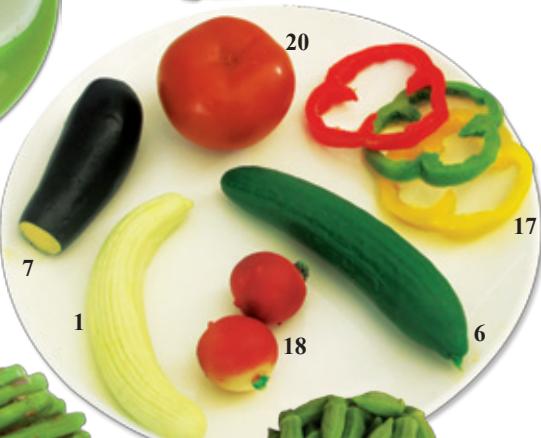
 - 30g meat, 1 1/2 Tbsp tarator
 - tomatoes, in khameer bread

ENFMSAND1 - 21.2\$

- 4. Shawarma, chicken, sandwich**
- 45g chicken, 1 1/2 Tbsp tarator
- tomatoes, in khameer bread
ENFMSAND2 - 23.2\$

Vegetables

- | | | | | |
|--|---|---|---|--|
| 1. Armenian cucumber
- 1, 63g
ENFMVEG9 - 8.6\$ | 6. Cucumber
- 1 medium, 78g
ENFMVEG8 - 9.2\$ | 11. Lemon
- 1 slice, 8cm dia.
ENFMVEG30 - 6.9\$ | 15. Onion, raw
- 1 slice, 8cm dia.
ENFMVEG20 - 5.4\$ | 19. Tomato, raw
- 1 slice, 7cm dia.
ENFMVEG14 - 6.9\$ |
| 2. Beets, cooked
- 1/2 cup - 120ml
ENFMVEG1 - 7.8\$ | 7. Eggplant, raw
- 1, 55g, 9.5cm length
ENFMVEG18 - 9.9\$ | 12. Lettuce, romaine, raw
- medium leaf
ENFMVEG17 - 7.5\$ | 16. Pea pods, raw
- 1/2 cup - 120ml
ENFMVEG7 - 8.2\$ | 20. Tomato, raw, medium
- 7.5 cm dia. - 150g
ENFMVEG3 - 14\$ |
| 3. Broccoli, cooked
- 1 cup - 240ml
ENFMVEG13 - 14.2\$ | 8. Garlic
- 4 cloves (22g)
ENFMVEG10 - 4.2\$ | 13. Mushrooms, fresh
- 2 pieces, 70g (35g each)
ENFMVEG15 - 7.5\$ | 17. Pepper rings
- 3 (red/green/yellow)
ENFMVEG6 - 11\$ | 21. Artichokes, hearts, cooked
- 1/3 cup, 66g, 4 pieces
ENFMVEG5 - 6.2\$ |
| 4. Carrot sticks
- 2 (52g)
ENFMVEG2 - 5.8\$ | 9. Green beans, cooked
- 1/2 cup - 120ml, 60g
ENFMVEG11 - 7.7\$ | 14. Okra, raw
- 1/2 cup, 120ml, 48g
ENFMVEG4 - 7.9\$ | 18. Radish, raw
- 2 medium
ENFMVEG28 - 6.7\$ | 22. Asparagus, spears, cooked
- 1cup, 160g, 9 medium
(15cm long)
ENFMVEG16 - 12.5\$ |
| 5. Cauliflower, raw
- 1/2 cup, 120ml
ENFMVEG26 - 7.5\$ | 10. Green beans, cooked
- 1 cup - 240ml
ENFMVEG12 - 11.9\$ | | | |



Basic Vegetables Kit

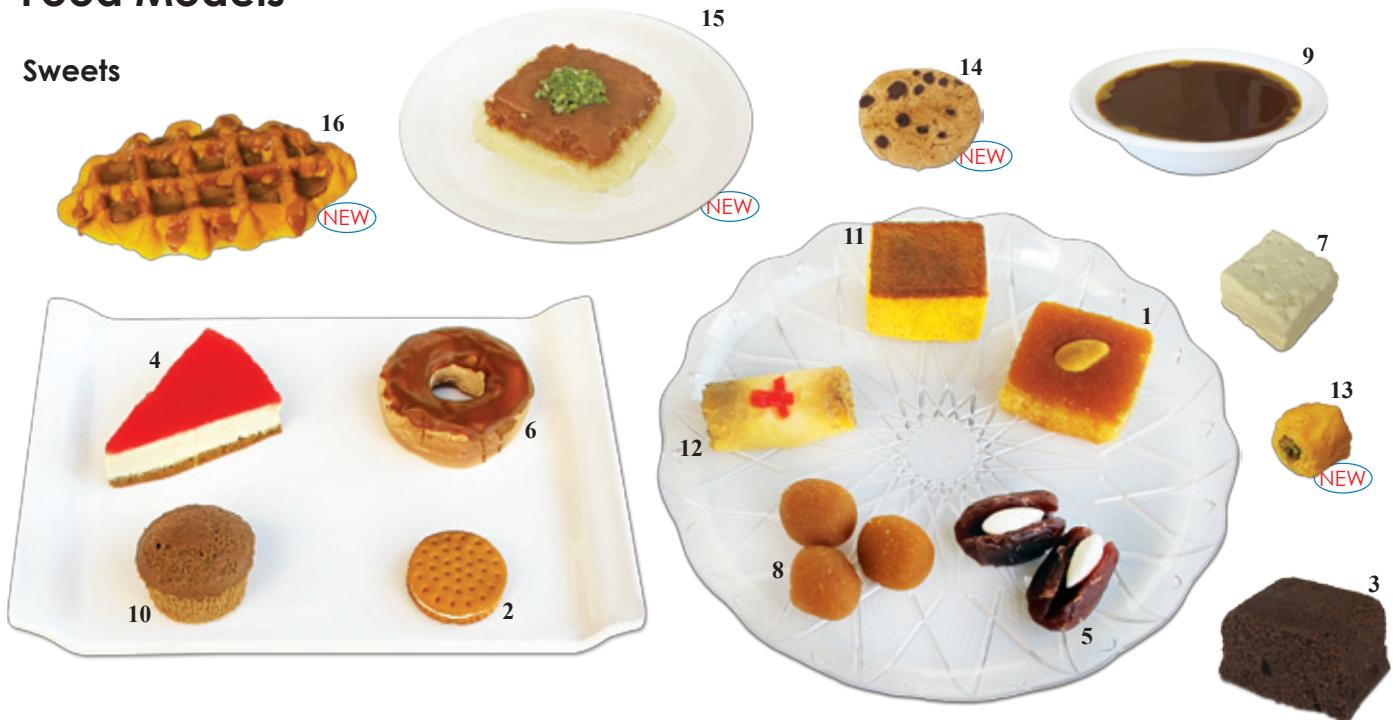
Save
5%

- Tomato, raw, medium, 7.5 cm dia., 150g
 - Pea pods, raw, 1/2 cup - 120ml (8 peas, 25.52g)
 - Cucumber, 1 medium, 78g
 - Garlic, 4 cloves (22g)
 - Radish, raw, 2 medium
 - Broccoli, cooked, 1 cup, 240ml
 - Eggplant, raw, 1, 55g, 9.5cm length



Food Models

Sweets



1. Basbousa (Nammoura)

- 1 piece
- 5.2x5.2x2cm, 60g
ENFMSWE10 - 9.3\$

2. Biscuit with cream

- 1 piece, 5cm dia.
ENFMSWE11 - 6.9\$

3. Cake, Chocolate

- 1 slice, 80g
- 6.5x4.5x3.7cm
ENFMSWE19 - 8.4\$

4. Cheesecake

- 1 slice
- 22cm dia. - 1/8, 130g
ENFMSWE22 - 16.1\$

5. Dates with almonds

- 2 dates (20g) with 2 almonds (4g both)
ENFMSWE8 - 6.9\$

6. Doughnut, chocolate glazed

- 1 piece, 7.5cm dia.
ENFMSWE20 - 12.5\$

7. Halawi

- 1 slice, 30g
ENFMSWE6 - 5.5\$

8. Lugaimat

- 3 pieces, 42g
- each: 2.6cm dia., 14g
ENFMSWE13 - 5.9\$

9. Molasses (carob) with Tahini in melamine bowl

- 120ml (50ml Tahini/70ml Molasses)
ENFMSWE16 - 12.5\$

10. Muffin, plain

- 1 piece, 85g
- 5.5cm diax4cm
ENFMSWE21 - 6.9\$

11. Sfouf

- 1 piece, 5x4x3cm, 45g
ENFMSWE5 - 9.8\$

12. Znood el sitt

- 1 piece - 28g
ENFMSWE14 - 14.8\$

13. Baklava, Kol wa Shkor, with pistachio

- 1 piece, 17g
ENFMSWE9 - 6.7\$

14. Cookies, chocolate chip

- 1 piece, 32g
- 6.5cm dia.
ENFMSWE12 - 5.2\$

15. Knafeh b jibn, sugar syrup, in melanine plate

- 1 slice, 8x8x2cm, 110g
ENFMSWE15 - 19\$

16. Waffle, with chocolate

- 80g dough, 30g chocolate
ENFMSWE18 - 16.3\$

Sugars

1. Honey

- 1tsp, 5g
ENFMSUG3 - 4.5\$

2. Jam, apricot

- 1 Tbsp, 15g
ENFMSUG2 - 5.4\$

3. Molasses, Dates, in melamine bowl

- 120ml
ENFMSUG1 - 12.5\$

4. Molasses, Grapes

- 1tsp, 5g
ENFMSUG4 - 4.5\$



Ice Cream

1. Soft serve, chocolate, with cake cone

- 116g (1/2 cup) soft serve
- 6g cake cone
ENFMICECR1 - 12.9\$



2. Ice cream, vanilla

- 1 small scoop
- 5cm dia. - 33g
ENFMSWE1 - 5.9\$



3. Ice cream, chocolate

- 1 small scoop
- 5cm dia. - 33g
ENFMSWE2 - 5.9\$



Food Models

Chocolate

1. Chocolate bar (milk)
- 45g
ENFMSWE3 - 6.1\$

2. Chocolate spread
- 1 Tbsp - 15ml
ENFMSWE7 - 3.9\$

3. Chocolate, dark
- 1 piece, 4.7x4x0.4cm, 10g
ENFMCHOC1 - 3.4\$

4. Chocolate-coated marshmallow treat
- 22g
ENFMSWE4 - 6.5\$



Non Alcoholic Drinks - Juices

1. Orange juice, fresh
- 1/2 cup - 120ml
ENFMFRU10 - 9.2\$

2. Orange juice, fresh
- 1 cup - 240ml
ENFMFRU41 - 12.8\$

3. Soft drink, in polycarbonate tumbler
- 330ml
ENFMDR15 - 29\$

Coffees and Teas

1. Tea black, in mug
- 180ml
ENFMCOFFE2 - 17.8\$

2. Tea, with milk, in mug
- 180ml
ENFMCOFFE1 - 17.8\$

3. Turkish coffee, in porcelain cup
- 40ml
ENFMDR16 - 5.5\$



Alcoholic Drinks

1. Arak in polycarbonate tumbler
- (30ml) diluted in 60ml of water (90ml)
ENFMDR14 - 13\$

2. Beer, in glass mug
- 330ml
ENFMDR11 - 28\$

3. Champagne, in glass flute
- 120ml
ENFMDR10 - 22\$

4. Spirit in polycarbonate shot
- 30ml
ENFMDR19 - 7.3\$

5. Whiskey, in glass tumbler
- 40ml
ENFMDR13 - 17.6\$

6. Wine, red, in glass goblet
- 120ml
ENFMDR12 - 23\$

Alcohol Kit

- Beer, 330ml
 - Wine, 120ml
 - Whiskey, 40ml
 - Arak (30ml) diluted
 - Spirit, 30ml
 - Champagne, 120ml
- ENFMKITAL001 - 110.9 → 94\$**

Save
15%



Food Models/ Kits

Food Models Combo Kit

Benefit and save a lot by buying this kit of 162 food models. It contains a big number of food models for optimal portion size education and display. This Kit groups the food models found in ENFMKIT001, ENFMKIT002, ENFMKIT003, ENFMKIT004, and ENFMKIT005 (illustrated on this page and the next one).

COMBOKIT - ~~1378.5~~ → 964.95\$ **Save 30%**

Food Models Kit 1

The basic food model kit for your clinic

The kit comprises 17 items

- Bread, 15g
- Toast, 3 (11g)
- Rice, 1/3 cup
- Potato, mashed, 90g
- Beef, steak, 60g
- Fish stick, 28g
- Chicken, 30g
- Cashews, 4 (12g)
- Olives, 9 (33g)
- Honey, 1 tsp
- Labneh, 3Tbsp
- Carrot sticks, 2 (52g)
- Green beans, 1 cup
- Red beans, 1/2 cup
- Banana, 60g
- Apricots, 3 (26g)
- Cheese, cheddar, 30g

ENFMKIT001 - ~~110.6~~ → 106.18\$



Save 4%



Save 6%

Food Models Kit 2

A kit of 25 food models

- White toast, 15g
- Brown toast, 15g
- Bread, 15g
- Moghrabiye, 1/2 cup
- Spaghetti, 1/2 cup
- Brown rice, 1/2 cup
- Baked potato, 160g
- Beef steak, 120g
- Turkey, 30g
- Armenian cucumber, 63g
- Garlic, 22g
- Radish, 2
- Thyme in olive oil, 1tsp
- Tuna, 30g
- Egg, 60g
- Chicken breast, 60g
- Apple, 180g
- Mango, 100g
- Raisins, 2Tbsp
- Dates, dried, 2 (20g)
- Milk, 1 cup
- Cheese, Akkawi, 30g
- Almonds, 6 (11g)
- Caesar dressing, 1Tbsp
- Biscuit with cream

ENFMKIT002 - ~~184.8~~ → 173.71\$

Food Models Kit 3

A kit comprising 30 food models

- White toast, 3 (14g)
- Sandwich, 30g
- Kaak, 3 (24g)
- Bread, 1/4 loaf
- Corn, 1/2 cup
- Rice, 1 cup
- French fries, 40g
- Burger meat, 60g
- Beef steak, 90g
- Sardine, 30g
- Egg, 1/2
- Chicken breast, 120g
- Shanklish, 30g
- Beets, 1/2 cup
- Tomato, 150g
- Cucumber, 78g
- Broccoli, 1 cup
- Thyme in olive oil, 1Tbsp
- Olive oil, 1tsp
- Ice cream, 33g
- Doughnut

ENFMKIT003 - ~~265.5~~ → 244.26\$

Save 8%



Food Models/ Kits

Food Models Kit 4

A kit of 40 food models

- Burger bun, 60g
- kaak, 24g
- Sandwich, 30g
- Toast, 30g
- Pain au lait, 30g
- Bread, 30g
- Brown rice, 1/3 cup
- Corn cob, 1/2
- Corn flakes, 1/2 cup
- Spaghetti, 1 cup
- Beef steak, 30g
- Burger meat, 90g
- Beef steak, 180g
- Fish fillet, 60g
- Loquat, 2 (70g)
- Orange juice, 1 cup
- Cheddar cheese, 60g
- Halloum cheese, 30g
- Karishe, 2.5Tbsp, 40g
- Milk, 1 1/2 cups
- Ice cream, vanilla, 33g
- Chocolate bar, 45g

ENFMKIT004 - 350.9 → 308.79\$ **Save 12%**



Save
16%

Food Models Kit 5

A kit of 50 food models

- Beans, white, 1 cup
- Beef, lean, grilled, 30g
- Hot dog, 29g
- Beef, raw, 129g
- Kebab, grilled, 50g
- Peanut butter, 10g
- Chicken, drumstick, 88g
- Shawarma, chicken, 60g
- Fish fillet, hamour, 120g
- Kaak, small round, 12g
- Corn flakes, 1 cup
- Bread, whole, 30g
- Toast, hard, white, 13g
- Pasta, Penné, 1/2 cup
- Chestnut, 2, 24g
- Potato, boiled, 96g
- Rice cake, 11g
- Milk, Whole, 1/2 cup
- Cheese, Parmesan, 90g
- Cheese, Feta, 60g
- Labneh, whole, 180g
- Cherries, 17 (80g)
- Apple, yellow, 120g
- Watermelon, 200g
- Strawberries, 95g
- Ketchup, 45ml

ENFMKIT005 - 466.7 → 392\$



Healthy 1500 Calorie Kit

Help your patients visualize the different food options they can have in a 1500 calorie diet made of 16 food models. Communicate with them the importance of healthy choices with these hand-made 3D models. Options for 3 main meals and 2 snacks are presented.

Breakfast (307 Cal)

- Toast, soft, brown, 15g
- Toast, hard, brown, 13g
- Cheese, Akkawi, 30g
- Cheese, Halloum, 30g
- Tea, black, 180ml
- Olives, black, 33g

Snack1 (59 Cal)

- Nectarine, medium, 135g

Lunch (618 Cal)

- Kabsa (meat and rice)

KITHEAL1500 - 185.8 → 174.65\$

Snack2 (196 Cal)

- Plums, 135g
- Yogurt, plain, 240ml
- Cucumber, 78g
- Garlic, 22g

Dinner (320 Cal)

- Fish, grilled, 130g
- Lemon, slice
- Orange juice, 120ml
- Spaghetti, brown, 120ml

Save 6%



Food Models/ Kits

Healthy 2000 Calorie Kit

Preparing a diet has never been easier! Turn the diet papers into live 3D food items and clearly explain about healthy portion options and sizes. Communicate with your patients the importance of healthy choices with these hand-made, beautiful and varied 3D models. Options for 3 main meals and 2 snacks that can make up a 2000 Calorie Diet are presented. A kit of 26 food models.

Buy it with the Unhealthy 2000 Calorie Kit and compare the quality of the food choices.

Breakfast (534 Cal)

- Milk, 240ml
- Bread, whole grain, 30g
- Sandwich, whole grain, 30g
- Cucumber, 78g
- Olive oil, 15ml
- Labneh, 6 Tbsp

Snack1 (150 Cal)

- Almonds, 6
- Walnuts, 3 halves
- Raisins, 20g

Lunch (598 Cal)

- Beef, lean, 60g
- Chicken, taouk, 90g
- Potato, baked, 160g
- Hummus, 5 Tbsp

KITHEAL2000 - 239.1 → 217.58\$

Dinner (240 Cal)

- Rice, brown, 120ml
- Beans, red, 120ml
- Tomato, 150g

Salad & Juice (338 Cal)

- Cheese, Feta, 60g
- Lettuce, romaine
- Onion, 1 slice
- Broccoli, 240ml
- Tomato, slice, 25g
- Mushrooms, 70g
- Lemon - mustard, 45ml
- Orange juice, 240ml

Snack2 (140 Cal)

- Cereal bar, 27g
- Apricots, 125g

Save 9%



Save 6%



Unhealthy 2000 Calorie Kit

Avoid this and avoid that... Show your patients what foods to avoid with this kit of hand-made unhealthy food choice models. Options for 3 main meals and 2 snacks are presented. A kit of 13 food models.

Breakfast (255 Cal)

- Manoushe, 1 slice
- Lahm baajin, 1 slice
- Turkish coffee, 40ml

Snack1 (194 Cal)

- Doughnut, 1 piece

Snack2 (235 Cal)

- Halawi, 30g
- Bread, white, 30g

KITUNHE2000 - 172.7 → 162.34\$

Lunch (720 Cal)

- Hamburger bun, 60g
- Hamburger meat, 90g
- French fries, 40g
- Cocktail sauce, 45ml
- Soft drink, 330ml

Snack 3 (196 Cal)

Mixed nuts

Dinner (400 Cal)

- Shawarma, meat, sandwich

Gulf Food Kit 1

The NUMED Gulf food kit encompasses 38 food items highly consumed in the Gulf region

- Tameez bread, 60g
- Bread, Samoon, 56g
- Bread, khameer, 30g
- Rice, white, 120ml
- Potato, boiled, 96g
- Lentils, cooked, 120ml
- Beans, Fava, 120ml
- Egg, hard-boiled, 30g
- Beef, lean, grilled, 60g
- Kebab, grilled, 50g
- Chicken, taouk, 90g
- Shawarma, chicken, 60g
- Fish fillet, hamour, 120g
- Orange juice, 120ml
- Banana, 120g
- Mango, cubes, 100g
- Dates, raw, 155g
- Tomato, raw, 1 slice
- Fatayer, 1, 7cm, 15g
- Sambousek, 16g
- Humus, home-made
- Kabsa, chicken
- Harees, 300g
- Cheese, Akkawi, 30g
- Milk, Camel, 240ml
- Labneh, whole, 6 Tbsp
- Shawarma, meat, sandwich
- Basbousa (Nammoura), 60g
- Halawi, 30g
- Sfouf, 45g
- Lugaimat
- Molasses, Dates, 120ml
- Mixed nuts
- Walnuts, raw, 3 halves
- Olives black, 9 medium
- Tea, with milk, 180ml
- Warak Arish, 15g
- Kebbe mehshiyyeh, 38g

GULFKIT1 - 418.5 → 355.72\$

Save 15%



Nutrition Education

أنواع الحصص وعددها في الطعام المعروض	
عدد الحصص	العناصر الغذائية الكبرى في الحصة الواحدة
١٣٤	نشويات (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
*	فلا كوكا (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
*	فلا خضار (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
	بروتين
٠٠٢٥	فليفة جذاذ بالدهون (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
*	فليفة الدافعون (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
*	متوسطة الدافعون (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
*	غنية بالدهون (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
	الحليب ومشتقاته
*	سائل من القسم (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
*	سائل من القسم (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
*	كامل من القسم (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
*	كامل من القسم (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)
*	مسكر (٦ غ)، بروتين (٤ غ)، دهون (٢٧ غ)، سكرين (٢٥ غ)، ماء (٣٨ غ)

وحدة حرارية، غ = غرام، مل = ملليغرام

ن = نشیفات،



فاصوليا، عريضة، مطبوخة

2017-09-13

القلي ١٤

مختصر جمهوری

Food Models Cards

- Nutrition data is now a card away! These food model cards can make your career and life easier and your diet prescription clearer
 - Very informative educational tools that provide key nutritional information for each of our food models regarding food sizes, proper menu planning, food label and exchanges
 - For each food item are displayed: its picture, its nutrition facts, its number of exchanges and if it's a good source/rich in or high in the most common nutrients
 - Years of scientific, reliable research have led to the development of a unique and exclusive database for these NUMED cards
 - Color-coded for each food group
 - Targeted population: adults and adolescents
 - Can be used in any nutrition and health education settings (clinics, universities, hospitals, etc.)
 - Can be used in community education and dietary assessment campaigns
 - Cards: high quality 2-sided printing - Laminated
 - These cards come in a transparent handmade Plexiglas box making it an appealing and elegant decorative display for your desk
 - Cards dimensions: 15x10cm



Food Models Cards - Pack 1

- This pack contains around 140 cards for the following food model groups: Proteins, Milk and Cheeses, Vegetables, Beverages, and Combination Foods

► Arabic - ENFMCARPA1A

► English - ENFMCARPA1E

Price: 89\$



Food Models Cards - Pack 2

- This pack contains around 140 cards for the following food model groups: Grains, Fruits, Fats, Oils and Condiments, and Desserts

► Arabic - ENFMCARPA2A

► English - ENFMCARPA2E

Price: 89\$



Nutrition Education

MyPyramid Life Cycle Folding

- NUMED's MyPyramid life cycle folding shows the MyPyramid recommendations for a healthy population
- It shows in a colorful appealing display the recommendations for three populations throughout the life cycle: children, adults and pregnant women
- Ideal for display in any clinic or health center
- Made of high quality material and excellent finishing
- Easily foldable for transportation
- Dimensions: 137cm x 61cm
- Arabic - ENF003A
- English - ENF003E

Price: 100\$



Nutrients ID Guide Folding

- This folding describes the basic nutrients in food and shows their functions in the body as well as their dietary sources
- Appealing pictures visualize clearly the food sources focusing on the ones consumed in the Middle East
- An excellent display on any flat surface to increase public awareness regarding nutrition
- Made of high quality material and excellent finishing
- Easily foldable for transportation
- Dimensions: 137cm x 61cm
- Arabic - ENF004A
- English - ENF004E

Price: 100\$

What You Should Know about Nutrition Folding

- An excellent educational tool from NUMED with the perfect display at your premises
- It explains in a colorful appealing design the healthy way to eat and the best choices of food to consume
- It covers the different food groups and their importance in the diet, as well as the role of the different elements in a healthy diet: calories, proteins, sugars, fats, fibers, etc.
- It increases awareness regarding how to read food labels
- An excellent display on any flat surface to increase public awareness regarding nutrition
- Made of high quality material and excellent finishing
- Easily foldable for transportation
- Dimensions: 137cm x 61cm
- Arabic - ENF006A
- English - ENF006E

Price: 100\$



Portion Option Poster

- An educational poster showing our choice of the eventual quantity of food we choose to eat at each meal
- It raises awareness on our underestimation of the calories we consume and the risk of weight gain it might generate on the long term
- It compares, for each food item consumed in a typical Mediterranean meal, the difference in calorie content when big portions are selected (800 Kcals versus 1600 Kcals of total intake)
- Targeted population: adults, adolescents and children
- High quality print - Laminated
- Dimensions: 63 x 84cm(M)
- Arabic - ENP2AM
- French - ENP2FM
- English - ENP2EM

Price: 25\$

Find Balance between Food & Physical Activity Poster

- This poster shows MyPyramid recommendations adapted to food consumed in the Middle East
- Targeted population: adults and adolescents
- High quality print - Laminated
- Dimensions: 45 x 60cm(S) or 63 x 84cm(M)
- Arabic - ENP1AS - ENP1AM
- French - ENP1FS
- English - ENP1ES

Price: 16\$ (S) - 25\$ (M)



Nutrition Education

Act on Fat Poster

- A valuable educational poster on fat quantity/quality in regional foods
- It visualizes fat content in foods: Low-fat foods from the different food groups are shown on a light orange background
- Moderate and high fat foods are shown on progressively darker red backgrounds depending on their content of monounsaturated, polyunsaturated, saturated and trans fatty acids
- Therefore, foods chosen should be decreased as we go from top to bottom and from left to right in this poster
- High quality print - Laminated
- Dimensions: 63 x 84cm(M)
- Arabic - ENP7AM
- English - ENP7EM

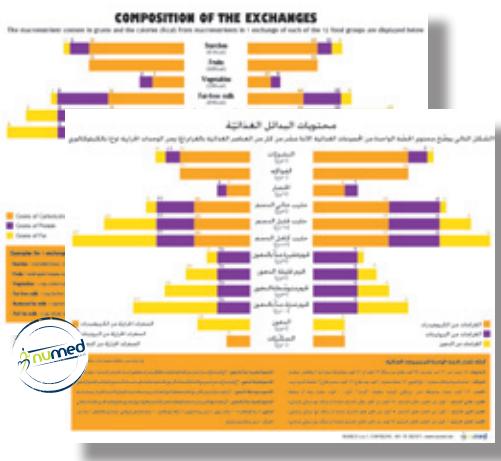
Price: 25\$



MyPlate Poster

- A very informative poster from NUMED showing the USDA recommendations regarding food intake, food groups etc.
- Very appealing colored display of the MyPlate.gov with pictures of foods in each group as well as the number of equivalents from each group
- It explains what each individual should consume depending on his total energy expenditure
- High quality print - Laminated
- Dimensions: 63 x 84cm(M)
- Arabic - ENP15AM
- French - ENP15FM
- English - ENP15EM

Price: 25\$



MyPlate, Your Diet Aid Handout

- An exclusive educational handout from NUMED
- This handout is an extremely valuable tool for anyone wanting to follow a well-balanced diet
- It shows on the front the new "MyPlate" food groups and the number of equivalents recommended based on daily calorie needs. On the back it shows foods forming each group and what is considered an exchange with pictures showing usual home items illustrating the different portion sizes
- Pack of 50 handouts
- 2-sided printing on high quality glossy paper
- Dimensions: 21cm x 28.5cm
- Arabic - ENH003A
- English - ENH003E

Price: 17.27\$



The Mediterranean Plate Poster

- This poster visually classifies the different Mediterranean foods, showing them on a plate-like display
- It provides also description of the content of one exchange and portion in each of these groups: calorie equivalent and macronutrient content
- High quality print - Laminated
- Dimensions: 63 x 84cm(M)
- Arabic - ENP3AM
- French - ENP3FM
- English - ENP3EM

Price: 25\$



Composition of the Exchanges Poster

- This poster can teach about exchanges
- The macronutrient content and calorie contribution of macronutrients is clearly displayed in a colorful design
- Targeted population: adults and adolescents
- High quality print - Laminated
- Dimensions: 45x60cm(S)
- Arabic - ENP002AS
- English - ENP002ES

Price: 16\$



Nutrition Education

Middle East Visual Food Guide Poster

- An exclusive and unique scientific poster developed by NUMED
 - This poster shows more than 333 food items consumed in the Middle East area
 - These foods are grouped in 10 major categories: Cereals, Legumes, Fruits (monounsaturated, polyunsaturated, saturated), Milk (low, medium and high fat), Meats (very lean, lean, medium, high and very high fat), Main Mediterranean dishes, Sweets, Alcohol and Sugars
 - This poster provides an excellent guide for portions of each food and category: each food is weighed, photographed and shown with its correspondent portion size and calorie content. All data are based on scientific books and articles
 - It is the ultimate mixture of Nutrition science, graphic design and photography
 - Targeted population: adults, adolescents and children
 - High quality print - Laminated
 - Dimensions: 34 x 45cm(XS), 45 x 60cm(S), 66 x 88cm(M), 111 x 148cm(XL), 250 x 300cm(XXL)

- Arabic - ENP4AXS - 8\$ - ENP4AS - 20\$ - ENP4AM - 30\$
- English - ENP4EXS - 8\$ - ENP4ES - 20\$ - ENP4EM - 30\$

It can be purchased with
evaluate portion sizes and

Packs of 20, 40 and 80 items (with foam board and double adhesive tape) are available:
► Arabic - ENP4AXSP20 - 145.45\$ - ENP4AXSP40 - 254.54\$ - ENP4AXSP80 - 436.36\$
► English - ENP4EXSP20 - 145.45\$ - ENP4EXSP40 - 254.54\$ - ENP4EXSP80 - 436.36\$



The image shows the front cover of a book titled "Macronutrients" in English and "صر القيادي الكبير" in Arabic. The author's name, "Dr. سمية الخطيب", is also present. The cover features a colorful design with various food items like fruits, vegetables, and grains arranged in a grid. The publisher's logo, "nurned", is in the top right corner.

Macronutrients Poster

- This poster introduces the 3 major macronutrients: carbohydrates, fats and proteins. It shows their food sources as well as their functions in the body
 - Foods rich in each of these nutrients are clearly shown to provide education about foods to be chosen in order to cover our need
 - High quality print - Laminated
 - Dimensions: 45 x 60cm(S)
 - Arabic - **ENP9AS**
 - English - **ENP9ES**

Vitamins Poster

- This poster introduces liposoluble and hydrosoluble vitamins. It shows their food sources as well as their functions in the body
 - Foods rich in each of these vitamins are shown and provided as a visual guide to understand food choices to cover our needs
 - High quality print - Laminated
 - Dimensions: 45 x 60cm(\$)
 - Arabic - **ENP10AS**
 - English - **ENP10ES**

Minerals Poster

- This poster introduces minerals. It shows their food sources as well as their functions in the body
 - Foods rich in each of these minerals are shown and provided as a visual guide to understand food choices to cover our needs
 - High quality print - Laminated
 - Dimensions: 45 x 60cm (\$)
 - Arabic - **ENP11AS**
 - English - **ENP11ES**

What You Should Know about Food Groups Poster

- This poster emphasizes on the different food groups and the MyPlate, stressing on the consumption of each of these food groups
 - The importance of physical activity is highlighted: energy expenditure of multiple physical activities is shown
 - High quality print - Laminated
 - Dimensions: 45 x 60cm(S)
 - Arabic - ENP16AS
 - English - ENP16ES

Nutrition Education



What You Should Know about Healthy Diets Poster

- 10 guidelines of good eating habits provided by the USDA MyPlate are shown
- Cooking temperatures and food storage advices are also given to prevent foodborne diseases and microbes
- High quality print - Laminated
- Dimensions: 45 x 60cm(S)
- Arabic - [ENP17AS](#)
- English - [ENP17ES](#)

Price: 16\$



What You Should Know about Food Labels Poster

- Food label for Tahini is given as an example to explain how to read, understand and analyze food labels
- This poster is a helpful tool to make the healthy choice for food we buy and consume
- High quality print - Laminated
- Dimensions: 45 x 60cm(S)
- Arabic - [ENP18AS](#)
- English - [ENP18ES](#)

Price: 16\$



Visualize Your Portion Plate

- A 3-D display showing seven basic portion sizes on a plexi plate: 1 cup, 1/2 cup, 1/3 cup, 1 Tbsp, 30g, 90g, 150g
- The ReplicAlive visuals reflect accurately the volume of the portions they represent
- The models are made of soft plastic making them safe to use by children
- This colorful display serves as a strong educational tool for portion understanding
- Suitable for any medical (hospitals, etc.), clinical (medical and nutrition clinics, etc.) and educational (schools, universities, etc.) setting
- Made of high quality material
- Arabic - [END004A](#)
- English - [END004E](#)

Price: 63\$

ENFP001- NUMED 3-D Pyramid



- NUMED's 3-Dimensional food pyramid is our custom made food pyramid respecting the USDA food intake recommendations (MyPyramid)
- Made of high quality and resistant plexi artwork
- Colored for the 6 food groups in the exact proportions and colors of the USDA MyPyramid standards with vinyl and special material
- Dismountable: can be totally collapsed for easy transportation, exportation and storage
- Can host more than 40 food replicas visible through its open front and lateral transparent walls
- Dimensions: Base (62cm x 52cm) - Height (51cm)

Price: 260\$



3-D MyPlate



- A unique hand-made MyPlate transparent Plexiglas display from NUMED with excellent finishing and quality
- It reflects the USDA MyPlate.gov recommendations in a 3-D display
- Made of 3 plate levels: the first showing the MyPlate.gov printed graphic and the 2 upper ones harbor a separate MyPlate plate
- NUMED food models can be displayed for best educational and decorative purposes: the first plate will show multiple examples of foods in each group, as for the 2 upper plates, one can visualize typical balanced meals
- Dimensions: Base (56cm x 51cm) - Height (38cm)

- Arabic - [ENDP001A](#)
- English - [ENDP001E](#)

Price: 260\$



Buy it with our food models to make the perfect display for your clinic or health care institution!

Not only is it appealing, but it also is a handy educational tool to help explain food groups and portion sizes.

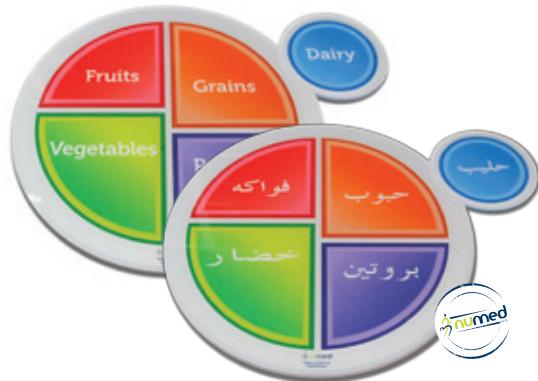


Nutrition Education

MyPlate Plexi Plate

- A simple and valuable display reflecting the USDA nutrition recommendations
- MyPlate is shown as a simple and single Plexiglas artwork
- Ideal display for patient education and clinic and center identity: could hold up to 14 food items of the different groups
- A valuable tool to show different meal options for your patient
- Small dimensions (17cm dia. for the large plate) make it convenient for consultation desks, etc.
- Arabic - [ENDP003A](#)
- English - [ENDP003E](#)

Price: 22.72\$



4-Sided Pyramid - MyPlate

- A unique 4-sided cartoon pyramid showing the USDA MyPlate nutrition Guidelines as well as food groups
- An emphasis on physical activity is done
- Also covers on one side making smart choices from the food groups, reading the Nutrition Facts label, and safe food temperatures
- Excellent educational display for clinics, universities, hospitals, etc.
- Foldable for ease of transportation
- Arabic - [ENFP002A](#)
- English - [ENFP002E](#)

Price: 38\$

NUMED-made food tubes provide a valuable 3-D educational tool in nutrition. They consist of visual sets showing the content of different nutrients (fats, sugars, etc.) in selected foods, making them an excellent choice for clinics and educational institutions. They are manufactured with high quality material and excellent finishing. Each set consists of 12 glass tubes with screw caps, a blue carrying case, an appealing Plexiglas stand and an informative tent card visualizing food exposed along with some nutrition facts related to the nutrient indicated.

Price: 76\$



- Maamoul bel joz, Halawet el Jibn, Kors bel tamer, Nammoura, Knefe bel Jeben, Ouwem, Ossmailiyeh, Znooud el Sit, Kolwa shkor, Borma bel fostok, Jazariyah, Osh El Bolbol
- Arabic Language

ENT010- Fat in Sweets - Tubes



- Fatayr, Raka bel Jibne, Falafel, Warak Inab, Baba Ghannouj, Hommos bel Tahine, Sambousek bel jeben, Tabbouleh, Man'oushe (small), Man'oushe (large), Sambousek bel lahem, Fattoush
- Arabic Language

ENT011- Fat in Mezze - Tubes



- Kashta, Labneh (cow), Mozarella cheese, Kishk, Akkawi cheese, Shanklish, "baladiye" cheese, Full fat milk, Kashkawan cheese, Full fat Yogurt, Karishe, Feta cheese
- Arabic Language

ENT012- Fat Dairy - Tubes



- Camembert cheese, Ricotta cheese, Goat cheese, Brie (creamy cheese), soft cheese, Cheddar cheese, Swiss cheese, Roquefort, Gruyere, Parmesan, American cheese, Cheese Cream
- Arabic Language

ENT017- Fat in Dairy 1 - Tubes

Nutrition Education



- Tuna in water, Shrimp, Fish filet, Crab, Egg whites, Fresh salmon, Tuna in oil, Canned sardines, Boiled egg, Mourtadella, Fried egg, Hot dog pork
- Arabic Language

ENT016- Fat in Meat & Substitutes - Tubes



- Chicken skinless, Lean beef, Chicken liver, Taouk chicken, Most beef meat, Turkey, Chicken with skin, Shawarma, Luncheon meat pork, Macanek, Kawarma, Soujouk, Salami
- Arabic Language

ENT018- Fat in Meat & Substitutes 1 - Tubes



- Mouloukhieh, Roz Aa Djej, Moujaddara, Yakhnet Fassoulia, Meat Maacaroni, Sheikh el Mehshi, Foul moudammas, Yakhnet el Sabenekh, Batata ma' baid, Shorbet el Keshek, Siyadiyah, kebbet Ghanam
- Arabic Language

ENT013- Fat in Dishes - Tubes



- Yakhnet el Batata, Laban emmo, Yakhnet el Bazella, Makloube, Yakhnet el bamiyah, Herisse, Kebbet batata, Roz be'dfin, Yakhnet fassolia, Yakhnet el khoudar, Cheese macaroni, Shorbet Adas
- Arabic Language

ENT014- Fat in Dishes 1 - Tubes



Daily Life Portion Visuals

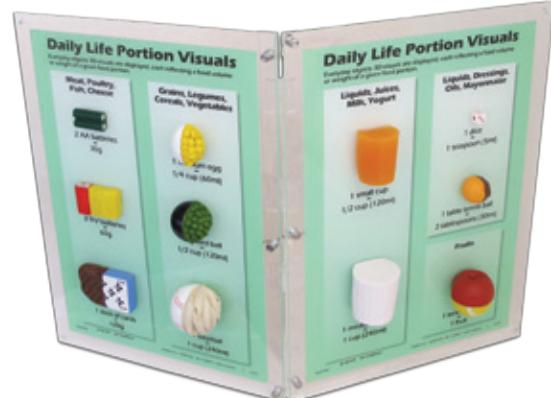


- This appealing NUMED handmade colorful 3-D display can easily teach about portion sizes by relating common portion sizes to daily life objects
- Displays 11 portion sizes: 30g, 60g, 120g, 1/4 cup, 1/2 cup and 1 cup for non-liquid food, and 1/2 cup and 1 cup for liquid food, 1 teaspoon, 2 Tablespoons, and 1 fruit
- Suitable for any medical (hospitals, etc.), clinical (medical and nutrition clinics, etc.) and educational (schools, universities, etc.) setting
- Made of high quality material: printed posters, 3-D handcrafted resin ReplicAlive models, and transparent Plexiglas
- Dimensions of each one of the 2 parts (separate): Height (55cm) x Length (40cm)
- Dimensions of the 2 parts joined (Wall-mounted or joined to make a folding): Height (55cm) x Length (80cm)
- Versatility and elegance of display: 1) Wall-mount: the 2 parts can be separate or adjacent, 2) Folded: the parts are screwed with a third acrylic part (provided) to become foldable and be displayed on any horizontal support

► Arabic - [END001A](#)

► English - [END001E](#)

Price: 290\$



Obesity/Overweight



Obesity and Overweight Folding

- This folding defines obesity and overweight, highlighting on the different types of obesity, its risk factors, modalities of treatment as well as factors determining body weight
 - Ideal for display in any clinic or health center
 - Made of high quality material and excellent finishing
 - Easily foldable for transportation
 - Dimensions: 137cm x 61cm
- Arabic - EOF002A
► English - EOF002E
- Price: 100\$**



What You Should Know about Obesity Poster

- This poster defines obesity and overweight. It shows the difference between overfatness, excess weight and BMI, their predisposing factors as well as the differences between men and women regarding the types of obesity
 - High quality print - Laminated
 - Dimensions: 45 x 60cm(\$)
- Arabic - EOP002AS
► English - EOP002ES
- Price: 16\$**



Consequences of Obesity Poster

- This poster shows the medical consequences and complications of obesity
 - It emphasizes on the different organs and systems affected by excess fatness through expressive pictures and descriptions
 - High quality print - Laminated
 - Dimensions: 45 x 60cm(\$)
- Arabic - EOP003AS
► English - EOP003ES
- Price: 16\$**



Treatment of Obesity Poster

- This poster shows the different therapeutic modalities of obesity
 - It emphasizes on diet prescription and physical activity and shows the place of psychotherapy, medications and surgery in the management of overweight and obese patients
 - High quality print - Laminated
 - Dimensions: 45 x 60cm(\$)
- Arabic - EOP004AS
► English - EOP004ES
- Price: 16\$**



Obesity and BMI Handout

- This educational handout defines obesity and overweight highlighting on the different types of obesity, its risk factors, and modalities of treatment
 - Allows you to calculate your own BMI and classifies the different BMI ranges
 - It is a very important tool to distribute for obesity awareness
 - A pack of 50 handouts
 - 2-sided printing on high quality glossy paper
 - Dimensions: 28cmx21.5cm
- Arabic - EOH001A
► English - EOH001E
- Price: 17.27\$**



Health Risks of Obesity 3-D Display

- A NUMED hand-made 3-D display showing the consequences of obesity on different organs and systems in the body
 - Each organ affected by obesity is shown in 3-Dimensions and colored with emphasis on the corresponding diseases
 - Suitable for any medical (hospitals, etc.), clinical (medical and nutrition clinics, etc.) and educational (schools, universities, etc.) setting
 - Made of high quality material: printed posters, 3-D handcrafted resin ReplicAlive models, and transparent Plexiglas
 - Dimensions of each one of the 2 parts (separate): Height (55cm) x Length (40cm)
 - Dimensions of the 2 parts joined (Wall-mounted or joined to make a folding): Height (55cm) x Length (80cm)
 - Versatility and elegance of display: 1) Wall-mount: the 2 parts can be separate or adjacent, 2) Folded: the parts are screwed with a third acrylic part (provided) to become foldable and be displayed on any horizontal support
 - Dimensions: 87cm x 58cm
- Arabic - EOD002A
► English - EOD002E
- Price: 290\$**

Obesity/Overweight, Alcohol

EOFM005FAT2KG- Anatomical Fat Mass of 2 kg

- A long-lasting plastic ReplicAlive three dimensional representation of a 2 kg mass of anatomical/real fatty tissue



- It represents exactly the volume of 2 kg of fatty tissue, though weight can be higher
- It has the color and the very smooth touch of real fat making it a valuable educational tool for obesity and overweight

Price: 89\$

EOMM002MUS2KG- Anatomical Muscle Mass of 2 kg

- A long-lasting plastic ReplicAlive three dimensional representation of a 2 kg mass of anatomical/real muscle tissue



- It represents almost exactly the volume of 2 kg of muscle

• Note that this muscle mass volume has been slightly decreased for a more visual significance in the difference between muscle and fatty tissue volumes

- It has the color and smooth touch of real muscle, an important and noble tissue in humans that increases with physical activity

• Fat occupies an 18% bigger volume for the same weight of muscle

Price: 84\$

EOMM001MUS0.5KG- Muscle Mass of 0.5 kg

- A long-lasting plastic ReplicAlive three dimensional representation of a 0.5 kg mass of schematic muscle tissue



- It represents almost exactly the volume of 0.5 kg of muscle

• Note that this muscle mass volume has been slightly decreased for a more visual significance in the difference between muscle and fatty tissue volumes

- It has the color and smooth touch of real muscle, an important and noble tissue in humans that increases with physical activity

• Fat occupies an 18% bigger volume for the same weight of muscle

Price: 32\$

EOFM005FAT0.5KG- Fat Mass of 0.5 kg

- A long-lasting plastic ReplicAlive three dimensional representation of a 0.5 kg mass of schematic fatty tissue



- It represents exactly the volume of 0.5 kg of fatty tissue, though weight can be higher

- It has the color and the very smooth touch of real fat making it a valuable educational tool for obesity and overweight

• Fat occupies an 18% bigger volume for the same weight of muscle

Price: 34\$



EADD002- The Consequences of Alcohol Abuse 3-D Display

- This 3-D display shows many of the physical consequences of alcohol abuse
- Permanently mounted, life-size, handpainted, accurate models are exposed
- Each model is described in easy-to-understand terms
- Display is contained within its own sturdy carrying case
- Dimensions: 28" x 27"

Price: 499\$

ENA001- Heavy Drinking: How Alcohol's Calories Add Up Display

- Alcohol drinks can have a major impact on your diet and this display explains just how much
- The six glasses in the display are labeled to show how many calories are in popular alcohol drinks and how many of those calories come from carbohydrates and alcohol
- Included tent card explains how alcohol drinks can have as many calories as common foods and how quickly alcohol calories can add up while enjoying a night out or watching football with friends
- Tent card is two-sided and measures 8 1/2" x 11"
- Glasses are 3" in circumference and 6 1/2" tall

Price: 360\$



EAF001- Effects & Hazards of Alcohol Folding

- This folding display graphically depicts the effects alcohol has on the body
- Describes damage to organs and body systems
- Also provides information on alcohol-related health problems, fetal alcohol syndrome, and more
- Made of high quality material
- Easily foldable for transportation

• Dimensions: 58" x 22.5"

Price: 170\$

Heart and Vascular Health, Diabetes

Atherosclerosis Timeline Display

- This NUMED handmade cross-sectional 3-D model of an artery clearly shows the various stages of plaque buildup
 - The interior size of each vessel diminishes, making it easy to explain a process that can eventually result in death
 - Made of high quality material: printed poster, 3-D handcrafted ReplicAlive model, Acrylic stand
 - Dimensions: 26cmx26cm
 - Arabic - **EHD001A**
► English - **EHD001E**
- Price:** 75\$



Your Heart Disease Risk Display

- This NUMED handmade display helps evaluate the risk for heart disease with an interactive activity
 - Using the most scientific assessment of risk factors, participants can classify their risk level through moving the arrow to the right category
 - This arrow might just save participants' lives by pointing them in the direction of a healthcare professional who can provide them with ways to lower their risk
 - Made of high quality material: printed poster, 3-D handcrafted ReplicAlive model, Acrylic stand
 - Dimensions: 26cmx26cm
 - Arabic - **EHD002A**
► English - **EHD002E**
- Price:** 35\$



- 3 colored posters explaining diabetes are shown on this 3-flap folding
 - 3 themes are developed, respectively: what is diabetes, what are its consequences and what are its treatment modalities
 - Could be wall-mounted or displayed in any health clinic, hospital, etc.
 - Made of high quality material and excellent finishing
 - Easily foldable for transportation
 - Dimensions: 137cm x 61cm
 - Arabic - **EDF001A**
► English - **EDF001E**
- Price:** 100\$



How to Explain Diabetes Poster

- This poster explains diabetes and its different types
 - It emphasizes on predisposing factors related or increasing the risk for this disease
 - A rapid overview of treatment modalities is also made
 - Gestational diabetes is explained as well
 - High quality print - Laminated
 - Dimensions: 45 x 60cm(S)
 - Arabic - **EDP001AS**
► English - **EDP001ES**
- Price:** 16\$



Why Diabetes Is Dangerous Poster

- A visual guide to the effect of diabetes on the different organs in the body
 - Heart, brain, skin and neurologic consequences are graphically shown
 - High quality print - Laminated
 - Dimensions: 45 x 60cm(S)
 - Arabic - **EDP002AS**
► English - **EDP002ES**
- Price:** 16\$

Diabetes, Physical Activity, Tobacco

How to Manage Diabetes Poster

- This poster shows the different treatment modalities for diabetes
- It highlights on the role of nutrition, exercise, oral and insulin treatments in the management of diabetic patients
- High quality print - Laminated
- Dimensions: 45 x 60cm(\$)
- Arabic - **EDP003AS**
- English - **EDP003ES**

Price: 16\$



Physical Activity Folding

- This folding shows benefit of physical activity for different people, it tackles sports nutrition and supplements. It provides general recommendations and guidelines
- Could be wall mounted or displayed in any health care facility to increase public awareness in sports nutrition
- Made of high quality material and excellent finishing
- Easily foldable for transportation
- Dimensions: 137cm x 61cm
- Arabic - **EPAF001A**
- English - **EPAF001E**

Price: 100\$



Benefits of Physical Activity Poster

- This poster shows the benefits of physical activity for different age groups and cases
- High quality print - Laminated
- Dimensions: 45 x 60cm(\$)
- Arabic - **EPAP001AS**
- English - **EPAP001ES**

Price: 16\$

Carb Counting Handout

- An educational handout about diabetes and Carb Counting
- It is a very important tool to learn how to control blood glucose levels by filling your own Diabetes Worksheet
- It features all the information needed for diabetes awareness: How to read the food label; What counts as one Carb Choice; How to build the Diabetes Plate
- A pack of 50 handouts
- 2-sided printing on high quality glossy paper
- Dimensions: 28cm x 21.5cm
- Arabic - **EDH001A**
- English - **EDH001E**

Price: 17.27\$



Supplements, Doping and Physical Activity Poster

- This poster advises cautiousness when choosing to take supplements; it highlights on side effects of supplements and dangers of doping
- High quality print - Laminated
- Dimensions: 45 x 60cm(\$)
- Arabic - **EPAP003AS**
- English - **EPAP003ES**

Price: 16\$



Recommendations for Physical Activity Poster

- A visual guide for everything you need to know about physical activity requirements
- It helps increase knowledge in terms of sports nutrition basics
- High quality print - Laminated
- Dimensions: 45 x 60cm(\$)
- Arabic - **EPAP002AS**
- English - **EPAP002ES**

Price: 16\$



ETD001 - Tobacco Ingredients Display

- The toxic chemicals found in tobacco smoke are more easily remembered by associating them with common and grossly unappealing substances
- This eye-catching, Plexiglas, 3-D display resembles a cigarette yet allows viewers to see what is really inside tobacco smoke
- Comes with a two-sided tent card that can be used by adults or children
- Display measures 24 ¾" x 3 ½"

Price: 180\$

Tobacco, Pregnant Women, Children 6-12 Years



Smoking Really Kills Poster

- This poster allows a clear visual comparison between the body of a non-smoker and that of a smoker
- Displayed are the risks and effects smoking has on the different body organs and tissues
- It also encourages smokers to quit smoking by stating the health benefits of quitting
- High quality print - Laminated
- Dimensions: 45 x 60cm(S)
- Arabic - ETP001AS
- English - ETP001ES

Price: 16\$



Build Your Healthy Plate Handout

- An educational handout for children ages 6 to 12 where they get to draw and color their own healthy choices
- It features all the food groups based on USDA's ChooseMyPlate.gov in a child-oriented display
- It emphasizes on healthy food choices and the importance of physical activity
- A pack of 50 handouts
- 2-sided printing on high quality glossy paper
- Dimensions: 21cm x 28.5cm
- Arabic - ECH001A
- French - ECH001F
- English - ECH001E

Price: 17.27\$



Get to Know Your Healthy Plate Poster

- An educational poster that features all the food groups based on USDA's ChooseMyPlate.gov in a child-oriented display
- It emphasizes healthy food choices and physical activity
- Targeted population: children 6-12 years
- High quality print - Laminated
- Dimensions: 63 x 84cm(M)
- Arabic - ECP001AM
- French - ECP001FM
- English - ECP001EM

Price: 25\$

Healthy Lifestyle for Kids Poster

- A visual educational tool for children and infants
- In a clipart-picture appealing display, animated by multiple physical activities, one can learn the different food groups and the amounts that should be consumed
- Excellent for schools and educational centers
- High quality print - Laminated
- Dimensions: 45 x 60cm(S)
- Arabic - ENP5AS
- French - ENP5FS
- English - ENP5ES

Price: 16\$



Pregnant Food Guide Poster

- This colorful poster from NUMED shows the dietary guidelines for pregnant women
- Recommendations are based on "MyPyramid" developed by the USDA
- It shows foods consumed in the Middle East and their advised quantities for this population
- Valuable display for health clinics, diet centers, hospitals and many others
- High quality print - Laminated
- Dimensions: 45 x 60cm(S)
- Arabic - ENP8AS
- English - ENP8ES

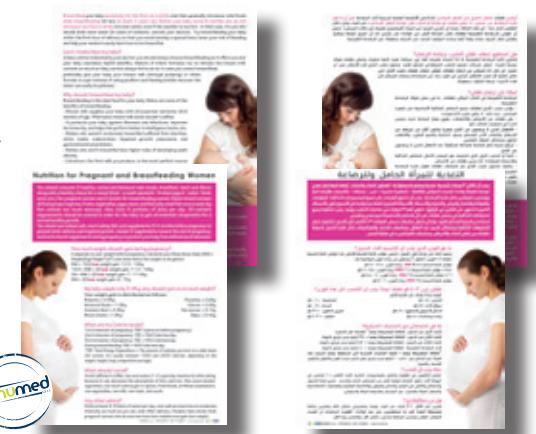
Price: 16\$



Nutrition for Pregnant and Breastfeeding Women Handout

- An educational handout about pregnancy, breastfeeding and nutrition
- It is a very important tool to distribute for all women who are considering conception
- A pack of 50 handouts
- 2-sided printing on high quality glossy paper
- Dimensions: 28cmx21.5cm
- Arabic - EPWH001A
- English - EPWH001E

Price: 17.27\$



COMING SOON A new Nutrition Board Game is being developed - More information on page 41



Food Weighing Scales, Measuring Cups and Spoons

DietScale



- Innovative and appealing design with black, strong, tempered glass weighing platform for easy cleanup
- Large weighing surface owing to big portions weighing and nutritional evaluation
- Calculates Calories & Nutrients' content (salt, protein, fat, carbs, cholesterol and fibers) for over 999 different food items
- Cumulative nutritional calculation of different food: you will be able to count nutritional data of your meal, or day, etc.
- Stylish modern design
- Available weighing units: gram, milliliter, ounce, and fluid ounce
- Capacity: 5000g/5000ml
- Resolution: x.1g/ml
- Powered by 1 long-life lithium battery (CR2032)
- Also available in packs
- 1 unit - **DFSN001 - 59\$**
- Pack of 4 - **DFSN001-P4 - 165.2\$**
- Pack of 16 - **DFSN001-P16 - 566.4\$**
- Pack of 60 - **DFSN001-P60 - 1770\$**



Measuring Cups & Spoons

- Set of 10 - Plastic

- NUMED custom-made measuring cups and spoons
- Provided in blue and green color for the spoons and cups, respectively
- Set of 5 Spoons and 5 cups
- Measuring capacity is shown clearly on each item
- Special discounts are given for multiple sets orders
- Also available in packs
- 1 unit - **DMP003 - 4.55\$**
- Pack of 24 - **DMP003P24 - 79\$**
- Pack of 100 - **DMP003P100 - 270\$**
- Pack of 300 - **DMP003P300 - 592\$**
- Pack of 1000 - **DMP003P1000 - 1490\$**

TOPAZ Kitchen scale

- Super Slim! Only 16mm
- Tare function with auto zero
- Equipped with 4 high-precision sensors
- Auto off in 1 minute without operation
- Glass weighing surface - Easy to clean
- Large and easy to read LCD
- Elegant touch sensor buttons built in the glass platform
- Capacity: 5000g (11.02lb)

- Readability: 1g (0.002lb)
- Display Units: g, lb, fl.oz, ml
- Power: 1xCR2032 lithium battery (included)
- Also available in packs
- 1 unit - **DFSETOPAZW - 31.9\$**
- Pack of 10 - **DFSETOPAZW-P10 - 223.3\$**
- Pack of 30 - **DFSETOPAZW-P30 - 574.2\$**
- Pack of 90 - **DFSETOPAZW-P90 - 1435.5\$**



DMP001- Measuring Plastic Spoons - Set of 5



- Innovative oval shape makes it easier to get into smallest containers
- Heavy-duty design
- Body crafted from durable, high-quality plastic (polypropylene)
- Dishwasher Safe
- Set of 5 Spoons: 1/8, 1/4, 1/2, 1 tsp, 1 tbsp (0.625, 1.25, 2.5, 5 ml, 15ml)

Price: 10\$

DMP002- Measuring Plastic Cups - Set of 4



- Innovative oval design and long handles
- Body crafted from durable, high-quality plastic (polypropylene)
- Thick, flat rims make it easy to level your cups with a knife
- Nested set comes with convenient storage clip to keep them together
- Dishwasher Safe
- Sits comfortably and securely in the user's hand
- Set of 4 Cups: 1/4, 1/3, 1/2, 1 (59, 79, 118, 236 ml)

Price: 16.82\$



Measuring Cups and Spoons - Set of 8 - Stainless



- Extra-heavy-duty construction for the most demanding professional use
- Rust-free 18-8 stainless
- Set includes 1/4, 1/3, 1/2, and 1 cup measures, 1/4 tsp, 1/2 tsp, 1 tsp, and 1 Tbsp
- Also available in packs
- 1 unit - **DMS005 - 15\$**
- Pack of 4 - **DMS005P4 - 45\$**
- Pack of 16 - **DMS005P16 - 144\$**
- Pack of 64 - **DMS005P64 - 384\$**



MyNutriData, a new Nutrition Software by NUMED - More information on page 41



Cardiology - Electrocardiograms

CARDIAREECG1- MeCA303i - 12 Lead Resting ECG, 3 Channels Recording

- 12 Lead Resting ECG Analysis System, 12 Lead Interpretative ECG.J3
 - 3 Channels ECG Recording
 - 3 Inch Roll & Z-fold Type ECG Recording Paper
 - 4.3" Color TFT LCD (480x272)
 - Multi-language
 - Internal and External (SD card) ECG Memory
 - Lead-Fail, Pacemaker Pulse Detection
 - Rechargeable Battery
 - Dimensions (WxLxH): 31.1cmx24.2cmx8.5m
 - Weight: 2.4kg
 - ECG Management PC Software (Mecalyzer)
 - 2 years warranty (does not cover spare parts and accessories)
- Price: 1450\$**



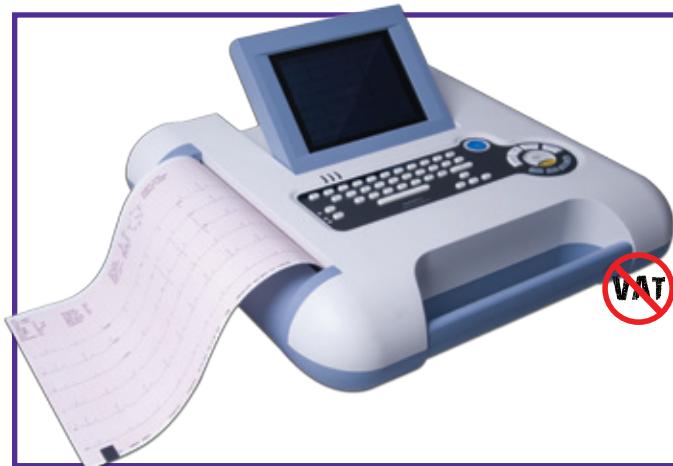
CARDIAREECG2- MeCA406i - 12 Lead Resting ECG, 6 Channels Recording

- 12 Lead Resting ECG Analysis System
 - 12 Lead Interpretative ECG
 - 3/6Ch ECG Recording
 - 4 Inch Roll & Z-fold Type ECG Recording Paper
 - 4.3" Color TFT LCD (480x272)
 - Multi-language
 - Internal and External (SD card) ECG Memory
 - Lead-Fail, Pacemaker Pulse Detection
 - Rechargeable Battery
 - Dimensions (WxLxH): 31.1cmx24.2cmx8.5m
 - Weight: 2.4kg
 - ECG Management PC Software (Mecalyzer)
 - 2 years warranty (does not cover spare parts and accessories)
- Price: 1650\$**



CARDIAREECG3- MeCA812i, 12 Lead Resting ECG, 12 Channels Recording

- 12 Lead Resting ECG Analysis System
 - 12 Lead Interpretative ECG
 - 3/6/12Ch ECG Recording
 - A4 Size Z-fold Type ECG Recording Paper
 - 5.7" Graphic LCD (320x240)
 - Multi-language
 - Internal and External (SD card) ECG Memory
 - Rechargeable Battery
 - Dimensions (WxLxH): 38.5cmx36.7cmx10.1cm
 - Weight: 4.5kg
 - ECG Management PC Software (Mecalyzer)
 - 2 years warranty (does not cover spare parts and accessories)
- Price: 2650\$**



Buy the ECG devices with the stand APASEC found on page 40

Cardiology - Blood Pressure Monitors

DIACARBP1- Citizen Upper Arm Digital Blood Pressure Monitor

- Upper arm/Full automatic
 - Features: 90 memory recall function; Average of last 3 readings; Hypertension indicator; Body movement indicator; Irregular heartbeat indicator
 - Large display
 - One touch automatic operation
 - AC adapter is optional (AC-230CZ)
 - Specifications: Measurement system: Oscillometric method; Indication: Digital display; Measurement range: Pressure: 0~280mmHg, Pulse: 40~180pulse/min
 - Accuracy: Pressure: ± 3 mmHg, Pulse: $\pm 5\%$ of reading
 - Power source: AA size $\times 4$, Optional AC adapter
 - Battery life: Manganese battery: Approx. 150 times, Alkaline battery: Approx. 500 times
 - Outside dimensions: W145×H76×D96mm; Weight: Approx. 290g (without batteries); Cuff: Approx. 130g
- Price: 80\$**



NEW



NEW

DIACARBP2- Citizen Wrist Digital Blood Pressure Monitor

- "Wristwatch" style Blood Pressure Monitor
 - Features: 99 memory recall function; Average of last 3 readings; Time and date; Large LCD display; Large buttons for easy operation; One touch operation
 - Automatic Power off
 - With storage case
 - Specifications: Measurement system: Oscillometric method; Measurement localization: Wrist; Cuff: Hard cuff; Wrist circumference range: Pressure: 0 to 300 mmHg, Pulse: 40 to 280 pulse/min, Measurement range: Pressure: 0 to 300 mmHg, Pulse: 40 to 280 pulse/min
 - Accuracy: Pressure: ± 3 mmHg, Pulse: $\pm 5\%$ of reading
 - Displays: Pressure: 3 digits, Pulse: 3 digits
 - Rated voltage: DC3V (Direct Current)
 - Power source: AAA size $\times 2$
 - Battery life: Alkaline battery: Approx. 250 times
 - Outside dimensions: W72×H72×D29.5mm
 - Weight: Approx. 121g (without batteries)
 - Accessories: 2 AAA batteries for the monitor (LR03), Instruction Manual, Storage case
- Price: 57\$**

Miscellaneous - Thermometers

DIAMISTH1- Citizen Antibacterial Ear Thermometer

- Features: No need to use probe cover; 1~3 second measurement; 12 memory; $^{\circ}\text{C}/\text{F}$ switching; Auto power off
 - Specifications: Measurement system: $34.0^{\circ}\text{C} \sim 43.0^{\circ}\text{C}$ ($93.2^{\circ}\text{F} \sim 109.4^{\circ}\text{F}$); Accuracy: Celsius: $\pm 0.2^{\circ}\text{C}$ ($35.5^{\circ}\text{C} \sim 42.0^{\circ}\text{C}$), Fahrenheit: $\pm 0.4^{\circ}\text{F}$ ($95.9^{\circ}\text{F} \sim 107.6^{\circ}\text{F}$), Other range: $\pm 0.3^{\circ}\text{C}$ ($\pm 0.5^{\circ}\text{F}$); Display: 3-digit with decimal point, $^{\circ}\text{C}, \text{F}$; Low Battery Symbol mark; Too High Ambient Temperature mark; Too Low Ambient Temperature mark; Ready to Use Symbol mark; Memory Mode Symbol mark; Battery: DC3V (Lithium Battery : CR2032x1)
 - Battery life: 1500 times; Outside dimensions: Approx. W39 x L120 x H52 mm
 - Weight: Approx. 68.6g (including battery)
- Price: 69\$**



NEW



NEW

DIAMISTH2- Citizen Antibacterial Thermometer

- Features: $^{\circ}\text{C}/\text{F}$ switching; General purpose use; Water resistant & fully washable; Auto memory recall of last reading
 - Buzzer notice; 3 digits display
 - Auto power off
 - Antibacterial Thermometer
 - Specifications: Measurement system: Temperature peak hold thermometer; Measurement range: $32.0^{\circ}\text{C} \sim 42.9^{\circ}\text{C}$ ($90.0^{\circ}\text{F} \sim 109.9^{\circ}\text{F}$); Accuracy: Celsius: $\pm 0.1^{\circ}\text{C}$ ($35.5 \sim 42.0^{\circ}\text{C}$), Fahrenheit: $\pm 0.2^{\circ}\text{F}$ ($95.9 \sim 107.6^{\circ}\text{F}$); Display: 3 digits with decimal point, $^{\circ}\text{C}, \text{F}$, battery weak mark and memory mark; Battery: DC1.5V (Micro Alkaline Battery : LR41x1)
 - Battery life: Approx. 2 years (If used 10 minutes a day)
 - Outside dimensions: Approx. W19 x L126.7 x D11.2 mm
 - Weight: Approx. 10.2g (including battery)
- Price: 8\$**

Biochemistry (Dip Stick)

DEBCDGL1- OG CARE - Basic Glucose Meter

- Simple and accurate meter for the determination and monitoring of blood Glucose
 - Italian product
 - Complete with External Box, User Manual, Lancing Device, and 1 vial of 10 glucose strips and 10 sterile lancets
 - Reading time: only 5 seconds
 - Easy to use
 - Reduced blood volume 0.5 μl
 - Wide display
 - Strips ejector
- Price: 25\$**



NEW

Biochemistry (Dip Stick)

DEBCDMU2- LUX -Lipid, Glucose and Hemoglobin Meter

- Meter for the determination of Lipid Profile (Total cholesterol, HDL, LDL and triglycerides), glucose and hemoglobin
- Italian product
- A complete lipid screening in less than 3 minutes to help improve the quality of life and manage cardiovascular disease and metabolic syndrome
- Easy testing; only 45 µL for the complete lipid panel, 7 µL for the hemoglobin and 0.5 µL for the glucose
- Complete with External Box, User Manual, pipette and strips
- Display: Wide, LCD (LED Backlight)
- Operation buttons: 3 buttons (power ON/OFF switch, Up and Down Buttons)
- Power source: 3XAAA 1.5V Alkaline manganese batteries
- Memory: 1000 readings
- Number of measurements: more than 1000 measurements
- Method of measurement: Lipids and Hemoglobin: optical method, Glucose: electrochemical method
- Function: Average of glucose measurements (7,15, 30 days)
- Passed System Accuracy Evaluation for the lipid profile, hemoglobin and glucose tests

Price: 352\$

EASY
only 45µL for the complete lipid panel
7µL for the hemoglobin
0.5µL for the glucose

NEW STYLE
FOR PROFESSIONAL
MONITORING OF LIPIDS,
GLUCOSE AND HEMOGLOBIN

PORTABLE SYSTEM
FOR PROFESSIONALS
AND PHYSICIANS

SPECIFICATIONS
ACCURACY
5.0%

EASY TEST PROCEDURE

1 2 3 4 5

CHOL 239 mg/dL 05/18 08:45 PM

LUX STRIPS
Light up your health

TECHNICAL SPECIFICATIONS

TOTAL CHOLESTEROL	AT THE SAME TIME	measuring method	photometric, amperometric only for glucose
HDL		test range	Total Cholesterol: 100 ~ 400 mg/dL, Triglycerides: 50 ~ 600 mg/dL, HDL: 20 ~ 80 mg/dL, Hemoglobin: 5 ~ 25 mg/dL, Glucose: 20 ~ 600 mg/dL
LDL *calculated value		measuring temperature	10°C (50°F) ~ 40°C (104°F)
TRIGLYCERIDES		measuring time	Lipids: within 3 min; Hemoglobin: 5 sec; Glucose: 5 sec
GLUCOSE		sample volume	45 µL Lipid (15 µL Cholesterol, 15 µL Triglycerides, 15 µL HDL); 7 µL Hemoglobin; 0.5 µL glucose
HEMOGLOBIN		type of sample	Lipids and Hemoglobin: fresh capillary blood for self-monitoring and professionals (venous blood samples must be withdrawn by a healthcare professional); Glucose: fresh capillary blood
		shelf life	2 years

Food Intolerance - Point of Care

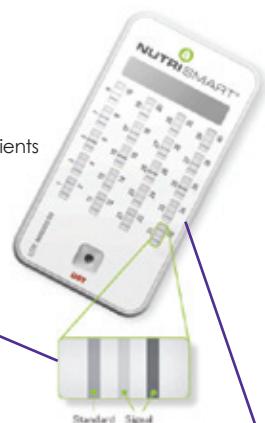
Nutrismart - Food Intolerance Rapid Test

Symptoms of food intolerance (bloating, headache, fatigue, diarrhea, irritable bowel and other gastroenterology and dermatology related conditions) could be multifaceted and could appear within a few hours or even days after the consumption of the food. This makes it difficult for the healthcare practitioner and the patient to identify the food or foods responsible for the symptoms. There is a need for a quick diagnostic tool that can identify foods causing the adverse reaction and aid the healthcare practitioner to consider therapeutic options (e.g. a 1- or 2-month elimination diet) to alleviate the patient's symptoms.

- 1 unit - DEFIPROC57 - 79\$
- Pack of 4 - DEFIPROC57P4 - 236\$

Features

- Tests IgG4 rather than total IgG which makes it a more accurate test for food intolerances
- Healthcare practitioners, dietitians and nutritionists can test their patients during consultation (one drop of finger pick blood) quickly (30 minutes)- no waiting for laboratory test results
- The world's first 30-minute rapid test for Food Intolerance
- Tests 57 of the most common foods
- Covers 90% of the common foods consumed all around the world and Arab countries
- Results read with the naked eye
- Test kit includes all necessary equipment (test device, blood sampling kit, test reagents, etc.)
- Hygienic – blood sample and reagents are retained within the device
- Suitable for both adults and children (over the age of 5)
- Aimed at enabling diagnostics and saving time for health practitioners, diagnostic laboratories, nutritionists, dietitians and patients
- 12 months shelf life
- DST Company is certified by the TÜV Rheinland according to ISO 9001 and EN ISO 13485
- Storage in refrigerators (2-8°C)



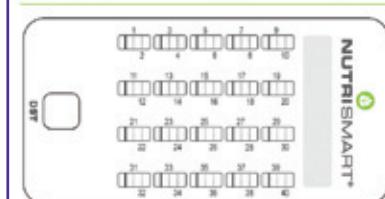
Reading the results

Level 1	Signal intensity less than the standard	
Level 2	Signal intensity approximately the same as the standard	
Level 3	Signal intensity greater than the standard	

NUTRISMART® - Level

	Code	Food	1	2	3		Code	Food	1	2	3
1	f4	Wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		21	Egg white	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	f5	Rye	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		22	Egg yellow	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	f6	Barley	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		23	Casein	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	f7	Oat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		24	Cow's milk	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	fx87	Grain Mix A Buckwheat Amaranth Goosefoot	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		25	Goat's milk	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	fx602	Grain Mix B Corn Rice	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		26	Sheep's milk	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	f35	Potato	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		27	Cod	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	f14	Soy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		28	Fish Mix Salmon Trout	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	fx451	Yeast Mix Baker's yeast Brewer's yeast	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		29	Tuna	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	f79	Gluten	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		30	Seafood Mix Shrimp Squid Octopus	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	f13	Peanut	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		31	Tomato	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
12	f17	Hazelnut	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		32	Lagume Mix Pea Green bean	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	f20	Almond	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		33	Veg. Mix A Carrot Celery	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	f29	Banana	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		34	Veg. Mix B Cabbage Broccoli	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	fx88	Fruit Mix A Lemon Orange	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		35	Leek Mix Garlic Onion Leek	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
16	fx90	Fruit Mix B Strawberry Grape Peach	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		36	Lamb/Mutton	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	f49	Apple	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		37	Meat Mix A Pork Beef	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	f52	Pineapple	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		38	Meat Mix B Chicken Turkey	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	f84	Kiwi fruit	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		39	Coffee	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	f97	Cacao	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		40	Mustard	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NUTRISMART® Evaluation Sheet (EN)



NUTRISMART®-Level	slgG Concentration
1	low
2°	moderate
3°	high

*corresponds to a moderate or high slgG level. These results are regarded clinically relevant if they are in correlation with the medical history and symptoms

Make sure to read under proper light conditions!

Compare the patient signals (the middle and right band) in each test area with the standard (left control band)

Patient: Mr. MARK



Date of birth: 19-04-1978

Date of test: 20-07-2016

Signature: _____

Medical history: Diarrhea, Bloating

Indirect Calorimeter

Breezing Portable Indirect Calorimeter

- NUMED is the exclusive dealer for the world's only professional and personal portable metabolism tracker in 6 countries - Lebanon, Iran, Egypt, Syria, Jordan, and Bahrain
- Uses gold-standard indirect calorimetry & state-of-the-art sensor technology
- Validated and published accuracy with gold-standard Douglas Bag method
- Indirect calorimetry is the scientific method recommended by the Academy of Nutrition and Dietetics and the American College of Sports Medicine
- Accurately measures: Resting Energy Expenditure (REE/BMR) by measuring both VO₂ and VCO₂ values, Respiratory Quotient (RQ), and Energy Source: the ratio of fat and carbohydrates each individual burns
- Measuring individual REE and Macronutrients burned prevents weight loss plateau and supports continuous weight loss and maintenance
- Target Customers: weight loss, nutrition and fitness professionals, diet and beauty centers, and gyms, individuals who wish to manage their health, weight, and fitness

Features:

- Recommendation: calorie intake based on target weight, target exercise and target diet
- Synchronizes wirelessly to mobile apps and allows you to track your metabolism anytime, anywhere
- Weighs only 170g, 1.5 – 2 min/test
- Supports unlimited number of patients and measurements
- Lowest cost/test available
- Compatible with all Android and iOS devices
- For Android Devices - **MFICPVO2-AND - 76\$**
- For iOS Devices - **MFICPVO2-IOS - 76\$**



Pedometers

Basic Pedometer

- The Basic pedometer is an important adjunct for weight loss diets as well as fitness assessment
- It helps patients as well as health care professionals (dietitians, fitness professionals, trainers, etc.) prescribe the appropriate physical activity in intensity and duration (walking, jogging, running, etc.). It has multiple functions gathered in a simple-to-use yet very affordable device
- It measures the distance travelled per exercise session, per hour or day or any duration of time by accurately measuring the number of steps and the width of each step performed. It calculates burned calories during any exercise session or any duration of time (hours, day, etc.) taking into consideration the distance travelled as well as individual weight. It has a 1/100 chronograph function
- Can be converted to Metric and English standards. Displays time in hour/minute. Provided with hanging clip on belts, clothes, etc. making it easily portable during movement. Long life battery included, Operating manual included.
- Suitable for diet and fitness centers, clinics, gyms, retail shops, and many others
- Also available in packs
- 1 unit - **MFPEB001 - 11\$**
- Pack of 12 - **MFPEB001P12 - 92.4\$**
- Pack of 40 - **MFPEB001P40 - 264\$**
- Pack of 120 - **MFPEB001P120 - 660\$**



Smart Bracelet

- Clipset: TI CC2541
- 0.84 inch OLED display
- Silent 3D Pedometer sensor (Accelerometer Sensor)
- Incoming call reminder
- Watch function, date/time display
- Support pedometer, distance, calorie burned
- Anti-lost reminder
- Camera remote, music remote
- Bluetooth Version 4.0BLE
- Message reminder
- OS Requirement: Android 4.3 OS, IOS 7.0 or above, BT 4.0
- Rechargeable lithium battery 50mAh, standby time: 12 days
- Host size: 20mm (W) x 11.6mm (H)
- Weight: 23g
- Color: Black
- 1 unit - **MFPSB1 - 35\$**
- Pack of 6 - **MFPSB1P6 - 147\$**
- Pack of 12 - **MFPSB1P12 - 252\$**
- Pack of 24 - **MFPSB1P24 - 420\$**



Smart Bracelet with Heart Rate Monitor

- Clipset: Cortex-M4 core
- OLED display, Touch key
- Silent 3D Pedometer sensor (Accelerometer Sensor)
- Incoming call reminder
- Watch function, date/time display
- Support pedometer, distance, calorie burned
- Support Resting Heart Rate and Dynamic Heart Rate
- Waterproof level: IP65
- Anti-lost reminder
- Sleep tracking: sleeping time, sleeping quality
- Bluetooth Version 4.0
- Message reminder
- Rechargeable lithium battery 110mAh, standby time: 5days
- Host size: 47mm x 23mm x 11mm
- Weight: 25g
- Color: Black
- 1 unit - **MFPSBHR1 - 95\$**
- Pack of 3 - **MFPSBHR1P3 - 199.5\$**
- Pack of 6 - **MFPSBHR1P6 - 342\$**
- Pack of 18 - **MFPSBHR1P18 - 855\$**



Strength & Conditioning

Handgrip Exerciser

- Ergonomically designed to fit small to large hand sizes
- Perfect for men, women, seniors and teens
- Ideal for people who want to increase their hand, wrist, forearm and finger strengths
- Use for strength, sport training and rehabilitation
- Durable chrome-plated steel spring
- Handles are covered with comfort plastic design providing a firm, non-slip grip
- Perfect for travel, gym, or in-home use
- Also available in packs
- 1 unit - **MFSCSD1 - 6.3\$**
- Pack of 6 - **MFSCSD1P6 - 26.46\$**
- Pack of 24 - **MFSCSD1P24 - 90.72\$**
- Pack of 80 - **MFSCSD1P80 - 252\$**



Wrist Exerciser

- Improves wrist, forearm and fingers strengths
- Provides forearm and wrist support for maximum safety and comfort
- Convenient to use & easy to store
- Perfect for travel, gym, or in-home use
- Also available in packs
- 1 unit - **MFSCSD2 - 13.5\$**
- Pack of 6 - **MFSCSD2P6 - 56.7\$**
- Pack of 24 - **MFSCSD2P24 - 194.4\$**
- Pack of 80 - **MFSCSD2P80 - 540\$**



Multipurpose Strength Rope

- Use this strength rope for yoga, Pilates, flexibility, in case of muscle tension and stiffness, and for fitness exercises
- High-quality rubber material offers progressive resistance
- Helps you isolate target muscles more effectively
- Length: 100cm
- Perfect for travel, gym, or in-home use
- Also available in packs:
- 1 unit - **MFSCSD3 - 9.2\$**
- Pack of 6 - **MFSCSD3P6 - 38.64\$**
- Pack of 24 - **MFSCSD3P24 - 132.48\$**
- Pack of 80 - **MFSCSD3P80 - 368\$**



MFCSA1- Hand Grip Dynamometer

- Equipped with high precision strain gauge sensor
 - Provides gripping power up to 198lbs/90kgs, Division: 0.2 lbs/100g, Unit: lb/kg
 - 19 definable users with options for gender and age to store, along with the ability to save and recall test results for each user
 - Compares individual test run for each of the 19 users, and displays the incremental increase or decrease from the last record
 - Each test run is rated "weak", "normal", or "strong" based on age and gender data entered for each user
 - Adjustable handle suitable for users of different ages
 - Auto/manual shut off, Low battery/overload indication; Runs on 2pcs AAA batteries
- Price: 39\$**



COMING SOON MyNutriData Nutrition Software by NUMED

- The Nutrition Software every dietitian or healthcare professional needs for a first consultation and a good follow-up
- Complete solution for your clinic or healthcare institution
- User-friendly and easy back end to insert, organize, assess, analyze, and calculate patient data and offer the best Diet and Physical Activity plans based on reliable and accurate formulas
- Track multiple individuals (Calendar, Medical Factor Tracking, Goal, History, etc.)
- Insert picture of clients before, throughout and after finishing the diet plan you prepared
- Automatically synchronize your data (food logs, follow-up plans, etc.) across all your computers
- Access nutrient data for foods found in the USDA and Mediterranean database resources
- Insert your own menus, recipes, nutrition facts, etc.
- Export results easily and print reports
- Ability to view the nutrient content of foods according to the grams consumed
- Include advice or comments to further clarify the plan to your patients
- Import data from the BOCA X1 Body Composition Analyzer, BC2 and Bodecoder Scale and other devices
- Track and graph body composition evolution over time
- Customize the software with your logo and personal picture



COMING SOON

NUMED, in collaboration with the winners of the **NUMED Educational Tool Interuniversity Contest 2016**- The LIU team: **Dr. Ali Al Khatib, Mrs. Suzan Haidar, Ms. Rayan Fadlallah, Ms. Hiba Rifaii, and Ms. Nesma Aridi** - is working on developing the winner product: A Nutrition Board Game



Find out more about the event by visiting our website numed.me & our Facebook Page Numed s.a.r.l

Product Aids, Hygiene/Antiseptic

Adhesive White Foam Board

- 45x60cm - FOABWHIT5AD0_3M - 6\$
- 66x88cm - FOABWHIT5AD0_6M - 10.5\$
- 111x148cm - FOABWHIT5AD1.7M - 55\$



ENTB1- NUMED Blue Bag

- High quality material
- A handy bag
- Fits perfectly NUMED products like our Food Tubes (ENT001-ENT009), Skinfold Calipers and Food Models, etc.

Price: 20\$



BODECOSTAND- Bodecoder Stand

- An elegant stand designed and manufactured by NUMED for an appealing display and ease-of-use of the Bodecoder Body Composition Analyzer
- Outstanding quality and robust made of transparent Plexiglas (Acrylic) material
- Allows the test to be made comfortably in the supine position and easily readable results on the screen
- Mounted dimensions: 37 (Length) x 37 (width) x 94 (Height) cm
- Weight: 4 Kg
- Easily dismountable

Price: 95\$

Breezing Accessories



Breezing Mouthpiece

- Improved design, for your best Breezing measurement
- Comfortable
- Slip-resistant
- Easy-to-use
- Reusable after cleaning (alcohol)
- One unit - ACCBREMP1 - 2.7\$
- Pack of 10 - ACCBREMP10 - 25\$



Breezing Nose Clip

- Used to prevent breathing through the nose during the Breezing test
- Hands-free
- Comfortable pads on the skin
- One unit - ACCBRENC1 - 2.2\$
- Pack of 10 - ACCBRENC10 - 20\$

ACCHYAL1- Alcohol Prep Pads

- Antiseptic for preparation of skin
- Used to clean device/electrode surface before contact with skin
- Can be used with Breezing, BOCA XI, Bodecoder, and other NUMED scales
- Convenient for personal, professional and hospital use
- Box of 100 individually wrapped foil packets

Price: 4\$



ABAT2032- Batteries-2032

- A Button cell lithium battery rated at 3.0 volts
- Use for the NUMED Scales: DFSETOPAZW, DFSN001 and APAFE002

Price: 1\$



APASEC- ECG Cart

- Very practical for our ECG Devices
- Body: Top and Shelf, Side Frame, and Storage Shelf made of metal
- Arm: Cable Arm made of ABS plastic

Price: 395\$



Breezing Sensor Cartridges

- State-of-the-art sensor technology in a compact cartridge with O2 and CO2 sensors
- Pre-calibrated for accuracy
- Convenient QR code scanning
- One-time use 12-Month Guarantee
- Made in the United States
- Pack of 5 - ACCBRESC5 - 44\$
- Pack of 10 - ACCBRESC10 - 85\$

Breezing T-Joint

- Connects Breezing device to the mouthpiece
- Can be cleaned with diluted Bleach cleaner
- One unit - ACCBRETJ1 - 12.1\$
- Pack of 10 - ACCBRETJ10 - 108\$



Biochemistry



ACCBLKALD- Adjustable Lancing Device

- One-of-a-kind technology
- Unique ergonomics that make it very comfortable for the hand
- 5-depth adjustments for ultimate comfort, accuracy and consistency
- Extremely fast action that is virtually painless
- Easy-to-use loading mechanism and release button
- Perfect sample size: delivers just the right amount of blood needed
- To be used with LUX Meter

Price: 6.3\$



ACCBLKL- Sterile Lancets

- Corrosion-resistant, free from nickel
- With tip optimized for painless blood taking
- Sterilized
- For single use
- 1 method sheet
- 100 pieces in a box - 4 bags containing 25 pieces each
- To be used with the Adjustable Lancing Device

Price: 22\$

ACCBSBGL- BG M Glucose Strips (50pcs)

- Electrodes strips
- Method of Measurement: Amperometric
- Capillary Aspiration
- Range of Measurement: 20-600 mg/dl (1,1 - 33,3 mmol/L)
- Reading time: only 5 seconds
- Sample Volume: 0.5µl, Hematocrit range 20~60%
- 50 pcs
- Lifetime: 2 years
- Use with the OG CARE - Basic Glucose Meter

Price: 25\$



Biochemistry



ACCBSLUXGL- LUX Glucose Strips - 50 pcs

- Glucose Electrodes Strips with capillary aspiration
- 50 pcs
- Lifetime: 2 years
- Use for LUX Meter

Price: 25\$

ACCBSLUXHB- LUX Hemoglobin Strips - 10 pcs

- Hemoglobin strips
- 10 pcs
- Includes strips and pipette tips
- Lifetime: 2 years
- Use for LUX Meter

Price: 58\$

ACCBSLUXLI- LUX Lipid Profile - 10 pcs - strips & pipette tips

- Lipid Profile determination
- 10 pcs
- Includes strips and pipette tips
- Lifetime: 2 years
- Use for LUX Meter

Price: 68\$

BOCA X1 Accessories

ABOCAX1BAG- BOCA X1 carrying bag

- A handy carrying bag for BOCA X1 body composition analyzer and ECG devices
- Helps you safely and easily move and carry your BOCA X1 device between different locations and clinic
- Made of high quality and long-lasting material

Price: 180\$



BOCASTAND- BOCA X1 Stand

- An elegant stand designed and manufactured by NUMED for an appealing display and ease-of-use of the BocaX1 Body Composition Analyzer
- Sturdy structure made of a combination of black Plexiglas (Acrylic) material with stainless steel
- Allows the test to be made comfortably in the supine position with easily readable results on the screen
- Mounted dimensions: Base (53x52cm), Height (84cm)
- Weight: 11 Kg
- Easily mountable

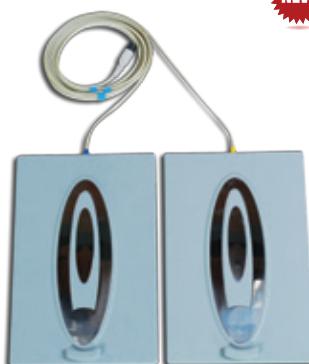
Price: 330\$



ACBOCAELA- BOCA - Arm Electrodes

- Arm Electrodes to hold during the BOCA X1 Body Composition test

Price: 290\$



ACBOCAELL- BOCA - Leg Electrodes

- Foot Electrodes to step on to perform the BOCA X1 Body Composition test

Price: 390\$

ACBOCAC1- BOCA - Power Cable

- Power Cable to connect BOCA X1 to a power socket

Price: 7.5\$



ACBOCAC2- BOCA - USB to Serial Cable

- Cable to connect BOCA X1 to laptop/PC

Price: 6\$



Electrodes



ACCPAEL50- Electrode Patches - Pack of 50

- Electrodes with Hydrogel, Silver/Silver Chloride sensor
- Exhibit less than 3 ohms of impedance
- A thick layer of conductive gel adhesive assures positive contact and good conductance with the subject being tested
- Pack of 50 electrodes
- Can be used with ABB009 (BC2 BIcheck Body Composition Analyzer) and the ECG devices

Price: 18\$



Customized Food Models

Who we are and what we do

ReplicAlive is a sub-department of NUMED. We are one of the rare pioneers in replicating genuinely realistic food products in the world. This industry is known worldwide as "fake food", "food replica", "plastic food", or "artificial food". All our expertise belongs also to you. You are limited only by your imagination.

Why use Food Replicas?

Though 3-D replica production could be originally relatively expensive, its medium and long term profits are huge. You can exploit your food replica in:

- Food catering companies and restaurants: People eat with their eyes - Right? Bring your menu to life!
- Decorating: Create a theme, fresh market look, or just spruce up the place
- Merchandising: show your menu directly to customers without the need of pictures
- Quality assurance: Make sure your employees have an added visual measure to guarantee quality.

Who can we serve?

Our customers could range from grocery chains, restaurants, chocolate manufacturers, marketing companies, food and equipment manufacturers, training and quality assurance departments, television, and many others.

The list is long in our portfolio (Patchi, Kidzmondo, Gandour, Poppins, Fantasia, Al Rifai, etc.).

How to proceed?

Once you have your idea, all you have to do is either:

- Login to www.numed.me, click on the "ReplicAlive" tab and send us a mail with the downloadable document (RDD003: item production request) duly filled
- Or call us on one of our phone numbers (T: 961 1 390592, M: 961 70 382971)
- For more information, ask for our ReplicAlive brochure

Customized Molds

- If you can't find a mold that fits your needs or you want to cast something personalized, ReplicAlive is here for you at very reasonable prices
- Chocolate, marsipan, wax, sugar, gypsum, porcelain, clay and other molds customized for you
- Food grade silicone resistant to high temperatures and FDA approved, can be used for edible and non-edible materials



ReplicAlive Models Care Instructions

These Models are handmade by NUMED. Handling them carefully, avoiding puncturing and excessive tearing and following the below instructions will ensure many years of excellent quality.

Storing

The best way to protect replicas is to store them individually in closed plastic bags. Do not allow replicas to come into contact with any type of ink, pigment or painted surface. Avoid exposure to extreme heat and direct sunlight.

Cleaning

When needed, clean replicas with a damp cloth. Do not use detergents or acidic cleaners. With time, a thin oily layer might build up on the surface of the replica: use clean water with a small amount of soap to gently clean the surface.

Repair

Minor tears might occur in the replica. These could be fixed with common plastic glues.

Innovate with us!

While it's no big secret that NUMED is the industry leader for innovative health education products in the Gulf and Middle East area, a surprising number of people don't know that we also offer custom product designs and manufacturing services.

All our expertise belongs also to you. We will work hand-in-hand with you to design and build your next great 2-D or 3-D product. You will have at the end a product exclusive for your own business, company, institution, clinic, etc.

The process of having a new custom product designed and built can be a daunting one especially that product development is a very complicated process. Nevertheless, we're here to make the process as smooth and as easy as possible.

After we have your approval on the design, we'll pull out our modeling clay, carving tools, mold-making rubber, and our casting compounds together to create the perfect items that would definitely exceed expectations.

Send your ideas to rd@numed.me



Frequently Asked Questions

How to Buy?

You can send your order through our website (check "How can I place an online order?"), send us a mail to sales@numed.me, call one of our phone numbers or visit our showroom.

What are the payment conditions?

Payment methods accepted are checks, cash, bank wire transfers, and online credit card payments (the last 2 are advisable for international orders). Payment should be done in full amount (T/T = total transfer) prior to any national or international delivery. In specific circumstances, NUMED could provide payment facilities or impose a prepayment for specific orders (such as for customized products).

Are Discounts Possible?

Outside special offers, NUMED listed prices are not subject to discounts: they apply when less than 6 items of the same product is purchased. For higher numbers of items of a given product, 3 levels of discounts can be made in accordance with the quantity/number of each item bought or for specific institutions (hospitals, educational, etc.). As guidance, NUMED holds 3 levels of discounts: Level 1 applies for ≥6 and <18 items, Level 2 for ≥18 and <56 items, etc. Please call us or send us a mail on sales@numed.me for more information.

Are Prices VAT excluded?

All NUMED prices are VAT excluded and are subject to an additional 10% VAT for orders inside Lebanon. Some items are not subject to VAT as these are considered medical devices by local authorities.

-All national orders (Lebanese) will be subject to an additional 10% VAT on listed prices for all items (except the ones entitled "not subject to VAT"). Orders transported by the customer himself to outside Lebanon will be subject to the additional VAT.

-All shipped international orders follow the listed prices (VAT excluded). Please note that for an international order to be excluded from VAT, it should go through local customs paths.

How can I place an online order?

The process is easy. For online national or international purchasing/selection of NUMED products, please follow the 3 steps below:

Step1: Choosing the items and the quantity of each item

-Register to NUMED website.

-Once registered you can Login at any time.

-When you login, choose the items you need by pressing the "Add to cart" tab of the item you wish to add.

-Chosen items will gradually add up as you choose and will show as a blue list on the lower left corner of your screen.

-You can at anytime (or when you have finished choosing your items) press on "View Cart" in order to check the list of the items you chose, their individual price and the total amount of your list.

-You can change the number of any item by typing in "choose Qty" the number of items you wish to choose for that particular item, if more than one is needed. Once you have finished choosing the items and their respective quantities please proceed to Step2.

Step2: Choosing the delivery method

You can choose one of two options: Either pick up your order from NUMED premises for local orders or get it delivered to your local or international address. You can at any time switch from one option to another.

"CIS" (=Pick-up at NUMED location): When you click on this option, you choose to pick up your order yourself. The average time for your order to be ready for pick-up from NUMED premises is 2 working days. This, of course, will not add to the cost of your order. NUMED team will contact you to confirm about your order readiness.

"Door-to-Door": When you click this option you choose to receive your order straight at your address through our affiliated shipping company. You will be asked to fill your address information.

In this case, the shipping fees will be added to the total amount of the ordered items. Fees will depend on your address as well as the shipping volume and weight of your order.

Note that NUMED personnel only delivers specific orders that might require specific maneuverability or installation: We will inform you about that and these situations will be treated case by case.

Once you have finished choosing the delivery method, please proceed to Step3.

Step3: Choosing the payment method

This step will allow you to choose the payment method you want to use.

"Online payment": When you click on this option you choose to pay by credit card. This will save you time and effort. You will not be charged any amount above the one in Step2 (products price and, eventually, the shipping fees). NUMED uses a very secure and protected payment server. When you choose this option, you will be directed to a page where you can safely process the online payment. You will be notified once the transaction is complete.

-Other methods: NUMED accepts cash, checks or bank wire transfer (advisable for big amounts payments). NUMED team will contact you to discuss this issue with you.

You can at any time contact NUMED team for any help or information needed.

Do you deliver nationally & ship internationally?

Yes, refer to Step2 in "How can I place an online order?"

How can I pay for international orders?

Refer to Step3 in "How can I place an online order?"

How quickly can I receive my order?

For international orders, we will provide an expected date for you to receive your shipment (this will depend on the weight, volume, destination and availability of the items of your order). On average, unless an item is out of stock, national orders need 2-3 working days and international orders need 7-10 working days to reach your destination from the time the order is placed and especially when the corresponding payment is received.

Can I return/exchange a product?

Products cannot be returned or exchanged once you have received them and signed for receiving them in good condition. Nevertheless, in case of shipping errors and/or damaged or defective merchandise, you should notify us within 7 days. Please call us or send a mail to customerservice@numed.me stating the invoice details (name, price, quantity, etc. of the product). The NUMED customer service department will follow up with you.

What to do if I receive defective items?

Every product must meet our highest quality standards. If you are not completely satisfied with your purchase, please call our Customer Service Department or send us a mail to customerservice@numed.me. Damaged items due to manufacturing defects will be replaced by NUMED at its discretion. Defects due to other factors (transportation, mishandling, etc.) are not subject to replacement.

Can I borrow products from NUMED?

Borrowing from NUMED is restricted to cases where a proven publicity (as evaluated by the NUMED marketing department) is consequent to the event where NUMED assets are used. A 50% deposit of the items' value is required. It will be returned to the borrower once the borrower returns the items with no damage to NUMED premises. In case of damage, the borrower will have to pay any extra cost if the amount is not covered by the previously deposited amount. Picking-up and returning of the items is the responsibility of the borrower.

In order to have a reply for any borrowing request, it is mandatory to fill the downloadable form "ADM002-Event Project Fill Form" and send it to the fax number or e-mail marked inside. This form should be sent at least 2 weeks prior to the first event day.

Does NUMED sponsor or participate in events?

One of NUMED's targets is to participate in social work and marketing events. Nevertheless, prior to any eventual acceptance of participation, you are kindly asked to fill the downloadable form "ADM002-Event Project Fill Form" and send it to the fax number or e-mail shown inside. This form should be sent at least 2 weeks prior to the first event day.

Over 60 NEW products Inside!

NEW



 numed
s.a.r.l.

Badaro - Badaro center - P.O. Box 116-5390 - Beirut - Lebanon

Tel/Fax: +961 1 390592

Mobile: + 961 70 382971

Email: info@numed.me

Anthropometric Assessment- Body Composition - BODYMETRIX

ABB010- BodyMetrix Ultrasound System

- The only body composition device available worldwide using ultrasound waves technology for your clinic use, to accurately measure body composition
- Allows direct visualization of every muscle and fat tissue thickness
- All in one ultrasound wand
- Professional-grade ultrasound technology used by elite athletes and trainers
- Shows patients their actual fat loss and muscle gain and assesses targeted areas

Price: 2150\$

Assessments with the BodyMetrix System

- Body Fat %, Body Scans (Tracking Fat Loss & Muscle Gain), Point-Specific Measurement Thickness, Record Circumference Measurements, WHR (Waist-to-Hip Ratio), BMR (Basal Metabolic Rate), BMI (Body Mass Index), Relative Disease Risk, Lean Body Mass
- BodyMetrix can be used to scan target areas to accurately show fat and muscle layers
- It provides direct evidence of effective training programs including diet and exercise

How it works

- When ultrasound waves penetrate tissue, reflections occur at tissue boundaries
- For example, there are strong ultrasound reflections at fat-muscle and muscle-bone
- Ultrasound allows the BodyMetrix to detect the true fat thickness at each measurement point
- Also, ultrasound measurements are not affected by hydration, exercise level, and caffeine intake, therefore providing consistent results

BodyView Software

- Accurately measures and records body fat % and circumferences, and calculates waist to hip ratio and tracks weight loss
- Review results with your clients, determine relative disease risk, and calculate BMR
- Print or email custom branded reports for your clients
- Data can be exported for analysis

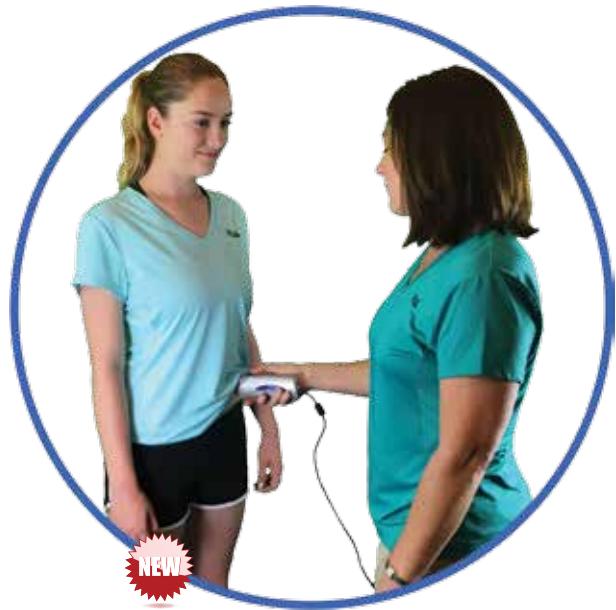


Illustration below shows anatomy at 1 measurement site

Fat layer and two muscle groups are clearly visible in BodyMetrix Scan. Total muscle thickness decreases from 55 mm to less than 10 mm as move from middle of the thigh to the knee.

Anthropometric Assessment- Body Composition- Bioelectrical Impedance Scales

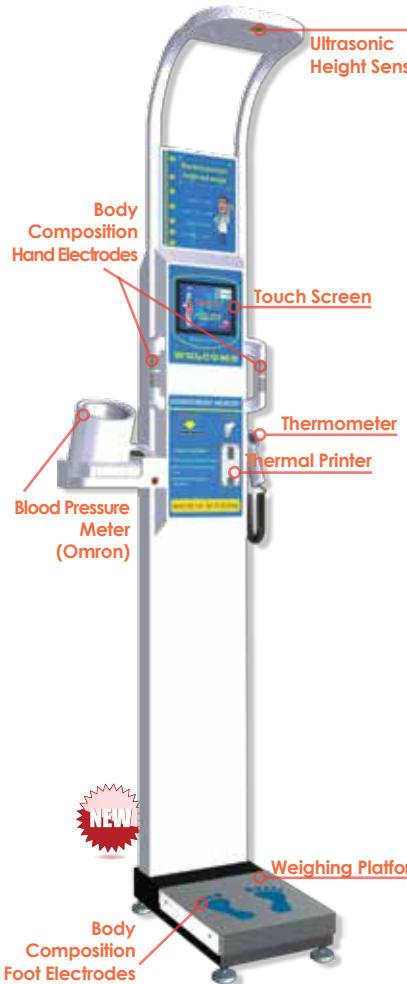


ABB009- Coin Operated Health Station

- Coin-Operated multifunction station providing an extended personalized health report
- CE certified machine
- Very useful in multiple settings such as clinics, gyms, health and fitness centers, hospitals, pharmacies, malls, public places, etc.
- Self and easily operated by any user simply by inserting the designated coin in the device

Price: 2950\$

Measurement and information provided

- Body Composition: Mono-frequency with 8 tactile electrodes (feet and hands); Fat Rate and Mass (% and Kg) with ranking, Visceral Fat Index (%) with ranking, Skeletal Muscle (%) with ranking, Water content (%) and ranking, Extracellular Fluid (Liters), Bone Mineral Content (kg) with ranking, Ideal Weight (kg), Standard Weight (Kg), Basal Metabolic Rate, Body Mass Index (with adjustable range), Body Age and overall Health Rating
- Weight range 8-200kg, 0.1kg graduation
- Height range 80-200cm (ultrasonic technic), 0.5cm graduation
- Body temperature measurement (at the forehead)
- Blood pressure (0-299.2 mmHg) and heart rate (40-180 beats/minute) using a high end Omron monitor
- Date and time

Features

- The device can be connected through RS232 or Bluetooth to a computer
- Printed Report: Has an incorporated heavy duty thermal printer to provide a full report containing the above parameters. Reports can be in multiple languages including English and Arabic
- Voice Broadcast for guidance with the test steps with multiple languages
- Large full touch led screen displaying all the measured parameters and settings
- Records the number of tests performed up to 9999 before resetting to zero allowing to monitor the number of coins inserted
- Working voltage: AC110-240V 50/60Hz
- Power: 60W
- Dimensions: 55cm*38cm*235cm (Length*Width*Height)
- Net weight: 45kg

Sample Report - English

Date: 28- 8- 2017
Time: 15:38
* * * * *
Height: 174cm
Weight: 69.6 kg
BMI: 23.0
Ideal Weight: 60.2
Standard Weight: *
* * * * *

Sample Report - Arabic

التاريخ: 2017-08-29
الوقت: 15:38
* * * * *
الطول: 174.0 سم
الوزن: 69.6 كغ
مؤشر كثافة الجسم: 23.0
تقييم: 60.2 كغ
وزن الماء: 63.6 كغ
* * * * *
وزن العضلات: 30.2%
وزن الدهون: 21.0 كغ
نسبة الماء: 53.5%
نسبة العضلات: 35.3%
نسبة الدهون في الأعصاب: 7.9%
نسبة الماء في الأعصاب: 8.2%
مؤشر الماء: 60.2 كغ
نسبة الماء في العظام: أقل من 10%
نسبة العظام: أقل من 2.8%
نسبة العظام في العظام: 7.9%
نسبة الماء داخل الخلايا: 13.6L
مجموع الماء: 37.2 كغ
بروتين: 6.7 كغ
أملاح غير متونة: 5.2 كغ
نسبة الماء في العظام: 26%
نسبة الماء في العظام: 82.3%
نسبة الماء في العظام: 110.73 كغ
معدل ضربات القلب: 68
منطقة الدمortal: أقل من 140/90 مللي متر
حرارة الجسم: 36.5C
حرارة الجسم الفموية عند المريض: 37.0
* * * * *

Anthropometric Assessment- Weight Scales- Digital

APAFE004- Coin Operated Scale

- Coin-Operated weight and height scale
- Very useful in multiple settings such as clinics, gyms, health and fitness centers, hospitals, pharmacies, malls, public places, etc.
- Self and easily operated by any user simply by inserting the designated coin in the device

Price: 1250\$

Measurement and information provided

- Ideal Weight (kg), Basal Metabolic Rate, Body Mass Index (with adjustable range)
- Weight range 8-200kg, 0.1kg graduation
- Height range 80-200cm (ultrasonic technic), 0.5cm graduation
- Date and time

Features

- The device can be connected through RS232 or Bluetooth to a computer
- Printed Report: Has an incorporated heavy duty thermal printer to provide a full report containing the above parameters. Reports can be in multiple languages including English and Arabic
- Voice Broadcast for guidance with the test steps with multiple languages
- Full touch led screen displaying all the measured parameters and settings
- Records the number of tests performed up to 9999 before resetting to zero allowing to monitor the number of coins inserted
- Working voltage: AC110-240V 50/60Hz
- Power: 60W
- Dimensions: 55cm*34cm*235cm (Length*Width*Height)
- Net weight: 45kg

Sample Report - Arabic

التاريخ: 2017-08-29
الوقت: 15:38
* * * * *
الطول: 174.0 سم
الوزن: 69.6 كغ
مؤشر كثافة الجسم: 23.0
وزن الماء: 60.2 كغ
* * * * *

Sample Report - English

Date: 28- 8- 2017
Time: 15:38
* * * * *
Height: 174cm
Weight: 69.6 kg
BMI: 23.0
Ideal Weight: 60.2 kg
Standard Weight: 58kg-63kg
* * * * *



Anthropometric Assessment- Weight Scales

APAFM002- NUMED Mechanical Round Floor Scale

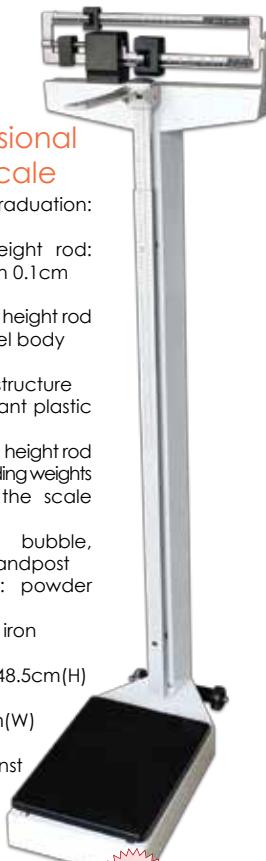
- Capacity: 150kg - Graduation: 500g/300lb - 1lb
 - Easy to read large round dial
 - Solid steel construction
 - Heavy duty lever system
 - Easy access due to extra sized platform
 - Unit: kg & lb
 - Overall Dimensions: 28.5cm(L)*42.5cm(W)*8.5cm(H)
- Price: 54\$**



NEW

APAPM002- NUMED Professional Mechanical Scale

- Capacity: 200kg - Graduation: 100g/440lb - 4 oz
 - Measuring range height rod: 60-210cm - Graduation 0.1cm
 - Robust lever system
 - Dual read capacity & height rod
 - Sturdy enameled steel body
 - Die cast beam
 - Rugged scale understructure
 - Removable slip-resistant plastic base cover
 - Retractable aluminum height rod
 - Easy operation with 2 sliding weights
 - Rear wheels make the scale easy to move around
 - Optional level bubble, adjustable feet and handpost
 - Platform & column: powder coated
 - Weighing head: cast iron
 - Overall Dimensions: 53cm(L)*27.5cm(W)*148.5cm(H)
 - Weighing Platform Size: 37.5cm(L)*27.5cm(W)
 - Warranty: 10 Year Limited Warranty against defects of materials or workmanship
- Price: 195\$**



NEW

APAUME02- NUMED Professional Electronic Scale

- Capacity: 300kg - Graduation: 500g/660lb - 0.1lb
 - Measuring Aluminum range height rod: 85-210cm - Graduation: 1mm
 - LED/LCD large display with backlit
 - Robust metal housing
 - Large anti-slip platform
 - BMI-Body mass index
 - Hold Function
 - External calibration
 - Full tare range
 - Overload protection
 - Auto-off function
 - Overall Dimensions: 52cm(L)*30cm(W)*95cm(H)
 - Weighing Platform Size: 40cm(L)*30cm(W)
 - Power supply: AC Adapter 100-240V (50/60 Hz)
 - Operating time when fully charged: 36 hours
 - Battery accumulator (Rechargeable battery / mains adapter supplied as standard): 6V 4AH
 - Warranty: 1 Year Limited Warranty against defects of materials or workmanship
- Price: 285\$**



NEW

Anthropometric Assessment- Girth Measurements & Height Scales

AGT004- DigiGirth Electronic Measuring Tape

- Digital LCD display
 - Measuring range: 6.5-100cm - Graduation: 1mm
 - Measures up to eight body part circumferences
 - Memory stores prior readings so you can monitor changes
 - Compact design makes it easy to travel with and store
 - Measurements can be taken in centimeters or inches
 - Dimensions: 2.3cm(H)*10cm(L)*6cm(W)
 - Weight: 0.05kg
- Price: 23\$**



NEW



AHP003- NUMED Portable Height Scale

- Easy to carry portable stadiometer
 - Convenient for field visits
 - Made of 3 easy to mount and dismantle pieces: The base (dimensions 37*34*0.5cm), the height rod and a connector between them
 - Mounting is made by simple screwing (screws supplied)
 - Height range: 85cm-210cm
 - Weighs only 4kg
- Price: 89\$**

Anthropometric Assessment- Pediatrics Line

APPSM002- NUMED Professional Mechanical Baby Scale

- Capacity: 16kg - Graduation: 10g/44 lb - 0.2 oz
- Convenient lb/kg toggle key
- Manual zero setting and tare
- Robust lever system
- High precision sliding weights
- Portable with convenient carrying handle for easy transport
- Sanitary tray provides safety. It is made from easy-to-clean ABS plastic
- Protected zero adjust knob for easy access and to eliminate breakage
- Classical steel housing
- Easy-to-read angled dial
- Overall dimensions: 160cm*55cm*29cm
- Warranty: 2 Years Limited Warranty against defects of materials or workmanship

Price: 68\$



APPM002- NUMED Baby Length Measuring Mat

- Measuring range: 20cm-100cm
- Graduation: 5mm
- Easy to read while baby lies on the mat
- Soft material - perfect for babies' skin
- Easy to clean plastic material
- Resistant to soft disinfection fluids
- Reading in cm and inch
- Dimensions: 126cm*28cm*9cm

Price: 35\$



APPR002- NUMED Baby Length Measuring Rod

- Measuring range: 65cm-100cm
- Graduation: 1mm
- The triangle-shaped feet will support the measuring rod when placed on a table for fast and accurate measurements
- Dimensions: 110cm*34cm*14cm

Price: 45\$



APPM003- NUMED Baby Length Measuring Board

- Measuring range: 6.5cm-100cm
- Graduation: 1mm
- Easy to read while baby lies on the board
- The footpace, fitted into two guide rails, slides smoothly along the scale and, as it is lockable, the baby can be attended to after being measured before one has to note down the result
- All parts are of durable and robust quality
- Well-suited for hospitals and clinics, particularly pediatric and neonatology
- Easy to clean material; Resistant to soft disinfection fluids
- Reading in cm and inch
- Dimensions: 126cm*28cm*9cm

Price: 65\$

Dietary Assessment- High Precision Balances, Measuring Cups & Spoons



DHPE001- Professional Extremely High Precision Balance

- Capacity: 300g, Readability 0.001g (1mg), Repeatability (standard dev): 0.001g, Linearity: 0.002g
- Price: 290\$

DHPE002- Professional Very High Precision Balance

- Capacity: 600g, Readability 0.01g (10mg), Repeatability (standard dev): 0.01g, Linearity: 0.02g
- Price: 165\$
- Weighing Modes: g, oz, ozt, dwt, ct, lb, %, 1 custom unit, parts counting
- Tare Range: To capacity by subtraction
- Stabilization time: 3 sec
- Power supply: AC Adapter 110V-220V (50/60 Hz) or 4 AA Batteries (not included)
- Operating temperature: 10°C to 40°C (50°F to 104°F)
- Display: 30mm High LCD (El Blacklight LCD)
- Robust plastic housing, High precision strain gauge load cell
- Rugged construction with stainless steel plate and spill ring
- Draft shield for more accurate reading, Sealed front panels, Easy 6-button operation
- With leveling bubble and adjustable feet for the stability of scale
- External calibration (Auto)
- Weighing Platform Size: Φ120mm
- Standard bi-directional RS232 interface (cable not supplied)
- Certifications: Full FCC compliance, UL/CUL power adapter, CE, WEEE directive
- Dimensions: 25cm(L)*17cm(W)*6.7cm(H)
- Warranty: 1 Year Limited Warranty against defects of materials or workmanship



DHPE003- Professional High Precision Balance

- Capacity: 6000g
- Readability 0.1g (100mg), Repeatability (standard dev): 0.1g, Linearity: 0.2g
- Weighing Modes: g, oz, ozt, dwt, ct, lb, %, 1 custom unit, parts counting
- Tare Range: To capacity by subtraction, Stabilization time: 3 sec
- Power supply: AC Adapter 110V-220V (50/60Hz) or 4 AA Batteries (not included)
- Operating temperature: 10°C to 40°C (50°F to 104°F)
- Display: 30mm High LCD (El Backlight LCD)
- Robust plastic housing, High precision strain gauge load cell
- Rugged construction with stainless steel plate and spill ring
- Draft shield for more accurate reading, Sealed front panels
- Easy 6-button operation
- With leveling bubble and adjustable feet for the stability of scale
- External calibration (Auto)
- Weighing Platform Size: 175*175mm
- Standard bi-directional RS232 interface (cable not supplied)
- Certifications: Full FCC compliance, UL/CUL power adapter, CE, WEEE directive
- Dimensions: 28cm(L)*17.8cm(W)*7.4cm(H)
- Warranty: 1 Year Limited Warranty against defects of materials or workmanship

Price: 165\$



DHPE004- Professional Precision Balance

- Capacity: 30kg
- Readability: 0.5g
- Internal high resolution up to 1/300,000vi 1/600,000
- Large size backlight LCD display facilitates easy reading
- Switchable units: kg, g, lb, t, ct, oz, %, pcs
- Auto zero tracking range
- Multi-range calibration
- Hold function, Hi-Lo alarm function, Zero point tracking
- Automatic correction and overloading protection
- External calibration (Auto)
- RS-232 port (cable not supplied)
- Power supply: AC Adapter 110V-220V (50/60 Hz) DC 12V 500mA
- Built-in internal battery
- Operating temperature: 10°C to 40°C (50°F to 104°F)
- Weighing Platform Size: 260*220mm
- Dimensions: 31cm(L)*27.5cm(W)*9.5cm(H)
- Warranty: 1 Year Limited Warranty against defects of materials or workmanship

Price: 98\$



DigiCup - Digital Measuring Cup

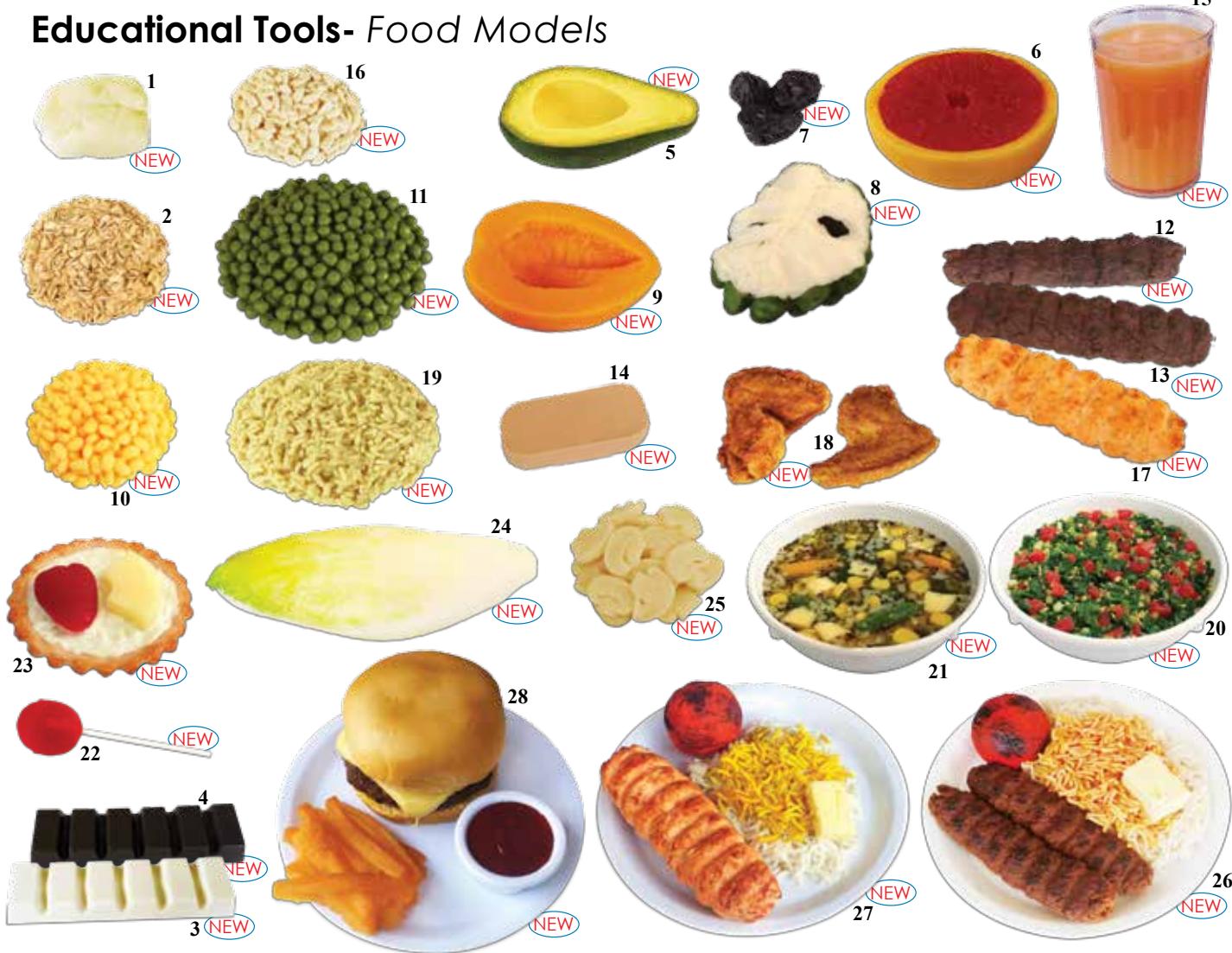
- NUMED custom-made digital measuring cup
- Accurate and easy to read LCD display, ABS environment-safe material
- Units: g/ml/oz, Capacity: 1kg/1g (Volume: 600ml)
- Automatic shutoff, High precision and quality
- Tare, reset, sum, low battery (LO) and overload indication (ERR)
- Color: green
- Battery: 1*CR2032 (included), Product size: 16*12.5*13.6cm, Weight: 313g
- ▶ 1 unit - **DMD002 - 19.5\$**
- ▶ Pack of 4 - **DMD002P4 - 58.4\$**
- ▶ Pack of 16 - **DMD002P16 - 187.2\$**
- ▶ Pack of 64 - **DMD002P64 - 627.2\$**



DigiSpoon - Digital Measuring Spoon

- NUMED custom-made digital measuring spoon
- Accurate digital and easy to read LCD display
- High precision strain-gauge, good quality, more accuracy
- Units: g/ml/oz, Capacity: 300g*0.1g
- Auto shutoff saves battery life
- Tare, reset, sum, lower battery (LO) and overload indication (ERR)
- Operating temperature: 0°C to 40°C (32°F to 104°F)
- With ABS environment protect material, battery: 2*AAA (not included)
- Color: white
- Dimension: 230(L)*50(W)*23(H)mm, Spoon net weight: 46g
- ▶ 1 unit - **DMD001 - 12\$**
- ▶ Pack of 4 - **DMD001P4 - 36\$**
- ▶ Pack of 16 - **DMD001P16 - 115.2\$**
- ▶ Pack of 64 - **DMD001P64 - 384\$**

Educational Tools- Food Models



1. Cheese, Halloum

- 1 slice, 60g
ENFM MIL16 - 6.8\$

2. Oat, flakes

- 1/2 cup - 82g
ENFMBREA9 - 6.2\$

3. Chocolate bar (white)

- 45g
ENFMCHOC2 - 6.1\$

4. Chocolate bar (dark, 60-69% cacao solids)

- 45g
ENFMCHOC3 - 6.1\$

5. Avocado

- 1/2 avocado (6.5cm dia.), 102g
ENFM FAT20 - 13.4\$

6. Grapefruit, red

- 190g, 1/2 fruit (9.5 cm dia.)
ENFM FRU7 - 14.5\$

7. Prunes

- 25g, 3 medium
ENFM FRU8 - 5.1\$

8. Sugar-apple, raw

- 130g, 1/3 fruit (9cm dia.)
ENFM FRU19 - 15.8\$

9. Papaya, raw

- 140g, 1/2 fruit (medium size)
ENFM FRU46 - 10.8\$

10. Soybeans, cooked

- 1/2 cup - 120ml, 86g
ENFM BEAN1 - 6.9\$

11. Peas, cooked

- 1 cup - 240ml
ENFM BEAN2 - 11.1\$

12. Kabab, meat, grilled

- 1 piece, 13cm, 75g
ENFM MEAT7 - 7.3\$

13. Kabab, meat, grilled

- 1 piece, 16cm, 100g
ENFM MEAT8 - 8.5\$

14. Luncheon meat, pork, canned

- 50g
ENFM MEAT9 - 5.4\$

15. Grapefruit juice, pink, raw

- 1 cup - 240ml
ENFM NADJU1 - 12.8\$

16. Sunflower kernels, dry roasted

- Edible part (19g, 3 Tbsp), with hulls (2/5 cup)
ENFM NUT12 - 4.8\$

17. Kabab, Chicken, grilled

- 1 piece, 16cm, 110g
ENFM POUL5 - 8.8\$

18. Chicken wings, barbecue glaze

- 2 wings (28g each)
ENFM POUL6 - 9.8\$

19. Rice, brown

- 1 cup - 240ml
ENFM RICE2 - 12.5\$

20. Tabboule

- 1 cup
ENFM SALA1 - 26.7\$

21. Vegetable soup

- 1 cup, 240ml (1/2 cup of cooked vegetables)
ENFM SOUP1 - 20.4\$

22. Candy, hard, Lollipop

- 12g
ENFM SUG5 - 4.3\$

23. Tart, strawberries and pineapple

- Pie (40g, 9cm dia.), Filling (10g), Strawberries (10g), Pineapple (10g)
ENFM SWE23 - 13.4\$

24. Endive, raw

- 1 head, 200g
ENFM VEG19 - 12.8\$

25. Mushroom, slices, cooked

- 1/2 cup - 120ml, 78g
ENFM VEG21 - 5.4\$

26. Meat kabab and rice (meat chelo kabab)

- 1 1/3 cup rice, 150g grilled meat kabab, 70g tomato, 15g butter, safran
ENFM MEAL10 - 42.5\$

27. Chicken Kabab and rice (chicken chelo kabab)

- 2/3 cup rice, 110g grilled chicken Kabab, 70g tomato, 10g butter, safran
ENFM MEAL11 - 34.9\$

28. Hamburger, Cheese, with French Fries, in melamine plate

- 60g bun, 90g meat, 1 American cheese , 45ml ketchup and 40g french fries
ENFM FAFO2 - 59\$

Educational Tools- Sugar Food Tubes



- Chocolate spread, Vanilla ice cream, vanilla, Honey, Molasses, Grapes, Sfouf, Basbousa (Nammoura), Biscuit with cream, Waffle with chocolate, Doughnut, Muffin, Apricot jam, Corn flakes

• Arabic Language

Price: 76\$

ENT019- Sugar in Tubes - Desserts



- Croissant, Hummus, Crab sticks, Ketchup, Barbecue sauce, Milk, Chocolate balls cereals, Corn flakes, Whole grain Lebanese bread, Burger bun, White sandwich, Orange juice

• Arabic Language

Price: 76\$

ENT020- Sugar in Tubes - Foods 1

Educational Tools- Obesity- Handouts

Weight Loss Surgery Handout

- An educational handout about weight loss surgeries and their proper diet
- It's a very important tool to learn the different surgery techniques, their advantages, disadvantages and the diet follow-up
- A pack of 50 handouts
- 2-sided printing on high quality glossy paper
- Dimensions: 28cmx21.5cm
- Arabic - EOHO02A
- English - EOHO02E

Price: 17.27\$



Metabolism & Fitness- Pedometers- Smart Bracelets

Smart Bracelet with Heart Rate Monitor

- APP/APK automatically sync data by Bluetooth
- Time display, Alarm, Anti-loss
- Activity tracking: Calories/Steps/Kilometers
- Sleep tracking: sleep quality - light/deep sleep, sleeping heart rate
- Display incoming call ID or number, SMS/WhatsApp/Wechat/QQ message notification
- Mute vibration mode for Sedentary
- Water Resistant IP67, Dust protection
- Bluetooth version 4.0, compatible with your Android 4.3 and above and IOS8.0 and above
- Color: black
- Host material: ABS; Wristband material: TPU
- Heart Rate: 24 hours Automatic monitor of your heart rate, 15min/time or Switch on sport button to real-time monitor your heart rate
- Product size: Host dimensions: 40.9*20*12.5mm, Strap dimensions: 260*21mm
- 1 unit - MFPSBHR1 - 64\$
- Pack of 3 - MFPSBHR1P3 - 134.4\$
- Pack of 8 - MFPSBHR1P8 - 307.2\$
- Pack of 24 - MFPSBHR1P24 - 768\$



Diagnostic Equipment- Genetic Testing- Nutrition & Health

- State-of-the-art DNA testing (using genotyping with Sequenom's MassArray method) and interpretation with the highest results credibility through the combined work of the European company (MyInnengo: UK and Estonia) and 2 labs: the Roswell Park Cancer Institute (the first USA lab for cancer genetics founded in 1898 and accredited by the FDA, New York, State Department of Health, CLIA, JCAHO, ASHI, FACT, and AABB) and IB Genetics, an accredited European medical lab
- Gene testing, analysis and interpretations are performed by a professional board of advisors and scientists in the Genetic, Nutrition and Health fields
- Genes mutation tested are highly related to the components analyzed in Gulf and Middle East populations
- Fast and easy to perform by collecting mucosa cells through saliva swabbing
- Only 3 to 5 weeks for you to receive the results in cusomized reports (with your logo, your name and patient name) as a hard copy at your door and a soft copy to your personal e-mail

GSWN1- NUGENE Weight, Nutrition & Sport



- Full DNA test analysis for your genetic components related to weight, micro and macronutrients, sport ability and fitness as well as caffeine and lactose
- Understand how your genes variations affect your Weight, Sport performance and Nutrition status. Parameters analyzed help understand the relation between the different macronutrients in your diet and other genetic components related to weight loss/regain and their relation to your weight and the micronutrients in your diet and other genetic components related to sport performance, endurance and strength and nutritional needs
- 105 genes for 35 genotype components are tested and analyzed

► Price per quantity ordered/ 3 months: Level 0 (0-19): 119\$ - Level 1 (20-49): 114\$ - Level 2 (50-99): 107\$ - Level 3 (>100): 98\$

Genes Studied

A- WEIGHT MANAGEMENT

- 1- Obesity Risk (5 genes)
- 2- Weight Regain (3 genes)
- 3- Waist Circumference (3 genes)
- 4- Response to Calorie Restriction (3 genes)
- 5- Exercises Effect on Weight (4 genes)

B- METABOLISM & MACRONUTRIENTS

- 1- Response to Carbohydrates (3 genes)
- 2- Response to Total Fats (5 genes)
- 3- Response to Unsaturated Fats (4 genes)
- 4- Response to Proteins (3 genes)
- 5- Basal Energy Expenditure (2 genes)

C- CAFFEINE

- 1- Caffeine consumption (5 genes)
- 2- Effect on sleep (1 gene)
- 3- Coffee taste (3 genes)
- 4- Metabolism of caffeine (1 gene)
- 5- Sensitivity to caffeine (1 gene)

D- LACTOSE

- (1 gene)

E- SPORT PERFORMANCE

- 1- Endurance (8 genes)
- 2- VO2 max (5 genes)
- 3- Anaerobic Threshold (3 genes)
- 4- Power (7 genes)
- 5- Lean Body Mass (1 gene)
- 6- Hypertrophy Response (1 gene)
- 7- Injury Risk (3 genes)
- 8- Recovery (3 genes)
- 9- Warrior vs Worrier (1 gene)

F- MICRONUTRIENTS

- 1- Vitamin A (2 genes)
- 2- Vitamin D (3 genes)
- 3- Vitamin B6 (1 gene)
- 4- Vitamin B9 - Folate (4 genes)
- 5- Vitamin B12 (2 genes)
- 6- Bone Mineral Density and Ca Intake (3 genes)
- 7- Selenium (2 genes)
- 8- Magnesium (2 genes)
- 9- Iron (4 genes)
- 10- Omega-3 (3 genes)

Results include

- 1- Full DNA Analysis for the different components specified
- 2- Personalized Recommendations that will provide you with the following information:

- How are your current body measurements in relation to your genetic risks?
- How much exercise should you be doing?
- How much should you eat?
- What is more important for you - to eat less or move more?
- What kind of diet fits you most?
- What should you know about weight regain?
- Sample menu for 3 days
- How can you avoid injury?
- How can you improve your training intensity?
- How can you use the warrior or worrier in You?
- How hard should you train and for how long?
- Is there an elite athlete in you?
- How can you change your body?
- What sport fits your genes?



Steps for Delivery & Receipt of DNA Test

- 1- NUMED will send to your address the saliva Swabs as per your request (Free of charge)
- 2- Saliva collection technic and condition as described in the document "How to collect DNA Sample"
- 3- NUMED will collect the saliva sample in 24-48 working hours after healthcare professional notifies NUMED of sample readiness. At this point of sample collection, 50% of the total amount will be collected
- 4- In 3-5 weeks the results of the chosen NUGENE DNA test will be sent to you, free of charge, as:
 - Hard copies to your location in a sealed envelope. At this point of report delivery, the remaining 50% of the amount will be collected
 - Once the total amount is collected and hard copies of the report delivered, you will receive the soft copies of the results to your mail within 24-48 working hours

numed myINNENGO

Dear Mrs. Jane Doe,

Referred by your healthcare provider Dr. John Doe, your sample for the analysis arrived on 18/05/2017, in MyInnengo-Europe and was analyzed in the laboratory of IB Genetics and the accredited Cancer Research Lab in the USA according to the highest laboratory quality standards (ISO 15189), using genotyping with Sequenom's MassArray method.

After obtaining the genotyping results, your personalized report was compiled. Your recommendations are based on the most current evidence-based scientific research that has been published in peer-reviewed journals and reviewed by our team of world-renowned experts in the field of nutrigenomics, nutrition and sport physiology in the UK and Europe.

We would like to thank you for your trust and we hope that you are satisfied with our service.

Personal analysis results for: Mrs. Jane Doe Date of birth: 01/01/1987

Date of analysis start: 17/05/2017 Date of analysis end: 25/05/2017

Reference number: NUGN1

Kind regards,

Aire Allikas, MSc. Dr. Andres Valkna, PhD. Ziad HARB, MD
Chief Executive Officer Chief Scientific Officer Sports Medicine CEO-NUMED s.a.r.l.
myInnengo myInnengo

For information, contact NUMED s.a.r.l. 961(1)390592 - 961(70)382971 - www.numed.me

numed myINNENGO

1. WEIGHT MANAGEMENT

SUMMARY OF GENETIC PROFILE

OBESITY RISK	LOW	AVERAGE	HIGH
EXERCISES EFFECT ON WEIGHT		AVERAGE BENEFIT	HIGH BENEFIT
WAIST CIRCUMFERENCE		AVERAGE	HIGH
WEIGHT REGAIN		AVERAGE RISK	INCREASED RISK
RESPONSE TO CALORIE RESTRICTION	LOW RESPONSE	AVERAGE RESPONSE	

For information, contact NUMED s.a.r.l. 961(1)390592 - 961(70)382971 - www.numed.me

numed myINNENGO

1. SPORT PERFORMANCE

SUMMARY OF GENETIC PROFILE

ENDURANCE	LOW	AVERAGE/GOOD	HIGHLY GIFTED
VO2 MAX		AVERAGE	HIGH
ANAEROBIC THRESHOLD		AVERAGE	HIGH
POWER	LOW	AVERAGE/GOOD	HIGHLY GIFTED
LEAN BODY MASS		AVERAGE	HIGH
HYPERTROPHY RESPONSE		NORMAL	HIGH
INJURY RISK		AVERAGE RISK	INCREASED RISK
RECOVERY		FAST	SLOW
WARRIOR VS WORRIER		MIXED	WARRIOR

For information, contact NUMED s.a.r.l. 961(1)390592 - 961(70)382971 - www.numed.me

Sample of the NUGENE Report

Diagnostic Equipment- Food Intolerance- NUTRIPANEL IgG4 Lab Tests

To address the need for diagnosing the growing trend of food intolerances in Lebanon, the Middle East and Gulf, the NUTRIPANEL Elisa Lab Food Intolerance Panels have been developed with 2 different IgG4 panels each covering 88 of the most common foods consumed in these areas

Bloating, headache, fatigue, diarrhea, irritable bowel and other gastroenterology and dermatology related conditions could be multifaceted and could appear within a few hours or even days after the consumption of the food. This makes it difficult for the healthcare practitioner and the patient to identify the food or foods responsible for the symptoms

This created the need for NUTRIPANEL as a professional and accurate diagnostic tool that can identify foods causing the adverse reaction and aid the healthcare practitioner to consider therapeutic options to alleviate the patient's symptoms

►DEFILT1- Price per quantity ordered / 3 months: Level 0 (0-19): 146\$ - Level 1 (20-49): 139\$ - Level 2 (50-99): 132\$ - Level 3 (>100): 125\$

►DEFILT2- Price per quantity ordered / 3 months: Level 0 (0-19): 146\$ - Level 1 (20-49): 139\$ - Level 2 (50-99): 132\$ - Level 3 (>100): 125\$

►DEFILT3- Price per quantity ordered / 3 months: Level 0 (0-19): 278\$ - Level 1 (20-49): 265\$ - Level 2 (50-99): 250\$ - Level 3 (>100): 235\$



Features

•Tests IgG4 rather than total IgG which makes it a more accurate test for food intolerances

•Healthcare practitioners, dietitians and nutritionists will receive the results from the lab in 5-7 working days

•Report generated in Arabic/English in 2 formats (per food group and per level of IgG4 - Risk of Food Intolerance) and certified by an accredited Lebanese lab

•Results are quantitative and easily understandable

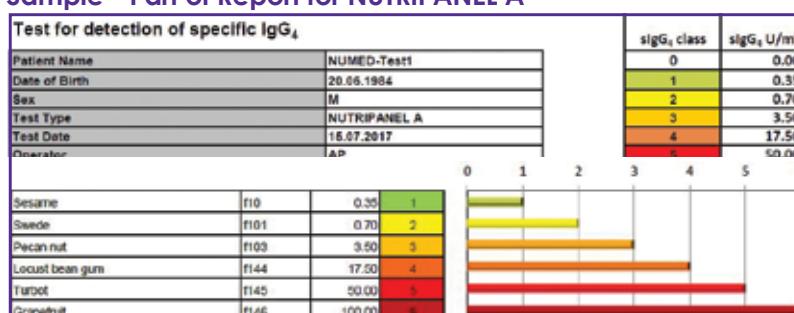
•DST Company (German manufacturer) is certified by the TÜV Rheinland according to ISO 9001 and EN ISO 13485



	DEFILT1- NUTRIPANEL A (Middle East Food Intolerance Test A) - 88 foods			DEFILT2- NUTRIPANEL B (Middle East Food Intolerance Test B) - 88 foods			DEFILT3= DEFILT1+ DEFILT2
Grains/Starch	Barley Buckwheat	Chestnut Millet	Oat	Lupine (sweet) Potato Sweet Potato	Rice Rice wild	Rye Wheat	
Meats	Beef Boar (wild)	Snail		Lamb meat Pork			
Beans & Legumes	Bean (white) Black-eyed pea	Pea	Red kidney bean	Broad bean (Fava) Chickpea	Lentil Soybean		
Seafood	Anchovy Blue mussel Carp	Oyster Pacific squid	Sardine Shrimp	Herring Lobster Mackerel	Octopus Salmon Sole	Tuna (yellowfin)	
Poultry	Chicken Egg white	Egg yolk Pigeon		Egg Ovalbumin	Turkey meat		
Vegetables	Artichoke Beet root Bell pepper Brussels sprouts Capers Carob Cauliflower (raw) Chives	Cucumber Endive Ginger Green bean Hot pepper Kale Lemon Letuce (type Lollo)	Okra Onion Peppermint Radish Swede (Turnip) Taro Tomato Water cress	Cabbage Carrot Celery Chard Chicory Coriander seed Corn/Maize Cress	Eggplant Garlic Green sprouting Iceberg lettuce Kohlrabi Lettuce (Romaine) Mushroom (fresh) Parsley	Pepper (green) Pumpkin Radicchio Red cabbage Rocket (Arugula) Spinach Thyme (common) Zucchini (Marrow)	
Fruits	Cane sugar Cherry Fig (fresh) Grape Kumquat Mandarine	Mango Peach Pineapple Plum Pomegranates	Raisins Raspberry Persimmon (Sharon, Kaki) Watermelon	Apple Blackberry Date Guava Kiwi fruit	Lychee Nectarine Papaya Pear	Pomelo Rose hip Strawberry Sugar melon	
Milk & cheeses	Blue cheese Cheddar cheese Cow whey	Gruyère cheese Milk protein	Milk (cow) Soy milk	Camembert cheese Casein Edam cheese	Yoghurt Goat milk cheese Mozzarella	Parmesan cheese Emmentaler cheese	
Fats & oils	Avocado Coconut	Cream Olive (green)		Cream cheese Olive black			
Nuts & seeds	Flaxseed Hazel nut Macademia nut	Peanut Sesame	Sunflower seeds Walnut	Almond Brazil nut Cashew nut	Pecan nut Pine nut	Pistachio nut Pumpkin seed	
Miscellaneous	Anise Baker yeast Bay leaf	Gelatin (porcine) Gluten Tea black	Tea Camomile Vanilla	Brewer's yeast Cayenne pepper Cacao Cinnamon	Coffee Licorice Maple syrup	Tamarind Tea green Tofu	

This Food Panel Test Pack joins both the NUTRIPANEL A & the NUTRIPANEL B (176 foods)

Sample - Part of Report for NUTRIPANEL A



IgG4 vs IgG

•Biological/Physiological Aspects:

IgG4 contributes to a very significant increase (75%) to the level of total IgG, in contrast, IgG1, IgG2 and IgG3 are less likely to play a prominent role in the level of IgG and the diagnosis of food intolerance

•Pathological Aspects:

Studies have shown a strong association between levels of IgG4 and diseases such as Irritable Bowel Syndrome and Crohn's disease, etc.

•Experimental accessibility / dynamic range of values:

The dynamic range of IgG4 is greater than that of IgG and therefore, IgG4 is a better marker than IgG for food intolerance testing

Diagnostic Equipment- Nutrition Status



Free Radical Test Kit

- Oxidative stress will help you determine the balance between the production of free radicals and the antioxidant defense in your body
- The more free radical activity you have, the greater your risk of developing many degenerative diseases from gene mutation
- This test will allow to assess your need for antioxidant supplementation of vitamins and minerals by testing your oxidative stress
- The Free Radical Test kit is designed for your patient at home to self-test first morning urine and check for free radical activity in the body
- It checks for the presence of Malondialdehyde (MDA) which is the most prevalent by-product of lipid peroxidation and is an indication of free radical activity
- All you need to do is drop the 2 ampoules containing the solutions into the urine container and the result is almost instantaneous and can be compared to a color chart provided with the kit
- This test is more accurate than blood because MDA is often quickly removed from your blood into the urine by the kidneys
- Canadian product
- 1 unit - **DENSOS1 - 24\$**
- Pack of 4 - **DENSOS1P4 - 76\$**



10-P URINE ANALYSIS (5 tests/pack)

- Test to check for 10 parameters in urine by simply dipping the colored strip in the urine container for 2-3 minutes
- These parameters are: bilirubin, blood, glucose, ketone (acetoacetic acid), leukocyte, nitrite, pH, protein, specific gravity and urobilinogen
- Follow your patient's weight loss status by measuring the ketones in his urine; ketones are derivatives of the fat lost in the adipose tissue and can also be an indicator of some medical ailments such as uncontrolled diabetes
- pH will help determine the acidity of the body fluid and take dietary measures, among others, to correct
- It is a very useful test for the kidneys, liver, gall bladder, etc.
- It is also a very good early warning sign for detecting health issues such as diabetes mellitus or type-2 diabetes from the presence of glucose in urine
- This test may detect "silent inflammation" which can take place because there are no warnings or indications of a health problem. For example, cancer can take up to 7 years to grow before pain is felt. Likewise adult diabetes, kidney or liver failure, bladder infection can take years before they are detected
- Canadian product
- 1 unit - **DENS10P - 14.3\$**
- Pack of 4 - **DENS10PP4 - 42\$**

Accessories

ABODECOBAG- Bodecoder Carrying Bag

- A handy carrying bag for Bodecoder Body Composition Analyzer and various weighing scales
- Helps you safely and easily carry your Bodecoder device between different locations and clinics
- Made of high quality and long-lasting material

Price: 49\$



ACCGTSS1- NUGENE Box



- This box contains a full kit for one DNA buccal sampling:
- 1- Isohelix Buccal swab (1 unit)
- Designed to give increased yields of high quality buccal cell and genomic DNA
- Unique swab matrix, which combined with a quick release surface, maximizes yields of DNA
- Swab batches are ethylene oxide treated and routinely tested for human DNA contamination
- 2- Isohelix Dri-Capsule (1 unit)
- Specifically developed at Isohelix to quickly and efficiently dry the Isohelix Buccal swabs without DNA cross contamination risks, yet maintaining complete molecular biology integrity
- Highly efficient with a non-toxic coating containing a high grade silica gel with a color indicator to display continued active stabilization
- All components are rigorously batch and DNA tested to defined and stringent quality standards prior to assembly within the highest specification multi-laminate moisture barrier foil, which maintains and guarantees the Dri-Capsules performance over the long term and in varying temperatures & humidity
- 3- Material and documentations to do the test with the patient questionnaire
- 4- An individual test label
- Made in England

Price: 0\$



ACBODGEL260- Ultrasound Gel, 260ml, bottle

- With its water-based, water-soluble formula, this ultrasound gel is high quality, non-greasy for Ultrasound and electrical stimulation
- It is colorless and fragrance-free and non-staining formula
- 260ml bottle

Price: 8.5\$



ACABL001- NUTRIPANEL test Box

- Box for Middle East Food Intolerance Panel A (NUTRIPANEL A), Middle East Food Intolerance Panel B (NUTRIPANEL B), and NUTRIPANEL A + B
- This box contains all required material to properly collect capillary blood in a safe way in your clinic setting
- 1- MiniCollect® Capillary blood collection tube, 800 microliters (1 unit): ideal for collecting, transporting and processing capillary blood in patients with fragile veins, young children, and geriatric patients
- 2- Medical gloves
- 3- Safety lancets: Safety lancets are sterile, single-use products for capillary puncture. The blade or needle is automatically retracted after the puncture and securely enclosed in the plastic casing, avoiding needle stick injuries. The constant puncture depth of each lancet type ensures easy and standardized collection
- 4- Alcohol swabs
- 5- Sterile Band aid
- 6- "Cross-Cuts" Caps (funnel): Make the filling and collection of blood samples easy and hygienic. Filling without removing the cap. The cap always closes automatically when funnel or capillary is removed
- 7- One individual "NUPAN ____" label
- 8- Material and documentations to do the test
- 9- "NUTRIPANEL test information" A5 paper sheet & "NUTRIPANEL test logistics & Guidelines" sheet

Price: 0\$



Place your order

Name: _____

Mobile:

Email: _____ *Date:* _____

Address: _____

Preferred Delivery Method: Pickup from NUMED Door to door
Date to be delivered: _____ Availability of discount coupon: Yes No

Additional Notes:

