

	Cost	Time (Test Only)	Validated to the 4-Compartment (Gold Standard for determining body fat percentage)	Fat Mass (%)	Visceral Adipose Tissue (medical validation)	Fat Location (legs, arms, torso)	Lean Muscle Mass	Muscle Location (legs, arms, torso)	RMR	Hydration	Bone Density	10-Year Cardiovascular Risk Profile	Metabolic Syndrome Profile
SECA	\$60	17 seconds	X	X	X		X	X (validated to MRI)	X	X (98% accuracy)		X	X
DEXA	\$125	15 minutes		X	X	X	X	X			X		
Bod Pod	\$75	5 minutes		X			X		X				
Hydrostatic	\$75	3 minutes		X			X						
InBody	\$50	60 seconds		X			X	X		X (81-84% accuracy)			