

FOLLOW UP BODY COMPOSITION ANALYSIS October 10, 2006

Body composition and nutrition Evaluation

**Sheela's body composition changes during RAMADAN as follows
Measurements taken in University of Leipzig Center of Excellence:**

Evaluation

Seela has been in Germany and has been fasting as per Ramadan. Seela has been following strictly the nutritional recommendations and taking the suggested EVELIZA supplement. As a result her body weight is stable. She reports, to feel really good and very energetic. Seela was able to arrange to be tested for body composition every week in the Center of Excellence Leipzig. Due to the different measurement method it is not advised to compare her body composition data taken at MSN and Leipzig, but to look at the measurement changes taken by the same method. Please see attached result and changes from the University of Leipzig.

Her body weight is stable (55.5 – 56kg). She has gained some weight (muscle and some fat.) However the difference in Body water may affect this test due to the electric impedance. When the body has less water the impedance test shows more fat and less muscle, and more body water content shows more muscle mass. In overall Seela is stable and at the 18th day of Ramadan preserved all her Body weight.
It is great success since Seela last year lost 6kg during the month of Ramadan.

Suggested skin fold test.

FOLLOW UP NUTRITION ANALYSIS – During Ramadan November 5, 2006

Oct 9, 2006	kcal	Prot g	CHO g	Fat g	Water/fluid ml	GI	GL
DAILY TOTAL	2104.93	78.7888	320.9638	55.056	4500	53.6	172.1

Body weight 56 kg
g /kg Body weight

Protein g CHO g Fat
1.406943 5.731496

Kcal

Protein CHO
kcal kcal Fat kcal
315.1552 1283.855 495.504

% of total Kcal
intake

Protein% CHO % Fat %
14.97224 60.99277 23.54017

Oct 10, 2006	Kcal	Pro g	CHO g	Fat g	fluid/water ml	GI	GL
DAILY TOTAL	2448.7	75.7785	412.399	52.392	5000	60.125	184.4

Body weight 56 kg	Protein g	CHO g	Fat
g /kg Body weight	1.353188	7.364268	
	Protein		
	kcal	CHO kcal	Fat kcal
Kcal	303.114	1649.596	471.528
	Protein%	CHO %	Fat %
% of total Kcal intake	12.37857	67.36619	19.25626

Seela has kept her kcal intake during Ramadan. She consumed between 21-2450kcal per day. Her supplementation with her adequate diet. The food based protein intake was 1.3-1.5 g per BW kg , however her supplemental amino acid and EVELIZA made up to have complete nutrition. Sheela's fluid consumption has been adequate between 4.5-5L per day. See tables above.

BODY COMPOSITION EVALUATION DURING Ramadan

Seela dropped 2kg body weight between the measurement of oct 5 to oct 10. This loss was mostly 0.6kg fluid, 1.2 kg of fatmass and 0.8kg of fat-free mass. Adjusting the measures for body fluid loss, the 0.9 kg of fat and 0.5 kg of fat-free mass was lost. Seela's body composition is remained the same between oct 12 and oct 20th measurement.

Seela has excellent body composition and high energy level as per her report via internet.

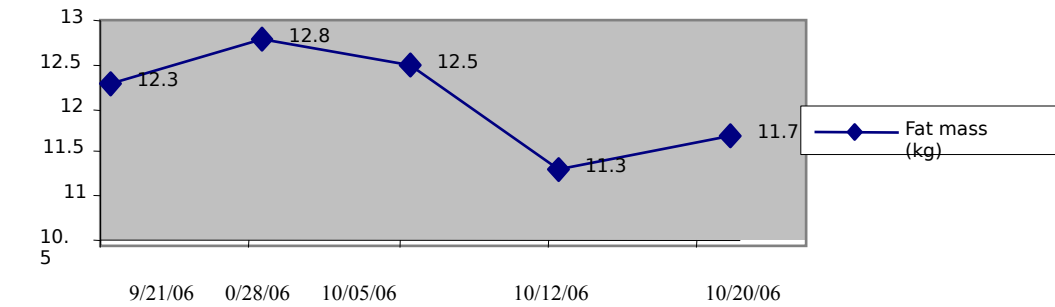
BODY COMPOSITION FOLLOW UP DURING RAMADAN November 1, 2006

Seela's weekly follow-up Body composition measurements via BIA done by Sportmedizinische Ambulaz, University of Leipzig
Since Seela was fasting during this time, the measurements were taken 4.00pm after 10 hours of fast. Please note Seela's Height was measured as 165 cm.

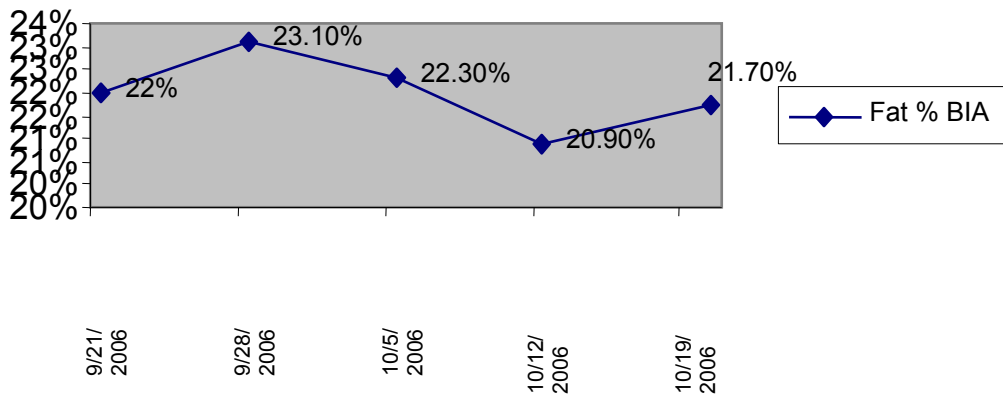
Name: Noraseela Mohd Khalid

Date Time	2006-09-21 4:00pm	2006-09-28 4:00am	2006-10-05 4:00pm	2006-10-12 4:00am	2006-10-20 4:00pm	Normal values used by University of Leipzig
Age yr	27	27	27	27	27	
Height cm	165	165	165	165	165	
BIA						
Body mass (kg)	56	55.5	56	54	54	55.5-65kg
Fat mass (kg)	12.3 22%	12.8 23.1%	12.5 22.3%	11.3 20.9%	11.7 21.7%	10-15.2kg 18-26%
Fat free mass (kg)	43.7 78%	42.7 76.9%	43.5 77.7%	42.7 79.1%	42.3 78.3%	78-80%
Body cell mass (kg)	25.3 45.2%	24.5 43.7%	25.1 44.8%	25 46.3%	24.7 45.7%	Min 17.5kg (30%) Normal >24.6kg (>42%)
Body fluid (l)	32 57.1%	31.2 56.3%	31.8 56.8%	31.2 57.9%	31 57.3%	59.6%

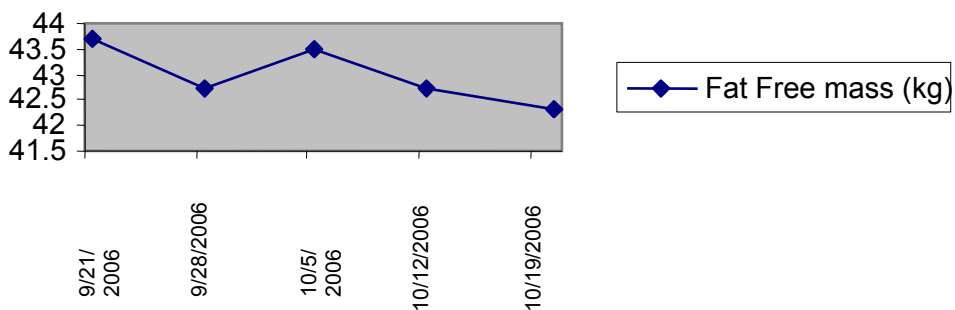
Seela Fat mass (kg) during Ramadan

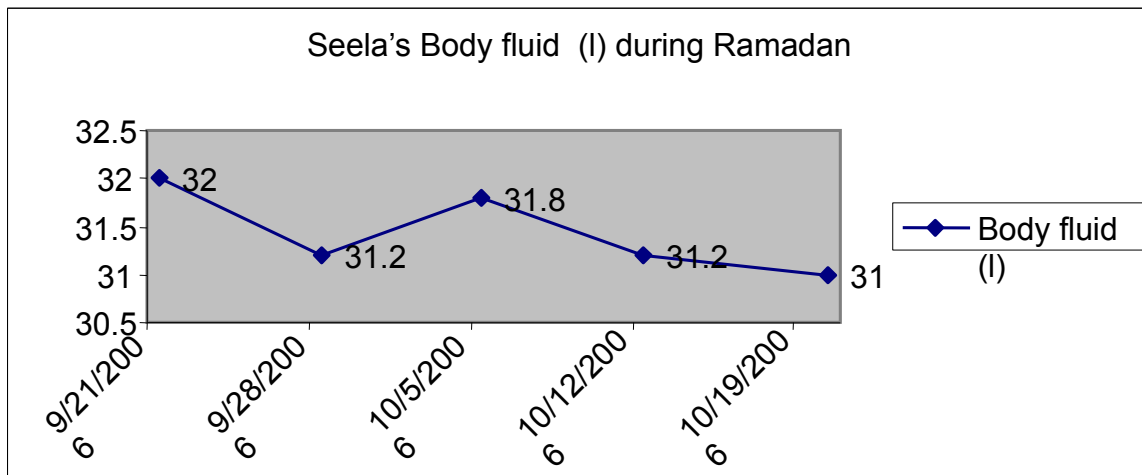


Seela's Fat % BIA during Ramadan



Seela's Fat Free mass (kg) during Ramadan





Recommendations

- Keep earlier dietary and hydration recommendations and pay good attention to hydration
- Keep monitoring Hydration via the urine color chart. Ask for Chai to do hydration urine test in Doha. She is scheduled to do the test starting 2 days before the competition day every morning and night. Please collect morning (awake) urine and night (before bed-time) and keep it for Chai to do the analysis. Please adjust fluid intake if urine found dehydrated.
- Traveling to Doha:
 - Drink 200ml water in every hour of your trip.
 - Pack your supplements and take 500 mg Vit C every 2 hours during air travel. If you can get Saline solution as nasal spray use it every 2 hours to moist nasal passage—this will help to protect against bacteria build up from air conditioning
 - Take supplements as recommended
- DOHA: Keep doing what you have been doing. Eat, sleep, hydrate and train.
 - MUST KEEP STANDARD PRECOMPETITION MEALS STARTING THE DAYS BEFORE OF THE COMPETITION DAY
 - Celebration and treat with food only after competition.
- Enjoy! And Good Luck!!

Zsuzsanna