

**Green Lion**

## Smart Food Scale Your Personal Nutrition Assistant

SKU: GNSMFSL6BK

Model No: GL-SL6

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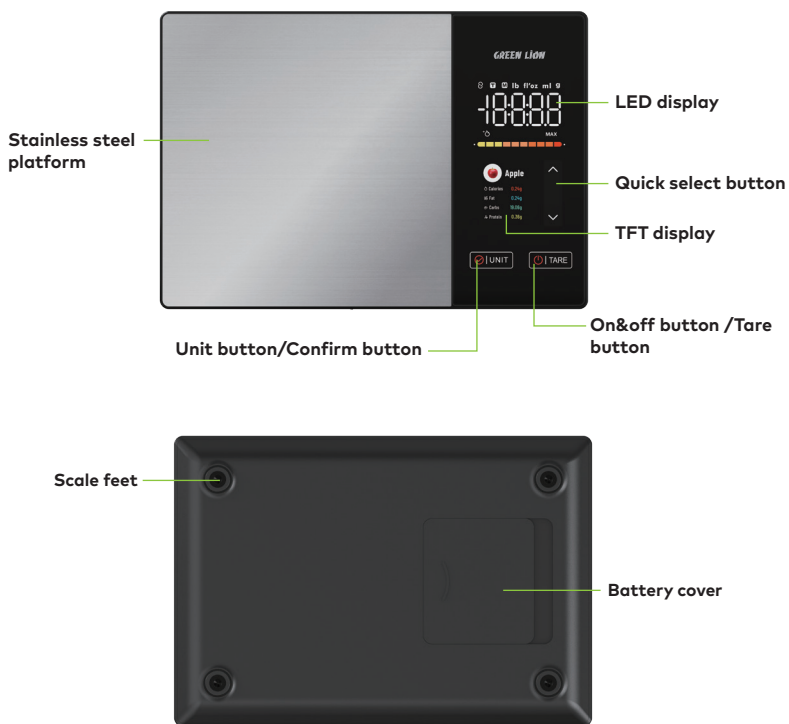
## Product Overview

The Green Lion Smart Food Scale is designed to help you accurately measure food portions and track nutrition. It features a stainless steel surface, a clear TFT touch display, and supports a maximum weight capacity of 5 KG (11 lbs). The scale connects with the Fitdays app, allowing you to access over 999 food logs for easy tracking. It comes with 60 preloaded food options and has an instant tare function for precise measurements. Powered by four AAA batteries, it offers multi-unit support for convenient use. This smart food scale is a practical tool for anyone looking to manage their diet effectively.

## Specifications

Model No.	GL-SL6
Material	Stainless Steel + HIPS
Battery	4*AAA
Max Capacity	5 kg / 11 lbs
Division	1 g / 0.1 oz
Bluetooth	V5.2
Application	Fitdays+
Measurement Units	g/ml/oz/fl'oz
Auto Shut Off	120 sec
Product Weight	390 g
Product Dimensions	17 x 160 x 230mm

## Product Diagram



## Power On and Off

### Power On:

1. Insert 4×AAA batteries into the battery compartment.
2. Press the "TARE" button briefly to power on.

### Turn Off:

1. Press and hold the "TARE" button to turn off the scale.
2. The scale will automatically power off after 120 seconds of inactivity.

## Unit Conversion Guide

The default unit for weighing is grams (g). To switch between units, press the "UNIT" button. The available units are:

1. g (grams)
2. ml (water)
3. ml (milk)
4. oz (ounces)
5. lb:oz (pounds and ounces)

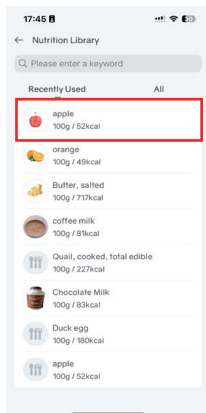
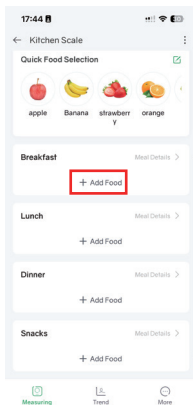
## App Installation and Pairing

1. Download the Fitdays+ App  
Scan the QR code or download the app from the App Store or Google Play.



## Instructions for Use

1. Choose Food Type  
**1.1** Select the corresponding food intake time and type in the app. You can add food by selecting from the available list.



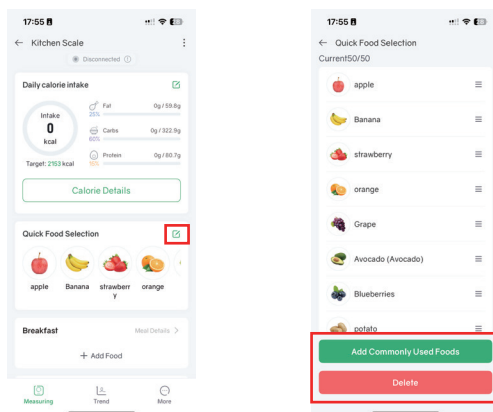
## 1.2 Store 50 Foods

The scale allows you to store up to 50 different foods. You can quickly select the corresponding food by using the up/down selection buttons on the scale.



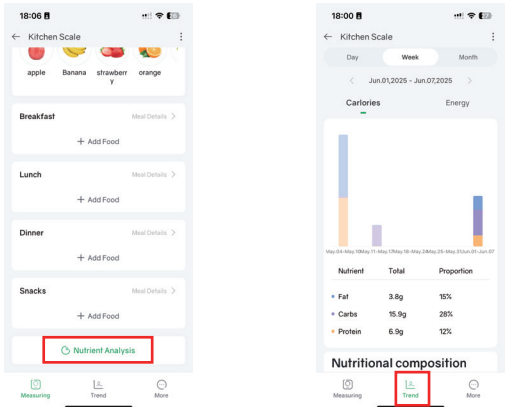
## 2. Customize Frequently Used Foods

The app supports customizing and organizing up to 50 frequently used foods. You can add commonly used foods by clicking the "Add Commonly Used Foods" button in the app.



### 3. Nutrient Analysis and Tracking

To see detailed information about your nutrients, tap on "Nutrient Analysis" in the app. It will show the breakdown of calories, fat, carbs, and protein. You can also track your progress over time by selecting "Trend" to view your daily, weekly, or monthly intake.



### Calorie Tracking



Set your daily calorie target and track your progress directly on the app. The scale will help you manage your weight effectively.



## Troubleshooting

Issue	Cause	Solution
"Lo" on display	The diffuser will not operate properly when the battery is low.	Replace all four AAA batteries to ensure proper operation of the diffuser.
"Err" on display	The diffuser will not function if the weight exceeds 5020g.	Remove any excess weight to ensure the diffuser functions correctly.
No Bluetooth	The diffuser will not operate if it is not paired with the app or if the app is closed.	Reconnect the diffuser through the app settings to restore proper functionality.
Inaccurate weight	The diffuser will not work properly if it is not placed on a flat surface.	Ensure the diffuser is placed on a flat and stable platform for optimal performance.

## Safety Instructions

1. Do not submerge the scale in water.
2. Clean the scale only with a damp cloth.
3. Store the scale in a cool, dry place to maintain its accuracy and longevity.



4. Keep the scale away from strong electromagnetic fields to ensure optimal performance.
5. Keep the scale out of reach of children to prevent accidental damage or misuse.
6. Protect the scale from impacts to avoid damaging the internal components.
7. Do not use the scale in extreme conditions, such as high humidity or temperatures, to ensure its proper function.

## FCC Statement

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference; and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for assistance.

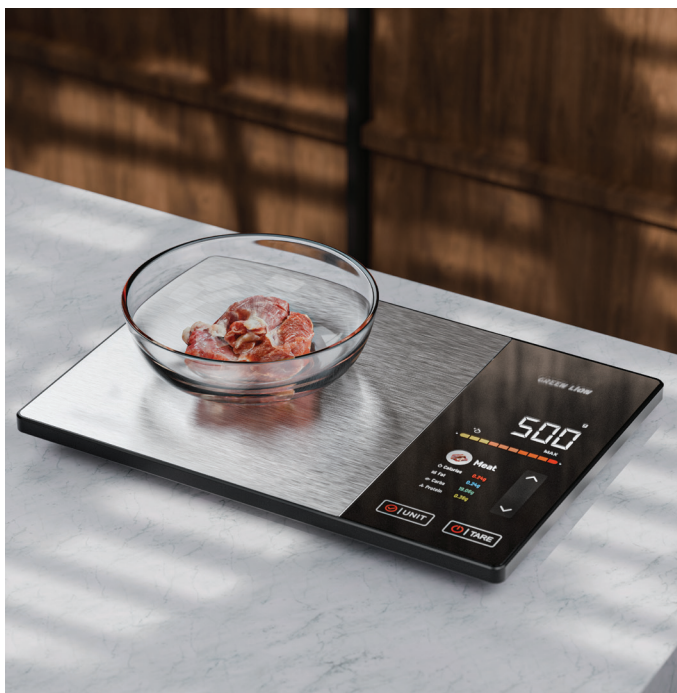
RF warning statement:

The device has been evaluated to meet general RF exposure requirements.

The device can be used in portable exposure conditions without restriction.

## Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.



## Warranty

Products that you buy directly from our **Green Lion** website or shop come with a 24-month warranty.

When you buy **Green Lion** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at **<https://www.greenlion.net/warranty>** and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:  
**<https://www.greenlion.net/warranty>**

## Contact Us

If you have any questions about this Privacy Policy, please contact us at:

Website: **<https://www.greenlion.net/>**

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