

A test for long-term success

Our goal is for people to feel comfortable and happy in their own skin.

Our advisors are always on hand to help our clients from the very beginning. The focus is on individual well-being or, in other words, the possibility of personalised health for a better quality of life thanks to CoGAP.

Advantages at a glance:

- Individual advice right from the start
- Uncomplicated cheek swab
- Weight loss concept tailored to your DNA
- Free web-based MetaCheck app with regularly updated recipes
- Individual food list with over 800 foods
- Recognise important tendencies, such as the yo-yo effect, loss of muscle mass, feeling hungry, feeling full and visceral fat tissue
- Available in several languages
- You receive our MetaShake meal replacement, tailored to your Meta-Type

We are here for you!



Feel free to contact your trusted advisor or CoGAP directly:

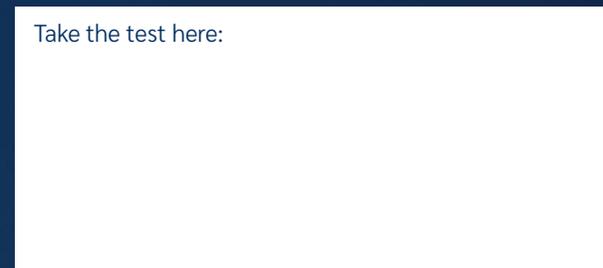
COGAP

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Note: Please note that our CoGAP MetaCheck concept includes genetics as a separate building block within a conventional weight loss concept. However, the connection between genetic predisposition and weight change has not yet been sufficiently scientifically proven. However, we are convinced that we can offer you a personally tailored and successful nutrition and training concept based on the CoGAP MetaCheck gene diet.

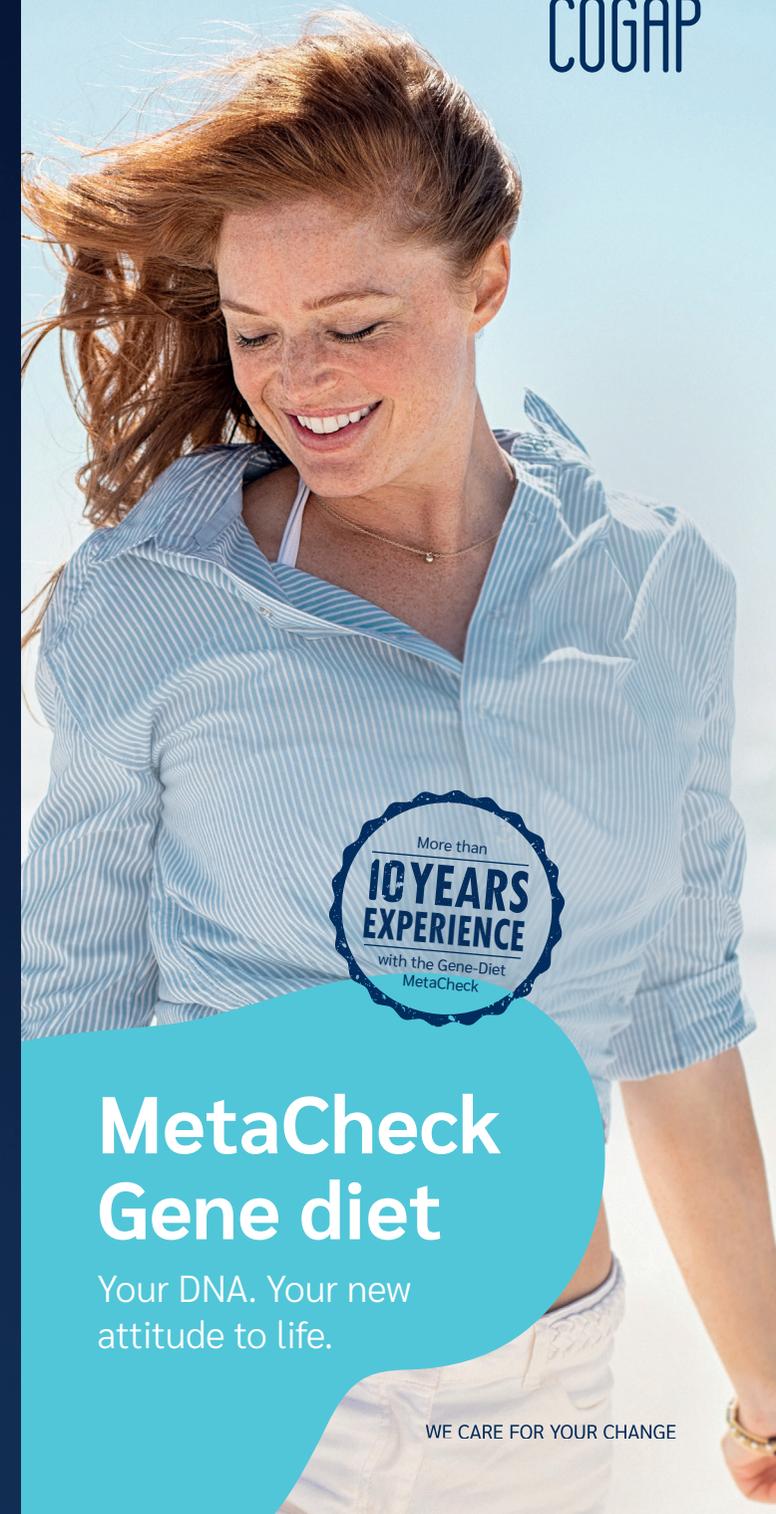
Take the test here:



www.cogap.de



COGAP



MetaCheck Gene diet

Your DNA. Your new attitude to life.

WE CARE FOR YOUR CHANGE

Influence of evolution – hunter or gatherer?

In the course of evolution, humans have adapted to different living and nutritional conditions, genetically adapting their metabolism accordingly.

At the genetic level, small variants are found in the DNA that help determine which macronutrients (carbohydrates, proteins and fat) can be metabolised efficiently by the body and which cannot.

Short: Genetic variations mean that every person processes food differently.

In the context of nutritional genetics (nutrigenetics), CoGAP has defined four genetic metabolism types (Meta-Types).

MetaCheck
The individual diet based on your DNA.



The MetaCheck concept

The determination of the Meta- and Sport-Type defined by CoGAP and its expression enables a personalised nutrition and training recommendation tailored to the individual.

The aim is to offer individual support for long-term weight loss and to sustain lasting personal well-being.

In addition to individual dietary and sports recommendations, the analysis results include a food list and personal recipe suggestions.

Procedure of the MetaCheck test

-  Simple cheek swab at the MetaCheck consultant or at home
-  Shipping of the anonymised sample to the laboratory
-  Fast analysis of the sample and determination of the individual Meta- and Sport-Type
-  Receipt of the detailed evaluation with individual nutrition and sports plans
-  Follow-up consultation on the results

Get a new attitude to life with MetaCheck.

CoGAP MetaShakes

Your meal replacement when you need it fast.

In everyday life, healthy eating is not always easy. A lack of time in particular can be a big problem. With CoGAP's unique MetaShake, that can change. Our MetaShakes are a special meal replacement that takes into account the individual Meta-Type and simplifies weight loss for turbulent everyday life.

For your evaluation, you will receive meal replacements including recipe suggestions that match your Meta-Type. The MetaShake contains all the necessary vitamins, minerals and nutrients that your body needs as part of a balanced diet. It contains no additives, is lactose- and gluten-free and suitable for vegetarians.

You can reorder the MetaShake online at any time.

