

# Why

## am I not losing weight?

During evolution, humans had to adapt to new living conditions repeatedly. However, this process was not the same in all humans, which is why different types of genetic metabolism developed. We defined these as so called Meta-types.

Each Meta-type processes food (carbohydrates, proteins, and fats) differently. Therefore, there is no one-size-fits-all formula for everyone to lose weight!

We are confident in our ability to tailor your diet and exercise activities to your Meta-type for a sustainable and successful weight reduction.



Take your test here at the practice:

[www.cogap.de](http://www.cogap.de)



Better  
life quality  
by  
**nutritioncare**

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\* Only your metabolism genes are analysed. These do not allow any conclusions to be drawn about family relationships. No statements are made about disease risks.

# Your DNA. Your Diet.

## Gene-Diet MetaCheck

Over  
**1,500x**  
in Germany





# What is the CoGAP MetaCheck® ?

The CoGAP MetaCheck® determines your own personal metabolic type defined by CoGAP®. We are confident that this will enable you to tailor your diet and your exercises to your genetic predisposition.

The results of the CoGAP MetaCheck® developed by our scientists are delivered as a simple and understandable representation of your Meta-type. We are convinced that you will be able to find the right diet for you.



## Meta-Types

We distinguish four different Meta-types, which reflect the difference in how the main food components (carbohydrates, proteins, and fats) are processed.



To each Meta-type, one of the two exercise variants are assigned, which, according to our observations, is responsible for a difference in calorie demand.



# The MetaCheck Concept by CoGAP®

The CoGAP MetaCheck® is a genetic analysis of your metabolism.\*



## Procedure



A sample (cheek swab) is taken by your MetaCheck consultant



Your sample is analysed and your Meta-type is determined



Follow-up consultation with your MetaCheck consultant



Personal nutrition plan is prepared

# Advantages of the Concept by CoGAP®



Individual nutrition and exercise plans



Long-term change of diet



Weight-loss concept based on a single gene test



Simple cheek swab



Extensive individual food list



Access to the free CoGAP® nutrition portal

## CoGAP® Nutrition Portal



Personalised recipe suggestions



Personalised nutrition plans