

# A Test for Long-Term Success

Whether it's a feel-good weight or a healthier lifestyle, this test will help you achieve your desired goal.

## Your benefits at a glance:

- Individual nutrition and sports recommendations tailored to your DNA
- Prevention of nutritional deficiencies
- Uncomplicated cheek swab
- Guidance for a long-term change in diet
- Easy to understand evaluation
- Free, web-based MetaCheck portal with regular new recipes
- Personal advice right from the start

## The basis for sustainable health.



## Procedure of the MetaCheck Test



Simple cheek swab at the MetaCheck consultant or at home



Free shipping of the anonymised sample to the laboratory



Prompt 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

Talk to your trusted advisor or CoGAP directly:

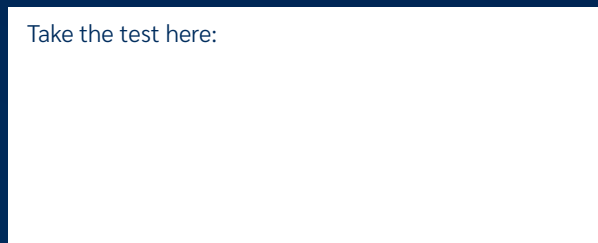
# COGAP

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Note: Please note that our CoGAP MetaCheck concept includes genetics as a further component of a conventional weight loss concept. The connection between genetic predisposition and weight change is however not yet sufficiently scientifically proven. We are convinced that, on the basis of the MetaCheck Gene Diet Complete, we can offer you a personally tailored and successful nutrition and training concept.

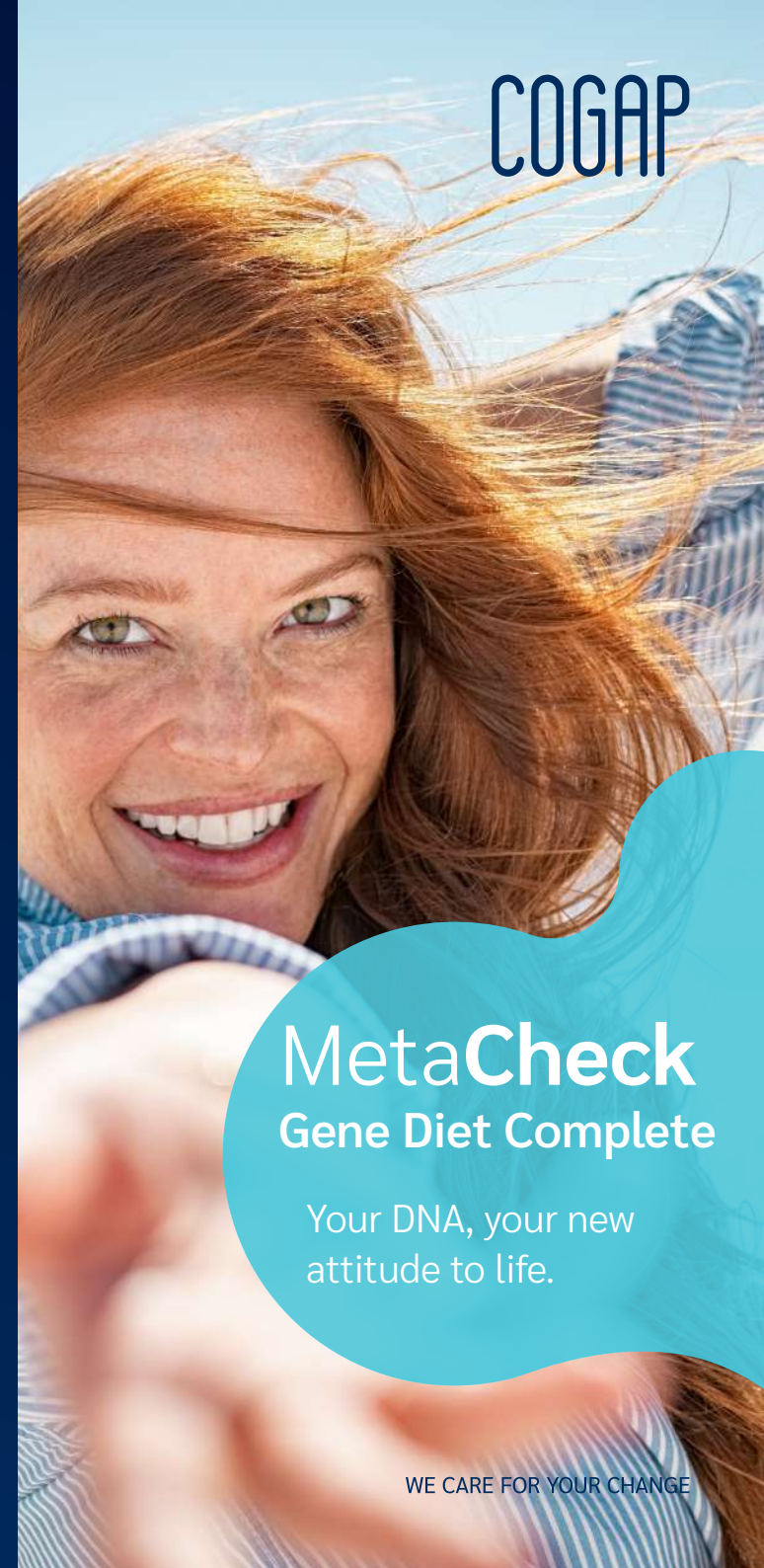
Take the test here:



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

F-DINL-231207

# COGAP



## MetaCheck Gene Diet Complete

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.

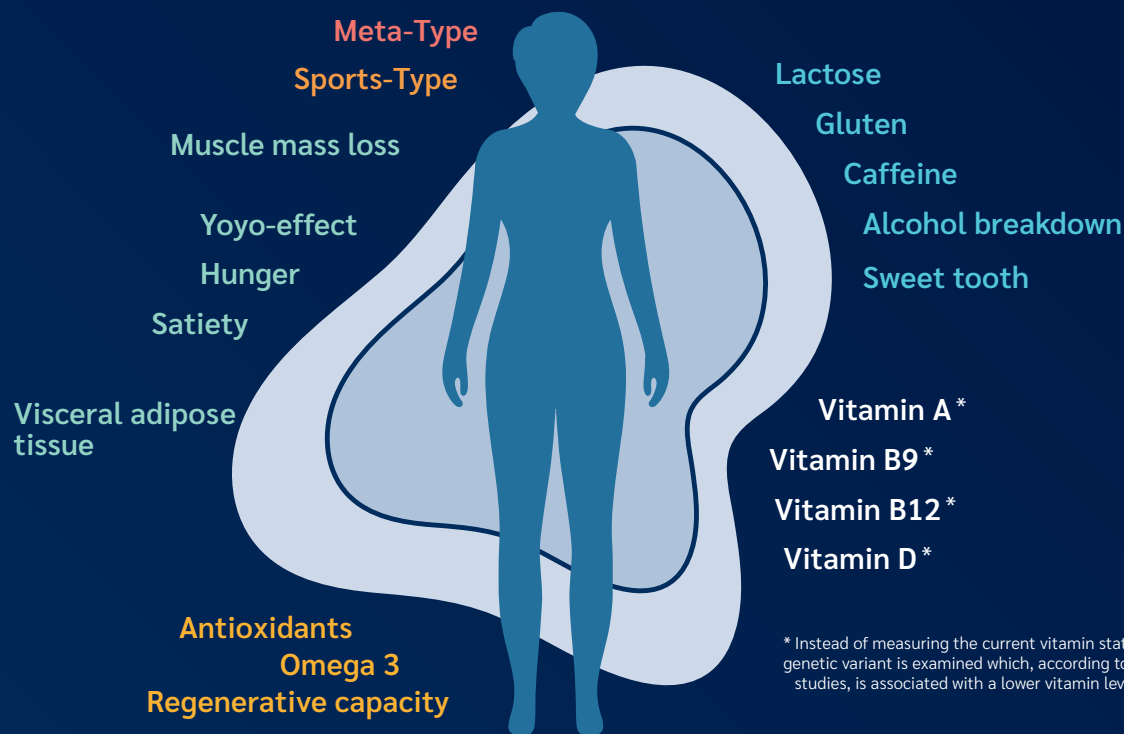
Such variants also have an impact on our need for vitamins and other important nutrients.

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.

## What is analysed?



\* Instead of measuring the current vitamin status, a genetic variant is examined which, according to current studies, is associated with a lower vitamin level.

## The MetaCheck Concept

You will receive a complete package with your test result so that you can start your dietary change immediately:

- nutrition plans tailored to you
- individual sports recommendations and
- personal nutritional advice from our nutritionists or one of the many MetaCheck consultants throughout Germany.

The MetaCheck concept was developed by scientists and nutrition experts. It has been successfully used by doctors, alternative practitioners, pharmacies and nutritionists for more than 10 years.