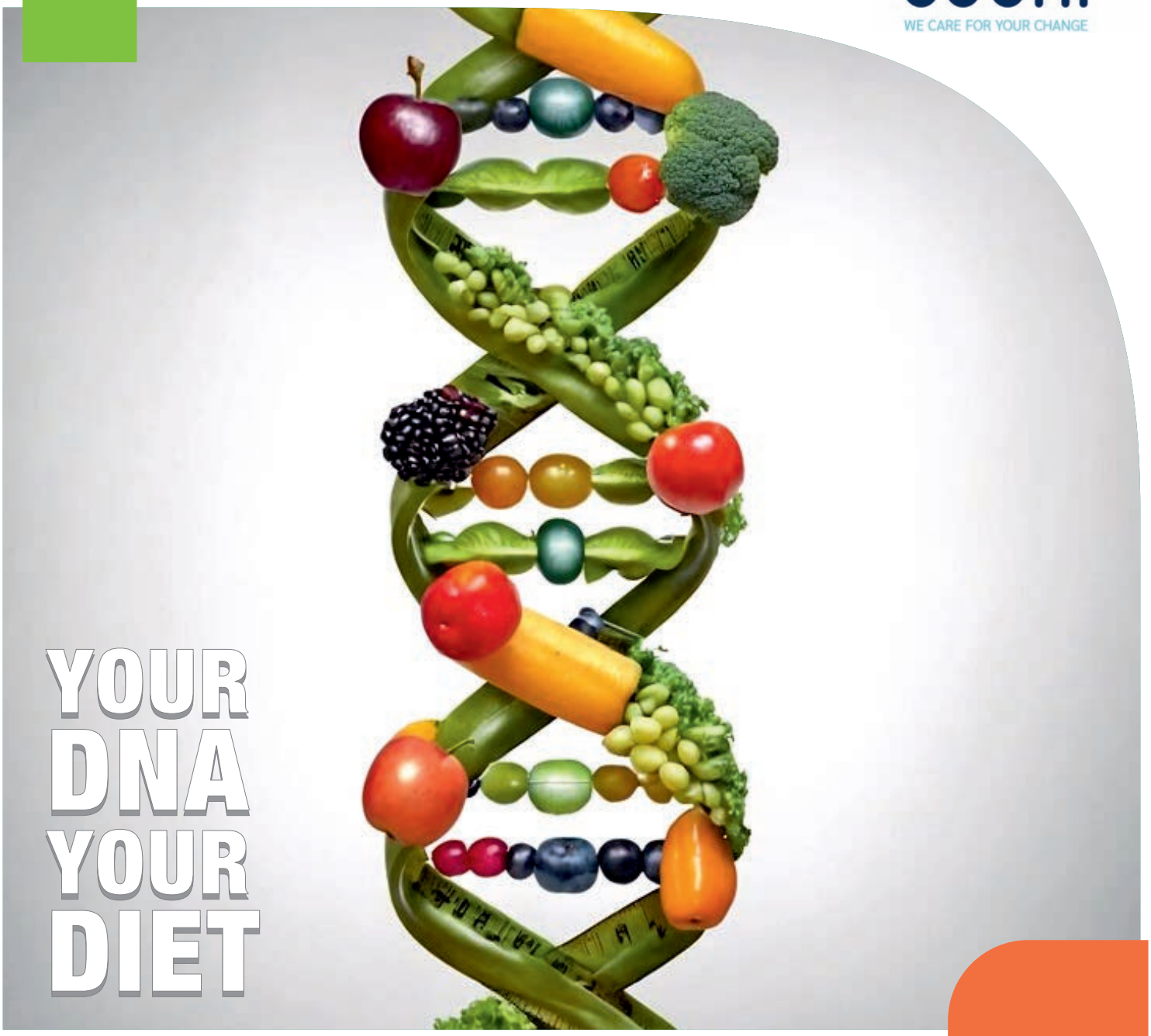
COGAP

WE CARE FOR YOUR CHANGE



Dr. Bakshi's
Advance
Diagnostics

Your Path to Informed Health Decisions

CoGap MetaCheck Test - Your DNA, Your Diet

Throughout human evolution, our bodies have adapted to diverse lifestyles and dietary conditions, leading to genetic adjustments in our metabolism. On a genetic level, small variations in DNA—known as polymorphisms—differ among individuals and can influence how efficiently we process macronutrients (carbohydrates, proteins, and fats) and manage calorie expenditure during various activities.

This field is often referred to as nutrigenetics — the study of how genetics influence nutrition. Based on this science, CoGAP has identified four distinct genetic Meta-Types: Alpha (α), Beta (β), Gamma (γ), And Delta (δ).

These genetic differences explain why each person metabolizes food uniquely. For example, some individuals may be predisposed to store fat more easily on a high-carbohydrate diet, while others may thrive on healthy fats or protein-rich meals. Such variations affect insulin sensitivity, appetite regulation, fat metabolism, and feelings of fullness or hunger.

By tailoring your diet to your specific genetic metabolic profile—using tools like the CoGap MetaCheck Test—you can optimize energy utilization, support healthy body composition, reduce inflammation, and promote longevity. Personalized nutrition, grounded in genetic insights, moves us beyond generic diets, paving the way for sustainable, science-backed health strategies aligned with your biology.

What Is the CoGap MetaCheck Test?

The CoGap MetaCheck Test is a saliva-based genetic analysis that provides detailed insights into your metabolic and nutritional traits. It offers actionable recommendations to support weight management, boost energy, and tailor your diet, fitness, and lifestyle choices effectively.

Why Choose CoGap MetaCheck?

Customized Health Plans
Align your diet and exercise routines with your unique genetic profile.

Metabolic Insights
Understand your fat-burning potential, hunger cues, and satiety responses.

Proactive Approach
Detect metabolic tendencies early and adjust your lifestyle before health issues develop.

What Does the CoGap MetaCheck Test Measure?

The test analyzes key genetic markers related to:

Metabolism & Nutrient Processing:

- Fat metabolism
- Carbohydrate sensitivity
- Protein utilization
- Genetic predisposition to vitamin and mineral requirements

Eating Behaviors & Cravings

- Sweet cravings
- Hunger sensitivity
- Satiety regulation
- Yo-yo dieting tendencies
- Visceral fat predisposition (internal belly fat risk)

Food Intolerances

- Gluten intolerance
- Lactose intolerance
- Caffeine sensitivity

Fitness & Body Composition

- Muscle mass potential
- Response to physical activity
- Recovery and regeneration capacity

Other Traits

- Alcohol metabolism
- Sensitivity to environmental and lifestyle factors

Benefits of the CoGap MetaCheck Test

- Discover which diets and workouts are best suited to your genetic profile.
- Minimize trial-and-error in your health journey.
- Address stubborn weight issues, fatigue, or digestive discomfort with science-backed strategies.
- Gain long-term control over your health, performance, and overall well-being.

Meta-Type Specific Food List (Includes 807 Food Items)

A comprehensive list tailored to your Meta-Type, covering categories such as:

- Cereals & Pseudocereals (104 items)
- Dairy, Cheese & Eggs (129 items)
- Spreads, Fats & Oils (36 items)
- Spices, Dips, Sauces & Seasonings (72 items)
- Vegetables & Products (115 items)
- Fruits & Products (81 items)
- Legumes, Seeds & Nuts (41 items)
- Meat & Poultry (77 items)
- Fish & Fish Products (48 items)
- Sweets, Pastries & Sweeteners (53 items)
- Beverages (51 items)

Who Should Take the CoGap MetaCheck?

Ideal for individuals seeking to:

- Lose or manage weight effectively
- Increase energy levels and improve metabolism
- Identify hidden food sensitivities
- Enhance fitness, re

CoGap Metacheck test is carried out by the DNA analytical laboratory of Humatrix AG, Germany

Brought to India by

Dr. Bakshi's Advance Diagnostics LLP

B-32, Pusa Road, Rajendra Nagar
New Delhi – 110005

+91-8448282600
info@dbad.in

www.dbad.in