

Frequently Asked Questions

About MetaCheck

General Overview

Q: What is the MetaCheck Test?

A: The MetaCheck is a genetic test that analyses metabolism-related genes to determine an individual's metabolic type and tailor personalized diet and lifestyle recommendations.

Q: What does the MetaCheck test analyse?

A: It analyses specific genetic variations that influence how your body processes fats, carbohydrates, and proteins, determining your "Meta-Type."

Q: Where is the MetaCheck test processed?

A: The test is analysed in a certified laboratory in Germany by CoGAP®.

Q: What is a Meta-Type?

A: Your Meta-Type categorizes your genetic metabolic profile, helping tailor optimal macronutrient ratios and workout recommendations.

Q: How many Meta-Types are there?

A: There are four Meta-Types: Alpha, Beta, Gamma, and Delta.

Scientific & Genetic Basis

Q: Which genes are tested in the MetaCheck?

A: Genes involved in lipid metabolism, carbohydrate metabolism, and energy conversion are tested (e.g., ADRB2, FTO, PPARG).

Q: Does MetaCheck test for food intolerances or allergies?

A: No, MetaCheck focuses only on metabolism-related genes, not allergies or intolerances.

Q: Is this the same as a DNA ancestry or disease-risk test?

A: No. MetaCheck is solely focused on weight management and metabolism, not ancestry or disease risk.

Q: Can the results change over time?

A: No. Your genetic code remains the same throughout your life, so this is a one-time test.

Q: Is MetaCheck based on epigenetics?

A: No, it tests fixed genetic variants, not lifestyle-influenced gene expression.

Sample Collection

Q: What sample is required for MetaCheck?

A: A saliva sample is required.

Q: How is the saliva sample collected?

A: You spit into a provided tube and seal it as per instructions.

Q: Do I need to fast before sample collection?

A: No, but avoid eating, drinking, smoking, or brushing your teeth for 30 minutes before collection.

Q: Can I take the sample at home?

A: Yes, the test kit is designed for easy home collection.

Q: Can I take the test if I'm sick?

A: Yes, but avoid if you have a recent oral infection or wound.

Personal Application

Q: What kind of recommendations are included in the report?

A: Nutritional advice, ideal macronutrient ratios, calorie targets, and exercise tips based on your Meta-Type.

Q: Will this help me lose weight?

A: Yes, it can guide you to a genetically aligned diet plan to optimize weight loss and energy.

Q: Do I still need to count calories?

A: Calorie awareness is encouraged, but the focus is on eating according to your genetic type.

Q: Does this replace a nutritionist or fitness coach?

A: No. It enhances their guidance with your genetic blueprint.

Q: Can this test help athletes?

A: Yes, it helps athletes fine-tune macronutrient intake and training plans.

Fitness & Lifestyle

Q: Are exercise recommendations also personalized?

A: Yes, based on your genetic type, suggestions include endurance or strength-based workouts.

Q: Can I still follow keto or intermittent fasting?

A: It depends on your Meta-Type; your report will clarify what's most compatible.

Q: Does my metabolism type affect how I build muscle?

A: Yes, your Meta-Type influences how your body uses macronutrients for muscle building.

Q: What if I've already been dieting and exercising?

A: The test can help explain past struggles and redirect your plan for better results.

Q: Can MetaCheck prevent weight regain?

A: Yes, it provides sustainable, personalized guidelines based on your lifelong genetic profile.

Post-Test Support

Q: Who will explain my results to me?

A: A trained dietitian or counsellor will walk you through your report.

Q: Can I get a customized meal plan?

A: Yes, post-test services usually include a tailored meal plan.

Q: Can I consult again after a few months?

A: Yes, follow-up consultations are encouraged.

Q: Will I need supplements?

A: Only if suggested by your nutritionist—this test doesn't include supplement advice.

Q: Can I combine this with other tests like ImuPro?

A: Yes, it works synergistically with food intolerance tests for deeper insight.

Miscellaneous FAQs

Q: Can the MetaCheck Gene Diet also help me gain weight?

A: Ans Fundamentally, the MetaCheck Gene Diet is a weight-loss concept. We therefore do not recommend using the information gained to gain weight without professional nutritional advice. A one-sided diet and excessive weight gain can be hazardous to your health. Likewise, there are no scientific studies on controlled weight gain based on genetic metabolic analyses. We therefore explicitly state that CoGAP assumes no responsibility for such attempts to gain weight.

Q: How often do I have to do the genetic metabolic analysis?

A: The MetaCheck Gene Diet is based on a single genetic test performed at the beginning.

Q: Will the results change if I repeat the genetic metabolic analysis in a few years?

A: The MetaCheck Gene Diet is based on a single initial analysis. You don't need to repeat the genetic test.

Q: I'm physically active! Why am I still not Losing weight?

A: Even though the connection between genetic predisposition and weight change has not yet been sufficiently scientifically proven, it could well be due to your diet or the type of exercise you do not match your genetic metabolic predisposition. Of course, you lose weight when the total number of calories burned exceeds the total number of calories consumed. However, people process different amounts of calories for the same activity or diet due to their genetic metabolic predisposition. The energy values (kcal/kJ) shown on many packaging merely calculate the physiological average calorific values of foods. How many calories each individual metabolizes depends on their personal genetic metabolic predisposition. However, we are convinced that we can offer you a personally tailored and successful nutrition and training concept based on the MetaCheck Gene Diet.

Q: Can I follow the MetaCheck Gene Diet during pregnancy?

A: The MetaCheck Gene Diet is completely safe and can therefore be performed safely even during pregnancy. Pregnancy also does not affect the analysis results. However, you should consult a doctor regarding the optimal diet for you during pregnancy, as other factors (e.g., folic acid or iron deficiency) play an important role in addition to genetic predisposition. Starting a diet during pregnancy is not recommended.

Q: Am I too old or too young for Meta Check?

A: No. MetaCheck can be performed regardless of age. However, many people are less willing to make lifestyle changes as they get older. Genetic metabolic analysis is also feasible for children, but we do not recommend it. Because children have increased

nutrient requirements and are more physically active during growth phases, they usually do not require nutritional recommendations tailored to their genetic predisposition. On the contrary, an overly strict food selection could negatively influence children's eating habits. We therefore recommend a suitable, balanced mixed diet with child-appropriate intake recommendations based on the DACH reference values for nutrient intake.

Q: How long does the genetic metabolic analysis take?

A: Once we receive your saliva sample and your consent form, the sample analysis at our partner laboratory typically takes two weeks. CoGAP will then endeavor to complete the MetaCheck for you as quickly as possible and send it to your consultant.

Q: What samples are needed for the MetaCheck Gene Diet?

A: The MetaCheck Gene Diet is based on a saliva sample that you provide using a special test kit. The test kit consists of a cheek swab and a leak-proof sample container.

Q: What Should I pay attention to when providing the saliva sample?

A: To ensure that your genetic material is not falsified in the saliva sample, you should rinse your mouth with water for half an hour before providing the saliva sample and then do not eat or drink anything until you provide the saliva sample.

Q: Where will my saliva sample be examined?

A: CoGAP collaborates with state-of-the-art genetic analysis centers. The analysis of the saliva sample and the generation of the raw genetic data are carried out by our highly qualified specialists in our partner laboratory in Darmstadt.

Q: Can the MetaCheck Gene Diet also be used to diagnose diseases, allergies, or food intolerances?

A: The MetaCheck Gene Diet does not test genes that predict disease, allergies, or food intolerances.

Q: I've been exercising a lot recently, eating certain foods very frequently, or taking medication regularly. Does this affect the MetaCheck Gene Diet?

A: Exercise, diet, and medication can have a temporary impact on your metabolism, but this will not change the result of your MetaCheck

Q: What happens to my saliva sample in the partner laboratory?

A: In principle, if the test kit is used correctly, your saliva sample should arrive at CoGAP in a condition suitable for analysis. However, in individual cases, test kits may be lost or damaged in the mail. In these cases, MetaCheck cannot be performed. In these cases, we will provide a free replacement kit with which the saliva sample can be submitted again.

Q: Do I have access to raw genetic data?

A: The raw genetic data itself does not provide you with any additional information about your metabolism—in fact, the raw data alone could be confusing. Therefore, CoGAP will only send the data from the MetaCheck analysis performed by a physician to a human genetics' specialist designated by you upon the physician's express written request.