



NOVOGENIA

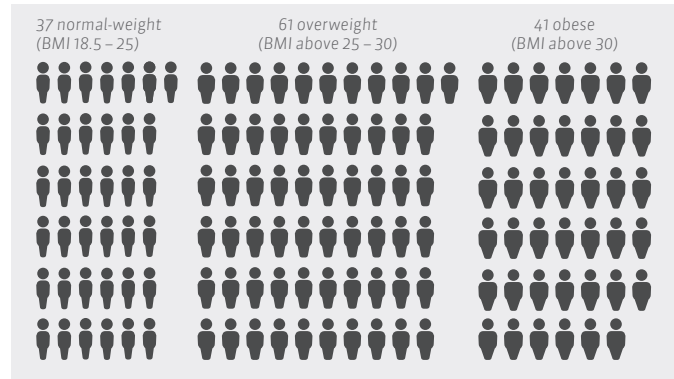
Network of genetic laboratories

Research results of the scientific study “Weight loss based on genetics”

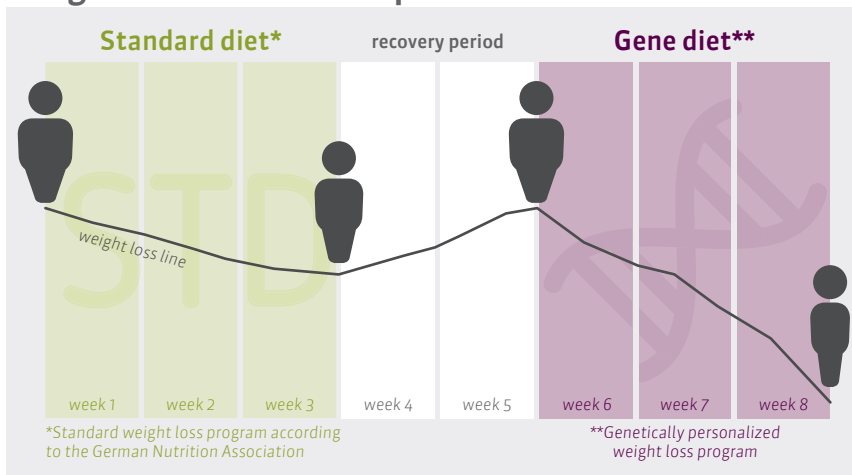


Facts

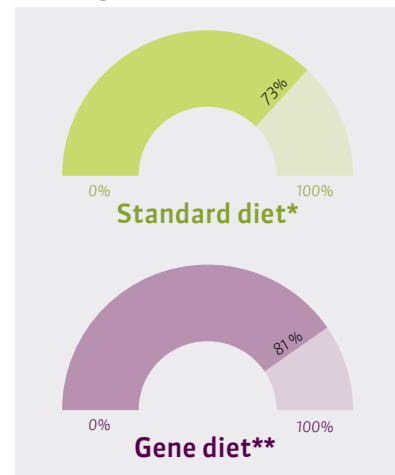
139 participants, thereof...



Program duration and procedure



Average compliance



Results:

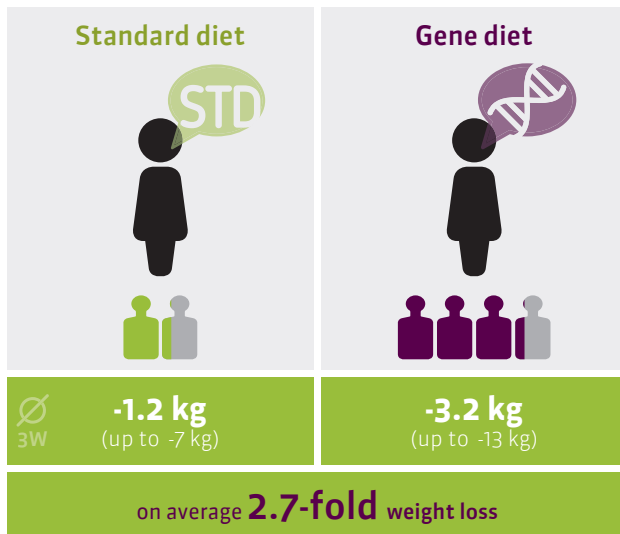
Comparing standard diet with gene diet:

All participants		Standard diet*	Gene diet**
<p>Every participant followed the standard diet for 3 weeks and an average weight loss of -1.4 kg was achieved. Every participant followed the genetically customized diet for the same duration (3 weeks) and an average weight loss of -3.5 kg was achieved. Consequently a 2.4-fold weight loss was obtained with similar efforts.</p>			
Average loss in 3 weeks	∅ 3W	-1.4 kg (up to -7 kg)	-3.5 kg (up to -13 kg)
<p>on average 2.4-fold weight loss</p>			

Comparing standard diet with gene diet:

Women

For women the standard diet was less effective and therefore the success was 2.7 times greater with the gene diet. Hence women benefit above average from the genetically customized diet.



Men

It seems that the standard diet is more effective for men than for women. The genetic diet is however still 1.8 times more effective than the standard diet.



Normal-weight subj.

(BMI between 18,5 and 25)

Normal-weight subjects lose less body weight than overweight or heavily overweight persons with both types of diets (standard diet and gene diet). Nevertheless normal-weight persons lose 3.3 times as much weight with the genetically customized diet compared to the standard diet.



Overweight subjects

(BMI above 25 to 30)

Overweight subjects benefit from an approximately 2.1-fold weight loss when following the gene diet.



Obese subjects

(BMI above 30)

Heavily overweight persons benefit from the gene diet with a 2.6-fold weight loss and also show the highest absolute weight loss in 3 weeks.



Results:

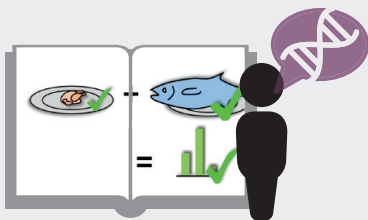
Weight loss success with the gene diet's individual components:

The genetically customized program offers the participants 4 different possibilities to plan their nutrition. The participants could also apply several possibilities at the same time. The following diagrams show the number of participants that applied one or several of the 4 types and what results they could achieve by doing so.

Food item system

65 % of participants applied the food item system among other things. By doing so they achieved a 2.8-fold weight loss success as compared to the standard diet.

Gene diet



3W



3W

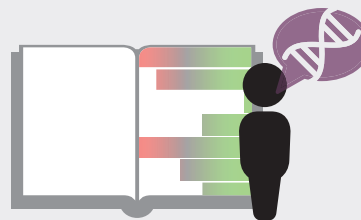
-3.6 kg
(up to -13 kg)

on average **2.8-fold** weight loss

Colour bars

73 % of participants applied the food list's red-green bars among other things. By doing so they achieved a 2.37-fold weight loss success as compared to the standard diet.

Gene diet



3W



3W

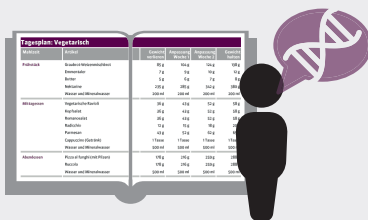
-3.4 kg
(up to -9.7 kg)

on average **2.37-fold** weight loss

Menu of the day

24 % of participants used the readymade menus among other things. By doing so they achieved a 2.37-fold weight loss success as compared to the standard diet.

Gene diet



3W



3W

-3.9 kg
(up to -9.7 kg)

on average **2.37-fold** weight loss

Menüportal

26 % of participants used the online menu portal (version 1.0) among other things. By doing so they achieved a 2.36-fold weight loss success as compared to the standard diet.

Gene diet



3W



3W

-3.8 kg
(up to -9.7 kg)

on average **2.36-fold** weight loss