

Name : Influence of the Preparation PEITO on Breasts

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Introduction

PEITO tablets are a 100% vegetal product, containing no chemical, animal, genetically-modified or artificial ingredients. PEITO meets all the requirements of the European food industry. PEITO acts as a phytoestrogen in a natural way stimulating glandular tissue growth in such a way that it effects receptors in the breast.

Ingredients of PEITO: Hops, buckwheat, fennel, rye, malt, barley

Binder: Tricalciumphosphate and silicone dioxide. The nutritive value in kJ per 100 g of the product is 1046 kJ.

Total carbohydrates 43.9 %, of that starch 35.3 %, vegetal sugars 8.6%, proteins 16.4%, fats 1%, fibres 5.9 %

Placebo: Buckwheat, rye, malt, barley, natural stabilizers tricalciumphosphate, silicone dioxide

Dosage: The manufacturer recommends 10-15 tablets daily with much water, at least 2 litres daily. As indicated by the manufacturer, PEITO is a preparation for women's breasts enhancement - in less than 12 weeks, the breasts become firmer, fuller and larger, the results are permanent (with the exception of the ageing effect and possible change of weight). These changes start to show themselves in 4-6 weeks, while if PEITO is taken 6 months, the results are very good with almost 90% of women.

The objective of our study was to either confirm or to rule out this alleged influence of the preparation on mamma.

Group of examined women and methods

By a random selection, we selected for our study 20 women in the age from 20 to 35 years having no mamma illness in their anamnesis. The active PEITO group comprised of 10 women with the average age of 31 years, the control Placebo group of 10 women with the average age of 27 years. A hormonal contraception (HC) was taken by 5 women in the proper group and by women in the Placebo group. 7 women in each group gave birth at least once.

Prior to starting to take the tablets, each woman went through a gynaecological examination and basic laboratory tests (liver tests, cholesterol, triglycerides, blood count, ESR). Each one had a sonography of breasts in order to rule out a possibility of dysplasia or any other pathology.

We measured the bust of the volunteers, weighted them and determined the breast size according to the bra size. Each of them recorded her subjective observations (pain, tension in breasts) and psychological changes (fatigue, tension, depression, change in libido) into a menstruation calendar.

We measured the bust in vertical position at the beginning of the menstrual cycle in a middle breath position, taking the measure on the level of mammillae and on the back on the level of the bottom edge of shoulder blades. We weighted the volunteers also at the beginning of their menstrual cycle only in their underwear.

Subjectively the volunteers observed that their breasts are getting swelling, fullness and firm.

Breast Enlargement, Fuller Breasts meant mild feeling of breast filling with a minimum mastodynia lasting 4 - 5 days before the menses, i.e. within physiological limits. The breast is larger, more filling the bra cup, or the volunteers started to wear a larger cup size bra.

Firmness Breasts meant a more pronounced breast elasticity, the breast is firmer, less drooping, less limp.

The volunteers started taking PEITO at the beginning of the menstrual cycle while the patients included in the study were not set to hormonal contraception (HC) during PEITO use. In our study the patients took 12 tablets daily divided into 3 daily doses washed down at least 2 litres of liquid daily.

Results

The results are shown in the Table 1-7 and in the Graph 1-7. When evaluating besides the objective evaluation - bust measures, we stressed especially subjective evaluation of the patients as it is a preparation of commercial nature and especially contentment of women with the PEITO preparation is important for its marketability, and we compared it with our bust measurements. The bust increase had to be at least 2 cm.

50% of women in the active group (PEITO) had a bust increase by more than 2cm, and at the same time 80% of women reported subjectively firmer breasts. There was no case of bust increase by more than 2 cm in the control group (Placebo). In the active group (PEITO), 80% of women reported subjectively firmer, fuller breasts, with placebo it was only 20% (Table 1, 2, 6, 7). The total contentment rate with PEITO preparation is 70%, while it is by 10% less as the proportion of women reporting firmer breasts. It is because one patient though having firmer breasts has not achieved enlargement she had wished very much.

As far as the time of use and effects on breast are concerned - the first changes could be seen after 2 months though more pronounced effects of PEITO were visible only after 4 months (Graph 1, 2).

According to the subjective evaluation of the patients the hormonal contraception (HC) favourably influenced the PEITO effect on the breasts (Table 3, 4).

During the 6 months there was no change in the sonographic picture of the patients in the sense of a possible pathology formation. In the laboratory picture the activity of liver enzymes and also the blood count were within reference values.

There were no substantial weight changes during the 6 months with any woman in both groups (Table 5, Graph 5). We as well did not register any bust increase accompanied by weight gain (Graph 3, 4)

As the PEITO tablets contain a fibre with an antiatherogenic effect we monitored also the cholesterol values. After 6 months, the cholesterol values of 60% of women in the active PEITO group were reduced in comparison to cholesterol with only 10% of women in the Placebo group (Graph 6, 7).

Table 1: Objective evaluation PEITO vs. Placebo After 6 months

	PEITO	Placebo
Number of Patients = 10	n / %	n / %
Enlargement	5 (50%)	2 (20%)
Firmer	8 (80%)	1 (10%)

Table 2: Objective bust changes in PEITO comparison to Placebo after 6 Months

	PEITO	Placebo
Number of Patients = 10	n / %	n / %
Breast Increase by minimum 2cm	5 (50%)	0 (0%)

Table 3: Breast Enlargement and duration of PEITO and Placebo use

	2 Months	4 Months	6 Months
	n / %	n / %	n / %
PEITO - Number of Women	3 (30%)	5 (50%)	6 (60%)
With - Hormonal Contraception (HC)	2 (20%)	3 (30%)	4 (40%)
Without - Hormonal Contraception (HC)	1 (10%)	2 (20%)	2 (20%)
Placebo - Number Of Women	1 (10%)	1 (10%)	2 (20%)
With - Hormonal Contraception (HC)	1 (10%)	1 (10%)	1 (10%)
Without - Hormonal Contraception (HC)	0 (0%)	0 (0%)	1 (10%)

Table 4: Breast Firmness and duration of PEITO and Placebo use

	2 Months	4 Months	6 Months
	n / %	n / %	n / %
PEITO - Number of Women	2 (20%)	5 (50%)	8 (80%)
With - Hormonal Contraception (HC)	2 (20%)	3 (30%)	5 (50%)
Without - Hormonal Contraception (HC)	0 (0%)	2 (20%)	3 (30%)
Placebo - Number Of Women	0 (0%)	1 (10%)	2 (20%)
With - Hormonal Contraception (HC)	0 (0%)	1 (10%)	1 (10%)
Without - Hormonal Contraception (HC)	0 (0%)	0 (0%)	1 (10%)

Table 5: Influence of the PEITO preparation on weight in comparison with Placebo After 6 months

	PEITO	Placebo
Weight changes before starting the use and after 6 months	n / %	n / %
No Change	3 (30%)	2 (20%)
Gain (kg)	3 (30%)	5 (50%)
Loss (kg)	4 (40%)	3 (30%)
Average weight gain (kg) After 6 months use	- 0.4kg	0.5 kg

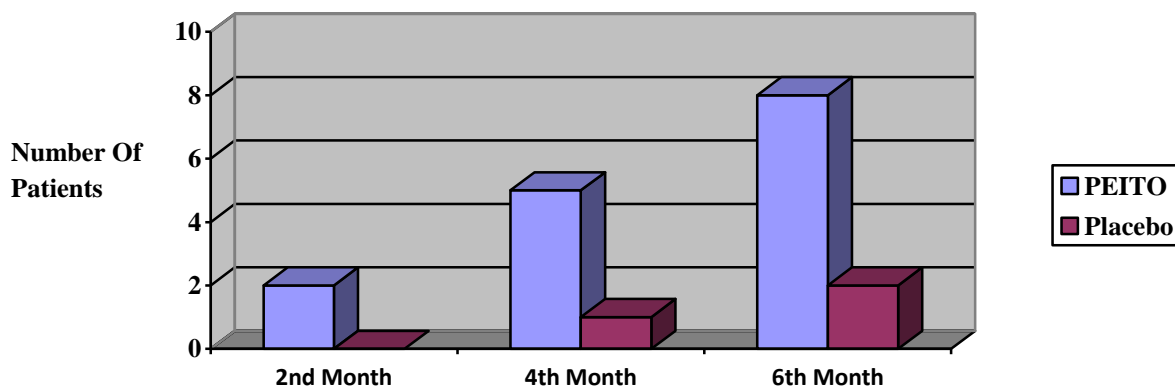
Table 6: Bust Changes After 6 months

	PEITO	Placebo
Bust changes before starting the use and after 6 months	n / %	n / %
No Change	1 (10%)	6 (60%)
Reduction	0 (0%)	1 (10%)
Enlargement	9 (90%)	3 (30%)

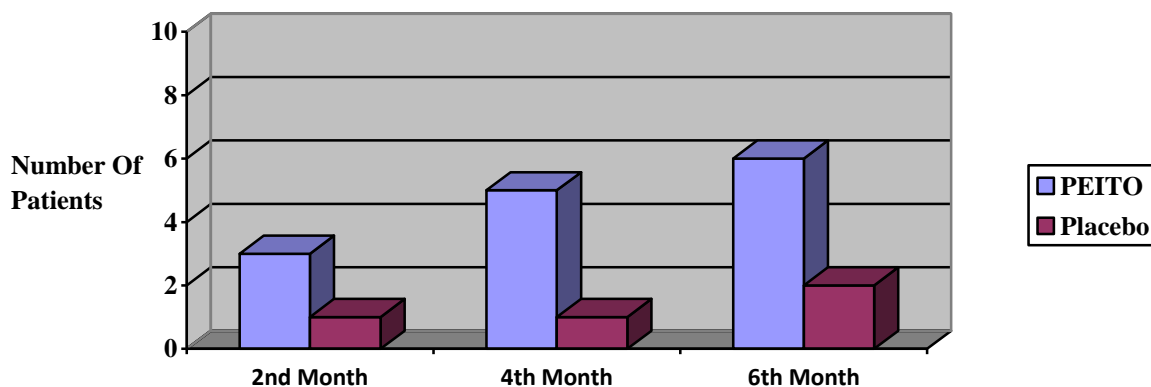
Table 7: Bust Increase After 6 months

	PEITO	Placebo
Bust changes before starting the use and after 6 months	n / %	n / %
Enlargement (by 0.5 - 2.0cm)	4 (40%)	4 (40%)
Enlargement more than 2.0cm	5 (50%)	0 (0%)

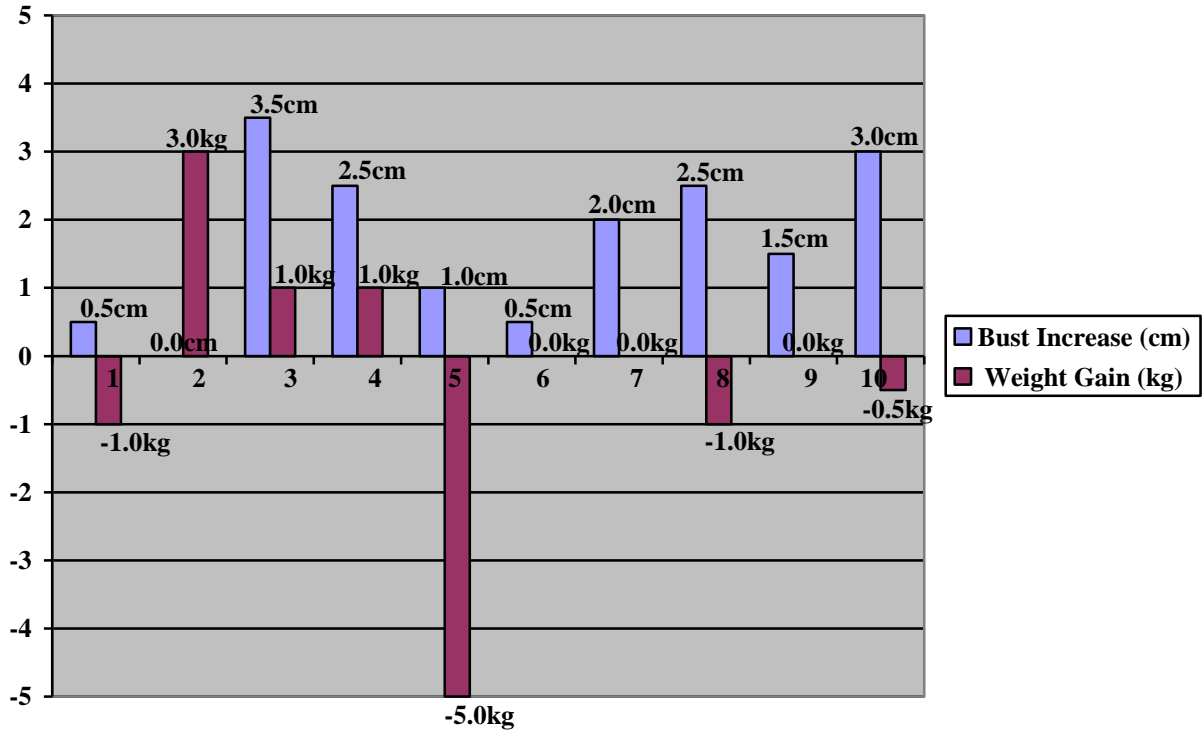
Graph 1: Subjective evaluation of breast firmness improvement during PEITO use



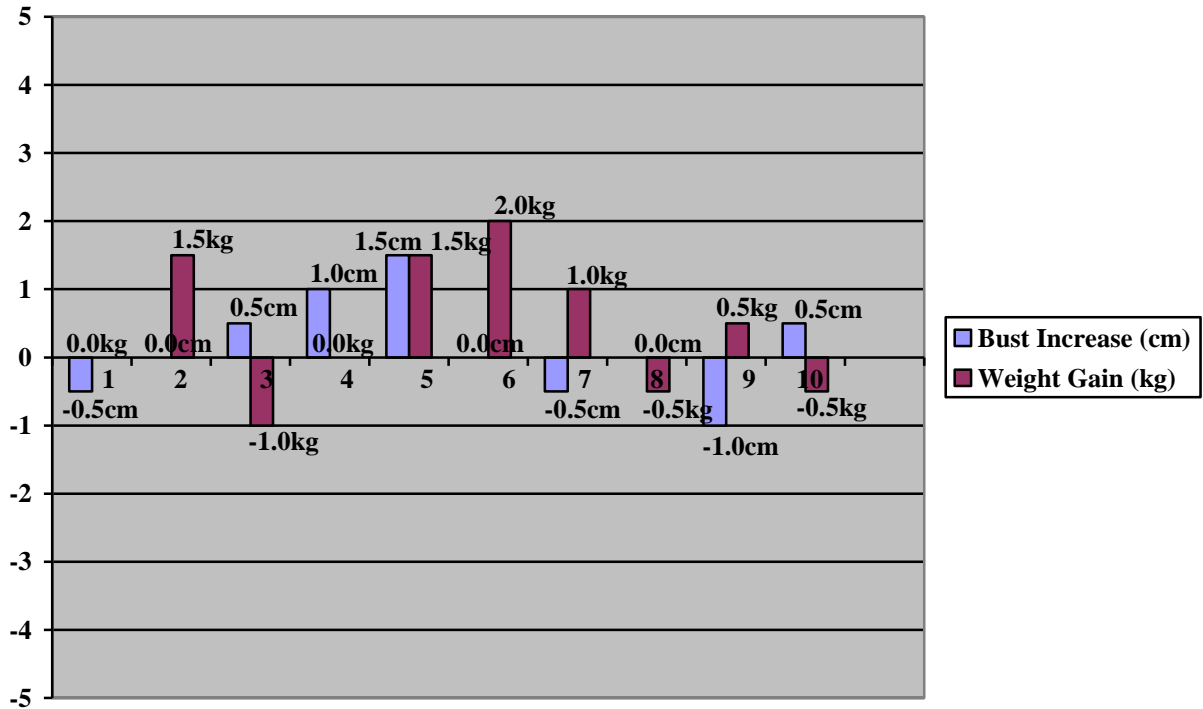
Graph 2: Subjective evaluation of breast enlargement during PEITO use



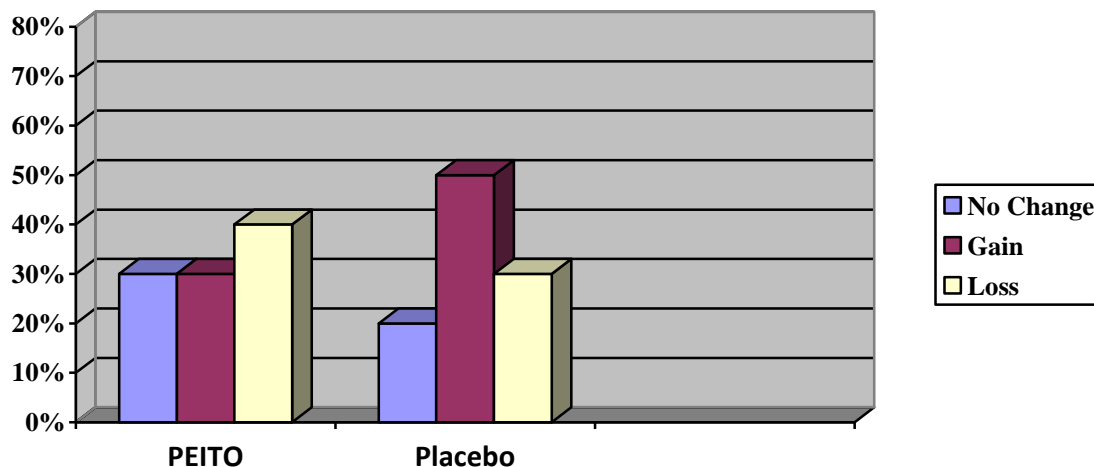
Graph 3: Dependence of bust increase on weight gain in the active group - PEITO



Graph 4: Dependence of bust increase on weight gain in the control group - Placebo

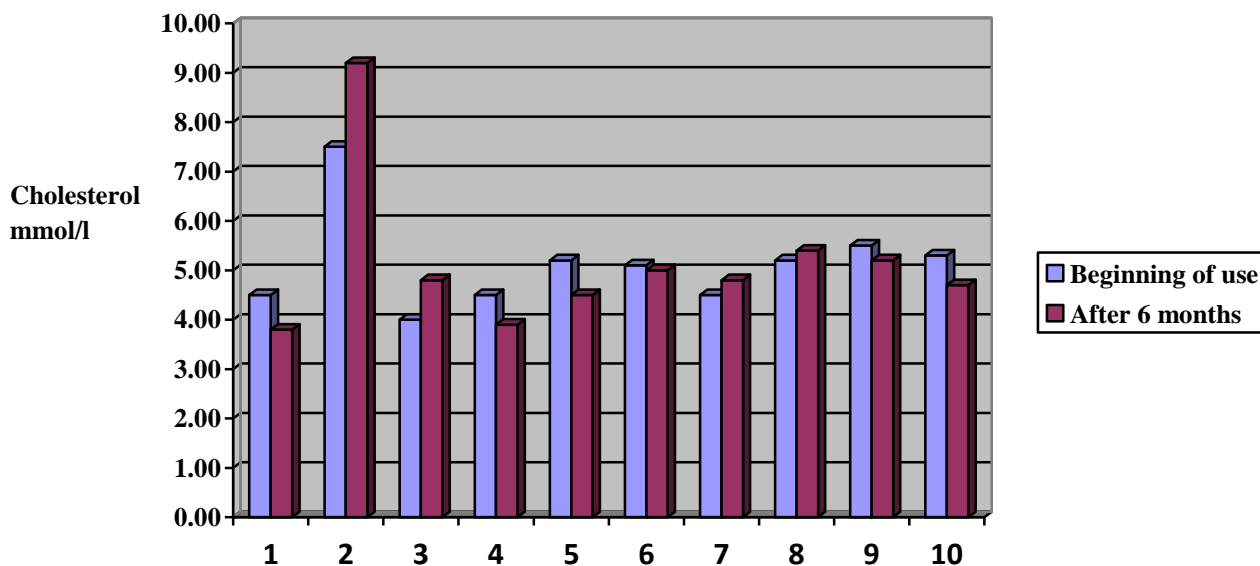


Graph 5: Weight changes after 6 months of PEITO and Placebo use

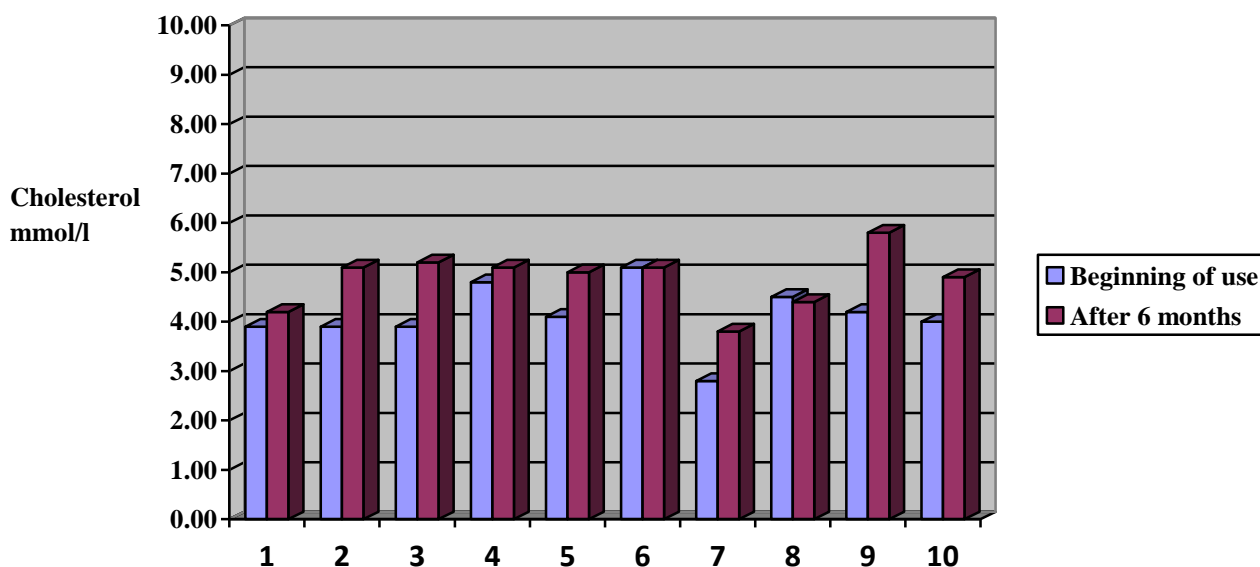


	PEITO	Placebo
No Change	30%	20%
Gain	30%	50%
Loss	40%	30%

Graph 6: Comparison of cholesterol levels of women in the active group - PEITO at the beginning of use and after 6 months



Graph 7: Comparison of cholesterol levels of women in the control group - Placebo at the beginning of use and after 6 months



Conclusion:

From our experience we recommend the preparation especially for women with limp, drooping breasts as a result of childbirth or age who want to have their breasts firmer and prettier and the breast enlargement is not of prime concern. Such breasts were achieved after 6 months use by 80% of women while bust increase by 2 cm, that we have evaluated as favourable effect on breasts occurred with 50% of women. Administration of the preparation should last at least 4 months, because after 2 months of use the effects of PEITO just start to make themselves felt and only a small percentage of volunteers feel the firmness and enlargement of breasts.

The use of the PEITO preparation had no negative effects on the monitored laboratory parameters during the 6 months - blood count, liver test, and at the same time the cholesterol level registered a mild reduction.

No adverse reactions of gastrointestinal tract during the use of preparation were registered and the preparation was very well tolerated.