

Enhanced Growth of the Adult Penis With Vitamin D 3

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Abstract:

Fourteen adult men volunteered to participate in an experiment to evaluate the potential for penile growth as a result of taking 50,000 units of vitamin D 3 and 100 mcg of vitamin K 2 daily. Penis length increased an average of 0.46 inches and circumference increased an average of 0.523 inches, both statistically significant. These results are comparable to those obtained with use of a vacuum pump or with surgical augmentation. We suggest that men interested in penis augmentation consider this much simpler and safer approach when they are interested in penis enlargement.

Key Words:

D 3, penis augmentation. libido enhancement

Introduction:

Penis size is one of the major psychological concerns of men.^{1,2,3} Indeed, only 55% of men, in one study, were satisfied with their penis size.¹ Penis size, even among heterosexual men, equals concerns about weight and height.⁴ Lay literature and the large number of e-spam ads for penis enlargement, as well as surgical penis enlargement techniques, further emphasize the significant interest in penile enhancement. Other than surgery, only two other reports of successful penis enlargement have been located.^{5,6} The current study was undertaken when one of the authors (JP) reported that male patients had reported spontaneously that they had noticed penis growth after taking vitamin D 3 for immune enhancing benefits.

Research design:

Fourteen male friends were invited to participate in a research project. They signed an informed consent form which explained the project and agreed to have blood drawn initially and whenever possible at 3 and 6 months after taking daily 50,000 units of D 3 and 100 mcg of vitamin K 2. K 2 is generally considered to be synergistic with D 3 in enhancing deposits of calcium into bone. They were instructed to take no calcium supplements while on the D 3. They also agreed to have the senior author measure their flaccid stretched penis or to provide digital photos showing length and circumference of their erect penis initially and at 3 and 6 months.

Results:

Virtually all the men reported both increased general energy, as well as enhanced libido. There were no reports of adverse symptoms. Calcium levels remained within the normal range.

Table 1

VITAMIN D STUDY

| AGE | Initial Length | Initial circumference | Final length | Final circumference |
|-----|----------------|-----------------------|--------------|---------------------|
| 66* | 4.375 | 4.375 | 5.25 | 5 |
| 52 | 5.375 | 4.875 | 6.125 | 5.375 |
| 75* | 8 | 6 | 8.9 | 6.25 |
| 65* | 5.25 | | 6 | |
| 42 | 7 | | 7.25 | |
| 42 | 6.125 | 4.5 | 6.25 | 4.5 |
| 32* | 6 | 5.625 | 6.6 | 6 |
| 28 | 6 | 3 | 6.25 | 4.5 |
| 57* | 6.2 | 5.75 | 6.5 | 5.75 |
| 56 | 7.25 | 5.125 | 7.75 | 5.5 |
| 65 | 5 | 4.5 | 5.375 | 5.6 |
| 42* | 7.25 | | 7.438 | |
| 50 | 6.25 | | 6.5 | |
| 42 | 7.125 | | 7.5 | |

* These were 6-month measurements. The rest were 3 months. In general, the growth during the second 3 months was about half that of the first 3 months.

Those with circumferences were obtained by having the subject do digital photos with measurements of length and circumference. Those without circumference were stretched flaccid lengths.

Average length initially was 6.23 inches and at conclusion was 6.69 inches; an average increase of 0.46 inches, ranging from 0.12 to 0.9 inches

Average circumference was initially 4.863 inches and at conclusion was 5.38 inches, increasing an average of 0.523 inches, ranging from no change to a maximum of 1.5 inches. Statistical analysis via the paired samples t-test, or repeated measures t-test, reveals that there were significant increases in both penis length (n=14 pairs of measurements, $t=-6.54$, $p<.001$) and circumference (n=9 pairs of measurements; $t=-3.179$, $p=.013$) in those participating in the Vitamin D regimen. See t-test results in the **T-Test Chart**.

This includes both 3-month and 6-month participants, as the sample size is too small to evaluate them separately.

Discussion:

The two earlier studies, which demonstrated penis enlargement,^{5,6} used vacuum pumps that required 30 minutes of daily vacuum pumping to achieve enlargement of up to 1 inch in length (average 0.67 inches) up to 0.75 inches in circumference (average 0.55 inches). Interestingly, it is reported that surgical enhancement results in only 1-2 cm increase in length and 2.5 cm augmentation in circumference!⁷

In the current study, average increase in length of 0.46 inches and circumference of 0.523 inches is highly statistically significant and approximately equal to that obtained with vacuum pumps or surgical augmentation.

The range of penis sizes in this small sample is similar to that reported by Kinsey in his measurement of 5000 men⁸, with 54% of men having a penis length of 6 or less inches and 99.4% having a length of 8 or less inches. More recent articles have reported even less generous lengths!^{9,10}

The only known risk of large dosages of vitamin D 3 is excessive blood calcium levels with potential kidney damage. For that reason, individuals taking the large dosage of D 3 are advised to avoid calcium supplements. In this current study, serum calcium levels at 3 and 6 months were all within the normal range.

The physiological explanation for apparent androgenic effects of vitamin D 3 are not simple, although plasma levels of vitamin D metabolites have been reported to have an effect upon sexual maturation and growth.¹¹ There is some evidence that vitamin D 3 is an androgen agonist and binds to Androgen Receptors.^{12,13} Much further work will be needed to explore this as a possible mechanism for enhanced penis augmentation with vitamin D.

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