



What Will Make My Butt Bigger?

There are a lot of ways to make your butt bigger out there, mainly in the form of [butt enhancing products](#), but one thing they have in common is the range of active ingredients they use. We're not too crazy about judging a product for their advertisements, claims, or even their brand name – whether a product works or not comes down to ONE thing: the ingredients it uses.

So it's helpful to get acquainted with these active booty-growing ingredients. Here is an A to Z list of the most common active ingredients you can find in these products.

Read through and find out what works, what doesn't, and what's the best option for you.

AGUAJE



Aguaje is a fruit indigenous to South America that is rich in vitamins A and C, as well as phytoestrogens, oleic acid, and electrolytes. The fruit also contains a decent amount of protein – crucial to any butt-building diet.

[Learn more about aguaje for a bigger butt here.](#)

Does aguaje = bigger butt? Honestly, aguaje is a great source of vitamins, but it's better for your skin than it is for enlarging your butt. To have an effect, it'll have to be combined with more potent ingredients like in the [Brand New Booty pills](#), which also contain pueraria mirifica and maca.

* To clear up any confusion, **aguaje** is what the Peruvians call **buriti**. The two are the *same* fruit. For a description of aguaje/buriti oil -- see below.

BOTCHO



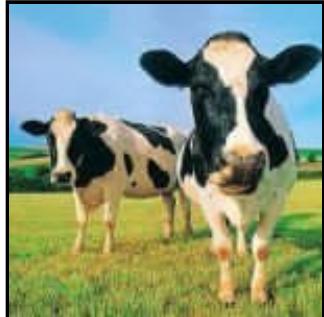
Bôtchô cream sounds like it contains an ingredient named Bôtchô, doesn't it?

Well, Bôtchô is actually just a West African term for a girl with a big butt.

This cream was created by a Dr. Zoh – who's not actually a doctor – and apparently works quite well on his satisfied customers. [Read more about Bôtchô cream here.](#)

Does Botcho = bigger butt? Well, it depends what's in the botcho cream – and you should know that it's not always clear what's in every batch of botcho cream. Seems pueraria mirifica is used in a lot of them, but since ingredients aren't usually listed – it can just be pure snake oil. There are better options.

BOVINE OVARY



Bovine Ovary is exactly what it sounds like – the ovaries of a cow. Bovine ovary pills are made from specially-prepared and freeze-dried ovaries taken from a female cow.

If this sounds very, very strange to you – don't worry, you're not alone. You see, bovine ovary is a form of glandular therapy. Glandular therapy is based on an ancient concept that "like cures like." By eating the glands of a certain animal, your body can enhance the function of your corresponding gland.

So in the case of bovine ovary – you ingest the cow's ovaries and once ingested, the bovine ovary re-stimulates your pituitary gland to reactivate your body's natural growth hormones. This hormone stimulation reproduces a sort of second puberty – causing an intense development of female sex characteristics (breasts and butt) that usually occurs in puberty. [Learn more about Bovine Ovary for butt enlargement!](#)

Does bovine ovary = bigger butt? Yes, and bigger breasts and wider hips as well since has an overall feminizing effect. It'll take at least 3 months to start seeing results, but this is one of the most comprehensive methods of getting a curvier figure. It's [the most affordable, too.](#)

BURUTI OIL



Buruti oil is a rich and nourishing facial oil that lubricates tissues, restores elasticity, and harmonizes your skin. The oil is also a great source of essential fatty acids, containing a high concentration of oleic and palmitic acids that help to moisturize the skin and protect fibroblast cells that are essential for supporting collagen and elastin.

Buruti oil is great for nourishing the skin in general and can be a good addition to your butt enlarging routine – it supplies your butt skin with essential fatty acids and improves your skin elasticity to prevent against stretch marks as your butt expands. **BUT – buruti oil does not contain the phytoestrogens that aguaje pills or powders do.** If you're looking for the phytoestrogen content in the aguaje fruit to

help you grow your booty, it is best that you take an aguaje pill or powder (if you want stronger phytoestrogens – skip the aguaje and go for the potent pueraria mirifica). Buruti oil can be used as a topical supplement. [Learn more about buruti oil here!](#)

Does buriti oil = bigger butt? No, not really. But like we said above, it is great for hydrating and nourishing the skin, thus preventing against stretch marks.

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FISH OIL



Many people believe that rubbing fish oil on the buttocks can result in a bigger butt. The original idea behind this fish oil theory comes from the unique health benefits of fish oil. Fish oil contains 5 types of Omega fatty acids, one of which is omega-3. Long-chain omega-3 fatty acids, like the ones found in fish oil contain EPA and DHA. These fatty acids are thought to absorb directly through the butt skin resulting in a fatter, plumper butt.

Since fish oil is pure fat, it's thought to add to the fat on our buttocks. [To read more about getting a bigger butt on fish oil, click here!](#)

Does fish oil = bigger butt? Yes, it adds a *temporary* swelling, but it goes away as soon as you stop using the fish oil...which you will because it smells quite awful, even with the [less-smelly recipe](#).

HERBS

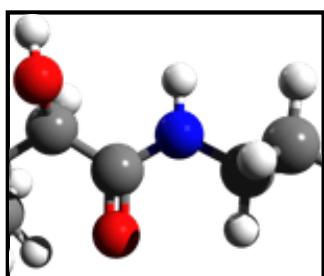


We say "herbs" but under this umbrella category fall several different kinds – many of which you'll want to get to know since they've been popular in female curve enhancement for centuries.

[Learn about the best herbs for getting a bigger butt.](#)

Do herbs = bigger butt? Some herbs have high enough phytoestrogen levels to gradually widen your hips and increase your breasts and butt. They're also very affordable options.

L-TYROSINE



Tyrosine is a naturally occurring amino acid that plays an important roles in the functioning of the adrenal, pituitary, and thyroid glands that control hormone production.

As such, Tyrosine does not impact butt growth directly, but is important in facilitating butt growth by encouraging the production of hormones that do directly impact butt growth. Some studies have also shown that Tyrosine may also stimulate the production of growth hormone (an [important hormone for butt enlargement](#)).

Does L-tyrosine = bigger butt? Well, that's complicated. L-tyrosine is just one of many amino acids that serve as building blocks to hormones and are crucial for building a bigger butt. Instead of just

focusing on L-tyrosine, we'd suggest making sure you get enough amino acids by eating plenty of complete proteins, [adding a great protein powder](#) into your daily diet or [supplementing with a complete amino acid pill](#).

MACA



Maca is a **super superfood**. It's chock full of vitamins, minerals, essential fatty acids, amino acids, and more. Maca actually contains five times more protein than a potato and four times more fiber! Maca also has high fat content (good fats!) for a root plant – which is great for booty gain.

But what really differentiates Maca from just any old good food are the alkaloids found in the Maca root. **These alkaloids stimulate the pituitary gland – the part of your body that is responsible for hormone production and regulation (an extremely important part of growing a bigger butt – and breasts) to produce the precursor hormones which ultimately end up raising estrogen, progesterone, and testosterone levels.**

This means Maca root has a hormonal effect on your body (remember how important estrogen is for storing fat on your hips and buttocks?), BUT Maca itself has no plant hormones – instead, Maca simply helps your body to balance and produce its own hormones. [Learn more about how Maca grows your butt here.](#)

Does maca = bigger butt? Maca's probably one of the best, totally natural supplements for getting a bigger butt. Keep in mind, though, that [maca's booty boosting effects](#) are best when combined with gluten-focused exercise. Oh, maca's also great for energy and sex drive 😊

PUERARIA MIRIFICA



Pueraria Mirifica is a herb from Thailand and is a plant best known for its very potent phytoestrogens. Pueraria Mirifica has the sole bragging rights to Miroestrol – which can be found in the PM plant root, along with Deoxymiroestrol.

Together, miroestrol and deoxymiroestrol mimic the effects of estradiol (the strongest human estrogen) in the human body – producing the development of female curves and fat storage in the buttocks that estrogen provides. [Learn more about Pueraria Mirifica for butt growth here.](#)

Does pueraria mirifica = bigger butt? [Pueraria mirifica](#) is the most potent source of plant estrogen. If you're serious about feminizing your overall figure, this is one of the best options.

VOLUFILINE™



Volufiline™ is a **non-hormonal** ingredient made from a combination of a plant extracts. What makes this particular ingredient special is that it actually works to increase the development of fatty tissue.

It works to remodel the body contours through a lipo-filling action – stimulating adipocyte (fat-storage cells) differentiation, proliferation and volume in order to bring volume where it is needed- in other words, it increases fat in the area where it's applied. It's not a temporary swelling, it's production of more fatty tissue. [Learn more about Volufiline™ here.](#)

Does Volufiline™ = bigger butt? Yes, the best Volufiline creams will help fill out your buttocks with more fatty tissue. Check out our favorite creams – [IsoSensuals](#) and [Gluteboost](#) (has both Volufiline and Voluplus).

ZHI MU



Zhi Mu is a small plant native to northern China. It's a member of the lily family and it is the root of this plant that is used for medicinal – and butt enhancing – purposes.

Extracts of the Zhi Mu plant contain compounds called *saponins*. Without getting technical, here is a quick description. *Saponins* are a class of chemical compounds and they are primarily composed of *sarsasapogenins*.

Sarsasapogenins are important because **Volufiline™ – a popular butt enhancing ingredient** - is made from a combination of *sarsasapogenins* from Zhi Mu extracts, as well as hydrogenated polyisobutene. The *sarsasapogenin* interacts with adipose cells (fat cells) and triggers them to divide and grow. When combined with the hydrogenated oil, polyisobutene, *sarsasapogenin* also increases the amount of fats stored.

So the **main** reason Zhi Mu has become known as a butt enhancer is because of its role in making **Volufiline™**. [Click here to learn more about Zhi Mu.](#)

Does zhi mu = bigger butt? On its own (impossible to find) – probably not. Go for a Volufiline cream instead – they're made from zhi mu.

Feeling a little overwhelmed by all the different ingredients out there? Narrow down your choices by browsing through some of the individual [bigger butt pills](#) and [butt enhancement creams](#).

