

ABSTRACT

The main source of the human body odour is an axillary region. Human body odour is individually specific and results from genetic and environmental factors.

Human body odour is an important sexual attractant for potential partners. It is influenced by environmental factors, such as an emotional state and health. Important environmental factors influencing human body odour are also eating habits. However, we know very little about how particular dietary components shape our body odour. Only the effect of red meat and garlic consumption have been tested.

Here we tested the effect of caffeine (from usual source and guarana) and beta-carotene. In our three experiments we used a balanced within-subject experimental design. Volunteers donated twice their body odour: once after ingestion of the tested substance, second time in the control situation. Samples were then assessed for their attractiveness and intensity by group of women.

Results showed that caffeine consumption may influence negatively attractiveness and intensity of human body odour. Guarana and beta-carotene did not show any significant results.

These results partially confirmed that dietary factors influence the quality of the human body odour. This field should be further studied as a part of the environmental factors influencing human body odour individuality.

Key Words: human body odour; attractivity; diet; caffeine; guarana; beta-carotene.