

BEST FUNCTIONAL INGREDIENTS FOR CONSTIPATION RELIEF SMOOTHIES

Healthy Fats and Lubricants

Almond Butter or Almonds – High in magnesium, which helps relax the intestines and move waste efficiently.

Avocado – Provides fiber and healthy fats to aid gut motility, creating a creamy texture.

Black Sesame Seeds – Used in traditional medicine for digestion and bowel health.

Brazil Nuts – A powerhouse of selenium and fiber, which can assist digestion.

Cashews – Contain natural magnesium and fiber for gut function.

Coconut Oil or MCT Oil – Helps lubricate the intestines, making elimination easier.

Ghee (Clarified Butter, Small Amount) – Ayurvedic remedy for digestive lubrication and gut health.

Hemp Seeds – High in fiber, protein, and omega-3s, which help digestion.

Macadamia Nuts – Contains good fats that help keep stools soft and moving.

Pumpkin Seeds – Contain magnesium, which relaxes the intestines and promotes bowel movements.

Tahini (Sesame Seed Paste) – Contains healthy fats and fiber to aid digestion.

Walnuts – A good source of fiber and omega-3s that support gut motility.