

BEST FUNCTIONAL INGREDIENTS FOR CONSTIPATION RELIEF SMOOTHIES

Hydration and Natural Laxatives

Aloe Vera Juice – A mild natural laxative that can be added in small amounts to smoothies.

Bone Broth (added in small amounts, blended with fruit) – Surprisingly hydrating, with gut-healing collagen and minerals.

Celery – Contains fiber and acts as a natural diuretic, promoting hydration.

Coconut Meat (blended from fresh coconut or frozen) – Contains fiber and MCT fats for digestion.

Coconut Water – Hydrating and packed with electrolytes that aid digestion.

Cucumber – High in water content, which helps hydrate the gut.

Dandelion Greens (small amount) – A natural diuretic that promotes detoxification and gut health.

Herbal Teas (chamomile, fennel, ginger, or peppermint, used as a liquid base) – Helps soothe digestion and prevent bloating.

Prunes or Figs – Rich in fiber and sorbitol, helping draw water into the intestines.

Watermelon – Rich in water and fiber, making it a hydrating and gut-friendly option.