

## **BEST FUNCTIONAL INGREDIENTS FOR CONSTIPATION RELIEF SMOOTHIES**

### **Probiotic and Prebiotic**

Apple Cider Vinegar - Can help balance stomach acid and support digestion.

Baobab Powder – High in vitamin C and fiber, acts as a prebiotic to feed gut bacteria.

Burdock Root (Blended or Powdered) – A natural prebiotic that supports gut health and digestion.

Chicory Root (powdered or tea-infused water) – One of the richest sources of prebiotic inulin fiber to nourish gut bacteria.

Coconut Kefir (Fermented Coconut Water) – Provides probiotics while hydrating.

Greek Yogurt – Packed with probiotics to balance gut bacteria and support digestion.

Raw Honey – Contains prebiotics that nourish gut-friendly bacteria.

Jerusalem Artichoke (raw or lightly steamed, in small amounts) – Contains inulin, a fiber that supports beneficial gut bacteria.

Kefir – A liquid probiotic option that blends well and improves gut microbiome health.

Kimchi Juice (Small Amount) – Fermented juice from kimchi, rich in gut-supporting probiotics.

Marshmallow Root Powder – Works similarly to slippery elm by soothing the digestive tract.

Miso (small amount for umami flavor) – A fermented soy product that introduces beneficial gut bacteria.

Pickle Juice (Small Amount, Unsweetened) – Contains gut-friendly lactobacillus bacteria that promote digestion.

Rejuvelac (Fermented Grain Drink, Used as Liquid Base) – A probiotic-rich beverage made from sprouted grains, supporting digestion.

Slippery Elm Powder – A mucilaginous herb that coats the digestive tract and eases constipation.

Tempeh (blended in small amounts) – A fermented, protein-rich food that supports gut microbiome health.

Water Kefir (Instead of Milk Kefir) – A non-dairy probiotic drink that works well in smoothies.