

Natural Laxatives

Examples of foods which can act as natural laxatives for some people:

- Avocadoes
- Almonds
- Aloe Vera
- Apple Juice
- Apricots (dried)
- Artificial sweeteners
- Basil
- Beets
- Bananas
- Carob
- Capsicum
- Cabbage
- Caffeine
- Chicken Broth (canned) – heated
- Chicory
- Chocolate
- Coconut
- Dates
- Endive
- Fenugreek
- Figs
- Flaxseed
- Grapes
- Guava (w/ seeds)
- Hot Tea w/ Lemon
- Jujube

- Kale
- Kiwifruit
- Licorice
- Mangos
- Milk products
- Molasses
- Olives
- Olive oil
- Papayas
- Parsley
- Peach
- Pears
- Persimmons
- Pineapple
- Plum Juice
- Plums
- Prune Juice
- Prunes
- Rhubarb
- Spicy foods
- Sugar-free gum and candy
- Soybeans
- Tamarind
- Tomato juice
- Turnips
- Vanilla
- Walnuts
- Watercress
- Yams

Herbs that have a laxative effect:

- Alfalfa
- Aloe gel
- Buckthorn bark
- Cascara sagrada
- Cassia pulp
- Dandelion leaves
- Guar gum
- Mint
- Psyllium husks and seeds
- Senna pods
- Triphala
- Turkey rhubarb

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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