Examples of natural laxatives:

For some people, foods can act as natural laxatives. These include:

- Avocados
- 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 with Seeds
• Hot Tea with lemon
• Jujube
• Kale
• Kiwi
• Licorice
• Mangos
• Milk Products
• Molasses
• Olives
• Olive Oil
• Papayas
• Parsley
• Peaches
• Pears
• Persimmons
• Pineapple
• Plum juice
• Plums
• Prune juice
• Prunes
• Rhubarb
• Spicy Foods
• Sugar- free gum and candy
• Soybeans
• Tamarind
• Tomato juice
• Turnips
• Vanilla
• Watercress
• Yams
Herbs with a laxative effect:

- Alfalfa
- Aloe gel
- Buckthorn Bark
- Cascara Sagrada
- Cassia pulp
- Dandelion leaves
- Guar gum
- Mint
- Psyllium husks and seeds
- Senna
- Triphala
- Turkey Rhubarb