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2 days ago investigate the digestive effects of pomegranate juice understand its
true impact on bowel movements mechanisms and practical consumption
limits

feb 24 2022 yes pomegranate juice makes you poop and causes diarrhea like
other fruit juice this one contains fiber and sugar to regulate bowel movements
further the water content can also

oct 11 2024 consuming pomegranate juice can have an immediate effect on
bowel movements the juice is concentrated with nutrients and soluble fiber
creating a mild laxative effect pomegranate

mar 21 2024 yes pomegranate juice can promote bowel movements and help
with regularity due to its high fiber content especially if including seeds mild
laxative effects from polyphenols and

apr 13 2022 pomegranates are fruits that need to be considered when

combating constipation this sweet tarty fruit has high fiber content and other nutrients that help regulate bowel function

apr 24 2024 does pom juice make you poop yes it can help pom pomegranate juice is a natural laxative that can help relieve constipation

in conclusion while pomegranate juice may not be a traditional laxative it does contain certain compounds that may help stimulate bowel movements the potential laxative effects of pomegranate

nov 4 2023 does pomegranate juice make you poop the answer is yes like other fruit juices pomegranate juice contains fiber and sugar that can help regulate bowel movements the water

sep 9 2025 does pom juice make you poop the effect of pom juice on bowel movements is largely anecdotal with some consumers reporting an increase in the frequency or ease of bowel

sep 23 2025 pomegranate juice is often consumed for its rich antioxidant content and potential health benefits but it also has notable effects on digestion and bowel movements

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