DRINKS & SMOOTHIES

Benefits of Prune Juice: a Powerful Constipation Reliever

By bestfolkmedicine · 27/10/2018 · 3 min read

Many of you have probably heard about the health benefits of prune juice when it comes to constipation, however, this beverage has so many other advantages as well. It is made of dried plums known as prunes and it is abundant in antioxidants and phytochemicals that have the power to better your overall health.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

The Process of Making Prune Juice

After harvested and dried, the juicing process of plums can start. The prunes are put in boiling water and left to soak until they begin to release juice and the fruit begins to breakdown. Then, the content is filtered and what remains is a juice abundant in fiber and other pivotal nutrients.

The Nutritive Value of Prune Juice

In one cup of fresh prune juice, there are: ***0.61 grams of protein, 17.45 grams of carbs, 0.03 grams of fat, 1.0 grams of fiber, 16.45 grams of sugars, 12 mg of calcium, 1.18 mg of iron, 14 mg of magnesium, 0.15 mg of manganese, 25 mg of phosphorus, 276 mg of potassium, 0.6 mg of selenium, 4 mg of sodium, 0.21 mg of zinc, 4.1 mg of vitamin C, 0.016 mg of thiamin, 0.07 mg of riboflavin, 0.785 mg of niacin, 0.218 mg of vitamin B6, 3IU of vitamin A, 0.12 mg of vitamin E,*** and ***3.4 mg of vitamin K.***

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

The 7 Best Healing Abilities of Prune Juice

Betters the health of the gut

A healthy gut is important for an optimal health. In order to function properly, the gut flora needs prebiotics or good bacteria to thrive. This is where prune juice can help because it contains fiber.

Good for the heart

This healthy drink can regulate the cholesterol levels, blood pressure, and solve plaque deposits and thus, prevent the chance of heart-related issues.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Regulates the weight

Research points out that prune juice may be good for people who are following a specific diet regimen in order to lose weight by decreasing the total intake of energy, i.e. help you eat less.

Improves liver function

The nutrients in prunes, according to a research, have the capacity to enhance the liver's health and minimize the chance of liver issues.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Brings relief from constipation

The insoluble and soluble fiber in prune juice will alleviate constipation and add more fiber to your diet. Moreover, the sorbitol in it, which is a naturally occurring sugar alcohol, has potent laxative characteristics and it pulls in water so that the stool becomes softer and ease the bowel movements.

Strengthens the bones

To prevent reduction in bone density and strength and have healthy bones, you need to lower the amount of free radicals in the body. This can be done with the help of antioxidants present in prunes. They also contain a lot of vitamins and minerals that play an important role in the health of the bones.

Good for the colon

One study showed that prune juice triggered growth and proper functioning of colon cells, which may be pivotal for the long-term health of the colon.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

Recipe for Homemade Prune Juice

You will need:

A cup of organic prunes

5 cups of water

Saucepan

Two glass containers

Cheesecloth

Natural sweetener, optional

Preparation: First, take away all the pits from the prunes and then pour the water in a saucepan and bring it to boil. While waiting for the water to heat up, put the prunes in a heatproof glass container. After 3 or 4 minutes, pour the water in the glass container to cover the prunes entirely, but make sure you set aside a bit of the boiled water.

Leave the prunes to soak for 24 hours and then blend the content until you get a smooth mixture. With the help of cheesecloth, strain out any larger chunks and add a bit of the previously boiled water you set aside and stir well. Keep the container in the fridge.

Extra Tip

For an additional sweet taste, add some raw honey or pear juice.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

Read online: https://bestfolkmedicine.com/2018/10/benefits-of-prune-juice-a-powerful-constipation-reliever/

Downloaded on 24/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.