



## What Relieves Constipation Best?

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Constipation affects about 20% of the world's population and about 60 million Americans suffer from chronic constipation. Even though it's taboo to talk about openly, it's not a trivial issue.

In this [Nutrition Facts](#) video, Dr. Michael Greger looks at whether prunes, a fiber supplement, or a vegan diet is best at relieving constipation. Watch the video below.

[https://www.youtube.com/watch?v=Mq\\_dNhVRB8Q](https://www.youtube.com/watch?v=Mq_dNhVRB8Q)