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Other natural remedies for constipation include Magnesium

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orotate and magnesium malate. They're clinically shown to relieve constipation and are safe for long term use (source, source). #5) Flax and Chia Seeds. Both flax and chia seeds are oily demulcents. These healthy fats moisten dry intestinal tissues to help move things along.

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There are many specific ingredients to look for including: Maca, Tongkat Ali, Muira Puama, Catuaba Bark, Tribulus Terrestris, Oat Straw and some sort of Ginseng. So What Really Works? Not all brands actually work like they say they do.

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