

## Olive Oil + Lemon Shot: The TikTok Morning Trend That's Going Viral

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Recently, a new health ritual has taken social media by storm — especially on TikTok. People worldwide have been sharing videos of themselves taking a daily “shot” of extra virgin olive oil (EVOO) mixed with fresh lemon juice on an empty stomach first thing in the morning. Proponents claim this simple concoction can improve digestion, support weight management, boost skin health, and act as a natural detox.

But do these claims stand up to medical scrutiny? Experts urge caution — the truth is more nuanced than the viral hype suggests.

### Potential Benefits

#### Better Digestion & Gut Health

Supporters believe that EVOO’s healthy monounsaturated fats and polyphenols — along with the acidity and vitamin C from lemon — can stimulate digestion, ease bowel movements, and calm an irritated gut. Some dietitians say that when consumed regularly, this combo may act as a gentle “lubricant” for the digestive system, helping relieve occasional constipation.

Moreover, the polyphenols in olive oil may support a healthier gut microbiome by promoting beneficial bacteria, which can in turn produce compounds beneficial for colon health.

#### Antioxidant & Skin-Support Effects

Lemon juice brings vitamin C and flavonoids — antioxidants known for supporting immunity and collagen production. Meanwhile, EVOO contains vitamin E and other antioxidants. Together, these might help reduce oxidative stress, support skin elasticity, and contribute to a more radiant, healthy appearance over time.

Some people also report feeling less bloated, lighter, or more “clean” when sticking to the regimen for a few weeks, possibly because the ritual prompts them to be more mindful about food and hydration.

#### A Nudge Toward Healthy Habits

For many, the appeal lies not only in the ingredients, but in the ritual itself. Starting the day with a deliberate, health-oriented habit may encourage better meal choices later — less processed foods, more hydration, and an overall more balanced diet. Experts point out that this behaviour change may arguably yield more benefit than the shot itself.

### Limitations & Risks

#### No Miracle Fat Loss or Detox

Though the trend is often marketed as a “fat-burning” or “detox” hack, medical experts say there is **no direct scientific evidence** proving that a morning shot of olive oil and lemon alone leads to significant fat loss or detoxification.

Fat metabolism, weight loss, and detox depend on overall lifestyle — balanced diet, physical activity, adequate hydration and sleep — not a single magic drink.

### **Calorie Load & Overconsumption**

EVOO is calorie-dense: one tablespoon has about 120 calories. Drinking several tablespoons a day (as some trends suggest) adds a significant number of calories, which — unless balanced by dietary adjustment — can lead to weight gain rather than loss.

### **Stomach Sensitivity**

For some people — especially those with sensitive stomachs, acid reflux, gallbladder issues, or digestive disorders — a full oil + lemon shot on empty stomach may cause bloating, acid reflux, nausea, or loose stools.

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