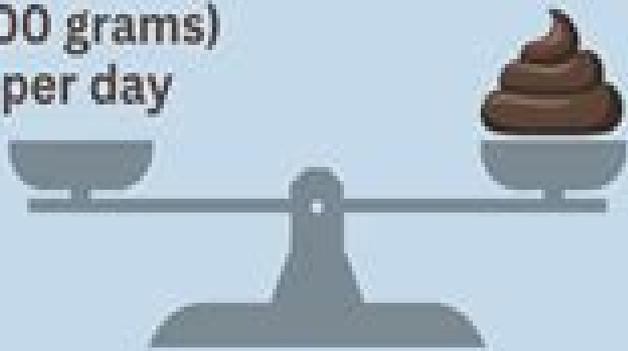


# How Much Do You Poop in a Lifetime?

The average person makes about 25,000 lbs (11300 kg) of poop in a lifetime.

14 ounces  
(400 grams)  
per day



312 pounds  
(142 kilograms)  
per year



Weighing  
as much as  
a gorilla

Usually  
70% solids  
30% liquids



# How Often Should You Poop

**J Spring**



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