

# **Global Black Garlic Market Size Study and Forecast by Product Type (Whole Black Garlic, Peeled Black Garlic, Black Garlic Paste, Black Garlic Powder and Others), Application (Food and Beverages, Dietary Supplements, Pharmaceuticals, Cosmetics and Others), Distribution Channel, and Regional Forecasts 2026-2036**

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## **Abstracts**

Global Black Garlic Market valued USD 2.1 billion in 2025 is anticipated to reach USD 5.59 billion by 2036, growing at 9.30% CAGR during forecast period.

There is a remarkable shift taking place in the worldwide Black Garlic market, brought about by changing consumer behavior in favor of functional foods and nutraceutical ingredients which are also considered as clean dietary options offering health benefits along with their unique taste. While traditional processing of garlic has centered on preservation and taste improvement through methods like dehydration or fermenting, recent innovation has made controlled fermentation possible, turning garlic into a high-value commodity with improved antioxidant content, enhanced digestibility, and unique sensory traits.

The key has been the use of the natural biochemical process taking place in fermentation, whereby fresh garlic turns dark through Maillard reaction, becoming less pungent and developing high levels of biologically active substances such as S allyl cysteine. The result of all this is that black garlic has become a versatile ingredient used in food manufacturing as well as in developing supplements and other health-related products.

Increased consumer awareness about preventive medicine has led to changes in purchasing behavior as consumers are now on a lookout for ingredients that will help boost immunity, improve heart health, and promote metabolism. In 2024, according to WHO statistics, around 74% of the deaths occurring globally are caused by non-communicable diseases, thereby leading to a surge in demand for ingredients that can reduce health risks in the long run. Such dynamics have led to a conducive environment for black garlic products with health benefits that have been scientifically validated.

The retail landscape has undergone significant change as well, as online sales platforms provide opportunities for selling black garlic products across the globe in both premium and value-added forms like paste and powder. Specialty shops and gourmet food outlets continue to be essential in building product brands among affluent consumers who are health-conscious and value quality, authenticity, and innovation in their meals.

The global Black Garlic market covers the manufacture and sale of fermented garlic products with a unique nutrient profile, which involves cultivation, processing, packaging, and distribution of garlic that has undergone fermentation to develop an optimal nutritional profile. The market comprises of agricultural production, food processing technologies, and downstream industries, which include black garlic products among their formulations.

Black garlic is significantly different from conventional garlic in terms of chemical composition, which has implications for its reduced content of allicin and higher antioxidant component concentration. Black garlic manufacturers use temperature and humidity controls to maintain consistent characteristics of the product in terms of nutrient composition and flavors, which are important factors affecting product consumption.

The range of product types available in the market includes not only garlic bulbs ready for culinary applications but also other products like pastes and powders that are suitable for inclusion in foods and dietary supplements. The range of applications is broader than foods since pharmaceuticals and cosmetic products make use of black garlic antioxidants and anti-inflammatory characteristics for skin treatments and prevention of chronic diseases.

## **Research Scope and Methodology**

The coverage of the Global Black Garlic Market extends from the agricultural phase

through processing up to applications using black garlic as an ingredient in different products. Some applications are food and beverages, health supplements, pharmaceutical products, and cosmetics. Each application demands different criteria of quality, processing, and regulatory requirements.

The main ecosystem actors include garlic growers, fermenters, processors, packagers, distributors, and end-user companies that manufacture products with black garlic ingredients. This ecosystem represents a vertical integration model where the value chain involves several production and distribution processes.

In the case of the research method used for generating the report, the approach uses a multi-disciplinary model with a mix of interviews, secondary data, and quantitative models to develop actionable insights. Interviews involve interactions with key informants, producers, distributors, and end-users of the products.

Secondary research uses information from various government sources, international bodies, and industry groups to support primary research findings and offer insights into macro trends and industry trends. From reports published in 2024 by the Food and Agriculture Organization FAO, worldwide garlic production is more than 28 million metric tons, which means there is enough raw material available for black garlic production.

Market sizing uses the bottom up as well as the top down approach in order to get an accurate estimate. In the bottom up approach, revenue figures from leading market players are combined together to arrive at an estimated figure, while in the top down approach the estimate is validated using macro variables like agriculture output, consumer trends, and health awareness levels.

## **Key Market Segments**

By Product Type:

Whole Black Garlic

Peeled Black Garlic

Black Garlic Paste

Black Garlic Powder

Others

By Application:

Food and Beverages

Dietary Supplements

Pharmaceuticals

Cosmetics

Others

By Distribution Channel:

Supermarkets Hypermarkets

Convenience Stores

Online Retail

Specialty Stores

Others

## Industry Trends

The global market for Black Garlic products shows a marked tendency towards integrating with the functional food sector, as the consumption of health-boosting foods continues to grow amid their sensory and culinary benefits. The inclusion of black garlic in food production is now common among food producers who are developing premium products such as sauces, seasoning products, ready-to-eat meals, and gourmet snacks.

The dietary supplement sector has seen an increase in the introduction of black garlic-based products, which include capsules, tablets, and liquid concentrates, and which

serve to satisfy consumer preferences for healthier and more organic solutions to their health problems. This is in line with the growth of the nutraceutical sector, which uses plant-based sources.

There has also been some interest in black garlic's pharmaceutical use, as there have been studies showing the possible medicinal benefits of black garlic for treating heart diseases, oxidative stress, and metabolic disorders.

The application in the cosmetics industry is an indication of growing popularity of natural ingredients that have both antioxidants and anti aging effects, with black garlic extracts being used in skin rejuvenation formulations. Issues of sustainability inform production techniques, with companies experimenting with energy efficient methods of fermentation while minimizing environmental pollution. New forms of packaging materials are developed from sustainable materials and reduce plastic use by consumers.

## **Market Determinants**

Increasing awareness about preventive healthcare among consumers leads to the creation of demand for functional ingredients like black garlic due to the desire to obtain foods that contribute towards better health outcomes.

The development of food and nutraceutical manufacturing sectors ensures a reliable demand for products based on black garlic due to the increased use of functional ingredients in the manufacture of added-value products for healthy individuals.

Advanced technology for fermenting black garlic makes it easier for manufacturers to increase their operations and ensure consistency in the quality of the products manufactured.

The regulatory environment within the industry is complex since it involves health claims and approval of functional ingredients by authorities before products can be marketed.

The price fluctuation of raw garlic impacts production and financial success of the process because of its agricultural nature.

## **Opportunity Mapping Based on Market Trends**

The inclusion of black garlic within plant-based foods provides an exciting prospect

since companies want natural flavor enhancers that go well with their alternate protein sources.

Online selling platforms can help to create greater customer connections, improve margins, and provide valuable data insights which can be used for product formulation and marketing purposes.

The development of standardized extracts that can be used in clinical settings is a highly profitable business prospect since there is rising demand for evidence-based functional ingredients.

New markets can offer great growth prospects due to growing income levels and health consciousness in these regions.

### **Value-Creating Segments and Growth Pockets**

The complete black garlic segment leads because of its extensive utilization in food preparation and high level of awareness among consumers. Paste and powdered segments, on the other hand, have shown rapid growth fueled by convenience and industrial applications.

Food & Beverage is the major source of revenue generation for the market due to its broad applications across many products. The dietary supplements segment shows promising growth fueled by increased health awareness and demand for natural ingredients.

E-commerce retail channels show tremendous growth opportunities because of the growing influence of digitalization and convenience among consumers.

### **Regional Market Assessment**

North America shows strong demand due to higher consumer awareness of functional foods and developed nutraceutical sector, which successfully uses black garlic in dietary supplements and health-oriented products. The region has a well-developed logistics network and distribution channels, which positively impacts the availability of the product.

Europe indicates growing demand under the influence of regulation policies favoring the use of natural components and natural label products, coupled with the popularity of

gourmet foods with special flavors and functional properties.

The Asia Pacific is a region which has emerged as the biggest producer as well as an increasing consumption destination due to the traditional acceptance of products made from garlic and an increase in the consumption of processed value-added products. According to the statistics compiled by the Food and Agriculture Organization FAO for 2024, Asia is responsible for the bulk of garlic produced in the world, which makes it a suitable production region for black garlic.

LAMEA presents emerging growth opportunities on account of increasing urbanization and rising disposable incomes.

### **Recent Developments**

March 2025: A food company released several types of sauces that were infused with black garlic, catering to premium markets.

June 2025: Investing in modern fermentation plants increased production capabilities, allowing manufacturers to satisfy the increasing global demand for the product while meeting their quality requirements.

August 2025: Partnership between nutraceutical firms led to the creation of standardized extracts for dietary supplements, thus improving the product's position in health-oriented markets.

October 2025: The expansion of online retail channels helped improve the global distribution of black garlic products.

December 2025: Launch of sustainable packaging methods was consistent with the firm's sustainable production practices.

### **Critical Business Questions Addressed**

What factors will shape long term growth trajectory of the global Black Garlic market across diverse application segments and geographic regions

The report evaluates demand drivers, technological advancements, and regulatory influences that determine market expansion and competitive dynamics.

Which product forms and application segments offer the highest value creation potential for industry stakeholders

The analysis identifies segments with strong growth prospects based on consumer demand patterns, industrial applicability, and margin structures.

How do distribution channel dynamics influence market penetration and pricing strategies across different regions

The report examines impact of online and offline channels on accessibility, consumer behavior, and competitive positioning.

What role do technological innovations in fermentation and processing play in enhancing product quality and scalability

The analysis explores advancements that improve efficiency, consistency, and cost effectiveness within production processes.

### **Beyond the Forecast**

The global Black Garlic market will continue to evolve as functional nutrition transitions from niche positioning toward mainstream consumption, driven by increasing alignment between health awareness and dietary choices.

Market participants that prioritize scientific validation, supply chain resilience, and product differentiation will strengthen competitive positioning within an increasingly sophisticated and competitive landscape.

Strategic integration of digital distribution, sustainable production practices, and application diversification will define long term success within the global Black Garlic market ecosystem.

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