

Global Running Energy Gels Supply, Demand and Key Producers, 2026-2032

<https://marketpublishers.com/r/G66EA2C26278EN.html>

Date: May 2026

Pages: 169

Price: US\$ 4,480.00 (Single User License)

ID: G66EA2C26278EN

Abstracts

The global Running Energy Gels market size is expected to reach \$ 661 million by 2032, rising at a market growth of 6.6% CAGR during the forecast period (2026-2032).

Running energy gels are compact, fast-absorbing nutritional products designed to provide quick energy during running by delivering easily digestible carbohydrates such as glucose, maltodextrin and fructose in a semi-liquid form. They are formulated for convenient, on-the-go consumption during exercise, often packaged in single-use sachets, and may include additional ingredients such as electrolytes to support hydration balance or caffeine to enhance alertness and delay fatigue. Commonly used in endurance activities like marathons and long-distance training, running energy gels help maintain blood glucose levels, reduce energy depletion, and support sustained performance without the need for bulky food intake. Running Energy Gels are typically priced in the range of about one to three dollars per sachet for standard consumer products, with premium or specialized formulations reaching higher price points depending on ingredients, brand positioning, and functional enhancements.

The upstream of Running Energy Gels consists of carbohydrate sources such as glucose, fructose and maltodextrin, along with functional additives including electrolytes, caffeine, amino acids, flavorings and packaging materials, supported by food processing and formulation technologies, while the downstream spans sports nutrition brands, retail and e-commerce channels, and end users such as endurance athletes, fitness consumers and outdoor enthusiasts, with demand closely tied to trends in active lifestyles, endurance sports participation and performance-oriented nutrition.

This report studies the global Running Energy Gels production, demand, key manufacturers, and key regions.

This report is a detailed and comprehensive analysis of the world market for Running Energy Gels and provides market size (US\$ million) and Year-over-Year (YoY) Growth, considering 2025 as the base year. This report explores demand trends and competition, as well as details the characteristics of Running Energy Gels that contribute to its increasing demand across many markets.

Highlights and key features of the study

Global Running Energy Gels total production and demand, 2021-2032, (K Units)

Global Running Energy Gels total production value, 2021-2032, (USD Million)

Global Running Energy Gels production by region & country, production, value, CAGR, 2021-2032, (USD Million) & (K Units), (based on production site)

Global Running Energy Gels consumption by region & country, CAGR, 2021-2032 & (K Units)

U.S. VS China: Running Energy Gels domestic production, consumption, key domestic manufacturers and share

Global Running Energy Gels production by manufacturer, production, price, value and market share 2021-2026, (USD Million) & (K Units)

Global Running Energy Gels production by Type, production, value, CAGR, 2021-2032, (USD Million) & (K Units)

Global Running Energy Gels production by Application, production, value, CAGR, 2021-2032, (USD Million) & (K Units)

This report profiles key players in the global Running Energy Gels market based on the following parameters - company overview, production, value, price, gross margin, product portfolio, geographical presence, and key developments. Key companies covered as a part of this study include GU, SIS (Science In Sport), Maurten, HIGH5 Nutrition, Clif Bar, Aptonia (Decathlon), CPT, Powerrun, Ajinomoto, Hammer Nutrition, etc.

This report also provides key insights about market drivers, restraints, opportunities, new product launches or approvals.

Stakeholders would have ease in decision-making through various strategy matrices used in analyzing the World Running Energy Gels market

Detailed Segmentation:

Each section contains quantitative market data including market by value (US\$

Millions), volume (production, consumption) & (K Units) and average price (US\$/Unit) by manufacturer, by Type, and by Application. Data is given for the years 2021-2032 by year with 2025 as the base year, 2026 as the estimate year, and 2027-2032 as the forecast year.

Global Running Energy Gels Market, By Region:

United States

China

Europe

Japan

South Korea

ASEAN

India

Rest of World

Global Running Energy Gels Market, Segmentation by Type:

Hypertonic Energy Gel

Isotonic Energy Gel

Global Running Energy Gels Market, Segmentation by Ingredient Source:

Synthetic Ingredients

Natural Ingredients

Global Running Energy Gels Market, Segmentation by Functional Formulation:

Carb

Electrolyte

Caffeine

Protein

Global Running Energy Gels Market, Segmentation by Application:

Sports Events

Individual Athletes

Others

Companies Profiled:

GU

SIS (Science In Sport)

Maurten

HIGH5 Nutrition

Clif Bar

Aptonia (Decathlon)

CPT

Powerrun

Ajinomoto

Hammer Nutrition

Honey Stinger

Chargel

NeverSecond

Huma Chia

UCan's Edge

Untapped Maple

Maction

Meiji

Santa Madre

OVERSTIM.s

Named Sport

Key Questions Answered:

1. How big is the global Running Energy Gels market?
2. What is the demand of the global Running Energy Gels market?
3. What is the year over year growth of the global Running Energy Gels market?
4. What is the production and production value of the global Running Energy Gels market?
5. Who are the key producers in the global Running Energy Gels market?
6. What are the growth factors driving the market demand?

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