

Global Running Gels Market 2026 by Manufacturers, Regions, Type and Application, Forecast to 2032

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Abstracts

According to our (Global Info Research) latest study, the global Running Gels market size was valued at US\$ 318 million in 2025 and is forecast to a readjusted size of US\$ 496 million by 2032 with a CAGR of 6.6% during review period.

Running gels are concentrated energy supplements designed for high-intensity and endurance sports, usually provided in small packages for easy carrying and quick consumption. Its main ingredients are high concentrations of simple carbohydrates (such as glucose, fructose or maltodextrin), which can be quickly absorbed by the body to provide immediate energy for muscle activity. Many energy gels also add electrolytes (such as sodium and potassium) to replenish minerals lost during exercise and help maintain fluid balance; some products may contain caffeine or amino acids to enhance physical fitness and reduce fatigue. This product is often used in marathons, cycling, mountaineering and other sports that require long-term physical strength. It can quickly replenish energy without increasing the burden of digestion. Running 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 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.

The Running gel market is evolving from a niche endurance-sports product into a broader performance nutrition segment, supported by rising participation in running, cycling and outdoor activities as well as increasing consumer awareness of convenient, fast-absorbing energy supplementation. While the core demand remains concentrated among endurance athletes, incremental growth is being driven by recreational fitness users and lifestyle consumers seeking portable and functional nutrition solutions. At the same time, product differentiation is shifting from basic carbohydrate replenishment toward more specialized formulations, including electrolyte balance, caffeine stimulation and clean-label or natural ingredients, which is intensifying competition and enabling premiumization. Looking ahead, the market is expected to maintain steady expansion, with growth closely linked to sports participation trends, brand innovation in formulation and flavor, and the ability of manufacturers to balance performance efficacy with improved taste and digestibility.

This report is a detailed and comprehensive analysis for global Running Gels market. Both quantitative and qualitative analyses are presented by manufacturers, by region & country, by Type and by Application. As the market is constantly changing, this report explores the competition, supply and demand trends, as well as key factors that contribute to its changing demands across many markets. Company profiles and product examples of selected competitors, along with market share estimates of some of the selected leaders for the year 2025, are provided.

Key Features:

Global Running Gels market size and forecasts, in consumption value (\$ Million), sales quantity (K Units), and average selling prices (US\$/Unit), 2021-2032

Global Running Gels market size and forecasts by region and country, in consumption value (\$ Million), sales quantity (K Units), and average selling prices (US\$/Unit), 2021-2032

Global Running Gels market size and forecasts, by Type and by Application, in consumption value (\$ Million), sales quantity (K Units), and average selling prices (US\$/Unit), 2021-2032

Global Running Gels market shares of main players, shipments in revenue (\$ Million), sales quantity (K Units), and ASP (US\$/Unit), 2021-2026

The Primary Objectives in This Report Are:

Global Running Gels Market 2026 by Manufacturers, Regions, Type and Application, Forecast to 2032

To determine the size of the total market opportunity of global and key countries

To assess the growth potential for Running Gels

To forecast future growth in each product and end-use market

To assess competitive factors affecting the marketplace

This report profiles key players in the global Running Gels market based on the following parameters - company overview, sales quantity, revenue, 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.

Market Segmentation

Running Gels market is split by Type and by Application. For the period 2021-2032, the growth among segments provides accurate calculations and forecasts for consumption value by Type, and by Application in terms of volume and value. This analysis can help you expand your business by targeting qualified niche markets.

Market segment by Type

Hypertonic Energy Gel

Isotonic Energy Gel

Market segment by Ingredient Source

Synthetic Ingredients

Natural Ingredients

Market segment by Functional Formulation

Carb

Electrolyte

Caffeine

Protein

Market segment by Application

Sports Events

Individual Athletes

Others

Major players covered

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

Market segment by region, regional analysis covers

North America (United States, Canada, and Mexico)

Europe (Germany, France, United Kingdom, Russia, Italy, and Rest of Europe)

Asia-Pacific (China, Japan, Korea, India, Southeast Asia, and Australia)

South America (Brazil, Argentina, Colombia, and Rest of South America)

Middle East & Africa (Saudi Arabia, UAE, Egypt, South Africa, and Rest of Middle East & Africa)

The content of the study subjects, includes a total of 15 chapters:

Chapter 1, to describe Running Gels product scope, market overview, market estimation caveats and base year.

Chapter 2, to profile the top manufacturers of Running Gels, with price, sales quantity, revenue, and global market share of Running Gels from 2021 to 2026.

Chapter 3, the Running Gels competitive situation, sales quantity, revenue, and global market share of top manufacturers are analyzed emphatically by landscape contrast.

Chapter 4, the Running Gels breakdown data are shown at the regional level, to show the sales quantity, consumption value, and growth by regions, from 2021 to 2032.

Chapter 5 and 6, to segment the sales by Type and by Application, with sales market share and growth rate by Type, by Application, from 2021 to 2032.

Chapter 7, 8, 9, 10 and 11, to break the sales data at the country level, with sales quantity, consumption value, and market share for key countries in the world, from 2021 to 2026. and Running Gels market forecast, by regions, by Type, and by Application, with sales and revenue, from 2027 to 2032.

Chapter 12, market dynamics, drivers, restraints, trends, and Porters Five Forces analysis.

Chapter 13, the key raw materials and key suppliers, and industry chain of Running Gels.

Chapter 14 and 15, to describe Running Gels sales channel, distributors, customers, research findings and conclusion.

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