

Cod Liver Oil Market Size, Share & Trends Analysis Report By Source (Atlantic Cod, Arctic Cod), By Application (Dietary Supplements, Pharmaceuticals), By Form (Liquid, Softgels), By Region (North America, Asia Pacific), And Segment Forecasts, 2026 - 2033

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Abstracts

The global cod liver oil market size was valued at USD 142.3 million in 2025 and is projected to grow from USD 150.5 million in 2026 to reach USD 245.5 million by 2033, at a CAGR of 7.2% from 2026 to 2033. Europe dominated the global market, accounting for the largest revenue share of 45.1% in 2025. The market is primarily driven by growing awareness of its nutritional benefits, particularly its omega-3 fatty acids and vitamins A and D. Increasing consumer interest in preventive nutrition and overall wellness is encouraging the use of cod liver oil as a dietary supplement. Its perceived benefits for heart, bone, immune, and cognitive health further support consumer demand.

In addition, product innovation and the availability of cod liver oil in diverse forms, such as capsules, soft gels, and liquid formulations, are supporting wider consumer adoption. The growing preference for convenient and easy-to-use supplements is encouraging manufacturers to introduce user-friendly product formats. Expansion of distribution through pharmacies, health stores, and online retail channels is also improving product accessibility.

The market is also supported by rising demand for naturally sourced nutritional products and clean-label supplements. Consumers are increasingly seeking products with recognizable ingredients and minimal artificial additives. Growing product availability across specialized nutrition outlets and direct-to-consumer platforms is further contributing to market expansion. In January 2024, Wiley's Finest launched Cod Liver

Oil+, featuring 765mg of omega-3s (EPA/DHA), plus vitamins D3 and E. The Orange Bliss-flavoured formula is designed to support cognitive function, stress, immunity, and eye health.

Furthermore, increasing interest in marine-derived ingredients is encouraging the incorporation of cod liver oil into functional foods and nutritional formulations. Manufacturers are also focusing on improving taste, purity, stability, and formulation quality to enhance product appeal. Greater emphasis on traceability and responsible sourcing is further influencing product development across the industry.

Global Cod Liver Oil Market Report Segmentation

This report forecasts revenue growth at the global, regional, and country levels and provides an analysis of the latest industry trends and opportunities in each of the sub-segments from 2021 to 2033. For this study, Grand View Research has segmented the global cod liver oil market report based on source, application, form, and region:

Source Outlook (Revenue, USD Million, 2021 - 2033)

Atlantic Cod

Arctic Cod

Other Cod Species

Application Outlook (Revenue, USD Million, 2021 - 2033)

Dietary Supplements

Pharmaceuticals

Nutraceuticals

Personal Care & Cosmetics

Form Outlook (Revenue, USD Million, 2021 - 2033)

Liquid

Softgels

Capsules & Tablets

Regional Outlook (Revenue, USD Million, 2021 - 2033)

North America

U.S.

Canada

Mexico

Europe

UK

Germany

France

Italy

Spain

Asia Pacific

China

Japan

India

Australia & New Zealand

South Korea

Central & South America

Brazil

Middle East & Africa

South Africa

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