

Portugal Nutraceuticals Market Size, Share & Trends Analysis Report By Product (Dietary Supplements, Functional Food, Functional Beverages, Infant Formula), By Application, By Distribution Channel (Offline, Online), And Segment Forecasts, 2025 - 2033

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Abstracts

Summary

The Portugal nutraceuticals market size was estimated at USD 2.45 billion in 2024 and is projected to reach USD 4.20 billion by 2033, growing at a CAGR of 6.2% from 2025 to 2033. This market is primarily driven by the greater adoption of nutraceuticals for managing chronic conditions among the aging population, increased consumption of immunity-boosting supplements by health-conscious youth, and a surge in health clubs and fitness culture in urban areas such as Lisbon and Porto.

In 2023, Portugal emerged as one of the key growth markets in Southern Europe, with a population of 10.6 million, of which 63.0% fell within the economically active age group of 15 to 64, representing a strong consumer base. This demographic, combined with a health-conscious urban middle class, is contributing to the rising demand for nutraceuticals, particularly those targeting immunity, fitness, and preventive wellness. In addition, Portugal has one of the most aging populations in Europe, further increasing the need for supplements that support age-related health concerns. According to the National Library of Medicine, the consumption of food supplements (FSs) increased from 12.6% in 2011 to 26.8% in 2023, further propelling the expected demand.

Portugal Nutraceuticals Market Report Segmentation

This report forecasts revenue growth at the country level and provides an analysis of

the latest industry trends in each of the sub-segments from 2021 to 2033. For this study, Grand View Research has segmented the Portugal nutraceuticals market report based on product, application, and distribution channel:

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

Dietary Supplements

Tablets

Vitamin

Multivitamin

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin K

Vitamin E

Botanicals

Minerals

Calcium

Potassium

Magnesium

Iron

Zinc

Others (selenium, chromium, copper)

Proteins & Amino Acids

Collagen

Others

Fibers & Specialty Carbohydrates

Omega Fatty Acids

Probiotics

Prebiotics & Postbiotics

Others

Capsules

Vitamin

Multivitamin

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin K

Vitamin E

Botanicals

Minerals

Calcium

Potassium

Magnesium

Iron

Zinc

Others (selenium, chromium, copper)

Proteins & Amino Acids

Collagen

Others

Fibers & Specialty Carbohydrates

Omega Fatty Acids

Probiotics

Prebiotics & Postbiotics

Others

Soft Gels

Vitamin

Multivitamin

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin K

Vitamin E

Botanicals

Minerals

Calcium

Potassium

Magnesium

Iron

Zinc

Others (selenium, chromium, copper)

Proteins & Amino Acids

Collagen

Others

Fibers & Specialty Carbohydrates

Omega Fatty Acids

Probiotics

Prebiotics & Postbiotics

Others

Powders

Vitamin

Multivitamin

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin K

Vitamin E

Botanicals

Minerals

Calcium

Potassium

Magnesium

Iron

Zinc

Others (selenium, chromium, copper)

Proteins & Amino Acids

Collagen

Others

Fibers & Specialty Carbohydrates

Omega Fatty Acids

Probiotics

Prebiotics & Postbiotics

Others

Gummies

Vitamin

Multivitamin

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin K

Vitamin E

Botanicals

Minerals

Calcium

Potassium

Magnesium

Iron

Zinc

Others (selenium, chromium, copper)

Proteins & Amino Acids

Collagen

Others

Fibers & Specialty Carbohydrates

Omega Fatty Acids

Probiotics

Prebiotics & Postbiotics

Others

Liquid

Vitamin

Multivitamin

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin K

Vitamin E

Botanicals

Minerals

Calcium

Potassium

Magnesium

Iron

Zinc

Others (selenium, chromium, copper)

Proteins & Amino Acids

Collagen

Others

Fibers & Specialty Carbohydrates

Omega Fatty Acids

Probiotics

Prebiotics & Postbiotics

Others

Others

Vitamin

Multivitamin

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin K

Vitamin E

Botanicals

Minerals

Calcium

Potassium

Magnesium

Iron

Zinc

Others (selenium, chromium, copper)

Proteins & Amino Acids

Collagen

Others

Fibers & Specialty Carbohydrates

Omega Fatty Acids

Probiotics

Prebiotics & Postbiotics

Others

Functional Food

Vegetable and Seed Oil

Sweet Biscuits, Snack Bars and Fruit Snacks

Dairy

Baby Food

Breakfast Cereals

Others

Functional Beverages

Energy drink

Sports drink

Others (Functional dairy based beverages, kombucha, kefir, probiotic drinks, and functional water)

Infant Formula

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

Allergy & Intolerance

Healthy Ageing

Bone & Joint health

Cancer Prevention

Children's Health

Cognitive Health

Diabetes

Digestive / Gut Health

Energy & Endurance

Eye Health

Heart Health

Immune System

Infant Health

Inflammation

Maternal Health

Men's Health

Nutricosmetics

Oral care

Personalized Nutrition

Post Pregnancy Health

Sexual Health

Skin Health

Sports Nutrition

Weight Management & Satiety

Women's Health

Others

Distribution Channel Outlook (Revenue, USD Million, 2021 - 2033)

Offline

Supermarkets & Hypermarkets

Pharmacies

Specialty Stores

Practitioner

Grocery Stores

Others

Online

Amazon

Other Online Retail Stores

This report can be delivered to the clients within 4 Business Days

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