

Global Jet Lag Tablet Market Growth 2025-2031

<https://marketpublishers.com/r/GBE96E3A88BCEN.html>

Date: August 2025

Pages: 138

Price: US\$ 3,660.00 (Single User License)

ID: GBE96E3A88BCEN

Abstracts

The global Jet Lag Tablet market size is predicted to grow from US\$ 534 million in 2025 to US\$ 694 million in 2031; it is expected to grow at a CAGR of 4.5% from 2025 to 2031.

The impact of the latest U.S. tariff measures and the corresponding policy responses from countries worldwide on market competitiveness, regional economic performance, and supply chain configurations will be comprehensively evaluated in this report.

A Jet Lag Tablet is a dietary supplement or medication designed to help reduce the symptoms of jet lag, a temporary disorder caused by rapid travel across time zones that disrupts the body's internal clock (circadian rhythm). These tablets typically contain ingredients such as melatonin (a hormone that regulates sleep-wake cycles), vitamins (like B6 or vitamin C), minerals, herbal extracts (e.g., valerian root or ginkgo biloba), or amino acids (such as L-theanine) to promote sleep, improve alertness, or support the body's adjustment to new time zones. Some formulations may also include antioxidants or electrolytes to combat fatigue and dehydration often associated with air travel. Jet lag tablets are intended to be taken before, during, or after travel to help alleviate symptoms like insomnia, daytime drowsiness, irritability, and digestive issues. While they are not a cure for jet lag, they can mitigate its severity and help users adapt more quickly to their destination's schedule. It is important to follow dosage instructions and consult a healthcare professional before using them, especially for individuals with pre-existing medical conditions or those taking other medications.

United States market for Jet Lag Tablet is estimated to increase from US\$ million in 2024 to US\$ million by 2031, at a CAGR of % from 2025 through 2031.

China market for Jet Lag Tablet is estimated to increase from US\$ million in 2024 to US\$ million by 2031, at a CAGR of % from 2025 through 2031.

Europe market for Jet Lag Tablet is estimated to increase from US\$ million in 2024 to US\$ million by 2031, at a CAGR of % from 2025 through 2031.

Global key Jet Lag Tablet players cover Miers Laboratories, No-Jet-Lag, Natrol, Teva, The Vitamin Shoppe, etc. In terms of revenue, the global two largest companies occupied for a share nearly % in 2024.

LP Information, Inc. (LPI) ' newest research report, the “Jet Lag Tablet Industry Forecast” looks at past sales and reviews total world Jet Lag Tablet sales in 2024, providing a comprehensive analysis by region and market sector of projected Jet Lag Tablet sales for 2025 through 2031. With Jet Lag Tablet sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US\$ millions of the world Jet Lag Tablet industry.

This Insight Report provides a comprehensive analysis of the global Jet Lag Tablet landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyzes the strategies of leading global companies with a focus on Jet Lag Tablet portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms' unique position in an accelerating global Jet Lag Tablet market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Jet Lag Tablet and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Jet Lag Tablet.

This report presents a comprehensive overview, market shares, and growth opportunities of Jet Lag Tablet market by product type, application, key manufacturers and key regions and countries.

Segmentation by Type:

Melatonin-Based Tablets

Herbal/Supplement-Based Tablets

Vitamin/Mineral Supplements

Others

Segmentation by Application:

Short-Haul Travel

Long-Haul Travel

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

Japan

Korea

Southeast Asia

India

Australia

Europe

Germany

France

UK

Italy

Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analysing the company's coverage, product portfolio, its market penetration.

Miers Laboratories

No-Jet-Lag

Natrol

Teva

The Vitamin Shoppe

Sisu

Trip Ease

Holland & Barrett

Superdrug

Jetease

Nature's Bounty

Boiron

Genexa

Homeocan

Clinigen Group

Vanda Pharma

Key Questions Addressed in this Report

What is the 10-year outlook for the global Jet Lag Tablet market?

What factors are driving Jet Lag Tablet market growth, globally and by region?

Which technologies are poised for the fastest growth by market and region?

How do Jet Lag Tablet market opportunities vary by end market size?

How does Jet Lag Tablet break out by Type, by Application?

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