

Global Women Nutrition Market Growth (Status and Outlook) 2026-2032

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Abstracts

The global Women Nutrition market size is predicted to grow from US\$ 44590 million in 2025 to US\$ 77990 million in 2032; it is expected to grow at a CAGR of 8.5% from 2026 to 2032.

Women have special nutrition needs due to hormonal changes which occur with the pregnancy, menstruation, menopause and lactation which alter the recommended daily intake of nutrients.

The rising prevalence of lifestyle-associated disorders and chronic disorders has facilitated the adoption of health supplements in the form of vitamins and minerals to boost immunity. For instance, according to International Diabetes Federation, 537 million adults are living with diabetes, and this number is expected to reach 643 million by 2030. According to the National Institutes of Health, individuals in the U.S. spent nearly USD 2.1 billion annually on weight-loss dietary supplements. Consumers, especially women, are increasingly becoming aware of the benefits of these products to manage chronic diseases, which is expected to positively impact the market's growth.

Most of the diseases such as iron-deficiency anemia, heart disease, osteoporosis, type 2 diabetes and some types of cancer affects the women and have a scientific connection to the nutrition. In addition, many women look to nutrition for the management of pre-menstrual and menopausal symptoms. The working population has been driving the food and beverage market as well as with their growing awareness and need have creating new trends in the women nutrition market. This working population of women has also realized new need nutrition and thus has increased the consumption of products that are nutritional in nature. The major factors associated with the high costs of these nutritional products are the health benefits associated with the

consumption of nutritional products such as fortified nutritional products, increasing per capita income, changing lifestyle of women's and others and such factors are projected to limit the women nutrition market growth. With such instance, the manufacturers have presented the consumers with variety of options to select from as per their needs and requirements. In addition, such illustrations have opened up for more and more opportunities and are further expected to grow in the women nutrition market. Regulations regarding particular ingredient and its processing may require high care and maintenance activities, thus, becoming a major challenge as these regulations impact the overall cost in the women nutrition market.

LPI (LP Information)' newest research report, the "Women Nutrition Industry Forecast" looks at past sales and reviews total world Women Nutrition sales in 2025, providing a comprehensive analysis by region and market sector of projected Women Nutrition sales for 2026 through 2032. With Women Nutrition sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US\$ millions of the world Women Nutrition industry.

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

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Women Nutrition 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 Women Nutrition.

This report presents a comprehensive overview, market shares, and growth opportunities of Women Nutrition market by product type, application, key players and key regions and countries.

Segmentation by Type:

Sports Nutrition

Additional Supplements

Personalised Nutrition

Others

Segmentation by Application:

Below 18 Years Old

18 to 50 Years Old

Above 50 Years Old

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 analyzing the company's coverage, product portfolio, its market penetration.

Herb Pharm

Nature

Thorne Research

Koninklijke DSM N.V.

Bayer

Vega

Hammer Nutrition

Nutricia

General Mills

Kellogg Company

Swisse

Optimum Nutrition

Amway

GNC

Danone

Herbalife

Abbott Nutrition

Unilever

ADM

Nestle

Gaia Herbs

NOW Foods

Glanbia Nutritionals

BellRing Brands

Cellucor

Xiwang Foodstuffs

Clif Bar

CytoSport

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