



## Metabolic Health & Wellness

# **Metabolic Health And Biomarkers In Focus**

Consumers are beginning to recognize the importance of metabolic health as they make the link between being overweight/obesity and vulnerability to illness, which will result in a heightened commitment to proactive health maintenance

### In-demand products will focus on:

- Vascular health
- Blood glucose health

## Heart health

Weight management

### More than 1.9 billion adults **18 years and older** are overweight. Of these over 650 million are obese.

Source: Word Health Organization

## 57%

of consumers will exercise more in the next 6 months & in 2021

### 48%

will purchase more health 6 months & beyond

Source: FMCG Gurus

A boom in weight management and fitness is a reality as a consequence of consumer's focus on proactive health prevention and maintenance

# **Global Sales of Metabolic** Health Products Worldwide

Growth in metabolic health related products is projected to be a global growth opportunity with notable exception of North America

#### Regional split of Metabolic Health, 2013/23

2023	35,621	31,700	15,439	10,306	6,819 4,195 _ 2,546
2018	39,625	29,280	13,126	9,045 5	5,570 <mark>3,300 _ 2,753</mark>



Source: Euromonitor; 2019

## A cluttered marketplace – what's needed?

### Efficacy

Consumers are looking for effective, proven solutions backed by science. These can compel consumers to pay a premium price in this environment of uncertainty.

### Personalization

Metabolic health is a broad concept, thus personalized solutions attending to unmet needs is a must. Specialized products targeting conditions linked to metabolic health are in demand – diabetes, hypertension or cardiovascular disease.

### **Holistic Wellness**

Metabolic health conditions are related to our overall health and wellness. As consumers are getting more and more educated about healthy living and holistic wellness, it is crucial for the food and beverage industry to deliver solutions that can assist in their efforts.