

# Herbal/Traditional Products in the US

September 2024

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## Herbal/Traditional Products in the US - Category analysis

## **KEY DATA FINDINGS**

#### 2024 DEVELOPMENTS

Herbal/traditional products experiences another year of growth

Innovation is key to maintaining growth for herbal/traditional products

Rise of adaptogens and mushrooms as brain and cognitive health products

## PROSPECTS AND OPPORTUNITIES

Mixed performance of herbal/traditional dietary supplements as a method for weight loss

Continued interest in women's health could highlight menstrual health support and drive integrated solutions for managing menstrual pain Concerns about efficacy and safety could lead to further regulation, hinting at the potential slower growth of herbal/traditional products

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