



Sports Nutrition in Costa Rica

September 2025

Table of Contents

Sports Nutrition in Costa Rica - Category analysis

KEY DATA FINDINGS

2025 DEVELOPMENTS

Strong performance in 2025
GNC (Harbin) continues to dominate
Health stores lead distribution

PROSPECTS AND OPPORTUNITIES

Continuing healthy growth over forecast period
Sports protein RTD and protein/energy bars register healthy growth, due to their convenience
Pre-workout formulations increasingly popular

CATEGORY DATA

Table 1 - Sales of Sports Nutrition by Category: Value 2020-2025
Table 2 - Sales of Sports Nutrition by Category: % Value Growth 2020-2025
Table 3 - NBO Company Shares of Sports Nutrition: % Value 2021-2025
Table 4 - LBN Brand Shares of Sports Nutrition: % Value 2022-2025
Table 5 - Forecast Sales of Sports Nutrition by Category: Value 2025-2030
Table 6 - Forecast Sales of Sports Nutrition by Category: % Value Growth 2025-2030

Consumer Health in Costa Rica - Industry Overview

EXECUTIVE SUMMARY

Consumer Health in 2025: The big picture
Key trends in 2025
Competitive landscape
Channel developments
What next for consumer health?

MARKET INDICATORS

Table 7 - Consumer Expenditure on Health Goods and Medical Services: Value 2020-2025
Table 8 - Life Expectancy at Birth 2020-2025

MARKET DATA

Table 9 - Sales of Consumer Health by Category: Value 2020-2025
Table 10 - Sales of Consumer Health by Category: % Value Growth 2020-2025
Table 11 - NBO Company Shares of Consumer Health: % Value 2021-2025
Table 12 - LBN Brand Shares of Consumer Health: % Value 2022-2025
Table 13 - Penetration of Private Label by Category: % Value 2020-2025
Table 14 - Distribution of Consumer Health by Format: % Value 2020-2025
Table 15 - Distribution of Consumer Health by Format and Category: % Value 2025
Table 16 - Forecast Sales of Consumer Health by Category: Value 2025-2030
Table 17 - Forecast Sales of Consumer Health by Category: % Value Growth 2025-2030

APPENDIX

OTC registration and classification
Vitamins and dietary supplements registration and classification
Self-medication/self-care and preventive medicine
Switches

DISCLAIMER

DEFINITIONS

SOURCES

Summary 1 - Research Sources

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