

Weight Management and Wellbeing in South Africa

October 2023

Table of Contents

KEY DATA FINDINGS

2023 DEVELOPMENTS

The health and wellness trend remains strong despite economic constraints as consumers focus on their physical appearance

Weight concerns grow in importance in the country due to rising obesity rates

Consumers seek natural ingredients when on a weight management plan

PROSPECTS AND OPPORTUNITIES

The ongoing economic environment hinders growth of weight management and wellbeing

High income earners take an alternative route to weight loss management

Economic constraints enable home remedies to gather momentum at the expense of weight management and wellbeing products over the forecast period

CATEGORY DATA

Table 1 - Sales of Weight Management and Wellbeing by Category: Value 2018-2023

Table 2 - Sales of Weight Management and Wellbeing by Category: % Value Growth 2018-2023

Table 3 - NBO Company Shares of Weight Management and Wellbeing: % Value 2019-2023

Table 4 - LBN Brand Shares of Weight Management and Wellbeing: % Value 2020-2023

Table 5 - Forecast Sales of Weight Management and Wellbeing by Category: Value 2023-2028

Table 6 - Forecast Sales of Weight Management and Wellbeing by Category: % Value Growth 2023-2028

Consumer Health in South Africa - Industry Overview

EXECUTIVE SUMMARY

Consumer health in 2023: The big picture

2023 key trends

Competitive landscape

Retailing developments

What next for consumer health?

MARKET INDICATORS

Table 7 - Consumer Expenditure on Health Goods and Medical Services: Value 2018-2023

Table 8 - Life Expectancy at Birth 2018-2023

MARKET DATA

Table 9 - Sales of Consumer Health by Category: Value 2018-2023

Table 10 - Sales of Consumer Health by Category: % Value Growth 2018-2023

Table 11 - NBO Company Shares of Consumer Health: % Value 2019-2023

Table 12 - LBN Brand Shares of Consumer Health: % Value 2020-2023

Table 13 - Distribution of Consumer Health by Format: % Value 2018-2023

Table 14 - Distribution of Consumer Health by Format and Category: % Value 2023

Table 15 - Forecast Sales of Consumer Health by Category: Value 2023-2028

Table 16 - Forecast Sales of Consumer Health by Category: % Value Growth 2023-2028

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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