



Euromonitor
International

Sports Nutrition in Iraq

October 2026

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KEY DATA INSIGHTS

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Protein consumption expands beyond core bodybuilding audiences

Recovery and resilience become part of performance nutrition

Personalised wellness broadens the role of sports nutrition

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WHAT'S NEXT?

Urban youth expected to sustain demand for protein-based nutrition

Expanding specialist retail networks expected to improve accessibility

Gym influence poised to strengthen daily supplement use

Chart 1 Forecast Value Sales 2021-2031

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COUNTRY REPORTS DISCLAIMER

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