

Liver Health Supplements Market Will Surpass US\$ 1,859.93 Million at 6.9% CAGR Growth From 2025 to 2034

The growing existence of liver illnesses such as fatty liver, hepatitis, and cirrhosis is driving the market demand.

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The liver is accountable for discarding waste from the blood and reserving energy. This assists with other procedures such as generating cholesterol, controlling amino acids, and stockpiling glucose in the body.



Milk thistle is a flowering herb Indigenous to Europe with liver-safeguarding attributes. As an antioxidant, silymarin assists in inhibiting inflammation that can cause liver illnesses. Silymarin also fights cell injury free radicals, prohibits fibrosis in the liver, and escalates enzymes required for detoxification.

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Artichoke an consumable plant from Mediterranean region, is a usual component in majority of liver supplements. The leaves are abundant in antioxidants that assist in prohibiting specific compounds from injuring the liver. Antioxidants such as cynarin and chlorogenic acids decrease the heightened levels of aspartate aminotransferase (AST) and alanine aminotransferase (ALT),



The market is projected to grow at 6.9% CAGR from 2025 to 2034, driven by excessive alcohol intake worldwide."

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enzymes linked with liver injury when their levels are elevated, pushing the liver health supplements market growth.

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The worldwide aging population is surging due to which the demand for liver health supplements is rising. As per the World Bank, in 2030, 1 in 6 people globally will be aged

60 years or over. Liver function organically reduces with age, rendering it more susceptible to illnesses, toxins, and injury from medicines and inadequate diet. Elderly persons are more likely to encounter situations such as fatty liver, liver fibrosis, and cirrhosis.

The intake of alcohol has surged worldwide, causing elevated cases of liver injury and illnesses. As per the National Institute of Alcohol Abuse and Alcoholism, in 2023, in the US itself, 49.6% of teenagers consumed alcohol. Unrestrained alcohol intake causes situations such as alcoholic fatty liver, alcoholic hepatitis, and cirrhosis, all of which adversely influence liver health. Subsequently, more people are resorting to liver health supplements to reinforce detoxification and safeguard against the detrimental influences of alcohol.

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The market is continuously developing with several firms struggling to invent and differentiate themselves. Spearheading global firms dominate the market by capitalizing sizeable research and development and progressive techniques. Key industry players that dominate the liver health supplements market include:

- Enzymedica
- Himalaya Wellness Company
- Integria Healthcare (Australia) Pty Ltd.
- Irwin Naturals
- Jarrow Formulas, Inc.
- Nature's Bounty
- · Nature's Craft.
- NOW

The region is categorized into North America, Europe, Asia Pacific, Latin America, and the Middle

East & Africa. In 2024, North America accounted for the most significant share of the liver health supplements market. This is primarily because of growing cases of fatty liver illnesses.

Asia Pacific is expected to become the fastest-growing region in the coming years. This is due to the growing consciousness of liver-connected health problems and increasing concentration on wellness. Surging levels of contamination and the acquisition of detrimental diets and lifestyles have caused elevated cases of liver illnesses, encouraging more people to look for prohibitive health solutions.

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The liver health supplements market is segmented into product, dosage form, and region.

By product analysis, the herbal supplements segment is expected to witness the fastest growth due to growing demand for organic and plant dependent solutions for liver health. Consumers are becoming more aware of the advantages of herbal components such as milk thistle, dandelion, and turmeric, which are acknowledged for their detoxifying and liver-reinforcing attributes.

By dosage form analysis, the capsule segment dominated the market. This is due to capsules being more favored, easy to swallow, and providing precise dosage, rendering them a favored option amongst consumers.

Which segment, by application, is expected to witness the fastest growth? The herbal supplements segment accounted for the largest market share.

Which region held the largest liver health supplements market share in 2024? North America held the largest market share in 2024.

What is the regional scope of the market?

The market includes regions such as North America, Europe, Asia Pacific, Latin America, and the Middle East & Africa.

What are the factors driving the market?

The factors driving the market are the growing aging population and escalating alcohol intake.

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