

# Sports Nutrition in Costa Rica

September 2023

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## Sports Nutrition in Costa Rica - Category analysis

### KEY DATA FINDINGS

#### 2023 DEVELOPMENTS

While interest grows, budget constraints limit retail value sales  
Protein powders and creatine returns to shelves in 2023  
Growing awareness of long-term negative consequences challenges growth

#### PROSPECTS AND OPPORTUNITIES

Greater variety of formats and retailers across the coming years  
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### DISCLAIMER

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