

Probiotics and Botanicals the Next Healthy Food in Asia

August 2024

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EXECUTIVE SUMMARY

Why read this report?

Key findings

INTRODUCTION

State of play

Naturally functional ingredients hold vast potential in foods

Growing awareness of the benefits of “super ingredients” brings opportunities

THE RISE OF NATURALLY FUNCTIONAL FOOD AS MEDICINE

The preventative stage is where natural/traditional ingredients shine

Preventative food as medicine must be accessible

POTENTIAL OF PROBIOTICS AND FERMENTATION

Asia leads potential of probiotics application in foods

Promoting the health profile of trendy fermented foods benefits probiotics

Probiotics expanding beyond dairy, leveraging a gut health positioning

Position as both indulgent and nutritious

Creating new segments of opportunity is a long game, but with high rewards to brand equity

Case study: Pilkul Miracle Care drinking yoghurt merges gut health with sleep quality

Case study: Swisse Me has made inroads into functional gummies

Biotics innovation must align with regulation and consumer acceptance

BOTANICAL INGREDIENTS FOR HEALTHY INDULGENCE

Understanding of botanicals in Asia has developed well from consumer health and tea

The profile of botanicals is shifting to a more premium one

Sleep and stress relief claims have surged in nutrition and indulgence categories

Case study: Nestlé’s Yiyang Wanning utilises botanicals to convey sleep aid

Case study: its herbs.com refreshes traditional Chinese medicinal herbs through snacks

Case study: Kind Kones infuses spices and ashwagandha in ice cream

Be mindful of evolving regulations, such as claim guidelines and consumption warnings

CONCLUSION

Recommendations/opportunities for growth

Evolution of probiotics and botanicals for naturally functional food in Asia

Questions we are asking

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