



Euromonitor
International

Weight Management and Wellbeing in Mexico

September 2025

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Weight Management and Wellbeing in Mexico - Category analysis

KEY DATA FINDINGS

2025 DEVELOPMENTS

Weight management and wellbeing slows slightly but remains resilient
Herbalife maintains leadership through direct selling
Direct selling still favoured channel, with pharmacies gaining ground in 2025

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Supplement nutrition drinks anticipated to maintain growth in forecast period
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