

# Your quick-guide to the top ten nutrition and supplement trends for 2022!



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- 1** Living a long, **healthy** life is a top priority
- 2** Plant-based supplement and functional ingredients continue to win
- 3** Immune support is now part of our daily routines
- 4** We want better sleep, less stress, and quality concentration
- 5** Healthy aging matters to all ages
- 6** Technology, meet nutrition
- 7** Upcycled and sustainable products will be superstars
- 8** We're ready for exciting experiences and adventure
- 9** Brands that care connect with consumers
- 10** We want our beverages fun and functional

To learn more about these trends and what they mean for your next product, read our full blog post!

<https://www.futureceuticals.com/blog/2022-top-trends-plant-based-supplements-still-make-list>

Mintel. "Enjoyment Everywhere – Mintel 2022 Consumer Trend."

New Hope. "Natural Grocers predicts top 10 nutrition trends for 2022."

Innova Market Insights. "'Shared Planet' leads Innova Market Insights' Top Ten Trends for 2022."

Vitafoods Insights. "Health ingredients to watch in 2022."

Wholefoods Market. "The Next Big Things: Our Top 10 Food Trends for 2022."