# Supplements Guide by Region

## Lisbon

Celeiro – Portugal’s leading natural products chain with a wide selection of supplements, vitamins, and herbal remedies.  
Address: Av. de Roma 8, 1000-265 Lisboa  
https://www.celeiro.pt

PrimeBody NutriShop – Offers a strong range of sports nutrition and wellness supplements in central Lisbon.  
Address: Av. 5 de Outubro 293B, 1600-035 Lisboa  
https://www.tripadvisor.com/Attraction\_Review-g189158-d25642203-Reviews-PrimeBody-Lisbon\_Lisbon\_District

El Corte Inglés – Carries domestic and international supplement brands, including sports nutrition and specialty wellness products.  
Address: Av. António Augusto de Aguiar 31, 1069-413 Lisboa  
https://www.elcorteingles.pt

Healthcare Store (Lisbon Airport) – Focused on supplements and natural wellness, including travel-friendly formats.  
Address: Lisbon Airport, Terminal 1  
https://www.lisbonairport.pt/en/lis/services-shopping/shops-and-food/healthcare-store

## Oeiras

Celeiro (Oeiras Parque Shopping) – Full range of natural health products and supplements, including vegan and gluten-free options.  
Address: Av. António Bernardo Cabral de Macedo 19, 2770-219 Oeiras  
https://www.celeiro.pt/lojas/celeiro-oeiras-parque

Natural Crave – Smaller health store with a strong focus on supplements and clean ingredient lists.  
Address: Oeiras Parque Shopping, Loja 220  
https://www.instagram.com/naturalcrave.pt

## Cascais

Celeiro (CascaiShopping) – Offers certified supplements, herbal extracts, and wellness products.  
Address: Estrada Nacional 9, 2645-543 Alcabideche  
https://www.celeiro.pt/lojas/celeiro-cascaishopping

Terra Pura – Features natural supplements, superfoods, and essential oils in a well-curated environment.  
Address: CascaiShopping, Loja 0.132  
https://www.cascaishopping.pt/en/store/terra-pura-2-en

Bioshop – Small store in central Cascais with organic pantry goods and some natural supplements.  
Address: Av. 25 de Abril 672, 2750-511 Cascais  
https://www.happycow.net/reviews/bioshop-cascais-92393

Mundo Bio – Organic market in Cascais offering a wide range of supplements, wellness products, and clean-label groceries.  
Address: Rua de Alvide 289, 2750-289 Cascais  
https://wanderlog.com/place/details/12649927/mundo-bio-cascais

## Sintra

Celeiro (Forum Sintra) – Reliable stock of supplements, especially natural and allergy-friendly options.  
Address: IC19, Loja 0.065, 2635-018 Rio de Mouro  
https://www.celeiro.pt/lojas/celeiro-forum-sintra

Quinta dos 7 Nomes – Offers locally made and bulk natural products, including select supplements.  
Address: Rua das Lameiras, 2705-353 Colares  
https://www.simbiotico.eco/en/ecospot/quinta-7-nomes

Aldeia Coop – Regenerative cooperative market offering supplements, bulk goods, and wellness products.  
Address: Rua Marquês de Pombal 22, 2710-519 Sintra  
https://www.instagram.com/aldeia.coop

## Online Retailers

iHerb – Comprehensive global retailer for supplements, with shipping to Portugal.  
https://www.iherb.com

Prozis – Portugal-based online store for fitness, wellness, and lifestyle supplements.  
https://www.prozis.com/pt/pt

Welldium – Practitioner-grade supplements from brands like Pure Encapsulations and Nordic Naturals.  
https://welldium.com

Nordic Naturals – Renowned for high-purity omega-3 and DHA supplements.  
https://www.nordicnaturals.com

Pure Encapsulations – Specializes in hypoallergenic, vegan-friendly, and clinically backed supplements.  
https://www.pureencapsulations.com

Holland & Barrett – Well-known retailer with a wide selection of global supplement brands.  
https://www.hollandandbarrett.com

Alnatura – Organic product line including dietary supplements and nutritional aids.  
https://www.alnatura.de

FutuNatura – Clean-label and sustainable supplement formulations.  
https://www.futunatura.com

Greatlife.eu – European-based store with creatine, omega-3s, and essential minerals.  
https://greatlife.eu

Nordic Kings – Grass-fed and organic animal-based supplements like liver and bone broth.  
https://nordickings.com