

24 Lifesciences

**Pregnenolone Supplements Market Regional
Analysis, Demand Analysis and Competitive
Outlook 2025-2032**

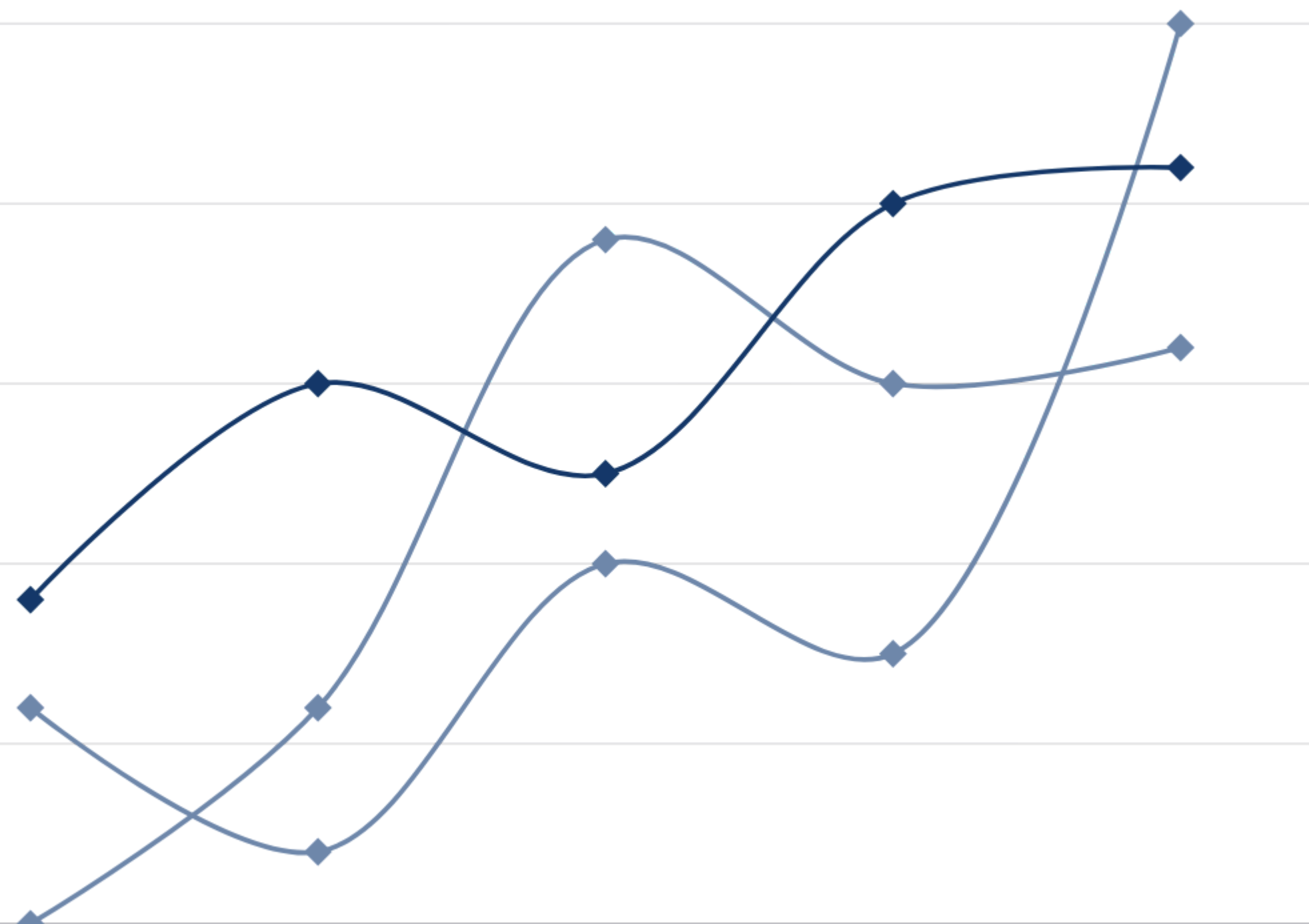
Market Overview

The global pregnenolone supplements market was valued at USD 487 million in 2024 and is projected to reach USD 708 million by 2031, exhibiting a CAGR of 5.6% during the forecast period.

Pregnenolone is a neurosteroid precursor that plays a vital role in the biosynthesis of steroid hormones, including progesterone, cortisol, and DHEA. Often referred to as the "mother hormone," it supports cognitive function, mood regulation, and stress response. The supplement form is commonly used to address fatigue, memory enhancement, and immune system support, with applications spanning both general wellness and therapeutic contexts.

Market size

MARKET INSIGHTS



2024

USD 487 million in 2024

2032

USD 708 million by 2031

CAGR

CAGR of 5.6%

By Type

50mg Segment Dominates the Market Due to its Versatility in Addressing Everyday Wellness Needs like Energy and Stress Management

The market is segmented based on type into:

- 50mg
- 100mg
- Others

The 50mg dosage leads owing to its moderate strength, making it suitable for broad consumer adoption in daily routines for hormone balance and cognitive support, while higher doses like 100mg cater to more targeted therapeutic applications under professional guidance.



By Application

Offline Sales Segment Leads Due to Reliable Access Through Pharmacies and Health Retailers for Consumer Trust and Consultation

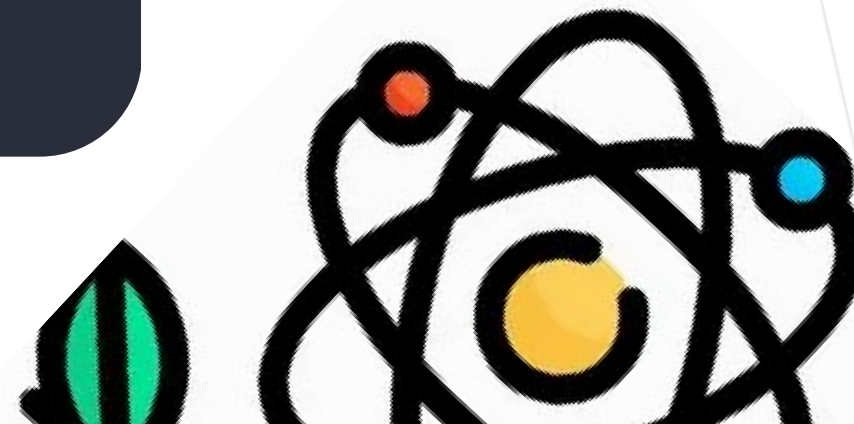
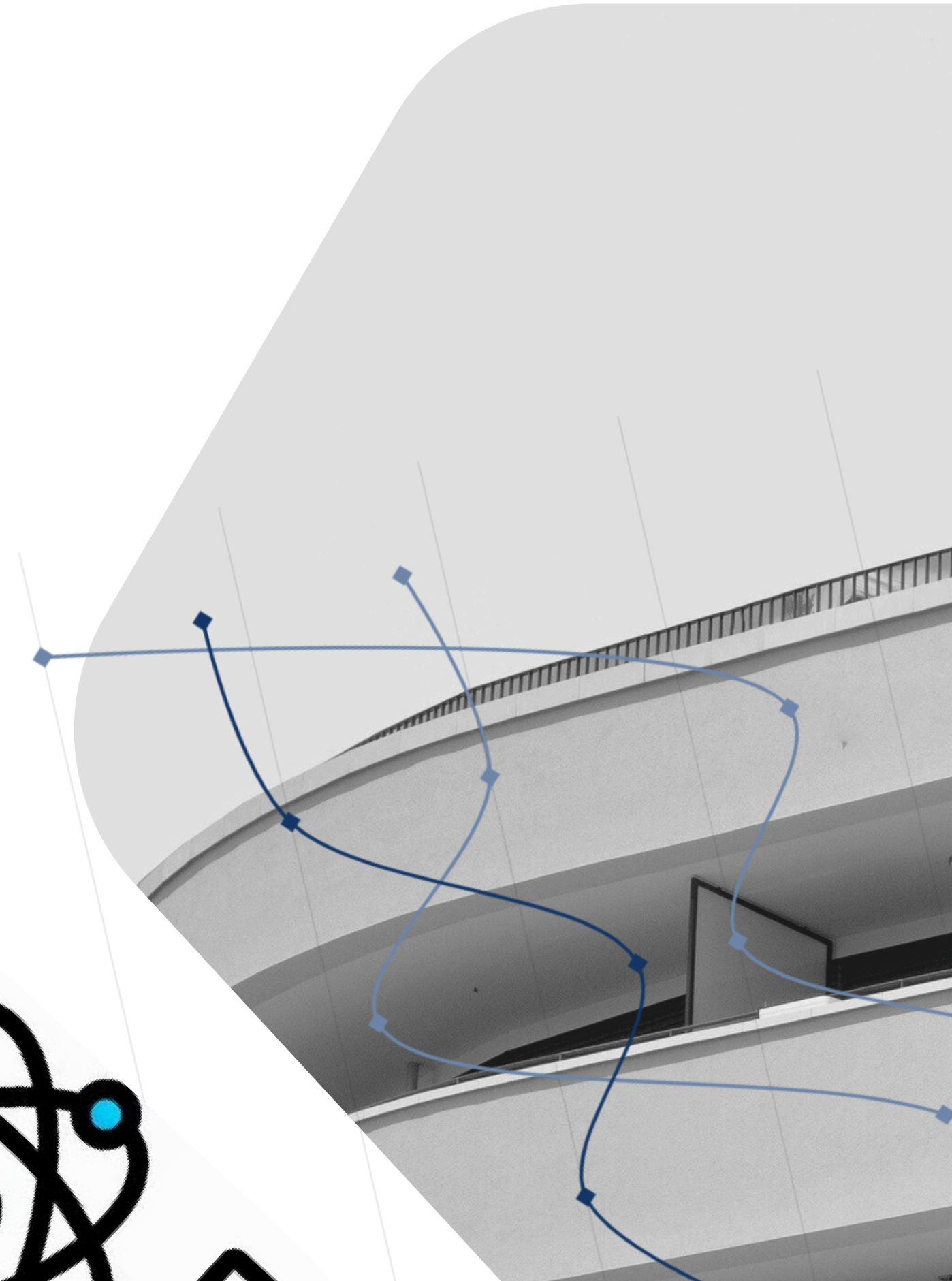
The market is segmented based on application into:

- **Online Sales**
- **Offline Sales**

Offline channels dominate as they provide immediate availability and expert advice in physical stores, though online sales are accelerating with digital convenience and direct-to-consumer models, reflecting shifts in consumer purchasing behaviors post-pandemic.

Our Key Players

- Life Extension
- Pure Encapsulations
- Swanson Health Products
- Ortho Molecular Products
- EUROHEALTH
- Signature Formulations LLC

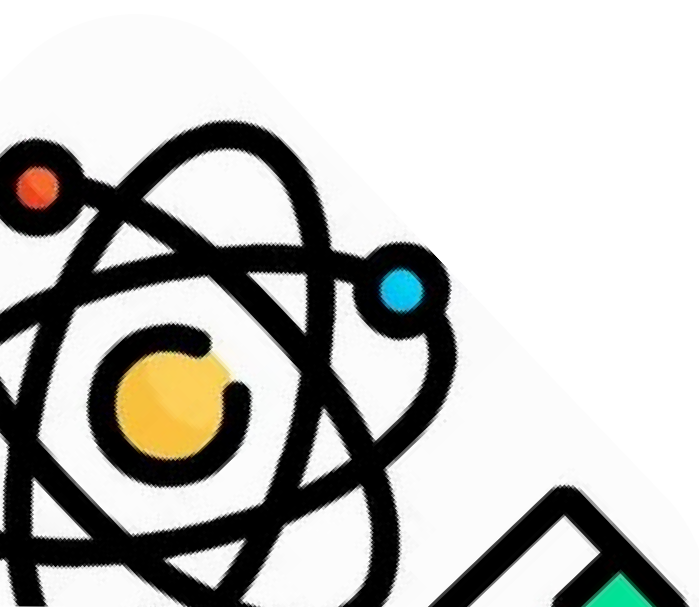


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Connect with us.



Email

help@24lifesciences.com



Call us

+91 9425150513 (Asia)



Contact Us
City Vista ,Kharadi

<https://www.24lifesciences.com>