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This report looks at the following areas:

- Purchases of gum, mints, and breath fresheners
- · Uses of gum, mints, and breath fresheners
- Influences on changes in gum, mints, and breath fresheners usage
- Purchase factors of gum, mints, and breath fresheners
- Attitudes and behaviors regarding gum, mints, and breath fresheners
- Interest in gum, mints, and breath freshener claims
- Perceptions of different gum, mint, and breath freshener packaging formats

The gum, mints and breath freshener market was hit hard by the onset of the COVID-19 pandemic, seeing a 22.6% loss in sales from 2019 to 2020 as usage occasions diminished and shopping habits obstructed impulse purchasing. The market continues to recover as consumers find more reasons and occasions to purchase. Going forward, rising prices will contribute to much of the market's sales growth, with relatively low existing price points discounting the perception of inflationary pricing.

Dual paths to market growth exist: renewing the commitment of relapsed users and recruiting new users. Fresh messaging will be key to both, as will a fresh take on where the category fits into consumer routines. While finding new occasions for gum, mints and breath fresheners is a challenge, it will prove worth the effort. Meeting new and emerging needs includes considering how the category can meet needs not historically associated with gum, mints and breath freshener.

Another challenge the market faces is a disconnect between consumer perceptions of consumption and actual consumption. Namely, sugar free gum falls victim, with only 26% of consumers reporting usage of sugar free gum even as sugar free gum makes up 61.8% of MULO sales for the market. Brands will need to tread lightly around messaging around sugar, as some consumers may not realize products are sugar-free, while others are specifically purchasing



"The gum, mints and breath fresheners market needs a dose of refreshment itself, including stronger brand identity, innovation and the introduction of new occasions for use. Proving relevancy in routines will help a market that was stagnant prepandemic and continues to struggle."

 Kelsey Olsen, Food and Drink Analyst

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sugar-free options for their sugarless qualities. A focus on messaging that contributes to product identities will be key to help build consumer excitement and loyalty to products and occasions.

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