Laos

What it produces, exports, imports and uses, among the commodities tracked here

Top-ten producer of

Commodity	World rank	Share of world	Year
Bismuth	4	3.1%	2025
Cardamom	4	4.9%	2024
Potash	6	4.9%	2025
Barite	7	3%	2025
Natural rubber	10	2.4%	2024

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Cassava	3	12%	$399.8 million
Barite	4	11%	$101.8 million
Potash	6	4.1%	$825.6 million
Bauxite	8	0.9%	$107 million
Natural rubber	8	2.4%	$398.4 million

Of $3 billion of tracked-commodity exports, 27% is potash, then iron ore (16%).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Rice	4.0 million tonnes	225	99%	2.6%

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Cassava	2.0 million tonnes	176	187%	6.3%
Bananas	791 thousand tonnes	97	109%	<0.1%
Corn	279 thousand tonnes	4.7	157%	1.7%
Coffee	183 thousand tonnes	23	100%	19%
Sugar	130 thousand tonnes	12	187%	518%

Sources: FAOSTAT, USGS Mineral Commodity Summaries, Energy Institute Statistical Review (production); CEPII BACI (trade); FAOSTAT Food Balances (use). Ranks count only the commodities on this site. Cite as: Commodity Origins, "Laos", https://commodityorigins.com/countries/LAO/ (CC BY 4.0). Full page, sources and downloads: https://commodityorigins.com/countries/LAO/. Text is written with AI assistance and checked against the cited data; figures are computed from the sources (https://commodityorigins.com/about/#how-ai-is-used).