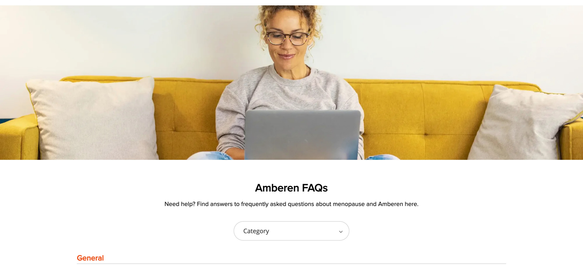

Amberen FAQs

Need help? Find answers to frequently asked questions about menopause and Amberen here.

Category

General

What is the difference between perimenopause and menopause?

Perimenopause refers to the transitional period before menopause, during which hormone levels change and the body makes its natural transition into menopause. During this time, hot flashes, sleep problems and other symptoms may emerge for some women.

Menopause refers to the point in time 12 months after a woman's last menstrual period and is determined retroactively.

At what age do perimenopause and menopause begin and how long does it last?

While perimenopause most commonly begins for women ages 40-44 years old, it can begin for some women as early as 35 years old or eight to 10 years before menopause. On average, 45 years old is the age of onset for perimenopause and 51 years old for menopause.

What symptoms can I expect during perimenopause and menopause?

As women enter perimenopause, irregular periods are often among the first signs as most women will transition from having fairly predictable menstrual cycles to more unpredictable cycles. Hot flashes, sleep disruption and mood change are also among the earliest perimenopause signs.

Hormonal changes during the transition into menopause can trigger additional symptoms, including fatigue, irritability, difficulty sleeping, mood swings, night sweats, and more. The severity and frequency of these symptoms may vary over time. Because menopause affects everyone differently, some women may experience no symptoms while others may have symptoms that greatly interfere with their daily lives. To aid with symptom relief, each proprietary Amberen formula has been specifically developed to address the physical and emotional changes a woman's body goes through as it enters perimenopause and throughout the menopause journey.

What products does Amberen offer for menopausal relief?

Amberen has four dietary supplements to help aid in providing targeted symptom relief leading up to and during the menopause lifecycle, including:

- Amberen® Advanced Perimenopause Relief capsules
- Amberen® Advanced Menopause Relief capsules
- Amberen® Advanced Menopause Relief gummies
- Amberen® Energy | Mood | Sleep gummies for perimenopause relief

How do I know which product is right for me?

If you are 35+ years old, experiencing perimenopausal symptoms and have had at least one menstrual cycle in the last 12 months, we recommend Amberen Advanced Perimenopause Relief or Amberen® Energy | Mood | Sleep gummies depending on which symptoms you are experiencing. *See product pages for more specifics on which symptoms they address.*

If you are seeking symptom relief and haven't had a period in the last 12 consecutive months or longer, we recommend Amberen Advanced Menopause Relief gummies or capsules.

Still not sure? Amberen offers complimentary access to Menopause Specialists†† . Call (800) 211-8021 Monday – Friday, anytime between 9 a.m. and 7 p.m. Eastern Time (ET) to reach an expertly trained agent for more information about menopause and Amberen supplements.

Do I need a doctor's prescription to try Amberen?

As with any dietary supplement, consult your doctor before use if you are taking prescription medication or have a medical condition.

Because Amberen products are dietary supplements and not drugs, no prescription is required.

Consult with your doctor before taking Amberen Advanced Perimenopause Relief capsules, Amberen Advanced Menopause Relief capsules or Amberen Advanced Menopause Relief gummies if you have a medical condition, are taking medication, or if you've had a hysterectomy and/or oophorectomy.

If you are taking estrogen blockers, consult your health-care provider before taking Amberen Advanced Perimenopause Relief capsules, Amberen Advanced Menopause Relief capsules or Amberen Advanced Menopause Relief gummies by letting him or her know that Amberen products have been clinically shown to increase endogenous estradiol levels in women, while remaining within normal physiological limits.

Please note that Amberen Energy | Mood | Sleep gummies have been shown to *not* increase endogenous estradiol levels in women.

What ingredients are in Amberen?

All Amberen products are 100% hormone, drug, estrogen, herb, soy, gluten and caffeine-free. For more information on ingredients, visit our Amberen product pages for more information by product.

Does Amberen have any side effects?

No adverse side effects were reported during a clinical study of Amberen Advanced Perimenopause Relief capsules on healthy perimenopausal women.

The formula in Amberen Advanced Menopause Relief capsules and gummies resulted in no adverse side effects in three clinical trials on healthy menopausal women.

No serious adverse events have been reported among those who have consumed Pycnogenol®, the key active ingredient in Amberen Energy | Mood | Sleep gummies since it was introduced into the market in the early 1970s. Some people have reported minor adverse events with gastro-intestinal discomfort being the most common. For best results, take Energy | Mood | Sleep gummies with a meal. Discontinue use if you are experiencing a reaction and contact your doctor.

As individual intolerances are always possible, please check the ingredients listed on the box. Should you experience an adverse reaction, please discontinue use and consult your doctor. If you have a medical condition, are taking medication, or if you've had a hysterectomy and/or oophorectomy, consult your health-care provider before taking Amberen products.

Can I take Amberen if I am pregnant?

No. Amberen products are not intended for use by pregnant or nursing women. If pregnancy is not desired and you are interested in taking Amberen Perimenopause, please consult your health-care provider regarding available contraceptive methods. Do not take Amberen perimenopause or menopause products if you learn you are pregnant or are actively trying to conceive, whether naturally or through fertility treatments. Contact your health-care provider to discuss what changes are needed to your supplement regime.

Are Amberen's formulas clinically tested?

Amberen's perimenopause and menopause formulas are clinically tested.

Amberen has a rich history of scientific studies supporting its products. Amberen products containing its proprietary ingredients (including Amberen Advanced Perimenopause Relief and Amberen Advanced Menopausal Relief capsules and gummies) have more than 45 years of research behind them. All formulations undergo gold-standard placebo-controlled clinical trials to establish the safety, efficacy and performance of all of the formulas in addressing the unique needs of women in perimenopause and menopause.

For more information on the science behind Amberen supplements, visit our CLINICAL RESEARCH page.

Where is Amberen manufactured?

Amberen products are manufactured to meet or exceed all applicable industry standards at facilities in the US with globally sourced ingredients.

Where can I buy Amberen?

All Amberen supplements are available for purchase online at AMBEREN.COM and AMAZON.

Amberen Advanced Menopausal Relief capsules are also available nationwide at all major retailers including Walmart, Walgreens, CVS, RiteAid, Kroger, Target, Meijer, Supervalu, BJ's, and more.

Amberen Advanced Perimenopause Relief is available at Walmart, CVS, Walgreens and Rite Aid retailers.

All Amberen product orders may also be placed by calling Amberen Customer Service Monday – Friday, between 9 a.m. – 7 p.m., Eastern Time (ET) at (800) 222-3304.

We also offer ordering convenience and additional savings through our monthly subscription service.

Amberen Perimenopause Relief Capsules

- What symptoms does Amberen Perimenopause help with?
- How long does it take to work?
- What ingredients are in Amberen Perimenopause?
- Why is Monosodium L-Glutamate (MSG) in Amberen Perimenopause Relief capsules?
- Is Amberen Perimenopause safe?
- How do I know if Amberen Perimenopause is right for me?

Amberen Menopause Relief Capsules & Gummies

- What symptoms does Amberen Menopause help relieve?
- How long does it take to work?
- What ingredients are in Amberen Menopause?
- Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief capsules and gummies?
- Is Amberen Menopause safe?
- How does Amberen Menopause help manage weight gain during menopause?
- How do I know if Amberen Menopause is right for me?

Amberen Energy | Mood | Sleep Gummies

- What symptoms do Amberen Energy | Mood | Sleep gummies treat?
- How long does it take to work?
- What ingredients are in Amberen Energy | Mood | Sleep gummies?
- What are the benefits of Pycnogenol® in Amberen Energy | Mood | Sleep gummies?
- Are Amberen Energy | Mood | Sleep gummies safe?
- How do I know if Amberen Energy | Mood | Sleep gummies are right for me?

Orders & Shipping

- How will my order ship?
- How will I know when my order ships?
- How soon will I receive my order?
- How can I re-order Amberen?
- How do I return my order?

Account

- How can I access my Amberen account online?
- Can I update my information?
- How do I modify or cancel my subscription?

Can't find the answers you need?

Amberen offers complimentary access to Menopause Specialists to all Dragonfly Club members. Call (800) 211-8021 Monday – Friday, anytime between 9 a.m. and 7 p.m. Eastern Time (ET) to reach an expertly trained agent for more information about menopause.††

For more general questions and support, please contact CUSTOMER CARE for additional support.

Manufactured in the U.S. with globally sourced ingredients

Join our Facebook Group!

*The statements on this website have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

*Every woman is unique and every woman experiences menopause and its symptoms differently. Every woman's experience with Amberen® will be unique as well. The statements we make regarding Amberen's menopausal and perimenopausal symptom relief benefits are supported by the results of ingredient manufacturer sponsored randomized, double-blind, placebo-controlled, human clinical trials. Amberen's products' clinical trials include three recent trials, two on Amberen Menopause dating from 2014-15 and 2015-16, and another on Amberen Perimenopause dating from 2019-2020. The Amberen® Menopause trials involved 102 and 125 menopausal women, respectively, aged 42-60 years, with mild to moderate menopausal symptoms, evaluating the efficacy of Amberen® Menopause in the treatment of climacteric complaints over the course of 90 days. Both of the studies' results showed that Amberen helped restore hormonal balance by supporting the endogenous production of estrogen and that when compared with placebo users experienced statistically significant relief from common menopausal symptoms, including, but not limited to, hot flashes, night sweats, irritability, mood swings (as measured by relief from "feeling unhappy and depressed", "crying spells", and "loss of interest in most things" symptomologies), weight management (as measured by changes in weight, BMI, and hip and waist circumference analyses), difficulty sleeping, stress and anxiety, difficulty concentrating, fatigue and low energy, headaches, muscle and joint aches and loss of sexual interest. Statistically significant results typically occurred between 30 through 90 days of continuous use. The Amberen® Perimenopause trial involved 105 perimenopausal women, aged 36-50 years, with mild to moderate perimenopausal symptoms, evaluating the efficacy of Amberen® Perimenopause in the treatment of perimenopausal symptom complaints over the course of 180 days (90 days of intervention/90 days of observation). The study's results showed that Amberen Perimenopause helped restore hormonal balance by supporting the endogenous production of estrogen and that when compared with placebo users experienced statistically significant relief from common perimenopausal symptoms, including, but not limited to, hot flashes, night sweats, irritability, mood swings (as measured by relief from "feeling unhappy and depressed", "crying spells", and "loss of interest in most things" symptomologies), difficulty sleeping, stress and anxiety, fatigue and low energy, headaches, muscle and joint aches and loss of sexual interest. Statistically significant results typically occurred between 30 through 90 days of continuous use. (Radzinski V. E., et al. Gynecological Endocrinology 32.suppl (2016): 64-68. Radzinski V. et al., Menopause. Vol. 24, No. 12 (2017): 1456-1457. Kuznetsova et al., Obstetrics and Gynecology (2016) 5:126. 33).

‡No adverse side effects were observed during clinical studies. **Caution:** Amberen products are not intended for use by pregnant or nursing women. Do not take if you have severe hypertension. If you are taking prescription medication or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if you have any adverse reaction.

‡‡Clinical studies showed that 60mg of Pycnogenol® helps relieve low energy, mood swings, occasional sleeplessness, together with hot flashes and night sweats for perimenopausal women. It was shown that Pycnogenol® does not affect estrogen levels in perimenopausal women.

†In a clinical trial a statistically significant number of Amberen Perimenopause group participants reported a return of their period to a more regular pattern. **Notice:** Women in perimenopause can become pregnant; discuss contraception options with your doctor.

**Individual results will vary. These endorsements and testimonials are provided as a means for customers to share their experiences using Amberen with other women and are not provided or intended to be interpreted as claims that Amberen will provide the same benefits to all customers. The endorsements and testimonials are displayed verbatim except where edited for privacy reasons, length or to correct grammatical or typing errors, and not all endorsements or testimonials are shown in their entirety as privacy concerns, space availability and relevancy at times require minor editing prior to being displayed. Endorsements and testimonials are never edited, however, in a way that would change their substantive meaning or essence. Amberen.com does not manage the reviews on any retailer site. Over 14,000 5-star reviews as of 03.09.23 on Amazon.com. Overall average ratings will vary on each online review platform.

◊None of Amberen's ingredient formulations contain estrogen or other hormones of any kind. **Notice for Healthcare Professionals:** Clinical study results have shown, when taken as directed, Amberen products increase endogenous estrogen levels.

††Menopause Specialists do not provide medical advice and should never be used as a substitute or alternative to seeking professional medical advice and treatment.

© 2024 Alliance Pharmaceuticals Ltd. All Rights Reserved.

Amberen Perimenopause Relief Capsules

What symptoms does Amberen Perimenopause help with?

Amberen Advanced Perimenopause Relief supplements are designed to relieve up to 12 common perimenopause symptoms, including irregular periods, fatigue, irritability, sleeplessness, anxiety and stress, hot flashes, night sweats, difficulty concentrating, muscle and joint aches, headaches, mood swings, and low sex drive.

How long does it take to work?

What ingredients are in Amberen Perimenopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Perimenopause Relief capsules?

Is Amberen Perimenopause safe?

How do I know if Amberen Perimenopause is right for me?

Amberen Menopause Relief Capsules & Gummies

What symptoms does Amberen Menopause help relieve?

Amberen Advanced Menopause Relief capsules and gummies provide relief for common menopause symptoms including hot flashes, night sweats, mood swings, low energy and fatigue, sleeplessness, difficulty concentrating, irritability, menopausal headaches and stress, lack of sexual interest, muscle and joint aches, plus menopausal weight gain.

How long does it take to work?

What ingredients are in Amberen Menopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief capsules and gummies?

Is Amberen Menopause safe?

How does Amberen Menopause help manage weight gain during menopause?

How do I know if Amberen Menopause is right for me?

Amberen Energy | Mood | Sleep Gummies

What symptoms do Amberen Energy | Mood | Sleep gummies treat?

Clinical studies have shown that 60 mg of Pycnogenol® - a key active ingredient in Amberen Energy | Mood | Sleep gummies - can help to relieve low energy, mood, difficulty sleeping, hot flashes and provide night sweat relief during perimenopause.

How long does it take to work?

What ingredients are in Amberen Energy | Mood | Sleep gummies?

What are the benefits of Pycnogenol® in Amberen Energy | Mood | Sleep gummies?

Are Amberen Energy | Mood | Sleep gummies safe?

How do I know if Amberen Energy | Mood | Sleep gummies are right for me?

Orders & Shipping

How will my order ship?

Orders placed through Amberen.com ship for free via UPS Mail Innovations.

How will I know when my order ships?

How soon will I receive my order?

How can I re-order Amberen?

How do I return my order?

Account

How can I access my Amberen account online?

You can access your online account HERE. If you don't have an account with us, you can register and create an account for free.

Can I update my information?

How do I modify or cancel my subscription?

Amberen Perimenopause Relief Capsules

What symptoms does Amberen Perimenopause help with?

How long does it take to work?

You should start noticing reductions in the frequency and severity of your perimenopausal symptoms within the first 30-60 days after daily use. For best results, daily use is clinically recommended for at least 90 days. Visit here to learn more about HOW IT WORKS.

What ingredients are in Amberen Perimenopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Perimenopause Relief capsules?

Is Amberen Perimenopause safe?

How do I know if Amberen Perimenopause is right for me?

Amberen Menopause Relief Capsules & Gummies

What symptoms does Amberen Menopause help relieve?

How long does it take to work?

You should start noticing reductions in the frequency and severity of your menopausal symptoms within the first 30-60 days after consistent intake. For best results, daily use is clinically recommended for at least 90 days. Visit here to learn more about HOW IT WORKS.

What ingredients are in Amberen Menopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief capsules and gummies?

Is Amberen Menopause safe?

How does Amberen Menopause help manage weight gain during menopause?

How do I know if Amberen Menopause is right for me?

Amberen Energy | Mood | Sleep Gummies

What symptoms do Amberen Energy | Mood | Sleep gummies treat?

How long does it take to work?

You may start to feel relief in as little as 4 weeks. We recommend taking the product for at least 90 days to experience the best results.

What ingredients are in Amberen Energy | Mood | Sleep gummies?

What are the benefits of Pycnogenol® in Amberen Energy | Mood | Sleep gummies?

Are Amberen Energy | Mood | Sleep gummies safe?

How do I know if Amberen Energy | Mood | Sleep gummies are right for me?

Orders & Shipping

How will my order ship?

How will I know when my order ships?

You will receive an email notification after placing your order on Amberen.com or through Amberen Customer Service. As soon as the order has been processed and shipped, you will receive another email notification with the tracking information.

How soon will I receive my order?

How can I re-order Amberen?

How do I return my order?

Account

How can I access my Amberen account online?

Can I update my information?

Your order status and order history are stored under your online account and can be viewed HERE. You can also get status updates or account history information by calling Customer Service at (800) 222-3304 Monday – Friday 9 a.m. – 7 p.m. Eastern Time (ET).

How do I modify or cancel my subscription?

Amberen Perimenopause Relief Capsules

What symptoms does Amberen Perimenopause help with?

How long does it take to work?

What ingredients are in Amberen Perimenopause?

Amberen Advanced Perimenopause Relief is a proprietary and clinically tested formulation of antioxidants (succinates & fumarates), amino acids, minerals, Vitamin E, and Smart B® Complex. The five B vitamins in our formulation include Vitamin B1 (thiamine), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine), Vitamin B9 (folic acid), and Vitamin B12 (cobalamin).

Amberen Perimenopause supplements do not contain estrogen, soy, black cohosh, maca, gluten or herbs. The formula is not vegan as the capsules contain gelatin.

Visit the AMBEREN ADVANCED PERIMENOPAUSE RELIEF product page to learn more.

Why is Monosodium L-Glutamate (MSG) in Amberen Perimenopause Relief capsules?

Is Amberen Perimenopause safe?

How do I know if Amberen Perimenopause is right for me?

Amberen Menopause Relief Capsules & Gummies

What symptoms does Amberen Menopause help relieve?

How long does it take to work?

What ingredients are in Amberen Menopause?

Formulated with Amber-M™ Complex, Amberen Advanced Menopause Relief capsules are a gluten-free proprietary blend of antioxidants, amino acids, minerals, and Vitamin E.

Amberen Menopause's main proprietary ingredients are produced via a U.S. patented manufacturing process. Amberen ingredients are as follows: ammonium succinate, calcium disuccinate, magnesium disuccinate, zinc difumarate, glycine, monosodium L-glutamate, tocopheryl acetate. Amberen Menopause Relief capsules do not contact estrogen, soy, black cohosh, maca, gluten or other herbs.

Amberen Menopause gummies contains the same proprietary blend as the Amberen Menopause product in the capsule format as well as the following inactive ingredients: Polyglycitol Syrup, Water, Pectin, Erythritol, Tapioca Starch (to minimize sticking), Citric Acid, Natural Flavors, Non-hydrogenated Oils (Coconut/Canola) (to prevent sticking), Sucralose, Malic Acid, FD&C Yellow #6, Carnauba Wax and Sunflower Lecithin (to prevent sticking), Phosphoric Acid and Sodium Benzoate (color preservatives).

The gummies are vegetarian with pectin forming the gummy base. Polyglycitol Syrup, Erythritol, Citric Acid, Natural Flavors, Sucralose contribute to the taste of the gummy. The capsules are not vegan as the capsules contain gelatin.

Visit the AMBEREN ADVANCED MENOPAUSE RELIEF product page for the full list of ingredients and to learn more.

Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief capsules and gummies?

Is Amberen Menopause safe?

How does Amberen Menopause help manage weight gain during menopause?

How do I know if Amberen Menopause is right for me?

Amberen Energy | Mood | Sleep Gummies

What symptoms do Amberen Energy | Mood | Sleep gummies treat?

How long does it take to work?

What ingredients are in Amberen Energy | Mood | Sleep gummies?

Pycnogenol®, a French Maritime Pine Bark extract, is the primary active ingredient in Amberen Energy | Mood | Sleep gummies with 60mg per serving (2 gummies). Pycnogenol® is a registered trademark of Horphag Research.

Other ingredients include tapioca syrup, cane sugar, pectin, and natural flavors. Amberen Energy | Mood | Sleep gummies are vegan, vegetarian and gluten-free.

Visit the AMBEREN ENERGY | MOOD | SLEEP GUMMIES product page for more information.

What are the benefits of Pycnogenol® in Amberen Energy | Mood | Sleep gummies?

Are Amberen Energy | Mood | Sleep gummies safe?

How do I know if Amberen Energy | Mood | Sleep gummies are right for me?

Orders & Shipping

How will my order ship?

How will I know when my order ships?

How soon will I receive my order?

Our standard shipping time is between 3-7 business days. Please use your tracking information to follow the status of your order. If you experience any issues with your shipment, please contact Customer Service at (800) 222-3304 Monday – Friday 9 a.m. – 7 p.m., Eastern Time (ET).

How can I re-order Amberen?

How do I return my order?

Account

How can I access my Amberen account online?

Can I update my information?

How do I modify or cancel my subscription?

You can cancel, pause, or modify your Subscribe & Save subscription at any time by calling Customer Service Monday – Friday, between 9 a.m. – 7 p.m., Eastern Time (ET) at (800) 222-3304 or by emailing us using the form found HERE. Please choose "Subscription Cancellation" as the subject matter for the email in the form provided. You can also cancel a subscription at any time by logging into your account, selecting "Subscriptions," then clicking "Cancel" next to the item.

Amberen Perimenopause Relief Capsules

What symptoms does Amberen Perimenopause help with?

How long does it take to work?

What ingredients are in Amberen Perimenopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Perimenopause Relief capsules?

As an amino acid salt, monosodium L-glutamate supplies glutamate which is important for metabolism and nervous system function. MSG is naturally found in many foods and ingredients such as tomatoes, cheese, yeast, and soy extract. For more details on this ingredient, please visit the FDA website.

Is Amberen Perimenopause safe?

How do I know if Amberen Perimenopause is right for me?

Amberen Menopause Relief Capsules & Gummies

What symptoms does Amberen Menopause help relieve?

How long does it take to work?

What ingredients are in Amberen Menopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief capsules and gummies?

As an amino acid salt, monosodium L-glutamate supplies glutamate which is important for metabolism and nervous system function. MSG is naturally found in many foods and ingredients such as tomatoes, cheese, yeast, and soy extract. For more details on this ingredient, please visit the FDA website.

Is Amberen Menopause safe?

How does Amberen Menopause help manage weight gain during menopause?

How do I know if Amberen Menopause is right for me?

Amberen Energy | Mood | Sleep Gummies

What symptoms do Amberen Energy | Mood | Sleep gummies treat?

How long does it take to work?

What ingredients are in Amberen Energy | Mood | Sleep gummies?

What are the benefits of Pycnogenol® in Amberen Energy | Mood | Sleep gummies?

Pycnogenol® can scavenge cell-damaging free radicals to help support better cellular function in our bodies. In placebo-controlled double-blind clinical trials, Pycnogenol has been shown to provide relief for perimenopausal symptoms.

Are Amberen Energy | Mood | Sleep gummies safe?

How do I know if Amberen Energy | Mood | Sleep gummies are right for me?

Orders & Shipping

How will my order ship?

How will I know when my order ships?

How soon will I receive my order?

How can I re-order Amberen?

You can re-order Amberen products online by going to AMBEREN.COM and logging into your account.

You can also re-order by calling Customer Service Monday – Friday, between 9 a.m. – 7 p.m., Eastern Time (ET) at (800) 222-3304.

We offer automatic monthly delivery via our hassle-free Subscribe & Save subscription service.

How do I return my order?

Amberen Perimenopause Relief Capsules

What symptoms does Amberen Perimenopause help with?

How long does it take to work?

What ingredients are in Amberen Perimenopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Perimenopause Relief capsules?

Is Amberen Perimenopause safe?

In a clinical trial on 105 healthy perimenopausal women, Amberen Perimenopause has been shown to be a well-tolerated supplement with no reported adverse side effects.‡ Individual intolerances are always possible; please check the ingredients listed on the box or at Amberen.com.

If you have a medical condition, are taking medication, or if you've had a hysterectomy and/or oophorectomy, consult your health care provider prior to taking Amberen Perimenopause.

How do I know if Amberen Perimenopause is right for me?

Amberen Menopause Relief Capsules & Gummies

What symptoms does Amberen Menopause help relieve?

How long does it take to work?

What ingredients are in Amberen Menopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief capsules and gummies?

Is Amberen Menopause safe?

In three clinical trials on healthy menopausal women, Amberen Menopause proprietary formulation has been shown to be well-tolerated with no reported adverse side effects.‡ Individual intolerances to some ingredients are possible; please check the ingredients listed on the box or at Amberen.com.

If you have a medical condition, are taking medication, or if you've had a hysterectomy and/or oophorectomy, consult your health care provider prior to taking Amberen Menopause.

How does Amberen Menopause help manage weight gain during menopause?

How do I know if Amberen Menopause is right for me?

Amberen Energy | Mood | Sleep Gummies

What symptoms do Amberen Energy | Mood | Sleep gummies treat?

How long does it take to work?

What ingredients are in Amberen Energy | Mood | Sleep gummies?

What are the benefits of Pycnogenol® in Amberen Energy | Mood | Sleep gummies?

Are Amberen Energy | Mood | Sleep gummies safe?

Yes. Pycnogenol® is the main ingredient in Amberen Energy | Mood | Sleep gummies and has been clinically tested and used in health and wellness products for the past 40 years.

As this product is a dietary supplement and not a drug, no prescription is required. If you have a medical condition, are taking medication, or if you've had a hysterectomy and/or oophorectomy, consult your health-care provider before taking Amberen.

Amberen Energy | Mood | Sleep does not contain any hormones, so it is unlikely to interfere with pregnancy testing, but interactions between Pycnogenol® and drugs, including birth control, have not been studied. If you think you may be pregnant, discontinue taking Amberen and consult your health-care provider. Amberen is not recommended for pregnant women or nursing women. Do not take it if you have severe hypertension. Discontinue use and consult your doctor if you have any adverse reactions.

How do I know if Amberen Energy | Mood | Sleep gummies are right for me?

Orders & Shipping

How will my order ship?

How will I know when my order ships?

How soon will I receive my order?

How can I re-order Amberen?

How do I return my order?

We do not accept order returns. If for any reason you are not satisfied with your order, Amberen offers a 60-day, money-back guarantee policy for requests made within 75 days from the date of purchase will receive a full refund of the purchase price. Only one (1) refund per person/household will be processed. Please note that the 60-day MBG applies only to orders processed and shipped by Alliance Pharma Inc. For detailed information, please see our TERMS & CONDITIONS.

If you purchased Amberen at any of the authorized retailers, please follow their return terms and conditions. Alliance Pharma Inc. doesn't accept returns on purchases made at retail stores.

You can request your refund by calling Customer Service Monday – Friday, between 9 a.m. – 7 p.m., Eastern Time (ET) at (800) 222-3304.

Amberen Perimenopause Relief Capsules

What symptoms does Amberen Perimenopause help with?

How long does it take to work?

What ingredients are in Amberen Perimenopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Perimenopause Relief capsules?

Is Amberen Perimenopause safe?

How do I know if Amberen Perimenopause is right for me?

If you are 35+ years old, experience perimenopausal symptoms and had at least one menstrual cycle in the last 12 months, take Amberen Advanced Perimenopause Relief.

Amberen Menopause Relief Capsules & Gummies

What symptoms does Amberen Menopause help relieve?

How long does it take to work?

What ingredients are in Amberen Menopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief capsules and gummies?

Is Amberen Menopause safe?

How does Amberen Menopause help manage weight gain during menopause?

Amberen Advanced Menopause Relief is not a weight loss product. However, clinical studies have shown that it helps manage weight gain during menopause when taken as recommended for 90 days. It is recommended that Amberen Menopause be taken in combination with enjoying a healthy diet and exercise.

How do I know if Amberen Menopause is right for me?

Amberen Energy | Mood | Sleep Gummies

What symptoms do Amberen Energy | Mood | Sleep gummies treat?

How long does it take to work?

What ingredients are in Amberen Energy | Mood | Sleep gummies?

What are the benefits of Pycnogenol® in Amberen Energy | Mood | Sleep gummies?

Are Amberen Energy | Mood | Sleep gummies safe?

How do I know if Amberen Energy | Mood | Sleep gummies are right for me?

If you are 35+ years old and struggling with energy levels and changes in mood, or sleep, Amberen Energy | Mood | Sleep gummies may be right for you.

Amberen Menopause Relief Capsules & Gummies

What symptoms does Amberen Menopause help relieve?

How long does it take to work?

What ingredients are in Amberen Menopause?

Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief capsules and gummies?

Is Amberen Menopause safe?

How does Amberen Menopause help manage weight gain during menopause?

How do I know if Amberen Menopause is right for me?

If you are seeking symptom relief and haven't had a period in the last 12 consecutive months or longer, take Amberen Advanced Menopause Relief gummies or capsules.