Amberen Advanced Menopause Relief Gummies

★★★★☆ 37 (164) Write a review

One-time purchase $32.99 Subscribe & save 10% $29.69

Subscription details

ADD TO CART

Free shipping on subscriptions or orders over $50

60-day money-back guarantee

Also available at these retailers

AMAZON

Product details

Suffering from menopause? Thankfully, there's a better way. Treat yourself to maximum comfort all day and night with Amberen's orange-flavored Advanced Menopause Relief Gummies.* Feel like yourself again.*

Directions for use

Take 2 gummies daily with your first meal. Chew thoroughly before swallowing. Clinically recommended to be used for at least 90 days.*

Ingredients

Amberen Advanced Menopause Relief is formulated with Amber-M® Complex — our proprietary blend of antioxidants, amino acids, minerals & vitamin E.

Full list of ingredients: Vitamin E (as D-α Tocopherol Acetate), Amberen Menopause Proprietary Compound (Ammonium Succinate, Calcium Succinate, Monosodium L-Glutamate, Glycine, Magnesium Gluconate, Zinc Gluconate), Propylene Syrup, Sorbitol, Water, Pectin, Erythritol, Tapioca Starch (to minimize sticking), Citric Acid, Natural Flavors, Non-hydrogenated Vegetable Oils (Coconut Oil) (to minimize stickiness), Sucralose, Malic Acid, FD&C Yellow #6, Carnauba Wax and Sunflower Lecithin (to minimize sticking), Phosphoric Acid and Sodium Benzoate (color preservatives).

View the complete supplement facts panel within the product images.

2 gummies. 12 symptoms. 24-hour relief.

In a CLINICAL TRIAL, women who took Amberen reported significant improvements in many menopausal symptoms,* including difficulty sleeping, fatigue, joint aches, hot flashes, headaches, weight gain, mood swings, irritability, night sweats, anxiety & stress, difficulty concentrating and low sex drive.*

97% had reduced anxiety & stress*

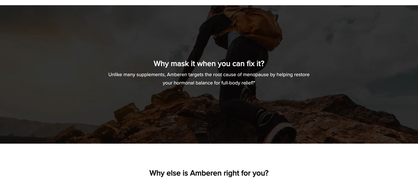
91% had fewer hot flashes*

87% had better sleep*

85% had reduced irritability*

82% had better concentration*

80% had reduced mood swings*



Why mask it when you can fix it?

Unlike many supplements, Amberen targets the root cause of menopause by helping restore your hormonal balance for full-body relief*

Why else is Amberen right for you?

Real science. Real relief.

Amberen has a history of scientific research, including 45 years into its main ingredients.

100% drug-free

Feel good knowing that our menopause gummies don't contain drugs, hormones, herbs, soy or sugar.

Safe & effective

No adverse side effects were registered in three placebo-controlled clinical trials.‡

Hot flashes no more!

I've been suffering from menopause symptoms for several years. I have been taking these gummies for just over 30 days, and I'm happy to say I have had a great reduction in hot flashes and mood swings!

*Erin**

How it works

As a woman ages, her brain starts losing sensitivity to receiving messages from her reproductive system, like when to produce estrogen. This can lead to a hormonal imbalance accompanied by bothersome symptoms. Succinates are an essential component of Amberen's formula. When all ingredients are combined together, Amberen's main menopause formula is the ONLY one that contains succinates. It's clinically proven to support the body's natural production of hormones, restoring balance and providing full-body relief of up to 12 symptoms.*

LEARN MORE

Reviews

Reviews.io

Rating Snapshot

Select a row below to filter reviews.

5 stars	65
4 stars	46
3 stars	45
2 stars	16
1 star	12

Overall Rating

3.7 ★★★★☆ 184 Reviews

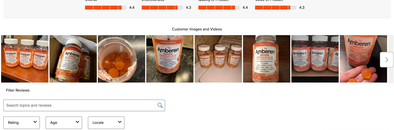
Review this Product

Adding a review will require a valid email for verification

Average Customer Ratings

Overall	Effectiveness	Quality of Product	Value of Product
4.4	4.3	4.4	4.3

Customer Images and Videos



Filter Reviews

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1 - 5 of 184 Reviews

Sort by: Highest to Lowest Rat...

Chrisy 56
VERIFIED PURCHASER
Age 55 to 64

★★★★★
Best menopause relief
a month ago

I've only used the Amberen gummies for a month now and I know it's supposed to take a couple of months or longer to feel the results but I honestly started feeling relief from some of my worst symptoms within the first two weeks! I am going to continue purchasing this product every month and I am very hopeful that I will keep getting better and better as the months go on. I have already recommended Amberen to other women and I highly encourage you to try it if you are experiencing any menopausal symptoms.

Helpful? (0) (0) Report

Kimi
VERIFIED PURCHASER
Age 55 to 64

★★★★★
Best sleep in town 😴
2 months ago

Awesome sleep. This product helped me sleep much better than I have in years.

Symptom Time Period Before Product Use Two Years

Helpful? (0) (0) (0) Report

Overall 5.0
Effectiveness 5.0
Quality of Product 5.0
Value of Product 5.0

Amy W.
VERIFIED PURCHASER
Age 45 to 54

★★★★★
Big change
2 months ago

Works great for me! I've had way less hot flashes and my fat on sweating has stopped. I've been sleeping better as well. My moods have also been much better! Would definitely recommend.

Symptom Time Period Before Product Use One month

Yes, I recommend this product.

Helpful? (0) (0) (0) Report

Overall 5.0
Effectiveness 5.0
Quality of Product 5.0
Value of Product 5.0

Wright
VERIFIED PURCHASER
Texas
Age 55 to 64

★★★★★
Wpp review
3 months ago

These gummies are great!! After a week I felt a difference, I slept better, was able to focus better too. Thank you for making this product!! Do you have coupons that you can provide?

Symptom Time Period Before Product Use One Year

Yes, I recommend this product.

Helpful? (0) (0) (0) Report

Overall 5.0
Effectiveness 5.0
Quality of Product 5.0
Value of Product 5.0

HeidiB
Underwood, MN
Age 45 to 54

★★★★★
So far so good!
5 months ago

I am not sure where I stumbled onto the advertisement of these gummies, but I had to try it. So far they are working, people don't irritate me as much lol. The gummies do have a strong orange taste and was hard to get used to at first but I now used to it now. and currently have day pill 1 in my cart to order more! :)

Symptom Time Period Before Product Use Two Years

Yes, I recommend this product.

Helpful? (0) (0) (0) Report

Overall 5.0
Effectiveness 5.0
Quality of Product 5.0
Value of Product 4.0

1 - 5 of 184 Reviews

Advanced Menopause Relief Gummies FAQs

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

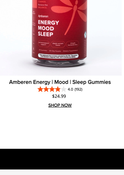
Explore additional products

Find the Amberen product that's best suited for your specific symptoms.

NEW LOOK, SAME FORMULA

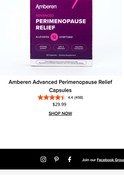
Amberen Advanced Menopause Relief Capsules
★★★★☆ 4.3 (211)
$29.99
SHOP NOW

NEW



Amberen Energy | Mood | Sleep Gummies
★★★★☆ 4.2 (162)
$24.99
SHOP NOW

NEW LOOK, SAME FORMULA



Amberen Advanced Perimenopause Relief Capsules
★★★★☆ 4.4 (418)
$29.99
SHOP NOW

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 are 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 product clinical trials include three recent trials, two on Amberen Menopause taking from 2016-18 and 2018-19, and another on Amberen Perimenopause taking from 2019-2020. The Amberen® Menopause trials involved 152 and 125 menopausal women, respectively, aged 42-60 years, with mild to moderate menopausal symptoms, evaluating the efficacy of Amberen® Menopause in the reduction of menopausal symptoms, including hot flashes, night sweats, insomnia, mood swings, anxiety, difficulty sleeping, irritability, and difficulty concentrating. The Amberen® Perimenopause trial involved 120 women, 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" symptoms/moods), 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 desire/libido/enjoyment, were observed during clinical studies. 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.

‡‡‡Amberen is not a statistically significant number of Amberen Perimenopause group participants reported a return of their period or 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 results for everyone who uses the product. Amberen Menopause Relief Gummies are not intended to treat, cure, or prevent any disease. Amberen Menopause Relief Gummies are not intended to treat or prevent any concerns, some examples of which are: weight management, stress and anxiety, difficulty sleeping, and difficulty concentrating. Amberen Menopause Relief Gummies are not intended to treat or prevent any disease or condition, such as hot flashes, night sweats, insomnia, mood swings, irritability, and low sex drive. Amberen Menopause Relief Gummies are not intended to treat or prevent any disease or condition, such as hot flashes, night sweats, insomnia, mood swings, irritability, and low sex drive. Over 10,000 5-Star reviews as of 03.09.23 on Amazon.com. Overall average ratings will vary on each online review platform.

Efficacy of Amberen's ingredient formulations, contain stringent or other formulations 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.

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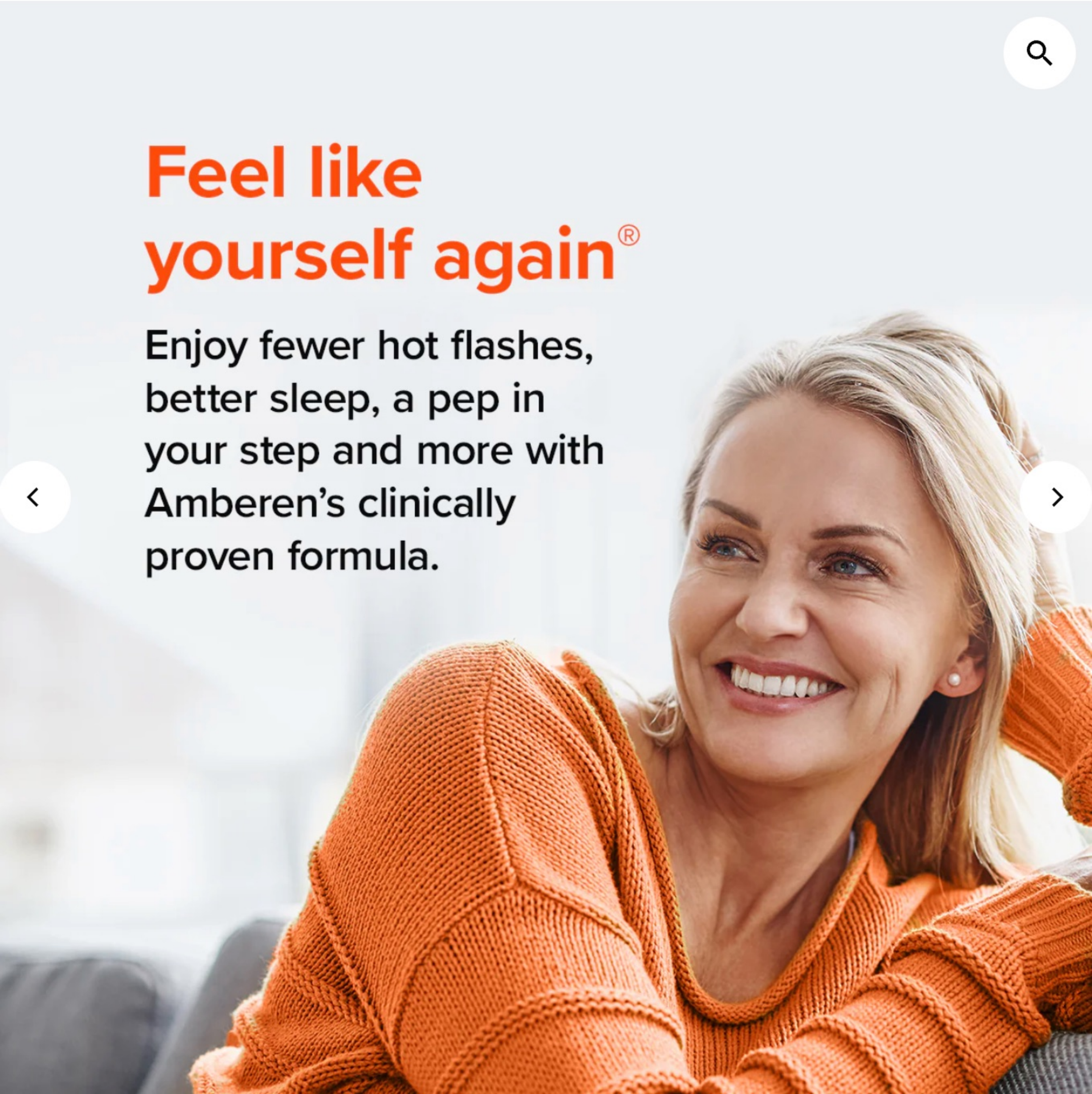
Feel like yourself again®

Enjoy fewer hot flashes, better sleep, a pep in your step and more with Amberen's clinically proven formula.



CLINICALLY PROVEN

12-IN-1 RELIEF*

REGULATES HORMONES*

100% DRUG-FREE

ORANGE FLAVOR

SAFE‡ & EFFECTIVE

Alleviates 12 symptoms

- Difficulty Sleeping*
- Night Sweats*
- Fatigue*
- Mood Swings*
- Hot Flashes*
- Weight Gain*
- Joint Aches*
- Headaches*
- Irritability*
- Difficulty Concentrating*
- Stress*
- Low Sex Drive*

Real science. Real relief.

DAY 30

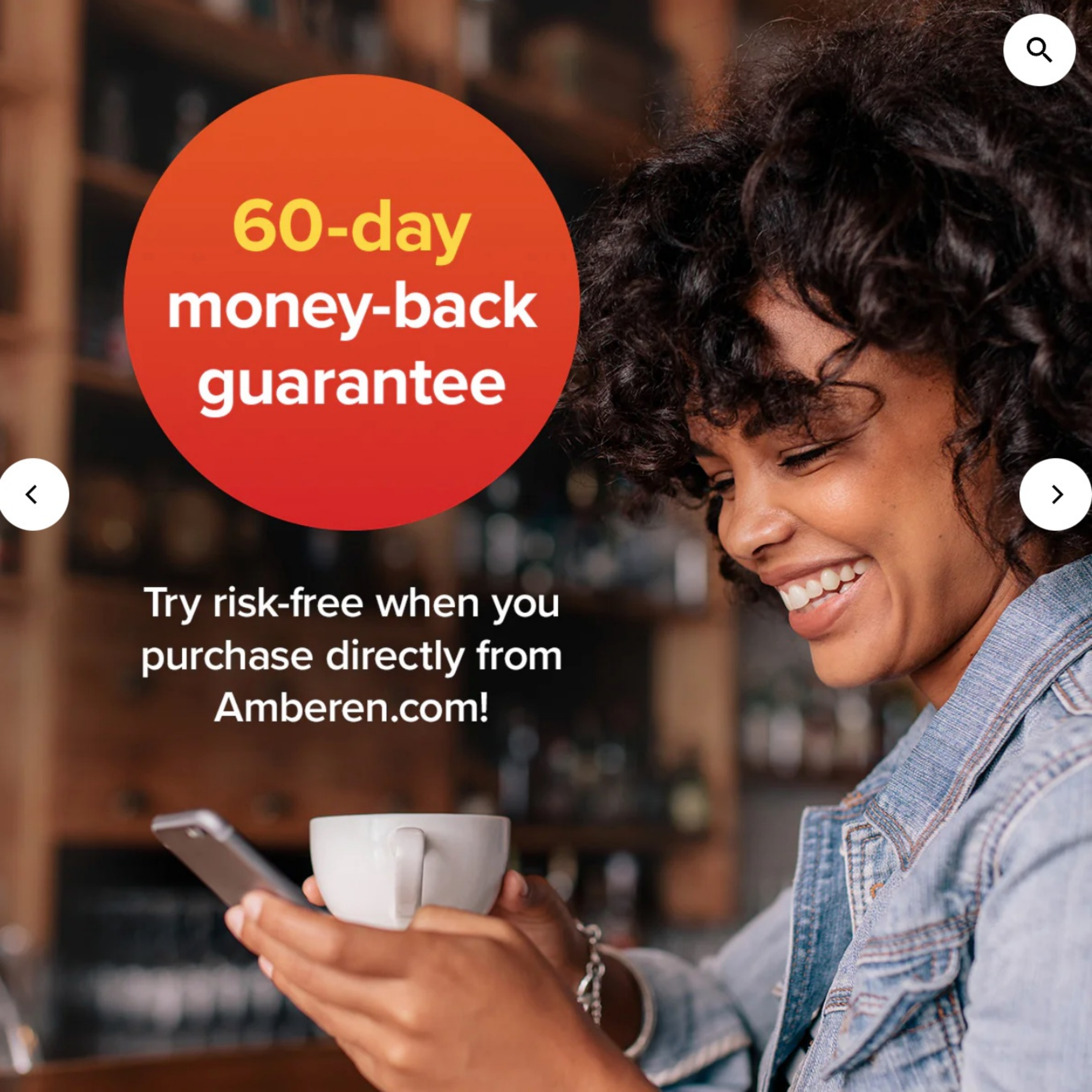
You're feeling energized and less tired.*

DAY 60

Fewer hot flashes, more concentration, fewer night sweats.*

DAY 90

Your hormones are balanced and you feel like yourself again!*


60-day
money-back
guarantee
Try risk-free when you
purchase directly from
Amberen.com!

Formulated with Amber-M™ Complex,

our proprietary blend of antioxidants, amino acids, minerals & vitamin E

100% FREE of...

hormones & estrogen

drugs

soy

sugar

AMBEREN® ADVANCED
MENOPAUSE RELIEF GUMMIES
Finally, clinically proven menopause symptom relief in a gummy supplement!
Amberen® Advanced Menopause Gummies work differently than most other menopause supplements by helping to regulate your hormone production.*
These innovative gummies are 100% drug-free, estrogen-free, hormone-free and soy-free to give you multi-symptom relief for comfort all day and night.
Clinically proven to provide maximum relief of 12 Major Symptoms:∞*
HOT FLASHES
MOOD SWINGS
LOW SEX DRIVE
NIGHT SWEATS
WEIGHT GAIN
JOINT ACHES
FATIGUE
IRRITABILITY
HEADACHES
DIFFICULTY SLEEPING
ANXIETY & STRESS
DIFFICULTY CONCENTRATING
Clinically Proven Results:∞ Women experienced relief with significant results occuring between 30-90 days.
91% had hot flashes relief*
87% had better sleep*
97% had less anxiety & stress*
77% had more energy*
wecare@amberen.com
www.amberen.com
1-800-360-7660
Manufactured in the USA with globally sourced ingredients.
AMGLBL-1

Supplement Facts

Serving size: 2 Gummies — Servings per container: 30

	Amount per Serving	% Daily Value
Calories	20	
Total Carbohydrate	7 g	3% *
Sugar Alcohol	6 g	†
Vitamin E (as D-α Tocopheryl Acetate)	5.04 mg	34%
Sodium	25 mg	1%
Proprietary Blend (Ammonium Succinate, Calcium Disuccinate, Monosodium L-Glutamate, Glycine, Magnesium Disuccinate, Zinc Difumarate)	392 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Other Ingredients: Polyglycitol Syrup, Sorbitol, Water, Pectin, Erythritol, Tapioca Starch (to minimize sticking), Citric Acid, Natural Flavors, Non-Hydrogenated Vegetable Oils (Coconut/Canola) (to minimize sticking), Sucralose, Malic Acid, FD&C Yellow #6, Carnauba Wax and Sunflower Lecithin (to minimize sticking), Phosphoric Acid and Sodium Benzoate (color preservatives).

Directions: Take 2 gummies daily with your first meal. Chew thoroughly before swallowing. Clinically recommended to be used for at least 90 days.

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CAUTION: As with any dietary supplement, consult your doctor before use if you are taking a prescription medication or have a medical condition. Do not take if pregnant or nursing. Do not take if you have severe hypertension. Keep out of reach of children. Use only as directed. Do not use if safety seal is damaged or missing. Store in a cool, dry place. Product may darken over time.

∞ Based on 90-day placebo-controlled study involving 125 women with mild to moderate symptoms.

Distributed By: Alliance Pharma Inc.
11000 Regency Parkway, Ste 106 Cary, NC 27518

Supplement Facts

Serving size: 2 Gummies — Servings per container: 30

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Total Carbohydrate	7 g	3% *
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★★★★★

Bye-bye, hot flashes & night sweats

This is a game-changer. I have been struggling for years with menopause symptoms and I finally found something that really worked. I feel like a new woman.

*Yvette***

★★★★★

I sleep great!

I really like these gummies and have been recommending them to friends! The biggest thing I notice is how well I sleep at night. It's been amazing! I have a definite reduction of menopause symptoms.

*Alyssa***

★★★★★

Amazing advance supplement for Menopause Relief

I have reduced hot flashes and night sweats. I feel my stress level is lowered because these symptoms are gone. I have more energy and can get a great workout done. It is a game changer.

*Laura***

Advanced Menopause Relief Gummies FAQs

What symptoms do Amberen Menopause Relief Gummies help relieve?

Amberen Advanced Menopause Relief 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 Relief Gummies?

Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief Gummies?

Is Amberen Menopause Relief safe?

How does Amberen Menopause Relief help manage weight gain during menopause?

How do I know if Amberen Menopause Relief Gummies are right for me?

Advanced Menopause Relief Gummies FAQs

What symptoms do Amberen Menopause Relief Gummies 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.

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What ingredients are in Amberen Menopause Relief Gummies?

Formulated with Amber-M™ Complex, Amberen Advanced Menopause Relief Gummies 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 Gummies do not contain estrogen, soy, black cohosh, maca, gluten or other herbs.

Amberen Menopause Relief Gummies contain 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.

Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief Gummies?

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How does Amberen Menopause Relief help manage weight gain during menopause?

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Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief 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 Relief safe?

How does Amberen Menopause Relief help manage weight gain during menopause?

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Why is Monosodium L-Glutamate (MSG) in Amberen Menopause Relief Gummies?

Is Amberen Menopause Relief 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 Relief help manage weight gain during menopause?

How do I know if Amberen Menopause Relief Gummies are right for me?

Advanced Menopause Relief Gummies FAQs

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Is Amberen Menopause Relief safe?

How does Amberen Menopause Relief 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 Relief Gummies are right for me?

Advanced Menopause Relief Gummies FAQs

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How do I know if Amberen Menopause Relief Gummies are 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.