

Fwd: [preview] Do Supplements Really Work for Menopause?

1 message

Joanne Hill <joanne@amaranth-wellbeing.com>
To: "amelie.commins@gmail.com" <amelie.commins@gmail.com>

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Begin forwarded message:

From: Amaranth <joanne@amaranth-wellbeing.com>
Subject: [preview] Do Supplements Really Work for Menopause?
Date: 20 December 2025 at 12:23:45 GMT
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Do Supplements *Really* Work for Menopause?

At Amaranth, we talk about menopause, perimenopause, and healthy ageing every single day, and it's no surprise that our menopause supplements are among our bestsellers. But why do so many women struggle with symptoms, and can supplements really make a difference?

Menopause marks the end of a woman's reproductive years, while **perimenopause** is the transition leading up to it, when oestrogen and progesterone levels fluctuate. These hormonal changes can bring symptoms such as **hot flushes, poor sleep, low mood, fatigue, joint pain, and brain fog** — though every woman's experience is unique.

As oestrogen production from the ovaries declines, the adrenal glands take over some of this hormone production, but they're also responsible for managing stress. This is why emotional load, overwork, and lack of rest can make symptoms worse. **The foods you eat, your lifestyle, specific nutrients and carefully selected supplements have also been proven to have an influence on the severity of symptoms** and I have seen incredible results in the women I have worked with in my nutritional therapy practice at Amaranth..

Learn more about managing menopause naturally in [our detailed blog post](#).

Which Supplements?

So what about supplements? Lifestyle and dietary changes can be hard to make and cleverly marketed supplements targeted at menopause can be very tempting. I strongly

believe that **supplements do work** for menopause symptoms but they need to be the right ones. Before you invest there are some key things to consider :

1. We always recommend a personalised approach. The supplement that works wonders for your friend may not do for you, it is very much dependent on symptoms and your personal food and lifestyle choices. That is why we offer a **free health review** to anyone who would like more advice and personalised recommendations.

2. The brand, quality and dosage really do matter. Don't be fooled by unregulated health claims and adverts. You need to take a nutrient in an appropriate form and strength that is backed by research for it to work for you. We can help you to understand this and, the brands you see on our shelves and our website have all been selected by our nutritional therapists for their purity and efficacy.

When it comes to specific supplement recommendations for this lifestage, there are some that our nutritional therapists often recommend. You may wish to consider these or book a review so that we can guide you.

Magnesium – Nature's calm mineral for energy and mood balance.

Nutritionist Recommended: [Viridian Magnesium Bisglycinate](#)

Omega-3 – Essential for brain, joint and heart health

Nutritionist Recommended: [Bare Biology Life and Soul Omega](#)

Sage – Traditionally used to ease hot flushes and night sweats.

Nutritionist Recommended: [Viridian Organic Sage](#)

Creatine - For muscle and brain energy. Our favourite for brain fog and concentration.

Nutritionist Recommended: [Vivo Life Creatine Monohydrate](#)

Adaptogens – Herbs such as ashwagandha, maca, and rhodiola help manage stress and hormonal balance.

Nutritionist Recommended: [Supernova Women 01 protein and adaptogen blend](#)

Calcium & Vitamin D – Support for bone strength and long-term wellbeing.

Nutritionist Recommended: [Dr Vegan Oestofriend](#)

Every woman's journey is different, and we're here to help you find what works best for you.

Curious to dive deeper into how magnesium can support energy, mood, and overall

wellbeing during peri-menopause and menopause? [Check out our full blog post](#)

[here](#) and read more about all of these supplements in our detailed blog post '**A Natural Approach to Menopause**'.

Book your free 15-minute health review with our expert team or visit us in-store to chat about your symptoms and discover the right natural support for you.

We are here to help and support you

Jo and all at Amaranth x

[Shop now](#)

Nutritionist Recommended



Magnesium
Bisglycinate



Life and Soul Omega
3

This essential mineral
contributes to a reduction

Omega 3 is used to
support many areas of



Organic Sage 400mg

Sage leaf, certified
organic by the Soil
Association.

of tiredness and fatigue, supports electrolyte balance, the nervous system, normal muscle function, and the maintenance of normal bones and teeth.

£15.55

[Shop now](#)

health including cardiovascular function, brain function, the eyes and joints, and to reduce inflammation. Bare Biology fish oil uses wild, sustainably caught fish.

£32.95

[Shop now](#)

Sage is a traditional remedy for heat and hot flushes.

£9.15

[Shop now](#)



Creatine Monohydrate

Creatine increases physical performance production of energy in muscles. More recently it has been studied for brain health and focus due to its role in increasing brain energy.

£19.99

[Shop now](#)

Woman 01 Protein Powder

An all round protein and adaptogen blend to support balanced energy, the stress response, hormone balanced and the nervous system.

£38.99

[Shop now](#)

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19 Bramhall Lane South , Bramhall, Stockport, United Kingdom, SK7 1AL

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