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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION**  
Washington, D.C. 20549

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**SCHEDULE 14A**  
(Rule 14a-101)

**Proxy Statement Pursuant to Section 14(a) of the  
Securities Exchange Act of 1934**

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Filed by the Registrant

Filed by a party other than the Registrant

Check the appropriate box:

- Preliminary Proxy Statement
- Confidential, for Use of the Commission Only** (as permitted by Rule 14a-6(e)(2))
- Definitive Proxy Statement
- Definitive Additional Materials
- Soliciting Material Pursuant to Section 240.14a-12

**ALLENA PHARMACEUTICALS, INC.**

(Name of Registrant as Specified In Its Charter)

(Name of Person(s) Filing Proxy Statement, if other than the Registrant)

Payment of Filing Fee (Check the appropriate box):

- No fee required.
- Fee computed on table below per Exchange Act Rules 14a-6(i)(1) and 0-11.

(1) Title of each class of securities to which transaction applies:

(2) Aggregate number of securities to which transaction applies:

(3) Per unit price or other underlying value of transaction computed pursuant to Exchange Act Rule 0-11 (set forth the amount on which the filing fee is calculated and state how it was determined):

(4) Proposed maximum aggregate value of transaction:

(5) Total fee paid:

- Fee paid previously with preliminary materials.
- Check box if any part of the fee is offset as provided by Exchange Act Rule 0-11(a)(2) and identify the filing for which the offsetting fee was paid previously. Identify the previous filing by registration statement number, or the Form or Schedule and the date of its filing.

(1) Amount previously paid:

(2) Form, Schedule or Registration Statement No.:

(3) Filing party:

(4) Date Filed:

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## Important Notice Regarding the Availability of Proxy Materials for the Annual Meeting of Stockholders To Be Held on November 17, 2020 for Allena Pharmaceuticals, Inc.

This communication is not a form of voting and presents only an overview of the more complete proxy materials that are available to you on the Internet. We encourage you to access and review all of the important information contained in the proxy materials before voting. To view the proxy statement, annual report, directions to the annual meeting and voting instructions, go to [www.proxydocs.com/ALNA](http://www.proxydocs.com/ALNA). To submit your proxy while visiting this site, you will need the 12 digit control number in the box below.



Under United States Securities and Exchange Commission rules, proxy materials do not have to be delivered in paper. Proxy materials can be distributed by making them available on the Internet. We have chosen to use these procedures for our Annual Meeting and need YOUR participation.

*If you want to receive a paper or e-mail copy of the proxy materials, you must request one. There is no charge to you for requesting a copy. In order to receive a paper package in time for our Annual Meeting, please make this request on or before November 9, 2020.*



## For a Convenient Way to VIEW Proxy Materials – and – VOTE Online go to: [www.proxydocs.com/ALNA](http://www.proxydocs.com/ALNA)

Proxy Materials Available to View or Receive:  
Annual Report on Form 10-K and Proxy Statement

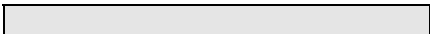
Printed materials may be requested by one of the following methods:

  
**INTERNET**  
[www.investorelections.com/ALNA](http://www.investorelections.com/ALNA)

  
**TELEPHONE**  
(866) 648-8133

  
**\*E-MAIL**  
[paper@investorelections.com](mailto:paper@investorelections.com)

**You must use the 12 digit control number located in the shaded gray box below.**



\* If requesting material by e-mail, please send a blank e-mail with the 12 digit control number (located below) in the subject line. No other requests, instructions or other inquiries should be included with your e-mail requesting material.

### Allena Pharmaceuticals, Inc. Notice of Annual Meeting



Meeting Type: Annual Meeting  
 For holders as of: September 25, 2020  
 Date: Tuesday, November 17, 2020  
 Time: 10:00 a.m. (Eastern Time)  
 Place: Annual Meeting to be held live via the internet - please visit [www.proxydocs.com/ALNA](http://www.proxydocs.com/ALNA) for more details.

**The Board of Directors Recommends a Vote FOR each of the director nominees listed in proposal 1 and FOR proposal 2.**

- To elect three Class III directors to hold office until the Company's 2023 annual meeting of stockholders.  
**Nominees:** (01) Ann C. Miller, M.D.  
 (02) Robert Alexander, Ph.D.  
 (03) Gino Santini
- To ratify the selection of Ernst & Young LLP as the Company's independent registered public accounting firm for its fiscal year ending December 31, 2020.

Note: To conduct any other business properly brought before the Annual Meeting.

In order to attend the virtual meeting and vote online during the annual meeting, you must register in advance at [www.proxydocs.com/ALNA](http://www.proxydocs.com/ALNA) prior to the deadline of November 13, 2020 at 5:00 pm Eastern Time. Upon completing your registration, you will receive further instructions via email, including your unique links that will allow you access to the meeting, vote online during the meeting and will also permit you to submit questions during the meeting. Please be sure to follow instructions found on your Proxy Card and/or Voting Authorization Form and subsequent instructions that will be delivered to you via email.