

# Health Professionals Patient Guide

## A guide to understanding probiotics and the microbiome

Breast milk isolated probiotics for pregnancy, breastfeeding and infant health.  
Brought to you by Qiara™



*This patient guide is provided by your health professional for general information purposes only. It should not replace the professional advice and care of qualified health professionals. Individual problems should always be diagnosed and treated by a qualified health professional.*

## In this guide

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This guide is provided by your health professional to provide invaluable information on probiotics and how they may benefit mum and baby from pre-conception, through pregnancy, breast feeding and after breast feeding. The topics we will cover are:

### **Pregnancy and your microbiome** 3

What is the microbiome and how does it impact the health of mum and baby from pre-conception, through pregnancy, breastfeeding and after breastfeeding.

### **Breast milk isolated probiotics** 4

We know “probiotics are good” what you need to know in choosing the right probiotic for you.

### **Why a single strain?** 5

Understand the importance of probiotic strains and single strain vs multi-strain probiotics.

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When to take and other related questions.

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Valuable information regarding Qiara, breast pain and mastitis

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Important information if you are taking antibiotics and probiotics

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Routine antibiotics following a C-Section may reduce levels of good bacteria in breast milk. Learn how to minimise the side effects that may occur for you and your baby.

### **Group B Streptococcus (GBS) positive?** 9

If you are treated with antibiotics for GBS, learn how to minimise the potential side effects.

### **Breast milk isolated probiotics for infants and toddlers** 9

Understand how probiotic bacteria isolated from breast milk may be helpful for infants and toddlers.

### **How to take Qiara and Allergen information** 10

Dosage instructions and allergens



## Pregnancy and your microbiome

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Our bodies contain ten times more bacterial cells than human cells. The microbiome is the 'community' of these microbes, and has a great many influences over our health, from digestive function and nutrient absorption to immunity and inflammation.

As we go about our daily lives, many influences impact our microbial balance; Including poor nutrition, herbicides and pesticides on our food, medications, stress and other environmental factors.

Our microbiome begins its colonisation in the womb, is further impacted by delivery method and continues its development during breast feeding. An infant's microbiome is fully established by the time it is 3 years old. It is therefore essential that mothers have a healthy and robust microbiome before and during pregnancy, birth and lactation.<sup>1</sup>



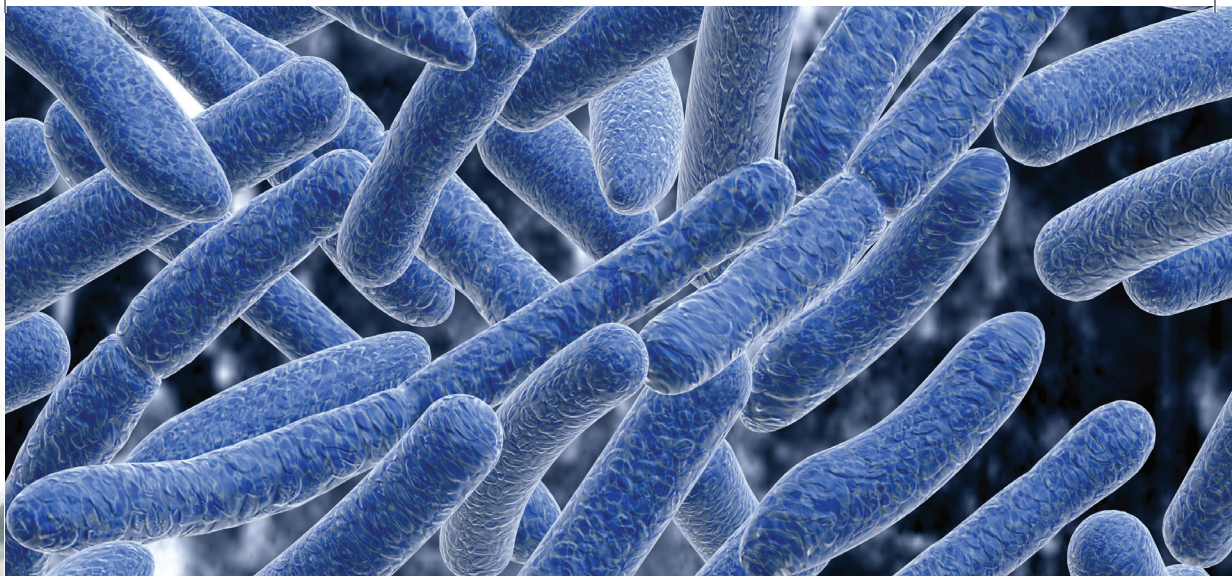
## Breast milk isolated probiotics

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Human breast milk contains its own ecosystem of both probiotic (good) and pathogenic (bad) bacteria.<sup>2</sup> The probiotic bacteria found in breast milk are specifically beneficial to mothers and babies because they:

- are of human origin and have a history of safe prolonged intake by newborns and infants;
- are uniquely adapted to reside both in the human digestive tract and in human breast milk and to interact with the human baby;
- play an important role in maintaining a healthy balance in the microflora ecosystem in breast milk.

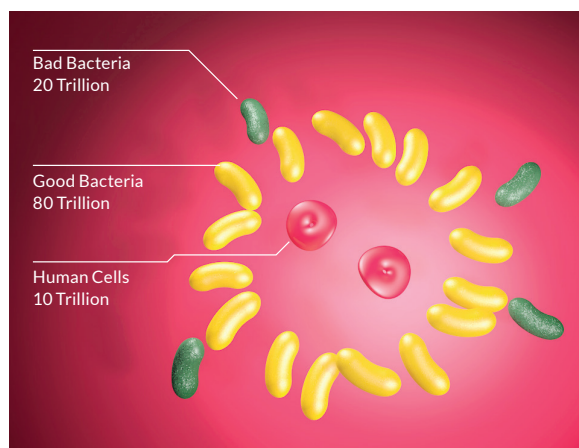
As a recently researched source of probiotic bacteria, breast milk plays a critical role in establishing the immune system of the infant for life and probiotic bacteria isolated from breast milk carry unique properties.<sup>3</sup>



## Why a single strain?

It is important to select the right probiotic strain researched for and suited to your health needs. Probiotics are classified by genus, species and strain (usually a collection of numbers/letters). Each probiotic strain has differing roles in the body and in order to achieve the results demonstrated in published research, it is essential that the strain and dosage in your probiotic is the same as used in the research.

Clinical trials for probiotics are usually conducted with a single strain. Many companies choose to provide “broad spectrum” probiotic products, that combine multiple strains with multiple product efficacy claims. However, unless clinical trials have been conducted on the use of these specific combinations of multiple strains in a single dose, it is not possible to determine how these strains interact or inhibit each other and what efficacy they provide.



Qiara contains the single strain probiotic originally isolated from breast milk, *Lactobacillus Fermentum* CECT5716, Qiara has been heavily researched, and its use and expected outcomes are supported by specific clinical trials.<sup>4,5</sup>



## Probiotics for pregnancy & breastfeeding

Qiara contains a single strain probiotic isolated from human breast milk. A mother's healthy microbiome and breast milk (a main source of nutrition for her infant), can have a significant impact on the overall health of both baby and mother and the establishment of a baby's own microbiome.

Qiara can be taken safely from pre-conception, throughout pregnancy, breastfeeding and after weaning as desired or as advised by your health professional.



## Qiara for breast pain & mastitis

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The human breast milk microbiome contains a large number of bacterial species, including some opportunistic pathogens (bad bacteria). These pathogenic bacteria are normally suppressed by the beneficial bacteria in the breast milk microbiome but may become a source of infectious mastitis when the balance is disrupted. Research using the single strain probiotic in Qiara, shows that it may:

- Reduce discomfort associated with breast pain and mastitis<sup>7</sup>
- Reduce the recurrence of mastitis

Qiara achieves this by effectively outcompeting pathogenic (bad) bacteria in breast milk. In a clinical trial<sup>7</sup>, researchers found that *Lactobacillus Fermentum CECT5716* (Qiara) significantly reduces staphylococcus counts in breast milk in women suffering from breast pain during lactation and may significantly reduce the sensation of breast pain from the first week;

To help maintain a healthy balance in the breast milk microflora ecosystem, Qiara is recommended to be taken:

- During the last trimester of pregnancy and throughout breastfeeding
- At the first signs of breast pain or mastitis

Qiara can of course be taken pre-conception and throughout the entire pregnancy.



## Probiotics while taking antibiotics

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Antibiotics are designed to eliminate bad bacteria but they also indiscriminately affect good bacteria, including in breast milk. Qiara can assist in maintaining normal levels of healthy bacteria that may have been disrupted by a course of antibiotics.

If you have been prescribed antibiotics for mastitis, Qiara breast milk isolated probiotic may reduce the recurrence of mastitis.

Take Qiara 2 to 3 hours away from a dose of antibiotics to help minimise the impact of the antibiotics on the Qiara probiotic, and continue taking Qiara after completing your course of antibiotics.

## Having a C-section?

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A study of birth data of 627,600 Australian women reported that women who gave birth by C-Section were 70% more likely to be diagnosed with a complication affecting breastfeeding, their babies were 22-26% more likely to be hospitalised with gastrointestinal infection, and around 12% more likely to be admitted with bronchiolitis, a type of chest infection.<sup>8</sup>

Mother's undergoing C-sections are routinely administered antibiotics to prevent infection. As a side effect, antibiotics also lower the levels of good bacteria which may increase susceptibility to breast pain and mastitis.<sup>9</sup>

Taking Qiara regularly before and after your C-section can help minimise the disruption to the balance of breast milk microflora – good for both mum and baby.



## Breast milk isolated probiotics for infants and toddlers

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Breast milk assists in the development of a normal healthy immune system.<sup>11</sup> If your baby is no longer breastfed, Qiara Infant breast milk isolated probiotic may help maintain a healthy digestive microflora system, for infants 1-24 months. <sup>12</sup> Qiara Infant contains the same single strain breast milk isolated probiotic as Qiara Pregnancy & Breastfeeding, but in an infant sized dose. Qiara Infant may also assist in maintaining the levels of normal healthy flora (or good bacteria) that may have been disrupted after a course of antibiotics. Remember if baby is being breastfed, we recommend that if mum takes Qiara Pregnancy & Breastfeeding that Qiara Infant is given only when baby is no longer breastfed, or as advised by your health professional.

## Group B Streptococcus (GBS) positive?

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Group B Streptococcus (GBS) is a type of bacteria that can cause illness in people of all ages. In newborns it can cause very serious illness. Anywhere from 10-30% of pregnant women carry GBS in their bodies. Many hospitals and obstetricians routinely swab for GBS during pregnancy.<sup>10</sup> If your health professional recommends antibiotics in labour following a GBS positive swab, commence Qiara immediately and continue after birth and while breastfeeding to maintain optimum levels of good bacteria that may be disrupted.



## How to take Qiara and Allergen information

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Qiara Pregnancy & Breastfeeding may be taken preconception, during pregnancy, breastfeeding and after weaning if desired or as advised by your health professional. As a breast milk isolated lactobacillus probiotic, it can be taken by any adult to help maintain a healthy digestive microflora system.

### **Qiara Pregnancy & Breastfeeding dosage:**

Mix the contents of one sachet with water, milk or other liquid such as yoghurt (can be warm but not hot), stir and consume immediately. Up to 2 sachets per day can be taken.

### **Qiara Infant dosage:**

1-3 months of age (if not breastfed) – add half a sachet to prepared babies bottle immediately prior to feeding.

4-24 months – add contents of one sachet to prepared babies bottle or add to water or soft food such as yoghurt immediately prior to feeding.

**ALL QIARA PRODUCTS ARE FREE FROM DAIRY, LACTOSE, YEAST, EGGS, GLUTEN, NUTS, SOY AND SALT. CONTAINS NO ANIMAL PRODUCTS, NO ARTIFICIAL COLOURS, PRESERVATIVES OR SWEETENERS**



## REFERENCES

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**Qiara Pregnancy & Breastfeeding (Qiara)** is a single strain probiotic isolated from human breast milk. Breast milk assists in the development of a normal, healthy immune system.

Containing the robust probiotic *Lactobacillus Fermentum CECT5716*, Qiara inhibits the growth of pathogenic (bad) bacteria and is of benefit to both mother and baby from pregnancy, birth, throughout breastfeeding and infancy.

- Qiara may help to relieve discomfort associated with breast pain and mastitis
- Qiara may reduce the recurrence of mastitis (use at the first signs of mastitis)
- Qiara may assist in maintaining the levels of friendly bacteria that may have been disrupted after or during a course of antibiotics (such as after a C-section, GBS or mastitis treatment)
- Qiara may help maintain a healthy digestive microflora system in both mother and baby

Qiara Infant contains the same probiotics strain as Qiara Pregnancy & Breastfeeding and comes in a convenient Infant dose sachet for babies who are no longer breastfed and is suitable for infants 1-24 months of age. Note that during the period of breastfeeding, it is recommended that the mother takes Qiara Pregnancy & Breastfeeding rather than supplementation of the infant.

- Qiara Infant may assist in maintaining the levels of normal healthy flora or friendly bacteria that may have been disrupted after or during a course of antibiotics.
- Qiara Infant may help maintain a healthy digestive microflora system

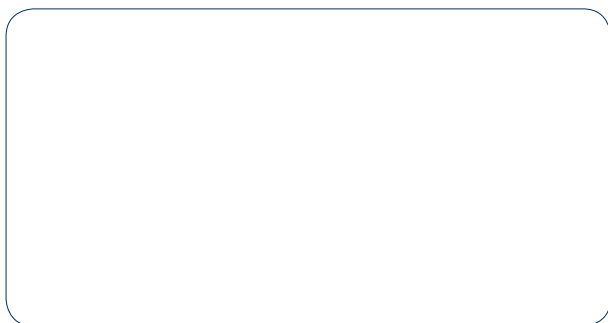
**IF SYMPTOMS PERSIST CONSULT YOUR HEALTHCARE PRACTITIONER**

### STOCKISTS

Qiara is available at selected pharmacy and health professional outlets throughout Australia or can be purchased online at [www.qiara.com.au](http://www.qiara.com.au) and shipped throughout Australia and New Zealand. For your local stockist see [www.qiara.com.au/qiara-stockists](http://www.qiara.com.au/qiara-stockists).

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