

QIARA[®]

PREGNANCY &
BREASTFEEDING

Mariana's story

"My everyday probiotic has been my best friend during pregnancy and I will continue after pregnancy when breastfeeding."



Probiotics isolated from breastmilk that support you every day.
No refrigeration is required

Supporting health during pregnancy and breastfeeding while reducing symptoms and occurrence of mild mastitis.

As a mum, or mum to be, you know that your gut health and microbiome can directly influence your baby and may be impacted by factors including diet during pregnancy, medicines, birth mode and feeding choices.

Australian made and owned Qiara Pregnancy & Breastfeeding contains a probiotic strain isolated from breastmilk to support you every day. Qiara is evidence based and formulated for mums like you.

How Qiara supports mums and babies

Qiara benefits mums during pregnancy and breastfeeding and provides support to their babies through her breastmilk. Qiara can:

- Help relieve symptoms and reduce occurrence of mild mastitis*
- Helps restore good gut and breastmilk flora during and after antibiotic use, important for C-section or GBS positive mums
- Help improve gastrointestinal system function for mums and babies, before, during and even after pregnancy

**Seek medical advice if mastitis symptoms persist for more than 12 hours or you to start to feel unwell.*



Did you know?

Antibiotics are commonly used during pregnancy, birth and breastfeeding which can often upset the balance of good bacteria in the gut and breastmilk. Qiara probiotics can help restore good flora during and after antibiotics.

Why Qiara probiotics are different

Qiara probiotics are isolated from breastmilk with unique benefits for mums and their babies



Reduce symptoms occurrence of mild mastitis



Restore gut & breastmilk flora during & after antibiotics



Support gastrointestinal health



Dosage is based on evidence-based research



Australian Made & owned



Dosed in convenient sachets

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Easy to take even during pregnancy, Qiara Pregnancy & Breastfeeding should be used daily during pregnancy and while breastfeeding.

You can mix Qiara with water, smoothie or other liquid, or a soft food such as yoghurt and consume straight away. As probiotics are sensitive to heat, avoid adding Qiara to hot drinks.



Dosage Guide – for mum

When	Dose	Action
During pregnancy & breastfeeding	1 sachet daily	Supports gut health and microbiome during pregnancy and breastfeeding
If your breastfed baby is unsettled, has digestive or colic symptoms	1 sachet daily	Improves healthy digestive system function
First signs of breast pain or mild mastitis	1 sachet twice daily	Reduces symptoms and occurrence of mild mastitis
During or post antibiotics	1 sachet twice daily 2-3 hours from taking antibiotics	Helps restore good gut and breastmilk flora during and after antibiotic use
C-section mums	1-2 sachets daily	Protects and restores good gut and breastmilk flora before and after surgery and antibiotic administration
Planning on becoming pregnant	1 sachet daily	Gut health and microbiome support

Contains no animal products, gluten, nuts, soy, corn, or yeast.



Qiara is available across a range of products designed to support you through each life stage.

Testimonials

Hear what other mums say about how Qiara helped them and their babies.



"Everyone recommended this and it's like a little box of gold! So thrilled to have avoided mastitis and my little one's digestion and health has been 100%. Recommend this to every mumma".

@ange_anderson ★★★★★

"Loving my Qiara probiotics. My family and I have been taking them for over two years. We hardly ever get sick despite our son being at day care. I have never had mastitis and we haven't had a stomach bug in years".

@isabelM ★★★★★



"I absolutely love this probiotic and think it's a game changer for breast microbiome health. Through my clinic at Kaptured Nutrition this probiotic is very useful to help prevent mastitis. Love!!!"

@katherine_hay_nutritionist ★★★★★

"I was in desperate need of Qiara... I've been on them for months and months and I love them! Absolutely helping me prevent mastitis".

@lifewithlittlelegods ★★★★★



"My twins both suffered from colic. I did the research ... I came across this amazing probiotic - made a huge difference to my babies colic".

@zestlifenutrition_dietician ★★★★★

QIARA®



For further information seek the advice of your healthcare professional.

Connect with us on socials and tag us with your Qiara experiences **#qiaramums**

For more detailed product information, purchasing & to join our loyalty club visit:

www.qiara.com.au hello@qiara.com.au [QiaraProbiotics](#) [Qiaraprobiotics](#)

