

QIARA™

PREGNANCY & BREASTFEEDING

A probiotic originally isolated from breast milk.
Containing *Lactobacillus Fermentum* CECT5716.



FAST FACTS

What are breast milk probiotics?

- Probiotics are beneficial or "good" bacteria that are found naturally throughout our bodies.
- When the balance of pathogenic, or "bad" bacteria is high, it can cause issues such as infection, digestive problems, compromised immunity and mood disturbances.
- Probiotic bacteria are also found in breast milk which is the first food for human life. These probiotics possess unique qualities that help set up our immune system for life, and at the same time protect the mum and the growing infant from infection and digestive problems.

What is the Microbiome?

- The microbiome is the term used to describe the 'community' of microbes (mostly bacteria but also viruses, fungus, yeasts etc) that live in & on our bodies.

- These microbial cells outnumber our human cells by ten to one! It's crucial to have high levels of beneficial bacteria for this community to function effectively.
- The microbiome impacts our health on many levels – everything from digestive and immune function, to mood and behaviour.

Why is the microbiome important in pregnancy and breastfeeding?

- During conception and pregnancy, a woman's body undergoes many changes and the health of her microbiome can have a significant impact on mother and her baby's overall health, development and wellbeing.
- An infant's microbiome begins developing in the womb, is further impacted by delivery method and continues its development during breast feeding and is fully formed by age three.
- It is therefore essential that mothers have a healthy and robust microbiome before and during pregnancy, birth and lactation.

WHEN TO TAKE QIARA

COMMENCE FROM 28-32 WEEKS – CONTINUE THROUGHOUT PERIOD OF BREASTFEEDING
CAN BE TAKEN PRE-CONCEPTION AND DURING ENTIRE PREGNANCY IF DESIRED



During pregnancy



C-Section Mums
GBS Positive Mums



Breastfeeding support
History of Mastitis
Breast pain
Can be given to infants

Environmental Impacts on the microbiome

Our 'modern' world effects our microbiome daily – even before we are born. Common impacts include:

- Antibiotics and other medications
- The 'standard' diet with excessive consumption of refined sugar, processed food, chemical additives and alcohol and low consumption of fruit & vegetables, fibre and other wholefoods
- Pesticides, herbicides, fluoride & chlorine (designed to KILL bacteria and microbes!)
- Stress – has direct impacts on the beneficial flora in our digestive system

Having a C-Section?

- Research has demonstrated that antibiotics required to prevent infection for C-Section or GBS in labour may also reduce the good (protective) bacteria in breast milk.
- This can increase the risk for bad bacteria to grow 'unchecked' and cause infection, breast pain or mastitis.
- This can also increase the risk of ongoing problems for the digestive system and immune development in the infant (including food intolerance and allergies)

How is Qiara different?

- Qiara contains a single researched and effective probiotic strain originally isolated from healthy breast milk, as opposed to strains isolated from adult bowel flora contained in most other probiotic supplements.
- Qiara comes in an individual dosed sachet for optimum freshness and does not need to be refrigerated if stored below 25°C.

- Breast milk assists in the development of a normal healthy immune system and probiotics found in breast milk are uniquely adapted to interact with our bodies from birth.

Qiara for breast pain and mastitis

- Qiara may reduce discomfort associated with breast pain and mastitis, and may reduce the recurrence of mastitis.
- Qiara achieves this by aggressively targeting and outcompeting pathogenic (bad) bacteria in breast milk that may be causing the pain and infection
- Qiara also restores the levels of beneficial (good) bacteria to help prevent recurrence

Single Vs Multiple Strains?

The difference between promises and results is research!

- It is important the exact probiotic strain (usually a collection of letters/numbers) in a probiotic product matches the strain used in research if you expect to get the same results.
- Clinical trials for probiotics are usually conducted with a single strain. Many companies choose to provide "broad spectrum" probiotics products that combine multiple strains with multiple product efficacy claims.
- 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 effect they may have.
- More strains and more "billions" does not mean better. Qiara Pregnancy & Breastfeeding contains the patented probiotic strain *Lactobacillus Fermentum* CECT5716. Trialled and tested to deliver the results demonstrated in research

FAQs

When should Qiara be taken?

Qiara Pregnancy & Breastfeeding can be taken throughout pre-conception, pregnancy and breastfeeding, and at the first signs of breast pain or mastitis.

- Many mums continue Qiara post breastfeeding for general health.
- Take one sachet per day, mix contents with water and consume immediately. Up to 2 sachets per day may be taken. Qiara has very little taste so is easy to take.
- Qiara Infant, containing the same breast milk isolated probiotic strain, can be given directly to infants if not breast fed.
- If mum is feeding we recommend that the mother takes the probiotic to provide benefit to both mum and baby.

Can Qiara be taken during Antibiotics?

- Yes it will help minimise the impact on the probiotic (good) flora from the antibiotics.
- Take Qiara 2-3 hours away from a dose of antibiotics and continue Qiara after finishing your course of antibiotics.

Can I take Qiara if I am intolerant to?

- Lactose - Gluten - Dairy - Nuts - Soy - Yeast - Eggs
- Yes! And it's also suitable for vegetarians and vegans, contains no artificial colours, preservatives or sweeteners.



IF SYMPTOMS PERSIST SEEK MEDICAL ADVICE

For more information and stockists visit www.qiara.com.au

or like us on  to receive regular updates and useful child health tips

Facebook address QiaraPreciousGift

 Puremedic