

— Choose the best Qiara product for each stage of life —



**For mothers**

- For women hoping to become pregnant
- For pregnant women
- For breast-feeding women



**For infants 0-24 months**

- For babies who are bottle-fed
- For babies not exclusively breastfed
- For babies who have been weaned



**For kids 2-12 years**

- For pre-schoolers
- For kids at primary school



**For any adult, any age**

- For men and women
- For adolescents
- For seniors

All Qiara products contain the patented single-strain probiotic *Lactobacillus Fermentum* CECT5716

## QIARA<sup>®</sup> PREGNANCY & BREASTFEEDING

Clinical trials indicate that Qiara Pregnancy & Breast-feeding may help to:

- maintain a healthy microflora, important for you and your baby before, during and after pregnancy
- restore the balance of good bacteria in breastmilk that may have been reduced by antibiotics or other external factors
- relieve or reduce breast pain and discomfort associated with mastitis
- reduce the recurrence of mastitis, particularly after a course of antibiotics
- relieve the symptoms of diarrhoea and constipation
- improve general digestive and gut health.



## QIARA<sup>®</sup> INFANT

Providing a probiotic strain found in breastmilk, but not formula, Qiara Infant may help to:

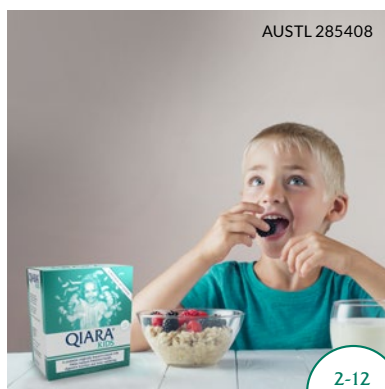
- maintain balanced levels of healthy digestive microflora
- restore protective bacteria that may have been reduced by a course of antibiotics during pregnancy, delivery or infancy
- provide formula-fed babies with a probiotic strain from breastmilk not found in formula
- relieve the symptoms of gut issues, such as diarrhoea, constipation, reflux and wind.



## QIARA<sup>®</sup> KIDS

Antibiotics can disrupt the balance of beneficial bacteria (probiotics) in your child's body. Qiara Kids may help to:

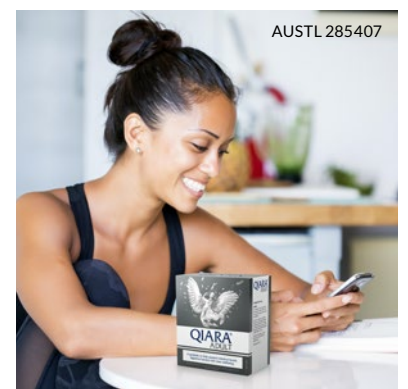
- restore beneficial bacteria that may have been disrupted by the use of antibiotics
- maintain balanced levels of healthy digestive microflora
- relieve the symptoms of gut issues, such as diarrhoea and constipation
- assist gut health in children with food intolerances
- maintain good general gut health.



## QIARA<sup>®</sup> ADULT

Adolescents and adults need a balanced intestinal and digestive microbial environment. Qiara Adult may help to.

- maintain a balanced intestinal and digestive microbial environment, which results in healthy digestion, regular bowel function and improved general well-being
- restore gut health after medication, such as antibiotics and treatments for acid/reflux, high cholesterol, depression and other conditions
- improve intestinal health and digestive function
- relieve gastro-intestinal side-effects experienced by oncology patients
- (consult your healthcare practitioner)



All Qiara products are packed in individually-sealed sachets ideal for outings and overseas travel.

# QIARA®

A family of probiotics originally found in breastmilk



## FAQs

### How are Qiara probiotics different?

- Most strains of bacteria used in probiotics are derived from bowel flora whereas *Lactobacillus Fermentum CECT5716* in the Qiara range was originally isolated from healthy human breast milk (and now regrown in a lab)
- Being a breastmilk probiotic strain, it is part of a group that has been specially selected by the human body as one of its foundation strains.
- As our first food, breastmilk has the unique ability to interact with the human immune system, delivering strong beneficial effects during our entire life. The specific probiotics in breastmilk play a critical role in establishing the gut health and microbiome from birth.

### Why is a single-strain probiotic better than multi-strain?

- Clinical trials for probiotics are usually conducted with a single strain
- Companies who choose to provide “broad spectrum” probiotics that combine multiple strains with multiple product efficacy claims have

rarely trialled the strains in that specific combination

- Unless clinical trials have been conducted on the use of these specific combinations of multiple strains, 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 a better result.

### Dosage and storage

- All Qiara probiotics are provided in convenient, individually sealed single-dose sachets to ensure the good bacteria remains fresh and viable. There are 28 sachets in each box. Simply mix contents of sachet with water or milk, or soft food such as yoghurt or smoothie and consume immediately.
- Qiara probiotics do not require refrigeration and should be stored below 25°C.

### Australian Made

All Qiara probiotics are made in Australia in a TGA licensed facility.



**IF SYMPTOMS PERSIST SEEK MEDICAL ADVICE**

For more information and stockists visit [www.qiara.com.au](http://www.qiara.com.au)

To receive regular updates and health tips visit our socials



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