

Everyday support
for your gut and
immune system



PROBIOTICS

Isolated from breastmilk that support you every day.

No refrigeration is required. 28 sachets per box. AUSTL 430291

Australian made
and owned



[QIARA.COM.AU/QIARA-EVERYDAY](https://www.qiara.com.au/qiara-everyday)

Daily probiotic for a robust microbiome for healthy digestion and immune system function.

Great digestion and immune system function starts with a healthy microbiome. Evidence-based probiotic Qiara Everyday* helps maintain and ensure consistent support for a robust microbiome. It also helps restore beneficial gut flora during and after antibiotics and stimulates a healthy immune system response.

Support your gut and immune system with

QIARA[®]
EVERYDAY



Why Qiara probiotics are different

Unlike probiotics that you can buy in yoghurts and drinks, Qiara's unique probiotic strain *Lactobacillus fermentum* CECT5716 is originally isolated from the defense provided in mother's breastmilk. This strain has been clinically proven to:



Helps restore beneficial gut flora during and after antibiotics



Maintains and supports healthy digestive system function



Maintains and supports a robust microbiome



Helps stimulate a healthy immune system response

Did you know? Antibiotics can often upset the balance of good bacteria in the gut. Qiara probiotics can also help restore good flora during and after antibiotics.



Contains no added dairy, yeast, eggs, gluten, nuts, soy or salt.



Probiotics are contained in convenient sachets, begin your day by adding Qiara Everyday to water, fruit juice, your favourite smoothie, yoghurt or cereal.



Directions for use

Suitable for	Dose	Action
Every day health and wellbeing for ages teens to seniors	1 sachet daily	Supports gastrointestinal and immune system health
Couples planning to conceive	1 sachet daily	Supports microbiome health – important for preconception health for men and women
During and post antibiotics	1 sachet twice daily	To restore beneficial gut flora, take probiotic 2-3 hours away from antibiotics
From teens to seniors experiencing digestive issues, IBS, constipation, bloating, diarrhoea or food intolerances	1 sachet daily	Helps to restore beneficial flora and improves digestive system function and immune system health
First trimester of pregnancy*	1 sachet daily	Maintains and supports general health and wellbeing
Post exclusive breastfeeding	1 sachet daily	Gut and breastmilk microbiome support for mum and baby
Overseas travel	1 sachet daily	Preventative support for gastrointestinal health and helps stimulate a healthy immune system response
Oncology patients as directed by your doctor	1-2 sachets daily	Increases good bacteria growth and supports gastrointestinal and immune system health

*Advise your doctor of any medicine you are taking during pregnancy, particularly in the first trimester.



Lifelong microbiome support starts with Qiara Everyday - designed to support every life stage.

Stories

Hear what others say about how Qiara helped them and their families.



"We use the entire range. Since using Qiara for myself post baby, I've put my whole family on the range. As a family with three young kids, this has been life changing to help us fight daycare sickness ... wish we had started sooner."

Alisha H. (Google Review) ★★★★★

"An absolute staple. Qiara probiotics are by far the best on the market...I started using them during pregnancy and have now moved on to the Everyday. Highly recommend."

Iro T. (Google Review) ★★★★★



"Great gut support. No flavour, easy to sprinkle in yogurt or juice! Great general gut support."

Devaki P. (Google Review) ★★★★★

image courtesy of @mariarrudaa

"I love the Qiara everyday sachets as they are super quick and easy to use and incorporate into my life."

Kirsty Bryant ★★★★★

image courtesy Alana Landsberry (Google Review)



"I'm 65 years young. Once I started taking Qiara I had the food that would normally squirm me up, and the next day, it didn't happen. But the best part about it was, the irritable bowel, what used to give me a lot of panic, disappeared. I've now got a stomach that's probably the same as everyone else. I don't have irritable bowel. I can eat cheese, super spicy food and coconut milk. Qiara's now helped my tummy adjust, and I'm a pretty happy little vegemite!"

Shane Hodge (Video Review) ★★★★★

gut health for life **QIARA**[®]
Probiotics originating
from breastmilk

Puremedic
HEALTH

For further information, seek the advice of your healthcare professional.

Connect with us on socials and tag us with your Qiara experience #qiaramums

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

www.qiara.com.au hello@qiara.com.au QiaraProbiotics Qiaraprobiotics

