

*Make a bright start
to your day*



NEW!

Daily gut and immune health probiotic.

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)

Who wouldn't want to be healthier, happier and more energetic every day?

Let the sun shine from within by making Qiara Everyday part of your daily health routine to enhance your gut and immune system health.

Taken daily, it 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.

Make a bright start to your day 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 animal products, gluten, nuts or yeast.



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 fertility outcomes
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.



"I wish I had found Qiara sooner. I have tried nearly every dairy free probiotic on the market for my daughter and all of them have given her an upset tummy. Not Qiara...it's done the opposite. Repairing poor gut health that she has had since an infant. Loved the effect it was having on her so much that I started the adult one. Then got my mum onto them and my sister. As an added bonus bounced back from a bout of gastro exceptionally fast. Won't stop taking them now. Worth every dollar."

Kallie Howard - reviews.io ★★★★★

"I've used Qiara for years for my whole family and it's really great. Helps with everything from tummy upsets to colds and flus. Highly recommend!"

Verified Reviewer - reviews.io ★★★★★



"I became dairy intolerant and had constant debilitating gut problems until I started taking Qiara every day – it's been a game changer for my gut health and I rarely get sick either so both my immune system and my gut are in great shape with Qiara."

Shane Hodge ★★★★★

"My father Bob, aged 84 has suffered from chronic debilitating diarrhoea for 17 years... After one week of taking Qiara, Dad announced he had what he described as a 95% improvement in his bowel control issues and he has continued to take it daily. Qiara has been truly life changing for him."

Mark R - Verified Reviewer ★★★★★



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:

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