

Strengthen
Immunity
for Two



Image courtesy of @marimudaa



gut health for life
QIARA[®]
PREGNANCY &
BREASTFEEDING

PROBIOTICS

Isolated from breastmilk that support you every day.

No refrigeration is required. 28 sachets per box.

Australian made
and owned



[QIARA.COM.AU/QIARA-PREGNANCY-AND-BREASTFEEDING](https://qiara.com.au/qiara-pregnancy-and-breastfeeding)

Supporting your journey from pregnancy through breastfeeding

A steadfast friend during pregnancy and breastfeeding, Qiara probiotics originate from the good bacteria found in breastmilk. Helping to relieve symptoms and reduce the occurrence of mild mastitis, Qiara supports both mum and baby's gut and immune health journey while nurturing your little one's developing microbiome through your breastmilk.

Protect mum and baby naturally with

QIARA®
PREGNANCY &
BREASTFEEDING



Image courtesy of @moniquepieters

Why Qiara probiotics are different

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



Relieve symptoms and reduce occurrence of mild mastitis



Support gastrointestinal health



Support immune system health



Supported by evidence-based research



Dosed in convenient sachets

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.



How Qiara supports mums and babies

- **During pregnancy:** Maintains healthy maternal wellness and supports your growing baby's development¹
- **At first signs of mastitis:** Helps relieve symptoms and reduce mild mastitis occurrence²
- **After antibiotics or C-section:** Restores beneficial flora for both mum and baby
- **Every day:** Strengthens gut health and immune function for you and your little one

¹Advise your doctor of any medicine you are taking during pregnancy, particularly in your first trimester. ²Seek medical advice if mastitis symptoms persist for more than 12 hours or you start to feel unwell.

Every Qiara Pregnancy & Breastfeeding box includes 28 individual sachets of oral powder formulated for pregnancy and while breastfeeding.



You can mix Qiara with water, smoothie, other liquid or 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 and immune system health and microbiome
If your breastfed baby is unsettled, has digestive or colic symptoms	1 sachet daily	Improves healthy digestive system function and supports gastrointestinal and immune system health
First signs of breast pain or mastitis	1 sachet twice daily	Helps to relieve symptoms and reduce the occurrence of mild mastitis. Use at the first signs 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 antibiotics
Planning on becoming pregnant	1 sachet daily	Gut health and microbiome support

Contains no animal products, gluten, nuts or yeast.



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

Stories

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



"I'm so grateful for Qiara probiotics, they have been my biggest source of relief when it comes to dealing with recurring blocked milked ducts. Cannot recommend these probiotics enough. I tell all of my pregnant, mum and breastfeeding friends."

Bree Minz ★★★★★

image courtesy of @lifewithlittlegods

"Fantastic

Absolutely love it. I was hospitalised with mastitis at 2wks pp and it was horrible. Bub got horrendous reflux from the antibiotics and vomited when I gave her oral probiotics, I started getting multiple mild cases of mastitis in both breasts. I was gifted a sample pack and within 2 weeks no more recurrent mastitis and bubs reflux had settled down so well. Safe to say since then I've used it every day. Absolutely in love with it."

Gabrielle ★★★★★



"Must buy for any breastfeeding mumma!!

Highly highly highly recommend!! Worth every cent!!

Started taking Qiara halfway through my breastfeeding journey with my first. With my second, I began from day 1 postpartum and absolute game changer!! Cannot skip a day though - the one day I missed taking it, my boob started to feel tender like a lump was forming. But as soon as I got back on track, it resolved itself - seriously magic and ESSENTIAL for any breastfeeding mumma!!"

Caitlin C ★★★★★

image courtesy of @fromtulababa

"After having mastitis 3 times in 2 months, Qiara saved me! Since using it, I felt healthier and breastfeeding was much more achievable. Now I take it for general health and so does my son. Love it!"

Nikita Cameron ★★★★★

image courtesy of @chrtztnemyu



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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 experiences #qiaramums

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

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