

QIARA[®]

PREGNANCY &
BREASTFEEDING

Mariana's story

"My everyday probiotic has been my best friend during pregnancy and I will continue after pregnancy when breastfeeding."



image courtesy of @amararudaa



Australian made
and owned

Probiotics isolated from breastmilk that support you every day.
No refrigeration is required.

For a healthy pregnancy, gut and immune system support and mild mastitis relief during breastfeeding.

Gut health and the microbiome for you and your baby is influenced by factors including your diet before and during pregnancy, medicines or antibiotics you have needed, even how your baby is born and fed.

A steadfast friend during pregnancy and breastfeeding, Qiara probiotics originate from the good bacteria found in breastmilk to give you and bub extra support during pregnancy, birth and breastfeeding. Qiara helps improve immune system and gastrointestinal system health for mums and babies, further supporting a breastfed baby's developing microbiome through mum's breastmilk.

How Qiara supports mums and babies

- Maintains and supports healthy pregnancy¹
- Maintains and supports maternal health
- Helps to relieve symptoms and reduce the occurrence of mild mastitis. Use at the first signs of mild mastitis²
- Helps restore flora during and after antibiotic use. Important for C-section or GBS positive mums and their babies.
- Helps improve gastrointestinal system function for mums and babies and helps stimulate a healthy immune system response

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.

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.

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



Restore good flora during & after antibiotics



Support gastrointestinal health



Supported by evidence-based research



Supports immune system health



Dosed in convenient sachets

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Easy to take even during pregnancy, Qiara Pregnancy & Breastfeeding is recommended to be taken daily during 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.



"Qiara has been an absolute game changer for our family... Don't look past this amazing product."

@alexandranation ★★★★★

"Loving my Qiara probiotics. My family and I have been taking them for over two years. We hardly ever get sick despite our son being at day care. I have never had mastitis and we haven't had a stomach bug in years."

@isabelM ★★★★★



"I absolutely love this probiotic and think it's a game changer for breast microbiome health. This probiotic is very useful to help prevent mastitis. Love!!!"

@katherine_hay ★★★★★

"I was in desperate need of Qiara... I've been on them for months and months and I love them! Absolutely helping me prevent mastitis."

@lifewithlittlelegods ★★★★★



"My baby's digestive health has never been better. And it's evidence-based, so I confidently recommend it."

@sherriduff ★★★★★

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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