

# QIARA<sup>®</sup> KIDS

## Aleisha's story

"My kids love taking Qiara Kids.  
They feel better on it, have been  
able to spend less time sick and  
more time playing and at school."



image courtesy of  
@leans\_littlelovers

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

# A probiotic strain isolated from breastmilk to support gastrointestinal health. Ideal for kids aged 2 – 12 years.

As your children develop, it becomes crucial to support their microbiome. A variety of factors can impact a child's microbiome from birth, including pregnancy and breastfeeding outcomes, birth mode, environment, pollutants, processed foods, and medications. Antibiotics can diminish the natural beneficial flora in the body, often impacting gastrointestinal health and immune system function.

The probiotic strain found in Qiara Kids was initially isolated from human breastmilk with scientific research supporting its benefits in gastrointestinal system health, particularly during and following antibiotics and it helps stimulate a healthy immune system response. This probiotic strain also maintains and supports general health and wellbeing in children of all ages.



## How Qiara supports kids

- Helps restore the balance of good gut flora during and after antibiotic use<sup>1</sup>
- Maintains and supports gastrointestinal and immune system health
- Maintains and supports general health and wellbeing
- Increases good bacteria growth
- Maintains and supports healthy digestive system function<sup>2</sup>
- Helps stimulate a healthy immune system response

## Why Qiara probiotics are different

Qiara probiotics are isolated from breastmilk with unique benefits to support you every day.



Increases the growth of good bacteria



Helps restore the balance of good gut flora during and after antibiotic use



Maintains and supports gastrointestinal and immune system health



Supported by evidence-based research



Australian made and owned



Helps stimulate a healthy immune system response

1. Hempel, Newberry et al "Probiotics for the Prevention and Treatment of Antibiotic-Associated Diarrhea – A Systematic Review and Meta-analysis" Journal of American Medical Association May 9 2012 Vol 307 No. 19

2. Belén Pastor-Villaescusa, Ruth Blanco-Rojo, Monica Olivares Evaluation of the Effect of *Limosilactobacillus fermentum* CECT5716 on Gastrointestinal Infections in Infants: A Systematic Review and Meta-Analysis. Microorganisms 2021 9(7), 1412

# QIARA<sup>®</sup> KIDS

Every Qiara Kids box includes 28 individual sachets of oral powder formulated for children within the 2-12 age range.

Qiara Kids is an almost tasteless powder, and you can incorporate one sachet a day into drinks (not hot) or soft foods such as yoghurt or cereal. Give to your child directly after preparing for best results.

If your child is prescribed antibiotics, give one sachet of Qiara Kids twice daily, ideally 2-3 hours before or after antibiotics to restore healthy microflora. Maintain this dosage for 5 days after completing the antibiotic course. Afterward, revert to one sachet per day.



## Dosage and Preparation

When	Dose	Action
General gut health, food intolerances or travel	1 sachet daily	Supports gut health and microbiome
Respiratory cough or cold	1 sachet daily	Helps stimulate a healthy immune system response
Diarrhoea or constipation	1 sachet twice daily	Supports gastrointestinal system health
During or post antibiotics	1 sachet twice daily 2 hours before or after taking antibiotics	Helps restore good gut flora during and after antibiotic use
Support health and wellbeing	1-2 sachets daily	Improves digestive system function and supports gastrointestinal and immune system health

Contains no animal products, gluten, nuts or yeast.



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

# Testimonials

Hear what other parents say about how Qiara helped them and their kids.



"Qiara probiotics are incredible. I love knowing I'm supporting my babies immune system and digestive system by setting them up with success using Qiara. I just pop the sachet into their milk or yoghurt and they get all the benefits."

**@rebeccabrooketaylor** ★★★★★

pic @leahs\_littleloves

"Zee was on some antibiotics... I buy Qiara probiotics to help protect their gut health. It's seriously such an amazing probiotic and I get such huge response when I share the product (on social media). It's so great!"

**@mylittlejoy\_** ★★★★★



"Just wanted to reach out and tell you how pleased I am to have switched to Qiara for my kids. They happily take their probiotics now without fuss..."

**@sleepspaceau** ★★★★★

"I use the Qiara kids one for my 2.5yr old and he has such a strong immunity... It has helped me rest assured knowing I am doing everything I can to ensure she has a good and healthy gut."

**Keri E.** ★★★★★



"I wish I had found Qiara sooner for my 3 1/2 year... 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."

**Kallie Howard** ★★★★★

*gut health for life* **QIARA**<sup>®</sup>  
Probiotics originating  
from breastmilk



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](http://www.qiara.com.au) [hello@qiara.com.au](mailto:hello@qiara.com.au) [QiaraProbiotics](#) [QiaraProbiotics](#)

