

Natural protection for  
happy healthy kids



Image courtesy of  
@leahs\_littleloves



gut health for life  
**QIARA**<sup>®</sup>  
KIDS

## 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-KIDS](https://qiara.com.au/qiara-kids)

# Boost their immune system

## Help protect them from the nasty bugs

The further our kids roam, the more they open up a world of fun and curiosity and the more germs they take on board in their travels. Qiara Kids helps you arm them with a powerful immune system to take every adventure in their stride. It is ideal for kids with sensitive tummies or food intolerances and will help get them back on track after a course of antibiotics. Formulated for kids aged 2 - 12 for robust gut health so they can go and go and go.

*Grow them stronger, so they play longer with*

**QIARA®**  
KIDS



### Why Qiara probiotics are different

Great gut health starts with our very first food source. The good bacteria found in breast milk provides us with our first rock solid immune defence system.

Qiara probiotics originate from good bacteria in breastmilk, grounded in evidence-based research to help keep them healthy and playing with their friends.



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



Helps stimulate a healthy immune system response



Supported by evidence-based research



Australian made and owned

### How Qiara supports kids?

- Helps restore the balance of good gut flora during and after antibiotic use
- 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
- Helps stimulate a healthy immune system response



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.

# Stories

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\_** ★★★★★



"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!"

**Aleisha Walden** ★★★★★

"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** ★★★★★

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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:

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

