

*gut health for life*

**QIARA**<sup>®</sup>

Probiotics originating  
from breastmilk



# Senior Health & the Microbiome

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Australian made  
and owned



[QIARA.COM.AU](http://QIARA.COM.AU)

# Because Good Gut Health Matters at Every Age

As we get older, it's natural for our digestion, energy levels and immune function to change. But did you know your gut health — specifically your microbiome — plays a big role in how you feel every day?

Your gut microbiome is made up of trillions of good bacteria that help you digest food, absorb nutrients and support your immune system. Over time, things like medications, stress, illness, lifestyle and diet can upset that bacterial balance — which is called dysbiosis.

When the microbiome is out of balance, it can affect more than just your digestion — it can influence your immune health, mood, and overall health and wellbeing.

## Why Gut Health is so Important for Seniors

Research shows that changes in the microbiome as we age are linked to common health challenges. Supporting the microbiome is important for seniors to support their digestive system and immune system health.

Medications that are commonly taken to support our health as we age, may impact the microbiome and our gut health and cause digestive discomfort.



**Did you know?** Certain medications — like antibiotics, reflux medicines (PPIs), statins (for high cholesterol) and pain killers — can disrupt your gut bacteria and lead to digestive upset.





## How Probiotics Can Help

The probiotic strain found in Qiara Everyday - *L. fermentum* CECT5716, was originally found in breastmilk and is backed by strong clinical research and is suitable for all ages including adults and seniors.

This unique strain has been shown to:

- Support healthy digestion and digestive function
- Stimulate a healthy immune system response
- Help restore good bacteria during and after antibiotic use
- Increase the growth of good bacteria
- Support a robust microbiome

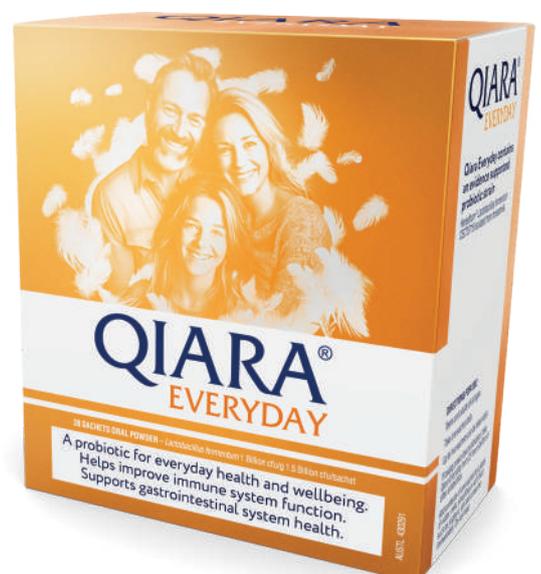
It's gentle and suitable for people taking multiple medications experiencing diarrhoea or constipation - however, always seek advice from your health professional.

## Qiara Everyday - Gentle Daily Support

This probiotic strain is ideal for older adults who want to feel their best every day.

Qiara Everyday is suitable for all seniors including those experiencing digestive issues, IBS, constipation, bloating, diarrhoea and food intolerances.

Because caring for your gut health is one of the simplest ways to feel stronger, more comfortable and more resilient - every day!



# REFERENCES

1. Ragonnaud, E., Biragyn, A. Gut microbiota as the key controllers of "healthy" aging of elderly people. Immun Ageing 18, 2 (2021). <https://doi.org/10.1186/s12979-020-00213-w>
2. Haran, J. P., & McCormick, B. A. (2021). Aging, Frailty, and the Microbiome—How Dysbiosis Influences Human Aging and Disease. Gastroenterology, 160(2), 507–523. <https://doi.org/10.1053/j.gastro.2020.09.060>
3. Ozen M, Piloquet H, Schaubeck M. Limosilactobacillus fermentum CECT5716: Clinical Potential of a Probiotic Strain Isolated from Human Milk. Nutrients. 2023; 15(9):2207. <https://doi.org/10.3390/nu15092207>



Qiara Probiotics are available at select pharmacies and health food stores. Shop online via our website, or scan the QR code to find your local store.



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