

QIARA®

PREGNANCY &
BREASTFEEDING



“QIara truly is a one of a kind product that supports the mother through her pregnancy and postpartum period.

The importance of your gut microbiome is often overlooked but plays SUCH an integral role in the health of yourself and your baby.”

[@maiamothers.collective](#)



Good bacteria for a healthy microbiome during pregnancy and breastfeeding

Qiara is a breastmilk isolated strain, evidence based to help restore and maintain the balance of 'good' bacteria in our microbiome critical to the pregnancy and breastfeeding journey for mother and baby.

Why probiotics are important for you and your baby

- The microbiome is crucial to our overall health and may be compromised due to diet, lifestyle, medications, environmental toxins & stress
- A disrupted microbiome may be linked to many complications during pregnancy, breastfeeding and infancy. Taking Qiara may help protect, restore and optimise the breastmilk & digestive microbiome in both mother and baby.



How Qiara helps you



Improves Good Bacteria Growth

Support Microbiome During Pregnancy & Breastfeeding



Restore Gut Flora After Antibiotics



Reduce & Relieve Mild Mastitis

Maintain Gastro Intestinal Health



Support healthy digestive system function



Restore Good Bacteria Following C-Section

How Qiara probiotics are different

Qiara probiotics are isolated from breastmilk giving unique benefits for mother and child

- product dosage is based on evidence based research
- Australian made and owned
- Individual sachets for superior quality

Did you know?

Antibiotics are commonly used during pregnancy, birth & breastfeeding which can upset the balance of good bacteria. Qiara probiotics can be used to protect and restore against the side effects of antibiotics.

Dosage Guide

When	Dose	
Pregnancy & breastfeeding	1 sachet daily	For optimal gut health and breastfeeding
Unsettled baby with digestive or colic symptoms	1 sachet daily	Increase beneficial flora in baby's gut and mum's breastmilk
First signs of breast pain, blocked ducts or mild Mastitis	1 sachet twice daily	To reduce recurrence of mild Mastitis and breast pain
Antibiotic Exposure	1 sachet twice daily, 2-3 hours after taking Antibiotics.	To protect and restore good bacteria
C-Section	1-2 sachets daily	To protect and restore good bacteria before and after surgery and antibiotic administration

Everything we do is with a single minded purpose, to improve the health of mums and their families.



Testimonials

Hear what real mothers think about Qiara and how it's helped them.



"Everyone recommended this and it's like a little box of gold! So thrilled to have avoided mastitis and my little one's digestion and health has been 100%. Recommend this to every mumma".

[@ange_anderson](#) ★★★★★

"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. Through my clinic at Kaptured Nutrition this probiotic is very useful to help prevent mastitis. Love!!!"

[@katherine_hay_nutritionist](#) ★★★★★

"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 twins both suffered from colic. I did the research ... I came across this amazing probiotic - made a huge difference to my babies colic".

[@zestlifenutrition_dietician](#) ★★★★★

QIARA®



Seek medical advice if mastitis symptoms persist for more than 12 hours or if your symptoms worsen.

Connect with us on socials and tag us with your Qiara experiences #qiaramums

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

www.qiara.com.au



QiaraProbiotics



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