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Health House

Quality, natural health products since 1986

JAN/FEB 2018

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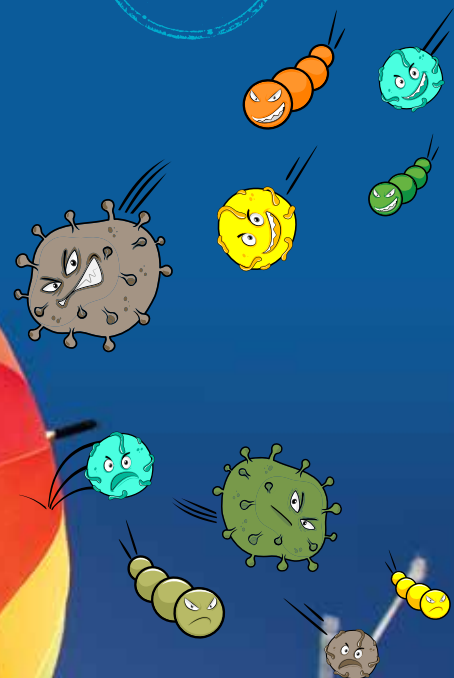
 www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

PROTECT YOURSELF ALL YEAR ROUND

using our improved Immunity Support
now containing astragalus for
potent immune support.
See page 6

All our
products are
**GLUTEN
FREE**



**New
Formula**

ARTICLES

- DAVID** – Best time to take your supplements p4
- SHAUN** – Excerpts - Natural Therapies Book p7
- DENISE** – Summer Skin Health p9
- NADIA** – Astragalus - not just for immunity p10

STAY HEALTHY BOOK \$20 SPECIAL + BONUS OFFER p2

WOMEN'S GYM RANGE

SPECIAL buy one kit for \$79
and two or more for \$69ea p8



TAPS PPI 639



WHAT'S NEW AT HEALTH HOUSE

Dear Customers

Another new year and a hot, sunny summer is predicted. Make sure you slap on that sunscreen so you can enjoy the sun, confident in the knowledge that our sunscreen has been independently tested and complies with the NZ/Aust Sunscreen Standard.

We have improved our Immunity Support, along with adding astragalus (a traditional immunity herb) we have completely reviewed and improved the formula. You can now take less capsules and it is a superb preventative measure. Combine this with a daily vitamin C tablet and you will have your immunity needs covered.

Wishing you all the best for 2018.

Kind regards

Mike Coory

Director

Products

- 20 5-HTP
- 12 7-Day Iron
- 22 Aloe Vera Gel
- 22 Aloe Vera with Colloidal Silver Gel
- 19 Bone Health
- 20 Boron and Selenium
- 5/19 CAA - Multi
- 26 Cacao Tea (bags)
 - 8 Carnitine
- 17 Colloidal Silver Cream 100ml
- 17 Colloidal Silver products
 - 8 Colostrum Powder
 - 6 Complete C Powder/ Tablets
- 19 CoQ10-Omega 3
- 12 Coral CAA
- 21 Cranberry
- 21 DHEA 7-Keto
 - 11 Easy-Lax
- 20 Evening Primrose and Flaxseed Oil
- 16 Eye Health
- 12 Garcinia
- 15 Harmony
- 14 Healthy Joints 90/180
 - 6 Immunity Support
- 20 Kelp
- 15 Liver Cleanse
- 15 Maca-X

- 13 Magnesium 60/180
- 11 MSM Sulphur
- 23 Omega 3 Fish Oil
- 18 Optimum Health Triple Pack
- 14 Pain-Eze
- 14 pH Testing Strips
- 16 Potion No.9
 - 8 Prepare
- 18 Probiotic Multi 9
- 23 RealSalt products
- 16 Relax
 - 8 Restore
- 9 Rubeeven
- 22 Salicylic Acid Gel
- 22 Skin Clear
 - 3 Sunscreen
- 8 Sustain Protein Powders
- 12 Sweet Stevia Tablets
- 13 The Ultimate Cleanse Kit
 - 8 The Ultimate Workout Range for Women (Starter Kit)
- 9 Throat Spray
- 4 Turmeric
- 22 Turn Back Time Cream 50ml tube
- 22 Turn Back Time capsules
 - 9 Vitamin B Complex
 - 15 Vitamin B5
 - 16 Withania
 - 10 Yerba Maté Tea (bags)



Healthy Reading

Stay Healthy by supplying what's lacking in your diet **\$20 New Year Special**

Everything you need to know about Colloidal Silver **\$19**

New Zealand's Greatest Doctor, Ulric Williams **\$17**

Which Natural Therapies Should You Try? **\$21**

Laugh with Health **\$24** or two for **\$40**

Colostrum - Life's First Food **\$20**

Easy Way To Stop Smoking **\$18**

Heal Your Eye Problems **\$19**

Should I take...Probiotics? **\$19**

The DHEA Breakthrough **\$25**



4 OR MORE PRICING

Purchase four or more of any product with the blue icon and you will automatically save \$20. You can pick or choose, they do not all need to be the same product. If purchasing via the web, the discount will be automatically applied to your order. Please note an Optimum Health Triple Pack counts as a single item towards the four or more discount.

BONUS BOOK OFFER

Purchase the Stay Healthy book and choose either "Which Natural Therapies Should You Try?" or the "Laugh with Health" book FOR ONLY \$5 MORE.



Always read the label and only use as directed.

Protect your skin with our 100% Natural Sunscreen

Our sunscreen protects you from UVA and UVB rays without using any nasty chemicals. SPF 25, water resistant, easy to apply and most importantly, uncompromisingly 100% natural.

Non greasy, non staining and with a pleasant light natural coconut fragrance, this all natural sunscreen is safe for the whole family.

Like all natural sunscreens, when you apply it you will be able to tell you have covered your skin due to the temporary whiteish/blueish colour, but it soon becomes transparent.

All testing on our sunscreen was undertaken by the Dermatest Laboratory in Australia and meets the NZ/AUS standards.

INGREDIENTS:

Sweet almond oil, zinc oxide, coconut oil, macadamia nut oil, shea butter, silica, natural fragrance, vitamin E.

Special - May 2018 expiry - only while stocks last.

\$14ea 50ml - Normal price \$18ea

\$21ea 100ml - Normal price \$27ea



Loyalty Programmes

REFER A FRIEND

In appreciation of you telling your friends about Health House, we would like to reward you for your referral. When your friend registers to become a new Health House customer and buys something from us, you will receive a \$10 credit.

All we ask is that you let your friend know what your Customer ID number is, so when they register we know that you have referred them. After they make their first purchase, you will receive a \$10 credit on your account which you can use towards your next order.



LOYALTY REWARD

We appreciate you choosing Health House and as a thank you we will give you a \$30 credit. This credit is automatically applied to your next order after you have spent a total of \$300 with us.

No need for loyalty cards or anything complicated, it will be automatically done for you. We will let you know how close you are towards your discount on your invoice, or on our website.

Our loyalty rewards do not expire

FIVE EASY WAYS TO ORDER

1. Free phone 0800 140 141
2. Website www.healthhouse.co.nz
3. Direct banking 03-1548-0039888-00
4. Send in the order form (page 24)
5. Visit our shop - 1 Whakakake St, Tauranga

For more information refer to the order form at the back.

OUR PROMISES TO YOU

If you are unhappy in any way, let us know and we will do everything we can to put it right. If you are dissatisfied return your purchase within 60 days for a refund or exchange.





When is the best time to take your supplements?

When I was asked to cover this topic I wasn't too confident that I could come up with meaningful results as we are all so different. What works well for one person, can have the opposite effect on another.

Take our Optimum Health Triple Pack (CAA - Multi, Bone Health and CoQ10-Omega 3) for instance – for myself, taking CAA - Multi and Bone Health capsules with my evening meal works well and gives me a good night's sleep, but if I take my CoQ10-Omega 3 at night, it can keep me awake. Yet, one of my sisters found the opposite effect.

Anyway, I went off to look at the studies to see what I could find. As

expected, I found conflicting opinions all over the place; take on an empty stomach, take with a meal, take before bed, don't combine with this or that supplement and no studies to back them up.

I'm probably just as guilty myself of basing my own recommendations on experience, logical assumptions, hearsay and others opinions, but there's little scientific evidence to rely on.

I could not find much else in the way of reliable information about supplement timing and strongly encourage you to experiment for yourself.

See how well you feel half an hour after taking a supplement. Be wary of any supplement that causes a rise in your heart rate, or causes digestive upset, but give it a fair trial.

Joint, digestion and general health

Turmeric is a yellow spice often used in Indian cooking. It also has a long history of use in both Chinese and Hindu medicine.

The key active in Turmeric is curcumin and is one of the most intensely studied bio-actives. Curcumin has been found to be supportive of a wide range of health conditions.

Careful research was undertaken prior to sourcing our Turmeric supplement. While you can buy this spice at the supermarket, you would require over a tablespoon of spice every day to get any benefit and even then, the low level

of curcumin (less than 5% of the spice) is not easily absorbed.

We sourced a specially designed, easily absorbed 95% curcumin ingredient and blended it with piper nigrum (black pepper extract) to further enhance absorption.

Do not use for two weeks prior to or following surgery. Do not use if you have gallbladder problems. Seek advice if on blood thinning medication or if pregnant or breastfeeding.



\$39ea
60 capsules

However, there were some general agreements:

1. First, remember to take your supplements – it's best to use a weekly capsule or pill case and leave it somewhere where you will see it every day. Remembering to actually take your supplements is more important than when you take them, a supplement you have forgotten to take can't help you.
2. Take calcium at night as it promotes a good sleep.
3. If taking high dosages of vitamin C, take in divided doses three times a day. Our body can generally only absorb 200mg at any one time unless we're seriously deficient.
4. Both vitamin B6 and magnesium can act as brain stimulants and keep us awake at night. However taking calcium at the same time can help counteract magnesium's stimulating effect. Many are surprised to hear that magnesium has this insomnia effect, as it's generally regarded as a sleep aid. However, the insomnia effect is well documented and I've experienced it myself. Too much magnesium at night can be an unsuspected cause of insomnia – if this happens, it is best to take it in the morning or at midday.
5. The main role of our stomach acid is to break down protein and kill bacteria. After passing through our stomach, absorption of nutrients then takes place over the next 33 hours for men and 47 hours for women, in our non-acid, 7 metre

(20 ft) length of our small intestine and in our 1.5 metre (5 ft) long, large intestine. During this process, all nutrients from our food or supplements have to be converted to a liquid, either by dissolving, fermentation or probiotic action. This is necessary so they can seep through our intestinal walls into our blood stream. So, as you can imagine, the timing of taking a supplement is not all that critical.

6. When taking probiotics as a supplement, we should be aware that these are living bacteria, so any contact with stomach acid will generally kill all but the most hardy acidophilus probiotics. So it's essential that probiotics are fully protected from stomach acid until they enter the non-acidic environment of our small and large intestines. This is not easy to achieve and is why Health House have gone to the expense of a 'capsule within a capsule' technology – a system that works very well.
7. Be particularly wary of any supplement that consistently interferes with your sleep. If it does, try taking it earlier in the day. If it still gives you trouble after a week of persistence, it's unlikely to be doing you any good. I cannot stress the great importance of sleep. If we are to enjoy good health, or heal from poor health, sound sleep is the number one requirement – absolutely second to none. I'd go so far to say, after 30 years of feedback from my book readers

and customer's health issues, that unless we can achieve regular, deep sleep, it doesn't matter much what we take, it won't do us much good. It's only during deep sleep that our body heals itself.



ABOUT THE AUTHOR

David Coory is the founder of Health House and author of Stay Healthy by supplying what's lacking in your diet, New Zealand's top selling health book.

Share your ideas and win!

Send us your best suggestion, of what you do to remind yourself to take your supplements and be in to win an Optimum Health Triple Pack.



Send your suggestions to feedback@healthhouse.co.nz

Promotion runs until the 31st March 2018, with the prize drawn on 1st April 2018.

You need New Zealand's TOP SELLING HEALTH BOOK

This is an invaluable health reference book for your home. It shows how to prevent or heal just about any diet related health problem, by making small but critical changes to your diet.

\$20ea **NEW YEAR SPECIAL**

Bonus Offer - choose either "Which Natural Therapies Should You Try?" or the "Laugh with Health" book for only \$5 more.



The most effective multi-mineral-vitamin

Available in non-sulphur and non-iron versions.

This absorbable New Zealand mineral-vitamin supplement CAA - Multi contains all the minerals and vitamins required for optimum health and in the correct balance for our New Zealand conditions.

We believe that this is the most complete mineral-vitamin supplement on the market. All ingredients are the best quality and the most bioavailable for your optimum health. We constantly monitor and when necessary revise the formula to ensure it is as good as we can make it.

\$45ea 60 capsules



Immunity Support

Four powerful herbs and two powerful supplements

Astragalus has been used medicinally for over 2000 years for a broad range of conditions with a particular focus on immunity and stress.

Echinacea supports the immune system and the body's defences.

Olive leaf contains compounds that have demonstrated potent immune supporting and antioxidant properties.

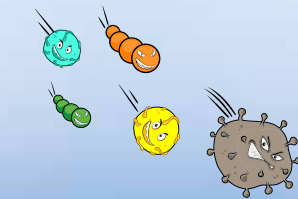
Garlic, a trial conducted in the UK showed that people who received a garlic supplement were less likely to get ill and chills and recovered faster if they did.

Vitamin C and **zinc** have both been proven to support recovery.

- ✔ Defence against seasonal ills
- ✔ Potent immune support and antioxidant properties
- ✔ Support for faster recovery

\$29ea 60 capsules

DIRECTIONS: For immunity maintenance take one to two capsules per day with food. If unwell take two capsules, three times per day



OLD FORMULATION ON SPECIAL - TWO FOR \$50 WHILE STOCKS LAST

The world famous vitamin C blend

Antioxidants, vitamins and bioflavonoids for all the family.

Vitamin C helps keep your skin collagen youthful. It supports mental alertness, makes bones stronger and is necessary to expel harmful toxins from your body.

Complete C also contains six powerful antioxidants and bioflavonoids, all have been proven excellent for maintaining health and alkalising your body.

The powder contains three types of powerful antioxidants.

\$35ea 100g powder

Each chewable Complete C tablet gives you 220mg of blended vitamin C.

\$35ea 200 tablets



Always read the label and only use as directed.

Save \$20, when you buy any four products marked with the blue icon. See order form for full details.

Excerpts from Which Natural Therapies Should You Try?



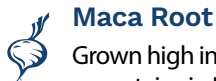
B Vitamins and Parkinson's

Parkinson's disease is named after James Parkinson who wrote the first detailed description of the disease in 1817. A high intake of vitamin B6 can potentially lower your risk of developing Parkinson's as you grow older.

B6 is important in sending messages across the brain and in protecting nerve cells from damage and a study showed that people who had a high intake of vitamin B6 were 30% less likely to get Parkinson's disease.

B6 can be found in liver, kidney, chicken and fish. Vegetarian sources include legumes such as beans and lentils which can be easily added to a stew or casserole. Various Vitamin B supplements are also available and as other B vitamins help with absorption, so taking a B complex is not a bad idea.

Surprisingly, a 80g serving of Brussel sprouts contains four times more vitamin C than an orange.



Maca Root

Grown high in the Andes mountains in Peru, the maca plant is related to the radish and the turnip. Like these vegetables, most of the plant is underground with only a few low-lying leaves visible from above. The root can be gold, cream, red, purple, blue, black, or green.

It has been long recognised in Peru for its ability to calm menopausal symptoms. It has been shown to reduce hot flushes, night sweats, anxiety, depression and heart palpitations. A study showed that 87% of women taking a maca root extract experienced lower levels of symptoms than women who did not.

The average New Zealand adult eats 18-22 grams of fibre per day. This is lower than the recommended amount of 25g for women and 30g for men and some adults get less than half this amount.



Three lesser known natural products that can strengthen bones

With so many natural health remedies claiming to do so much, it can be hard for you to know what to take. A large study tested a number of the less well known natural products that are used for treating and preventing bone problems and concluded that three in particular were helpful; phytoestrogens, dehydroepiandrosterone (DHEA) and vitamin K2.

Phytoestrogens are estrogen-like hormones that are made by plants. They are thought to have numerous positive effects on your body and protect you from many diseases, particularly those related to bones.

Phytoestrogens are made in most plants and are found in vegetables, fruit and other plant based food, but not in animal products.

DHEA is a substance made naturally in your body that later turns into estrogen and other important hormones. Increased levels of these hormones reportedly boost your immune system, slow down the effects of aging and maintain healthy bones.

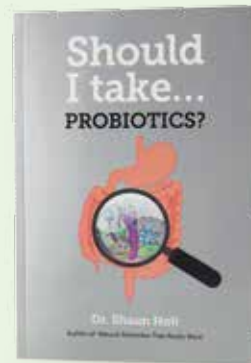
Vitamin K2 has also been shown to help bones and works along with calcium and magnesium. The best source of vitamin K2 is from fermented food like cheese, soybeans (natto) and sauerkraut. If taking it by way of a supplement choose the natural form MK-7 (menaquinone-7) not the cheaper synthetic MK-4 (menaquinone-4).

Low selenium levels in soil means that around one third of males and over half of females do not get enough selenium.



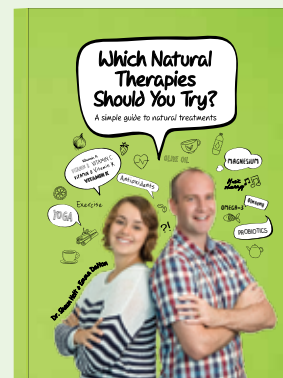
ABOUT THE AUTHOR

Professor Shaun Holt is a New Zealand based doctor, researcher, author, commentator, speaker and advisor.



Make an informed choice on whether you should take probiotics, written by Dr Shaun Holt.

\$19^{ea} 82 pages



A simple guide to the best natural therapies.

\$21^{ea} 136 pages



BONUS BOOK OFFER

Get this book for only \$5 when you buy a Stay Healthy book.

COMING SOON

"SOMETHING FISHY"

The Truth about Fish Oil by Dr Shaun Holt and Emma Dalton.

MAXIMISE YOUR WORKOUT

You work hard to keep your body healthy and additive free, we think your supplements should be the same.

Special \$79ea

Two for \$69ea

Buy two (or more) of The Ultimate Workout Range for Women and save \$10 per kit.

MULTI BUY



100% PURE

NO ADDED SUGAR

ZERO ADDITIVES

The Starter Kit contains;

Prepare - Pre workout (100 capsules)
The important nutrients (amino acids) that improve your exercise capacity.

Restore - Post workout (100 capsules)
The key minerals and vitamins that need replacing after exercise.

Sustain Fruit + Protein (80g)
Pure New Zealand whey protein mixed with apple, mango and a super fruit blend.

Sustain Veggie + Protein (80g)
Pure New Zealand whey protein mixed with freeze dried carrot and spinach.

Exercising takes a lot of effort and you want to maximise the impact from your workout. The Ultimate Workout Range for Women is specifically designed to do just that.

Products may be purchased individually and Sustain Fruit + Protein and Veggie + Protein are also available in 200g tubs.

Millions of antibodies to optimise health

Colostrum kick starts the body's own immune system.

\$49ea
100g tub

buy two for
\$39ea

SPECIAL

NZ orders only cannot be exported



Convert fat into energy

Carnitine's role in the body is to transport stored body fat to the cells to be burned for energy.

Carnitine is a natural nutrient found in red meat, which is why high protein red meat diets work so well.

Nutritionist Robert Crayhon MS, has studied L-carnitine for over 20 years. He writes, "The Carnitine advantage is abundant energy. It has made an enormous difference in the health of all my patients. It is the single most remarkable nutrient I have used in my nutrition practice".

\$28ea 60 capsules



Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE

Summer skin health



The skin is the largest organ of the body and creates a protective barrier between your internal organs and the external environment.

This protective organ provides our first line of defence from potentially harmful environmental agents, like liquids, gases, bacteria and what can often be the most damaging - the sun.

The more melanin we have in our epidermis (skin layer), the more of our own UV protection we have. Darker skinned people have more melanin producing cells and sunburn less than fair skinned people, however sun protection is recommended for all - we do know that sun damage can turn fatal.

To treat sunburn, first and foremost get out of the sun and cool the burn - with copious amounts of cool water (not ice), for at least ten minutes. Even a mild first degree burn to a young child, elderly person or anyone undergoing radiation treatment can be a major concern. If a serious burn is bigger than the size of your palm then it is best to seek medical support.

Sunburn can be extremely painful, and within that top network of our skin, the small circulatory vessels have been damaged so retaining fluids becomes vital. This capillary leakage removes immune cells from circulation, so healing from serious burns can be slow and painful. Maintaining internal fluid levels is necessary, so drink plenty of water.

Burns are classified from first to third degree. A first degree burn involves only the outer layers of the epidermis, turned red or pink, dry and painful - possibly mild sunburn. While a third degree burn penetrates through all five layers of the epidermis of the skin and sometimes into the deeper organ areas. Skin makes up approximately 16% of the weight of our

body and even a small, third degree burn can be fatal if left untreated.

In hospital environments silver topical applications are most commonly used to stop the risk of infections. Honey is also seen in medical use now, for topical use, but more for skin ulcers than burns.

However, honey is a great choice for burns because it limits the fluid loss and has its own anti-bacterial action. It does need to be sterile honey when used topically, to lessen the risk of infection. An alginate (seaweed) type dressing with medical grade honey is available through pharmacies.

Aloe vera gel is cooling, soothing and may act like a dressing also limiting fluid loss. The topical application of aloe vera certainly helps the healthy cells thrive. This can be from a fresh peeled well-identified leaf, or a quality aloe gel available from a health store or pharmacy.

The one essential oil that is specifically recommended for burns is lavender, a topical application of a few drops of quality lavender essential oil in a cold pressed carrier oil, will offer support for a dehydrated sunburnt skin. It also offers anti-bacterial action and the healing of healthy new cells.

The best advice is still prevention - SLIP, SLOP, SLAP and WRAP.

Enjoy summer – but don't make it a painful one.



ABOUT THE AUTHOR

Denise Elliott - N.D., Dip. Herb. Med., B.H.Sc. (Comp.Med.) Cert. Beauty Therapy. She is a Registered Naturopath, Medical Herbalist and Beauty Therapist.



Soothes dry scratchy throats and prevents winter chills.

\$29ea 100ml liquid



The power of capsaicin (cayenne) and bee venom is harnessed to support joint movement.

\$35ea 30ml pump



When your body is stressed or working hard it uses a greater amount of B vitamins.

\$35ea 60 capsules

Astragalus: not just for immunity



Astragalus racemosa is the botanical name for astragalus, a member of the fabaceae (legume) family of plants.

It is native to Mongolia, Korea and North Eastern China (where it is known as huang-qì) and the roots have been used medicinally for over 2000 years for a broad range of conditions, with a particular focus on immunity and stress.

In ancient Chinese medicine, it was renowned for strengthening the 'Wei Chi' of the body, also known as your natural defences. It is best described as a tonic, nourishing and supporting the body and increasing its powers of self-healing. In short, it strengthens the immune and nervous systems, helping us to fight disease (particularly chronic illness) and is a protector against both mental and physical stress.

Astragalus is known as a warming herb in traditional Chinese medicine, so for those that have a particularly cold constitution it can be beneficial to stimulate blood flow and introduce a gentle heat to the body. It also helps to balance blood sugar and prevent type II diabetes, reduce blood pressure and triglycerides in the blood and has a long history of use in the healing of wounds.

Because of its antiviral properties, astragalus has traditionally been used

in the treatment of common colds and the flu, and works particularly well in the prevention of illness if used regularly while healthy.

Astragalus contains a number of active compounds, with the three key components being saponins, flavonoids and polysaccharides.

Saponins are known for their ability to lower cholesterol levels, modulate the immune system and prevent cancer. Flavonoids have antioxidant qualities, destroying free radicals and helping to prevent cardiovascular disease, cancer and immunodeficiency viruses. Polysaccharides are antimicrobial and anti-inflammatory and also improve the function of the brain.

Various studies have been conducted around the use of astragalus, with some showing that saponins, flavonoids and polysaccharides have been successful in decreasing or eliminating tumours. Early research also suggests that it may help patients to recover more quickly from chemotherapy and extend their life span.

Astragalus and echinacea are often paired together when it comes to boosting the

immune system. Astragalus and withania work well together to strengthen the nervous system, improve the health of the blood and lower cortisol in the body.

Safety

Astragalus is an extremely safe herb, which can be used in high doses by most people young or old. It also can be used while pregnant or breastfeeding without adverse affects.

As astragalus is such a strong immune system tonic, it could theoretically reduce the effectiveness of immunosuppressive drugs, so should be used with caution – speak to your natural health professional, doctor or pharmacist if you are unsure.



ABOUT THE AUTHOR

Nadia McMorran - BNatMed is a registered Naturopath and Medical Herbalist.

A refreshing, rejuvenating tea

Yerba Maté tea contains vitamins, minerals, amino acids and beneficial antioxidants.

It has been called 'the healthy alternative to coffee' due to its ability to stimulate the mind without the negative side effects of caffeine.

Yerba Mate tea has a slight bittersweet flavour which is enjoyable on its own or can be flavoured with the addition of a slice of lemon, a bit of honey or one or two mint leaves.

Try some today and experience the benefits.

\$19ea 30 tea bags



Yerba Mate Tea Clearance Special

As we have introduced new packaging, we have our original Yerba Mate tea on special, while stocks last.

Two for **\$19**

SPECIAL



Promote easy, daily bowel movements without straining

Working gently over a 12 hour period, Easy-Lax contains five herbs that have been proven to be beneficial to the bowel. These five herbs are psyllium seed, wormwood, cascara sagrada, fennel seed and slippery elm.

These herbs work together to lubricate and soothe the mucous membrane of the digestive tract, invigorate the entire digestive process, support production of bile and good cholesterol, stimulate the large intestine, support regularity,

soothe digestive disorders, relieve stomach rumbling, bowel issues and excessive wind.

For best results take one or two capsules a day with a glass of water, after your evening meal.



\$35ea
100 capsules

Do not use if pregnant or while breast feeding.

Research shows nearly 50 separate health benefits

Sulphur is one of the most important nutrients in your body. It maintains the health of your joint cartilage, collagen, skin, muscles, nails and hair. It also promotes the health and vigour of good probiotic bacteria in your intestines.

- ✔ A highly bioavailable, non-allergenic source of sulphur
- ✔ Healthier, younger feeling, more comfortable joints
- ✔ Assists the body to expel waste and toxins
- ✔ Soft, hydrated skin - less wrinkles with age
- ✔ Quick recovery from stiff muscles and tendons



\$42ea
180 capsules

DIRECTIONS: Recommended dosage is one or two capsules up to three times per day.

60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

Help manage your appetite and food cravings

- ✔ The key active ingredient is Hydroxycitric Acid (HCA 50%-60)
- ✔ The recommended dose of garcinia for weight management is between 3000mg and 6000mg per day.
- ✔ Each capsule contains 2760mg active Garcinia Cambogia

\$29ea
60 capsules



DIRECTIONS: Take one or two capsules per day. Garcinia is best absorbed when taken on an empty stomach, one hour prior to eating.



Low calorie, natural sweetening tablets for hot and cold drinks

These healthy, all natural tablets are a much better alternative to artificial sweeteners or sugar. Enjoy sweet drinks without worrying about blood sugar levels.

\$22ea 200 tablets



A half serving of the minerals and vitamins in CAA - Multi and in Bone Health

- Complete mineral and vitamin blend
- All the benefits of CAA - Multi and the benefits of Bone Health in one capsule
- Great for lighter people and children

\$45ea 60 capsules

7-DAY IRON

High quality, easy to digest iron for increased energy



\$29ea
25 capsules

This high quality, chelated iron, gives you a net 24mg of energy producing iron, plus 60mg of vitamin C, to boost absorption by up to 300%.

A spring clean and detox for your insides

This complete inner body cleanse is made from the purest herbs to refresh your mind and detoxify your body. The ultimate treat your body deserves.



- ✓ An internal spring clean and detox
- ✓ Liver and kidneys are cleansed and stimulated
- ✓ Improve digestive secretions
- ✓ Reduce bowel transit time
- ✓ Speed up your metabolism
- ✓ Total body flush out

The finest and most popular full strength herbal detox and liver and bowel cleansing system available in New Zealand, for a complete internal cleanse.

\$99ea

400 capsules, plus 10 capsules of Probiotic Multi 9 and an easy to follow instruction/recipe booklet.

\$85ea

Buy two (or more) of The Ultimate Cleanse Kits and save \$14 per kit.

MULTI BUY

The nutrient superstar

Magnesium is perhaps one of the most overlooked minerals. With a recommended daily intake of between 300mg and 400mg for adults, are you getting enough?

Your body requires a high level of magnesium and it is critical to maintain heart health.

Without sufficient amounts of magnesium, your body simply cannot function properly. Unfortunately, this essential nutrient is lacking in most New Zealand diets.

Magnesium helps to relax your mind, supports healthy blood pressure and contributes to a sound sleep.

Magnesium also helps in the absorption of calcium and plays a key role in the strength of your bones and teeth.

DIRECTIONS: Men: two or three capsules per day, **Women:** one or two capsules per day, **Children:** one capsule per day, or as directed by your health professional.

\$29ea 60 capsules

\$49ea 180 capsules



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

How to support joint health naturally

Our Healthy Joints has been formulated to be the most effective glucosamine and chondroitin joint care product on the New Zealand market.

What is glucosamine?

Glucosamine is a naturally occurring substance found in the cartilage of our joints. It acts as a natural shock absorber, joint lubricator and is vital for building new cartilage.

As we age our glucosamine levels diminish, which can lead to joint deterioration.

What is chondroitin?

Chondroitin is also found naturally in our joints. It helps the cartilage to resist compression, retain water, aids elasticity and helps with lubrication. It is also a major source of the protein building blocks used in our joints to help form new cartilage.

Like glucosamine, chondroitin levels also decline as we age.

Equal quantities of glucosamine and chondroitin

Research has proven the effectiveness of combining sulphur based marine glucosamine in equal parts with chondroitin (extracted from shark cartilage). However, due to the high

price of chondroitin, it is rare to find a product on the New Zealand market that contains enough chondroitin to make it fully effective.

An effective formula

We have specifically formulated Healthy Joints to contain 400mg of natural glucosamine sulphate and 400mg of a high quality chondroitin sulphate. We then added boron, natural vitamin D, organic silica along with MSM (methylsulfonylmethane).

What glucosamine and chondroitin do we use?

The glucosamine we use in Healthy Joints is from the finest shellfish sources.

Our high quality chondroitin is extracted from commercial species of shark cartilage, which is why it costs so much. We do not use shark fin.

Are there any allergy concerns taking this product?

Yes, if you are allergic to fish, sulphites or crustaceans.

DIRECTIONS: **Adults:** Take three capsules a day. When joints are more comfortable, reduce to two capsules per day. **Children:** Take only on medical advice.

\$66ea 90 capsules

\$99ea 180 capsules

\$89ea **MULTI BUY**

Buy two or more Healthy Joints 180 and save \$20



An all natural, warming cream with powerful essential oils and potent extracts

Pain-Eze contains 11 active ingredients. These are: five essential plant oils, four liquid plant extracts, a plant based preservative, and a natural healthy coconut base. It is an all natural product containing no additives or chemicals.

\$21ea 50ml

\$29ea 100ml



PH Strips

Find out if your saliva pH is at an optimum level for maximum health.

\$15ea (five packs of 10)

Vitamin B5 for heart and artery health

- ✔ Supports artery and blood health
- ✔ Protects the friendly probiotic bacteria in the intestines from damage by antibiotics
- ✔ Supports healthy cholesterol levels



\$33ea
90 capsules

DIRECTIONS: Take one or two capsules per day.

LIVER CLEANSE

GIVE YOUR LIVER A HELPING
HAND WITH MILK THISTLE
AND VITAMINS



\$33ea
60 capsules

Milk thistle is the main ingredient in Liver Cleanse and works to protect and restore the liver from toxic damage.

HARMONY

SUPPORT YOUR HORMONAL
BALANCE NATURALLY



\$34ea
60 capsules

Shatavari combined with maca extract, boron and vitamin D. This herbal and mineral combination supports hormonal balance making it an excellent supplement during menopause.



Enhance energy and support fertility

Maca-X is rich in essential minerals, especially selenium, calcium, magnesium, iron, and includes fatty acids such as linolenic, palmitic and oleic acids and polysaccharides.

\$33ea 60 capsules

If pregnant, not recommended during the first trimester.

EYE HEALTH

Are you concerned about your eyes?



Many of us spend far too much time staring at our computers or phones and our eyes are suffering. Our Eye Health formulation can help you. We identified the vitamins and minerals vital for good eye health and combined them with lutein, zeaxanthin and bilberry.



Enhance both male and female libido

Potion No. 9 is not an instant fix like the pharmaceutical products, but the natural herbs and minerals contained in Potion No. 9 enhance both male and female libido and increase long term sexual vitality.

\$40ea 60 capsules

Reduce stress and support a deep restful sleep

- ✓ Relaxing and calming effects
- ✓ Supports a deep restful sleep
- ✓ Reduces stress and worry

\$31ea
60 capsules



WITHANIA

Supports physical and mental rejuvenation and is revered for bringing optimum health into the elder years.



\$35ea
60 capsules

Withania is an excellent choice when looking to support a restful sleep, assist with recovery after illness, promote energy levels and lifting your mood.

Colloidal Silver

Use our scientifically proven Colloidal Silver to enhance the health of your body. Colloidal Silver prevents the spread of bacteria and is a great healer.

Colloidal Silver and bacteria

Hundreds of health disorders have been documented in medical journals as being successfully helped by taking or applying Colloidal Silver, and more are being added to the list all the time.

Colloidal Silver allows the body's immune system to heal the body in an all natural way. It also helps the body cope with seasonal chills and ills especially when sprayed in the nose and mouth.

Colloidal Silver can be used several ways; by drinking it, by holding it under the tongue, by a sprayer for nose, throat and ears, or a soaked pad for skin ailments.

Is it safe?

It is very well tolerated and to our knowledge does not interact with any medical drug. It is odourless, non-stinging and suitable for the whole family when used as directed.

\$15ea 100ml liquid spray

\$21ea 50ml tube

\$24ea 100ml tube

\$35ea 500ml liquid

\$39ea 250g tub

\$28ea 4 or more 500ml bottles

MULTI BUY



Silver has been used for thousands of years for a variety of purposes ranging from keeping food and liquids from spoiling, purifying water and more recently to coat medical dressings.

Historic Silver Facts



1880's

American silver dollars were placed in wooden milk casks to prevent the milk from spoiling.



1970's

A silver water filtration system is designed and used in more than half of the world's airlines.



Silver Meter

Measure the content of your homemade silver.

\$108ea test meter



Colloidal Silver Generator

\$133ea one year guarantee

\$48pair replacement silver rods



A natural moisturising and soothing cream

\$28ea 100ml

Improve your everyday health

By taking one of each of the three Triple Pack supplements daily, along with the average New Zealand diet, all your nutritional needs should be met. Each Triple Pack contains two months supply of CAA - Multi, Bone Health and CoQ10-Omega3.



CAA - Multi - A New Zealand formulation of minerals and vitamins. **Bone Health** - A calcium supplement that won't build up in your arteries. **CoQ10-Omega3** - An energy boost with support for heart and artery health.

1 Triple Pack

Save \$18 off the individual product prices.

\$119ea

2 or more Triple Packs

Save \$48 off the individual product prices. Available with non-sulphur and non-iron CAA - Multi versions.

\$113ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$154

MULTI BUY

2 Triple Packs + 2 Probiotics

Save \$76 off the individual product prices (multi buy price already includes the 4+ product discount).

\$276

MULTI BUY

Save \$20, when you buy any four products marked with the blue icon. See the order form for full details. Please note that the Optimum Health Triple Pack only counts as one item towards the discount.

Always read the label and only use as directed. **Free 7 day capsule case available by request.**

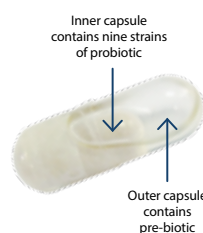
Optimum health begins in your bowel

Healthy, live, probiotic bacteria in your small intestine are absolutely essential for optimum health.

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines.

Our unique 'Capsule in a Capsule' technology ensures the probiotics are protected from your stomach acid and get to your small intestine before they open.

Store in a cool dry place - no refrigeration needed.



\$39ea
60 capsules



Always read the label and only use as directed.

Save \$20, when you buy any four products marked with the blue icon. See order form for full details.

Your nutritional insurance

Take the guess work out of your supplement decisions with these three specially formulated products, to cover most of your nutritional needs.



\$45ea
60 capsules



\$49ea
60 capsules



\$43ea
60 capsules

The most effective multi mineral vitamin.

The development of CAA - Multi was inspired when David Coory read a book written by Percy Weston (an Australian sheep farmer) called "Cancer: Cause and Cure".

Percy Weston's book detailed his life experiences, which began when his sheep started suffering from serious illnesses. He traced the problem to a lack of minerals in the soil and the highly acidic super phosphate fertiliser, which had upset the soil's mineral balance. After much experimenting, Percy was able to save his sheep with a salt lick containing the depleted minerals.

CAA - Multi is specially formulated by New Zealanders, for New Zealanders. It contains all the minerals known to be lacking in our soil and also important vitamins and antioxidants that are missing from our food and diet.

Benefits

- Maximum energy
- Brain alertness and clarity
- Relaxed body and mind
- Optimum blood sugar and cholesterol balance

INGREDIENTS: For a full list of ingredients check out [www.healthhouse.co.nz/product/CAA - Multi](http://www.healthhouse.co.nz/product/CAA-Multi)

Supports your heart, artery and brain health.

CoQ10 is a powerful antioxidant, which is vital for life long muscle energy and a healthy, alert old age. It supports blood health and mental clarity.

We also include cod liver oil, which has 360IU's of all natural vitamin A and 25IU's of all natural vitamin D3. The traditional evidence of the benefits of cod liver oil is well known and respected.

We looked for a well researched fish oil, with the highest levels of omega 3 we could find. (The concentration process not only increases the omega levels, it also removes unpleasant odours).

Benefits

- Heart and artery health
- Emotional well being
- Mental clarity and focus
- Joint health

If taking Warfarin or any other blood thinning medication please discuss this with your health professional.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Concentrated Fish Oil	700mg	
Cod Liver Oil	225mg	
CoQ10 (Ubidecarenone)	75mg	
Vitamin D3		25IU
Omega 3		500mg
Vitamin A		360IU
EPA 270mg / DHA 190mg / Omega 3 (other) 40mg		

Absorb calcium into your bones not your arteries with vitamin K2.

Bone Health uses the power of vitamin K2 and vitamin D3 to obtain optimum bone absorption of calcium.

It is really important to have the proper balance between the four bone nutrients (calcium, vitamin D3, vitamin K2 and magnesium).

Bone Health provides the correct balance of these four nutrients to keep calcium in your bones and out of your arteries.

An imbalance of these four nutrients is why some calcium supplements were associated with an increased risk of heart attacks and strokes.

Benefits

- Stronger more flexible bones
- Water soluble for better absorption
- Raises your cell pH levels to protect against common health problems

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Coral Calcium	500mg	
Calcium		170mg
Magnesium		7mg
Magnesium Complex	485mg	82mg
Vitamin K2 (Menaquinone-7)	22mg	44mcg
Vitamin D3 (1000 IU)	10mg	25mcg

NATURE'S BEST SOURCE OF IODINE

- ✔ An overall health tonic
- ✔ Especially rich in iodine
- ✔ Supports a healthy thyroid
- ✔ Helps protect from radiation damage



\$29ea
60 capsules

DIRECTIONS: Adults: Take one capsule every second day.
Children under 14: Take one capsule every third day.
Always read the label and use only as directed.



BENEFICIAL FOR SKIN, HAIR & NAILS

We all know how good omega oils are for the skin. Evening primrose oil has been called the most sensational discovery since vitamin C. If you have cracked heels and rough feet, then this is for you. It makes your skin soft and your hair shiny and manageable.

\$31ea 90 capsules



REDUCE STRESS AND MANAGE YOUR APPETITE

By supporting the generation of serotonin, 5-HTP can have a relaxing and calming effect, promoting a feeling of well being. It can also help you manage food cravings and support weight management.

\$34ea 90 capsules

Boron & Selenium

A high quality, organic chelated mineral blend.



\$39ea
60 capsules

Boron is an important mineral for bone and joint health, but is lacking in our New Zealand soil. Selenium is a powerful antioxidant that also neutralises mercury toxicity in the body, supports prostate health and fades brown skin spots.

DIRECTIONS: Take one daily, preferably with an evening meal.



Normal prostate health and urinary flow

An all natural, full spectrum cranberry powder, that supports normal prostate function in men and normal urinary flow/urinary tract health in both men and women.

As men age, lower urinary tract problems and prostate related issues can affect their quality of life. We have sourced a quality North American cranberry powder (Vaccinium macrocarpon) which is not only unique as it uses the entire cranberry plant, but also has a gold standard clinical study to support it.

Many other products use powder that is reconstituted from cranberry juice which means some of the key parts of the plant are not provided.

A common supplement for men's health is saw palmetto. However, a recent study undertaken by the US National Centre for Complementary and Alternative Medicine showed that saw palmetto did not work any better than a placebo.

While a 250mg daily cranberry dose was beneficial, 500mg daily showed an even greater benefit, so we have used the higher dose in our capsules. No other additives, capsulating aides or fillers are used, just pure cranberry powder.

While this specific cranberry ingredient has been optimised for men's health, the health benefits to the urinary tract for both men and women, is well proven.

Researchers believe that cranberries discourage bacteria from sticking to the urinary tract walls.

Benefits

- Assists in normal urinary flow/urinary tract health in both men and women
- Supports normal prostate function in men

DIRECTIONS:

Take one capsule daily.



\$35ea
60 capsules

Natural youth hormone

DHEA is a natural 'feel alive' hormone, made by glands in your body. It is the most abundant hormone in your body, in your youth.

DHEA peaks around the age of 25 and then steadily declines, more rapidly after the age of 35 in both men and women. As it declines, so does your youthful vigour, mental focus and clarity of mind.

Our pure DHEA is made from a natural plant extract

A natural extract from the Mexican yam plant is modified to produce an exact copy of natural DHEA.

Our 7-Keto variety of DHEA, has been further modified so as not to affect the stability of the sex hormones like the pharmaceutical version. DHEA 7-Keto retains full effectiveness in all other regards - youthful energy, enthusiasm, clarity of mind and mental focus.



\$39ea
60 capsules

DIRECTIONS: 25 to 35 years of age, one capsule every second day. Over 35 years of age, one capsule daily. Not generally required for people under 25 years of age.



Sunburn relief and soothes skin irritations

\$14ea 50ml

\$20ea 100ml



Repairs irritations and revitalises your skin

\$16ea 50ml

\$22ea 100ml



Manage common sun spots

\$25ea 50ml

\$39ea **MULTI BUY**

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

Turn Back Time

A revolutionary inside-outside skin treatment for younger, smoother looking skin

Liquid CoQ10 and marine collagen for outside and water soluble CoQ10 and bioflavonoids for inside.

Turn Back Time cream contains powerful active ingredients in a natural moisturising base to soothe and improve your skin.

Turn Back Time capsules contain the most important ingredients to combat the appearance of ageing.



\$59

Purchase a Turn Back Time Combo for \$59 and save \$19 off the individual product prices.



Clear skin starts from within

Studies indicate that excess oil production by the body, causes a build up behind the pores, causing pimples and acne. Treating it topically (with creams) is not always effective.

Skin Clear contains the full range of B vitamins and vitamin C to support the healing of the skin.

DIRECTIONS: If taking blood thinning medication please discuss this with your health care professional.



\$39ea
120 capsules

Triple strength Omega 3 Fish Oil for brain and artery health



\$29ea
200 capsules

- ✓ Healthy cholesterol levels
- ✓ Heart and artery health
- ✓ Joint health and mobility
- ✓ Emotional well being

Our Omega 3 Fish Oil capsules contain 570mg of responsibly sourced omega 3 oil. For those that like the technical information that is at least 300mg of EPA, 200mg of DHA and 70mg of the other Omega 3 oils.

The highly concentrated soft gel fish oil capsules come from responsibly sourced fish stocks, with the fish oil suppliers

operating within the global standards (IFFO). They use the latest refining technology to ensure much lower fat and calories than regular fish oil.

Importantly, the level of omega 6 is low, less than 60mg, making this an excellent supplement to raise your omega 3 levels and improve your crucial omega 3/omega 6 ratio.

The ratio of omega 6 to omega 3 is important. For good health we should ideally have less than nine parts omega 6 to one part omega 3. However, the current New Zealand average is estimated to be around 16 parts omega 6 to one part omega 3. This is because omega 6 is found in a lot of food whereas omega 3 is much harder to obtain from our diet.



RealSalt Refill

\$23ea 737g pouch

\$28ea **MULTI BUY**

283g shaker and refill combo



RealSalt Shaker (Original)

Mineral rich, pure sea salt from Utah in a convenient salt shaker.

\$10ea 283g shaker



RealSalt Shaker (Seasoned)

Mineral rich, pure sea salt from Utah with added organic herbs and spices.

\$16ea 234g shaker



RealSalt Shaker (Garlic)

Mineral rich, pure sea salt from Utah with added organic garlic flavouring.

\$16ea 234g shaker

Boost your antioxidant levels

Our new Cacao Tea contains high levels of antioxidants and with barely a trace of caffeine it won't keep you awake.

\$19ea
30 tea bags



Gluten Free



Organic



99.9% Caffeine Free



GMO Free

From one of the most unspoilt environments in the Pacific Islands, this cacao is grown in the nutrient rich soil of the Solomon Islands, then gently ground and bagged here in New Zealand.

As one of the highest food sources of antioxidants and with barely a trace of caffeine, it is a great drink for anytime of the day or night.

The cacao is single origin and dairy free, nut free, gluten free, soy free, GMO free and refined sugar free. Free of everything but a wonderful aroma, healthy benefits and a great taste. Cacao is also vegan and kosher friendly.

Rich in proanthocyanidins

These are very powerful antioxidants that remove harmful free oxygen radicals from cells. Studies indicate that

proanthocyanidin levels are 20 times higher than that of vitamin C and 50 times higher than vitamin E.

Low in caffeine

With barely a trace of caffeine (0.1%) it makes a great bedtime drink. Green tea (and other teas) have higher levels of caffeine, more than you may realise.

OUR MISTAKE IS YOUR GAIN

We've ordered too many gift packs, so our bulk buying savings are being passed on to you.

Try the original RealSalt and the three different organic flavours in this small shaker wooden gift pack. Perfect for the caravan or bach. A great and healthy gift.

\$29ea

SPECIAL

Usually **\$39ea**



FOR MORE INFORMATION CHECK OUT WWW.HEALTHHOUSE.CO.NZ

Health House
Private Bag 12029,
Tauranga 3143, New Zealand

New Zealand
Permit No. 193050

Permit

ORDER FORM AND PRICE LIST

Prices valid until 28 February 2018



CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
5-HTP (90 capsules)	\$34		\$
7 - Day Iron (25 capsules)	\$29		\$
Aloe Vera Gel (50ml tube)	\$14		\$
Aloe Vera Gel (100ml tube)	\$20		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$16		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$22		\$
Bone Health (60 capsules)	\$43		\$
Boron and Selenium (60 capsules)	\$39		\$
Cacao Tea (30 herbal tea bags) New	\$19		\$
CAA - Multi (60 capsules)	\$45		\$
CAA - Multi Iron free (60 capsules)	\$45		\$
CAA - Multi Sulphur free (60 capsules)	\$45		\$
Carnitine (60 capsules)	\$28		\$
Colloidal Silver Cream (100ml tube)	\$28		\$
Colloidal Silver Gel (250g tub)	\$39		\$
Colloidal Silver Gel (50ml tube)	\$21		\$
Colloidal Silver Gel (100ml tube)	\$24		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$35		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$28		\$
Colloidal Silver Liquid Spray (100ml)	\$15		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum Powder (100g tub) (NZ Only)	\$49		\$
Colostrum Powder (100g tub) (NZ Only) 2 OR MORE	\$39		\$
Complete C (100g powder)	\$35		\$
Complete C Tablets (200 chewable tablets)	\$35		\$
CoQ10 - Omega3 (60 capsules)	\$49		\$
Coral CAA (60 capsules)	\$45		\$
Cranberry (60 capsules)	\$35		\$
DHEA 7-Keto (60 capsules)	\$39		\$
Easy-Lax (100 capsules)	\$35		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$31		\$
Eye Health (60 Capsules)	\$45		\$
Garcinia (60 capsules)	\$29		\$
Harmony (60 capsules)	\$34		\$
Healthy Joints (90 capsules)	\$66		\$
Healthy Joints (180 capsules)	\$99		\$
Healthy Joints (180 capsules) 2 OR MORE	\$89		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Helpfee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helpfee - My Jeans have Shrunk (30 capsules)	\$20		\$
Helpfee - Poop like a Trooper (30 capsules)	\$20		\$
Helpfee - What Happened Last Night? (30 capsules)	\$20		\$
Immunity Support (60 capsules) - New formulation	\$29		\$
Immunity Support (60 capsules) - Old formulation - Special 2 for \$50	\$50		\$
Kelp (60 capsules)	\$29		\$
Liver Cleanse (60 capsules)	\$33		\$
Maca-X (60 capsules)	\$33		\$
Magnesium (60 capsules)	\$29		\$
Magnesium (180 capsules)	\$49		\$
MSM Sulphur (180 capsules)	\$42		\$
Omega 3 Fish Oil (200 capsules)	\$29		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$119		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$113		\$
Pain-Eze (50ml tube)	\$21		\$
Pain-Eze (100ml tube)	\$29		\$
pH Test Strips (5 packs of 10)	\$15		\$
Potion No. 9 (60 capsules)	\$40		\$
Prepare (100 capsules)	\$32		\$
Probiotic Multi 9 (60 capsules)	\$39		\$
Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$35		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Seasoned (234g)	\$16		\$
RealSalt Wooden Gift Box Special	\$29		\$
Relax (60 capsules)	\$31		\$
Restore (100 capsules)	\$32		\$
Rubeeven (30ml pump)	\$35		\$
Salicylic Acid Gel (50ml tube)	\$25		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$39		\$
Silver Rods (pair)	\$48		\$
Skin Clear (120 capsules)	\$39		\$
Sunscreen (50ml tube) Special - May 18 expiry - while stocks last	\$14		\$

MORE PRODUCTS OVER PAGE

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Sunscreen (100ml tube) Special - May 18 expiry - while stocks last	\$21		\$
Sustain Fruit + Protein (80g)	\$21		\$
Sustain Fruit + Protein (200g)	\$35		\$
Sustain Veggie + Protein (80g)	\$21		\$
Sustain Veggie + Protein (200g)	\$35		\$
Sweet Stevia Tablets (200 tablets)	\$22		\$
The Ultimate Workout Range for Women Starter Kit Special	\$79		\$
The Ultimate Workout Range for Women Starter Kit Special 2 OR MORE	\$69		\$
Throat Spray (100ml)	\$29		\$
Turmeric (60 capsules)	\$39		\$
Turn Back Time Capsules (60 capsules)	\$39		\$
Turn Back Time Cream (50ml tube)	\$39		\$
Turn Back Time Combo (50ml cream and capsules)	\$59		\$
Ultimate Cleanse kit (410 capsules)	\$99		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$85		\$
Vitamin B5 (90 capsules)	\$33		\$
Vitamin B Complex (60 capsules) New	\$35		\$
Withania (60 capsules)	\$35		\$
Yerba Maté Tea (30 herbal tea bags) New	\$19		\$
Yerba Maté Tea (30 herbal tea bags) Old packaging special buy one get one free	\$19		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$



FOUR OR MORE PRICING

Purchase four or more of any products with the blue icon and you will automatically save \$20. You can pick or choose, they do not all need to be the same product. If purchasing via the web, the discount will be automatically applied to your order. Please note an Optimum Health Triple Pack counts as a single item towards the four or more discount.

Easy Way to Stop Smoking Clearance special while stocks last	\$18
Everything you need to know about Colloidal Silver	\$19
Heal your Eye Problems	\$19
Laugh with Health	\$24
Laugh with Health Special 2 for \$40	\$20
New Zealand's Greatest Doctor, Ulric Williams	\$17
Should I take...Probiotics?	\$19
Stay Healthy by supplying what's lacking in your diet New Year Special	\$20
Stay Healthy book + bonus Laugh with Health Book	\$25
Stay Healthy book + bonus Which Natural Remedies book	\$25
Which Natural Therapies Should You Try?	\$21



I have bought four or more of the icon products

- \$20

Deduct any loyalty rewards shown on your last invoice \$

Please tick your preference

No signature required

Signature required (Sorry, not rural delivery)

TOTAL \$

CUSTOMER ID

Name

Address

Phone

Post code

Email We will send you an email to let you know when your order is dispatched.

Credit Card Number

Cheque Visa Mastercard Exp. date / Security code



Your credit card details are fully protected by New Zealand's largest online credit card service.

HOW TO ORDER

FREE PHONE

NZ 0800 140 141 - AUS 1800 140 141

Other countries call +64 7 543 0491

Operators available 24/7 - 365 days

FAX NUMBER

0800 140 142 (NZ) International Fax +64 7 530493

DIRECT BANKING

STEP 1: Call us to place your order.

STEP 2: Deposit payment into Westpac bank account 03 1548 0039888 00.

Use your customer ID as the reference. As soon as your payment shows, your order will be dispatched.

[VISIT OUR WEBSITE](http://www.healthhouse.co.nz)

www.healthhouse.co.nz

VISIT OUR SHOP

1 Whakakake St, Tauriko, Tauranga.

OPEN FIVE DAYS A WEEK Mon - Fri 8.30am - 4.30pm.

FREEPOST

Fill out this order form and send to:

Freepost Authority Number 206782

Health House, Private Bag 12029, Tauranga 3143

Include your cheque or credit card details.