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IN NEW ZEALAND



Health House

Quality, natural health products since 1986

JUL/AUG 2018

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60 DAY MONEY BACK GUARANTEE

NEW LARGER TURMERIC TUB NOW AVAILABLE

see page 3



WITH 95%
bioavailable
curcumin



Pg19

ARTICLES

- DAVID - Sleep - the number one healer p4
- SHAUN - Vitamin A p13
- NADIA - Menopause p9 and p11
- DENISE - Exfoliation at home p7

MITCHELLS BONE BROTH

We have negotiated a special deal especially for Health House customers. Be quick as this is for a limited time.

TAPS PP2417



WHAT'S NEW

Proudly 100% New Zealand Owned

Normally I write about the great new products (like the large bottle of Turmeric and Mitchells Bone Broth) and the great articles (like David's sleep one), but unfortunately this time I need to address pricing.

We understand that things are tough out there and a lot of prices are going up (like fuel).

We always try to make sure our products are as affordable as possible.

We have avoided increasing our prices for as long as possible. But with the increase in minimum wage (which meant we increased all wages), along with the large increases in ingredient, packaging and postage costs means, I had no choice but to revisit our pricing. We hope that you will understand.

We have not put up the price of CAA or Probiotics since 2011 or the Optimum Health Triple Pack price since 2013. The increase is going to affect most products, will be around 5% and will apply from 1st September 2018.

Kind regards

Mike Coory

Director

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Unlike any salt on earth

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Healthy Reading

- Stay Healthy by supplying what's lacking in your diet **\$25** or two for **\$20ea**
- 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**



PRICE CHANGES IN SEPTEMBER

We always try to keep prices as low as possible but due to the many cost increases happening we have to increase our prices. From 1 September 2018 there will be an increase of approximately 5% on most products. You might want to take this opportunity to save some money and stock up now.



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.

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 have sourced a specially formulated, 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.

\$99ea 180 capsules **New**

\$39ea 60 capsules



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 and apply to all purchases from May 2015

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.





Sleep - the number one healer

Readers have written to me for help with their health problems for 30 years now – ever since I first published my book “Stay Healthy by Supplying What’s Lacking in Your Diet”.

These health queries can be complex and require additional research into their causes and natural remedies, but they have helped me greatly in improving my book. I am now working on the 11th edition.

I’m not a medical doctor, but my years of studying nutrition and natural health enable me to make suggestions that I hope will help my readers. I like to ask the person to send me feedback on their results and most times I receive heart-warming and highly useful accounts of their success.

When feedback is not as hoped, I’ll then ask them the question, “How are you

sleeping?” In almost every instance the reply has been “Not very well” or words to that affect.

Without sound sleep we remain unwell

It is clear to me that when our body does not respond to sound nutrition, the problem is nearly always the lack of quality sleep and/or ongoing stress as the two are often linked.

So, in a nutshell, we will never properly heal a long standing health problem until we achieve deep, restful sleep on a regular basis. It’s only during restful sleep that our body heals itself.

This rule is becoming widely obvious as more sleep research is being carried out. Researchers are discovering direct links to poor sleep for virtually every modern health disorder known to man. The latest list of reported disorders would just about fill this page.

Even one hour less sleep soon affects our health

Studies reveal that even just one hour less sleep than normal will soon begin to seriously affect our health, and also cause cosmetic symptoms such as drooping eyelids, red eyes, dark under eye circles, pale skin, brow wrinkles, etc.

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.

New Zealand's most popular and easy to understand health book (over 88,000 copies sold)

\$25ea



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

- Complete mineral and vitamin blend
- All the benefits of CAA - Multi and the benefits of coral calcium
- Great for lighter people and children
- High quality coral calcium

\$45ea 60 capsules

DIRECTIONS: Take two capsules per day. Always read the label and use only as directed.

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



AGE GROUP	HOURS OF SLEEP NEEDED FOR HEALTH
Newborns (0 to 3 months)	14 to 17 hours
Infants (4 to 11 months)	12 to 15 hours
Toddlers (1 to 2 years)	11 to 14 hours
Preschoolers (3 to 5)	10 to 13 hours
School-age children (6 to 13)	9 to 11 hours
Teenagers (14 to 17)	8 to 10 hours
Adults (18 to 64)	7 to 9 hours
Seniors (65 and older)	7 to 8 hours

In a recent 'Daylight Saving Effect' study, Dr Matthew Walker, director of Berkeley's Center for Human Sleep Science, reported that losing one hour of sleep a night saw a 24% increase in heart attacks. Where as gaining one extra hour of sleep saw a 21% decrease in heart attacks.

Our mental health is equally seriously affected by being sleep deprived. Studies show that our ability to form new memories and learn new things drops by around 40%.

Researchers also report they've been unable to find a single mental illness in which the subject's sleep is normal.

The tragic part of sleep deprivation is that we're usually not aware we are below par. As a writer, when I edit the writing I've done after a disturbed sleep, I invariably find careless mistakes.

Do sleeping pills help?

Pharmaceutical sleep medication is not the long term answer to sleep problems, in fact they are quite the opposite. Recent studies are finding alarming figures. Men and women who regularly take sleep medication have a 35% higher risk of common cancers and are nearly four times as likely to die, from any cause, as non-users.

Secrets to a sound sleep

So how do we achieve healthy sleep? First, we should have only a light evening meal (lunch is ideally our main meal) and no food or drink other than water, after 7pm. This promotes deep, healing sleep by ensuring that our blood sugar levels and our body temperature are not too high, keeping our brain activity low during sleep. A large meal before bed can quickly put us to sleep, but the resultant rise in blood sugar, body temperature and increased brain activity will soon awaken us, or result in unsettling dreams.

Mineral supplements and some foods can help

The minerals in Health House's CAA - Multi and Bone Health support a deep restful sleep, so a good time to take these supplements is with or just after your evening meal. On the other hand, CoQ10 and for some people magnesium can be stimulative, so take these earlier in the day. Oranges, pears, bananas and milk, in moderation, can also promote sleep.

Our sleep hormone melatonin is vitally important

The ideal time to reach a deep stage of sleep is as soon as possible after turning the lights out, when our melatonin is at its peak. Melatonin is the sleep hormone made by our body, but as we age our body often produces less. When this is the case, the natural supplement 5-HTP can help greatly in regulating melatonin levels, but it usually takes a week for full effect. Taking just one capsule two hours before bed may be enough, but some people may need two a day. If so, take the second capsule in the morning.

We should also sleep with a bedroom window open, sufficiently wide enough to ensure adequate fresh air.

You might want to also check out my earlier article in the March-April 2016 catalogue titled "How to sleep all night without getting up to go to the toilet." Just type "sleep" into the search box of our website and click on the 'Articles' tab.



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.



Supplement pack for travellers

Boost your defences against ills and chills, settle stomach queasiness and travellers' bowel upsets. Help manage stress and support normal sleep patterns for that perfect trip.



STOMACH

Deal with dietary changes, bowel issues or queasiness.

Prebiotic (55mg), nine strains of probiotics (4 billion), encapsulation aids.



IMMUNITY

Defend against ills and chills with this immunity boost.

Vitamin C (500mg), zinc (13mg active), encapsulation aids.



SLEEP AND STRESS

Support normal sleep and the stresses of travelling.

Magnesium (300mg), vitamin B complex (475mg) includes B1,2,3,5,6,9 and 12.

Take the contents of one compartment (3 capsules) each day you are travelling, with food, for that perfect trip.



\$25ea 7 day pack

\$39 **MULTI BUY**

Buy two 7 day packs and save \$11

Reduce stress and manage your appetite



5-HTP (5-Hydroxytryptophan) is a naturally occurring amino acid made from seeds of the plant *Griffonia simplicifolia*, that supports the production of serotonin in the brain.

Serotonin is neurotransmitter generally thought to be the contributor to feelings of well being and happiness, along with regulation of mood, appetite and sleep.

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 manage food cravings and support weight management.

Because 5-HTP is thought to support normal serotonin levels, it may support normal sleep patterns.

This allows you to wake up refreshed every morning with a relaxed calm and

cheerful outlook on life. It is best to take 5-HTP on an empty stomach at least half an hour before meals or two to three hours after a meal.

However, some people may find that taking 5-HTP on an empty stomach makes them feel a bit queasy, if this happens we recommend you take it with food.

DIRECTIONS: Take between two and four capsules per day.

Always read the label and use only as directed. Do not take if you are currently on medication for depression, a neurological condition, or if you are pregnant. If symptoms persist or you are on prescribed medication, please see your healthcare professional.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
5-HTP (5-Hydroxytryptophan)	75mg	75mg
Encapsulating aids		

\$34ea 90 capsules

Benefits

- Feelings of well being
- Relaxing and calming effects
- Helps manage food cravings
- Support for weight management
- Supports the production of serotonin in the brain

“I take 5-HTP and Magnesium before going to bed and sleep beautifully.”

Valerie, Whanganui



Supports physical and mental rejuvenation

Withania is a powerful herb that supports physical and mental rejuvenation and is revered for bringing optimum health into the elder years. It is particularly helpful in convalescence for restoring energy after illness.

One of the best herbs for dealing with stress, it has a calming effect on an overworked nervous system and supports energy levels without being overstimulating.

\$35ea
60 capsules



How to support joint health naturally

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

\$66ea 90 capsules

\$99ea 180 capsules

MULTI BUY

\$89ea

Buy 2 or more Healthy Joints 180 and save \$20



Exfoliation at Home



Exfoliation is removal of top skin cells that have finished their working life and need to go. It will depend on your type of skin and the method chosen as to how often exfoliation should ideally take place.

As we age skin cells renew much more slowly, so exfoliation becomes more important so new cells can freshen your complexion.

Skin cells are constantly moving up and through each layer of our skin - renew, renew, renew. To gently enhance this process is a simple way of keeping a youthful brightness to your skin. There are a huge number of products on the market, but sadly a lot of these have some nasty ingredients and preservatives (e.g. parabens). Like packaged food, shelf life is important, so you often see more than one paraben in commercial products. Parabens have been identified in human breast tumours.

There are many ingredients in your pantry that can easily make up a beautiful exfoliant.

It is best to start gently, especially with facial skin. Never scrub your face and be aware of your age and the state of your skin as you do not want to aggravate or irritate it. Body exfoliation will enhance your skin health as well as facial exfoliation.

Sugar can be a good base for an exfoliant, however it can be too harsh for some sensitive skins as anything excessively grainy will scratch. Salt can also be used, however be aware that if

you have any cuts or scratches on your body you will know about it, because the salt will sting.

Include oat bran or whole oats in your regime if your skin is itchy. Oat bran is not as messy as whole oats. Oats can soothe and soften irritated skin, use them in a bath or as a compress. Mix equal amounts together with a cold pressed vegetable oil such as olive or almond oil for your body, or use finer oils such as jojoba or walnut for your face.

If you need an invigorating lift, mix together a few drops of rosemary and bergamot essential oils and rub all over your body in the shower. If life is busy and you feel you have no time for moisturising after, be generous with the amount of oil and your skin will feel amazing afterwards. If you are too heavy handed with the oil be aware you can ruin clothes, so find the correct amount for you.

Any of your favourite essential oils can be used but take care and adopt drop dosing (start with a few drops only and mix with a carrier oil), as the essential oils are the most potent part of the plant.

Lavender is calming and soothing on nerves and skin.

Bergamot is also calming and an excellent choice for anxiety, but not if going in the sun as it can cause photosensitivity.

Patchouli is wonderful for mature skin.

Rose oil is the most expensive essential oil because so many petals are needed for just one drop, however it is the ultimate oil for ageing skin. With the cost involved with rose oil it is probably not going to be included in your

exfoliation blend, it is best to use it afterwards to reap the ongoing benefits.

Tea tree/Manuka is a great option if acne is of concern. Do not use any harsh exfoliation (oats may be the best option) and while tea tree is not the most pleasant fragrance, it has superb anti-bacterial activity.

Papaya is a fruit that has a high enzymatic action that can help with exfoliation. When it is in season find a relaxing time, mash up some ripe papaya with honey, apply to a cleansed face and relax for 15-30 minutes. The enzyme 'papain' provides a gentle exfoliation and is complimented with the moisturising anti-bacterial action of the honey. If it drips onto your lips as you are relaxing, you can just lick it and enjoy. Avoid the eye area.

A face cloth can also be considered an exfoliation if not used too harshly. Any scrubbing of course will be irritating. Fine lines, wrinkles and broken capillaries can be aggravated more than soothed if not treated with kindness.

While exfoliation has a place in our wellness regime, use with care and develop a routine that suits your type of skin.



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.

A high quality, organic chelated mineral blend

Boron

Boron is an important mineral for bone and joint health, but is lacking in New Zealand soils. CAA - Multi contains 2.5mg of boron which is sufficient for most people. However, some people require up to 9mg a day to support joint health and mobility, making this a great way to boost your boron levels.

Selenium

Selenium is a powerful antioxidant. It also neutralises mercury toxicity in the body, supports prostate health, and fades brown skin spots. Selenium, an essential trace mineral, is good for your health and may help protect the body from the poisonous effects of heavy metals and other harmful substances.

\$39ea
60 capsules
Take one daily, preferably with an evening meal.



NATURE'S BEST SOURCE OF IODINE

- ✔ An overall health tonic
- ✔ Especially rich in iodine
- ✔ Supports a healthy thyroid



\$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



Promotes easy, regular bowel movements

Containing five herbs proven to be beneficial to the bowel. Easy-Lax works gently over a 12 hour period reducing wind, lubricating the colon and promoting a softer more regular motion.

\$35ea 100 capsules

DIRECTIONS: Take one or two capsules daily with a glass of water after your evening meal. Do not use if pregnant or while breast feeding.

Give your liver a helping hand with milk thistle, vitamins and minerals



\$33ea
60 capsules

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



Menopause

Menopause is defined as the time in a woman's life when her menstrual periods stop permanently, however peri-menopause, or the time leading up to this change can be equally as difficult with a range of unpleasant symptoms to contend with.

Symptoms during both menopause and peri-menopause may include hot flashes, night sweats, vaginal dryness, low libido, menstrual changes, headaches, fatigue, insomnia, mood swings, anxiety and depression, sleep problems, breast tenderness, weight gain, joint pain and irritability.

These symptoms are due to a natural decline in oestrogen as the ovaries slow down their production of hormones as we age. For some women, this can happen as early as in their thirties; however the majority of women will experience this between their late forties and early fifties.

At the time these symptoms can feel uncontrollable and difficult to manage, however it is possible to make the transition a little easier.

Tips for a comfortable menopause

- Regular exercise keeps your metabolism functioning, boosts your mood and can help with weight gain. Regular weight bearing exercise will also help to prevent osteoporosis, which becomes a higher risk to post-menopausal women
- Eat a nourishing anti-inflammatory diet rich in essential fatty acids. These help to support healthy brain function and memory, as well as helping to regulate oestrogen levels
- Avoid unnecessary sugars, caffeine, nicotine and alcohol, which can all exacerbate menopause symptoms

- Manage stress levels. Stress and poor adrenal health is a key indicator for a difficult menopause, so managing both physical and emotional stress is important
- Good digestion and liver health ensure that hormones and nutrients are being metabolised efficiently
- Herbal supplements to manage stress and other symptoms

Hormone replacement therapy (HRT), which is occasionally prescribed by doctors for menopause, is being recommended less frequently than it used to be due to the increased risk of heart attacks, strokes and some forms of cancer to patients. Now, anti-depressants seem to be prescribed more frequently for management of menopausal symptoms, which comes with its own set of concerns.

Herbs for menopause

Shatavari is an adaptogenic herb (manages both physical and emotional stress) that is mainly used in ayurvedic medicine for women. It is known as 'Queen of the Herbs' and is used during menopause to provide support for symptoms such as vaginal dryness, temperature balance and sleep as well as promoting a healthy libido. It is also a wonderful herb for managing stress levels and maintaining good digestion.

Maca is also an adaptogenic herb and is particularly used to support balanced oestrogen levels in the body. It can be used during menopause to balance

temperature and to help regulate emotions. It also helps to boost energy levels and reduce stress.

Studies show that black cohosh is effective at supporting symptoms such as temperature balance, sweating and mild mood balance. When coupled with St John's wort, the combination had an even stronger effect on mood balance in a group of over 6000 women. Due to a large number of potential pharmaceutical interactions, St John's wort should be used with caution. If taking black cohosh, it is important to get a high quality product from a naturopath or herbalist as some inferior products have reportedly caused liver damage in some consumers.

Everyone experiences menopause differently, and many contend with some symptoms but not others. If you are struggling through a difficult menopause, consult with a naturopath who will be able to get you on the right track and prescribe the correct herbs to give you relief.



ABOUT THE AUTHOR

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

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 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



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.

Reduce stress and support a deep restful sleep

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

\$31ea
60 capsules



Which product should I choose for menopause support?



There are a number of natural treatments such as herbs, nutritional therapy and acupuncture that can support menopausal balance and comfort and make for a smoother transition to the next stage of life, without the serious side effects that can come with other treatments.

Maca-X

Maca is a Peruvian herb that is well known for its adaptogenic properties (meaning, it can help the body adapt to stress, both physically and emotionally). It is also known to support fertility, sex drive and boost energy and stamina in both sexes.

Harmony

Harmony contains the same strong maca ingredient as found in Maca-X, however it also contains the herb shatavari, as well as boron and vitamin D. Shatavari can provide support for vaginal dryness, temperature

balance and sleep, promote a healthy libido, manage stress and encourage good digestion. Vitamin D and boron are important additions that work together to promote healthy bones.

Potion No.9

Potion No.9 also contains maca, as well as horny goat weed, damiana, tribulus, zinc and selenium.

This product has been formulated particularly to support a healthy libido (in woman as well as men) as well as supporting hormonal balance.

Relax

This product supports a peaceful relaxing sleep and will soothe your worries, help you to stay calm and may help other related symptoms.



ABOUT THE AUTHOR

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



Help manage your appetite and food cravings

\$29ea 60 capsules



Help your body burn calories

\$28ea 60 capsules



Aloe Vera Gel

\$14ea 50ml **\$20ea** 100ml

Salicylic Acid Gel

\$25ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$39ea **MULTI BUY**

Aloe Vera Gel with Colloidal Silver

\$16ea 50ml **\$22ea** 100ml



Low calorie, natural sweetening tablets for hot and cold drinks

\$22ea 200 tablets

Boost your immunity

Four powerful herbs and two powerful nutrients

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.

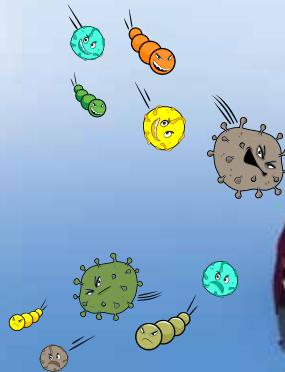
Olive leaf contains compounds that have demonstrated potent immune supporting and antioxidant properties.

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.

\$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.



Convenient chewable tablets

Made from our Complete C Powder, these tangy orange flavoured tablets contain three different forms of 100% absorbable vitamin C, each designed to complement the others and avoid stomach irritation.

\$35ea 200 tablets

Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

- ✓ Fewer ills and chills and faster recovery
- ✓ Supports the production of collagen
- ✓ Helps keep your skin supple and elastic
- ✓ Assists the body to expel waste and toxins

\$35ea

100g powder

DIRECTIONS: Adults: ¼ to ½ teaspoon daily.
Children: Half the adult dosage. Stir into water or juice.



Vitamin A



Vitamin A is involved in the immune system, vision, reproduction, and cellular communication. Perhaps its most important role is in helping with our vision - it is an essential component of rhodopsin, a protein that absorbs light in our eyes.

There are two forms of vitamin A that can be obtained from our diet.

1. Preformed vitamin A (retinol) found in food from animal sources, including dairy products, fish and meat. Levels are particularly high in animal livers, hence the popularity of cod liver oil supplements.
2. Provitamin A (carotenoids), the most important being beta-carotene, are plant pigments which the body can convert into active vitamin A compounds. Food sources of these include leafy green vegetables, orange and yellow vegetables, tomato products and fruit.

The Recommended Dietary Allowance (RDA) is around 700mcg for adult females, slightly more for males at around 900mcg and slightly less for children at around 400mcg.

Vitamin A deficiency is rare in developed countries but common in developing countries, and health consequences from deficiency most often become apparent during periods of high nutritional demand ie. during infancy, childhood, pregnancy, and lactation. The main health consequences are a greater severity of infections when they occur and an increased risk of blindness.

Everyone knows that carrots are important for vision as they contain a lot of vitamin A in the form of beta-carotene. Vitamin A supplements can

reverse poor vision in people with a vitamin A deficiency. The widespread belief that carrots are good for our vision and particularly our night vision can be traced back to British propaganda from World War II. RAF night fighter John Cunningham, nicknamed "Cat's Eyes", racked up 20 kills, 19 of which were at night and the British put out information that it was due to all the carrots he ate, to mislead the Germans.

Vitamin A has been shown to be effective at reducing the risk of developing advanced age-related macular degeneration (AMD) when it is taken as part of a cocktail of supplements called AREDS which contains vitamin C, vitamin E and beta-carotene.

In a large study, the results were that the combination of the AREDS formula with zinc and copper reduced the risk of developing advanced AMD by 28%. Taking just zinc and copper reduced it by 25% and AREDS alone reduced the risk by 20%. Quite high doses were used in the study (vitamin C 500mg; vitamin E 400IU; beta-carotene 15mg; zinc oxide 80mg; and cupric oxide 2mg), higher than are typically found in a standard multivitamin product or even in a good diet.

Because vitamin A is fat soluble, the body stores excess amounts, mostly in the liver, and these levels can accumulate and so there is potential

for harm from taking too much. This is called hypervitaminosis A and chronic intakes of excess vitamin A can lead to increased intracranial pressure, dizziness, nausea, headaches, skin irritation, pain in the joints and bones, coma and even death. This is rare of course and is usually due to consuming too much of the preformed vitamin A, (not from the plant based beta-carotene form). With chronic excess intake of vitamin A, the resulting liver damage may not be fully reversible.

The symptoms of hypervitaminosis A can also occur acutely if there is a sudden very large intake of vitamin A from animal sources. An example of this was published as a case report in a 1942 journal article. A group of Arctic explorers ate polar bear liver - some of the group ate small amounts without any problems, but others who ate more suffered from stupor and headaches, and then their skin peeled off. The indigenous people of the Arctic know not to eat polar bear liver for this reason.



ABOUT THE AUTHOR

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

High quality, easy to digest iron for increased energy

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 clear mind
- An alert quick brain
- Strong bones and muscles
- Increased energy
- Natural weight management

\$29^{ea} 25 capsules

DIRECTIONS: Take one capsule weekly between meals. Do not take within 70 minutes of drinking tea, coffee or taking a calcium supplement.



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

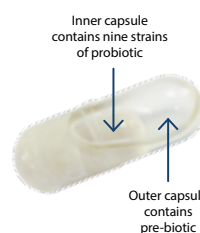
Optimum health begins in your bowel

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.



Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE



Keep calcium in your bones

Bone Health provides the correct balance of the four bone nutrients, (calcium, magnesium, vitamin K2 and vitamin D3) required to keep calcium in your bones and out of your arteries.

\$43ea 60 capsules



Supports 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.

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

\$49ea
60 Capsules

If taking Warfarin or any other blood thinning medication please discuss this with your health professional.
EPA 270mg / DHA 190mg / Omega 3 (other) 40mg



The most effective multi-mineral-vitamin

We believe that this is the most complete mineral-vitamin supplement on the market.

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

It allows your body to heal itself of numerous health problems by providing all the minerals and vitamins it needs.

CAA - Multi contains the correct balance of the finest quality minerals and vitamins for optimum health and will supply you with half your recommended daily intake (assuming a normal diet).

\$45ea 60 capsules

It is your daily insurance to make sure you have all the minerals and vitamins needed to maintain a healthy life.

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

Available in non-sulphur and non-iron versions



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

A refreshing and 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.

\$19ea
30 tea bags



Boost your antioxidant levels

Our Cacao Tea contains high levels of antioxidants and with barely a trace of caffeine it's 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, health benefits and a great taste. Cacao is also vegan and kosher friendly.

\$19ea
30 tea bags



Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE

Colloidal Silver

Use our scientifically proven Colloidal Silver Liquid to enhance the health of your body. Colloidal Silver Liquid 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 the 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

\$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



1978

The Science Digest publishes an article claiming silver could be recognised as our mightiest germ fighter.



2000's

Silver-copper filters are used in many hospital's hot water systems to control bacterial risks.



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



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

\$39ea 60 capsules

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



A rich all natural moisturising cream with jojoba oil, cocoa butter, shea butter, vitamin E, marine collagen and CoQ10.

\$39ea 50ml



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

\$25ea 30ml pump

SPECIAL

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.

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



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



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.

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



\$39ea
120 capsules



Mitchells Bone Broth

We do some contract manufacturing in our state of the art nutraceutical factory for other natural health customers and sometimes a product with a special New Zealand connection comes along.

Mitchells Bone Broth is made using quality New Zealand grass fed beef bones and New Zealand grown vegetables, slow cooked the traditional way, using a family recipe. This bone broth is New Zealand sourced and New Zealand made. What could be better on a cold winter night than sipping a hot broth with a dash of salt or ginger.

Rob Mitchell is a descendant of the original Mitchells who arrived in New Zealand from Scotland in the early 1900s, bringing with them their traditional bone broth family recipe that has been passed down through generations.

Bone broth is packed full of protein and essential amino acids. Essential amino acids are called 'essential' because the human body cannot manufacture them and must receive them from food. Commonly referred to as the 'building blocks of life' they are absolutely critical for healthy functioning bodies.

Rob has generously allowed us to offer their bone broth powder to Health House customers at a discounted price. But you will have to get in quick, as this promotion will only run for the months of July and August 2018.



\$59ea
(normal RRP \$69 save \$10)
29 servings

Special \$55ea

MAXIMISE YOUR WORKOUT

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

While stocks last



September 2018 expiry

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?



\$29ea
60 capsules

\$49ea
180 capsules

- ✓ Vital for a healthy heart
- ✓ Supports a healthy blood pressure
- ✓ Relaxing and calming
- ✓ Easily absorbed

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 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.
Otherwise as advised by your health professional.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Magnesium Complex 16%	830mg	132mg

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.

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.

NORMAL PROSTATE HEALTH AND URINARY FLOW

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



\$35ea
60 capsules

DIRECTIONS: Take one capsule per day. Always read the label and use only as directed. Do not take with blood thinning medication.

SOOTHE A DRY SCRATCHY THROAT

with our 100% natural spray



\$29ea
100ml liquid

Our all natural pleasant tasting honey based spray. Being non alcohol based it is great for both adults and children.



Natural Youth Hormone

Naturally produced, DHEA declines as you age. DHEA will support your youthful vigour, mental focus and clarity of mind.

\$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. Do not take if pregnant or breastfeeding without first seeking advice from your healthcare professional. Professional athletes should be aware that this substance is listed by the World Doping Agency.

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.

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.

The antioxidants lutein and zeaxanthin are sourced from specially grown marigold flowers. These are necessary in high concentrations for a healthy macular and to help protect the eye from free radical damage.

We obtained the strongest bilberry fruit extract we could find (one hundred times the potency of the fruit). The potency in just one capsule is equal to 12 grams of dry bilberries. This

ingredient is extracted in the USA from plants grown in Europe.

We have included vitamin C, bio-flavonoids, vitamin E and betacarotene, all powerful antioxidants to help maintain the connective tissue found in the cornea of the eye, the capillaries in the retina and support healthy eyesight.

The minerals zinc and copper are important eye nutrients and play a significant role in defending against free radical damage in the macular region, retina and lens of the eye. Eye Health is a comprehensive natural product for your eyes.



\$45ea
60 capsules

Energy boost and stress relief

B vitamins are water soluble so your body does not retain them in your fat stores like minerals and other vitamins.

So although you might get more than enough B vitamins one day, you might be low the next day, depending on your diet.

When your body is stressed or working hard (or over working) it uses a greater amount of B vitamins. Alcohol, sugar and caffeine also deplete the B vitamins from your body.

All B vitamins are sensitive to heat, light, processing, milling, preservatives and cooking. The manufacturing and

preparation of our modern western food also means less of these essential vitamins are available.

When do I need a B vitamin top up?

- In times of stress or tension
- When feeling low in energy
- When needing extra energy especially for sports
- When overworked or doing heavy physical labour



\$35ea
60 capsules

Unlike any salt on earth

Use this ancient, unrefined sea salt from the USA every day and taste and feel the difference.

What's in your salt?

A quick glance at the ingredients of most salts might surprise you! Some contain anti-caking agents, sugar and some have been stripped of their natural trace minerals. RealSalt is unrefined and full of minerals and flavour.

Where does it come from?

RealSalt is an all natural sea salt that comes from an underground salt deposit in Central Utah. The deposit was left there by the pristine ancient sea that covered much of North America, millions of years ago.

\$10ea 283g shaker

\$23ea 737g pouch

\$28ea

RealSalt refill pouch and 283g original RealSalt shaker

MULTI BUY



Benefits

- Rich in colloidal minerals
- Award winning taste
- Imported direct from Utah, USA
- Unrefined, mineral rich sea salt
- Vital for optimum health



RealSalt shaker (Garlic)

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

\$16ea 234g shaker



RealSalt shaker (Seasoned)

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

\$16ea 234g shaker

Triple strength fish oil for brain and artery health

Our omega 3 fish oil capsules contain 570mg of responsibly sourced omega 3 oil.

Benefits

- Emotional well being
- Healthy cholesterol levels
- Heart and artery health
- Support during menstruation/menopause
- Supports a deep restful sleep
- Retains your mental focus
- Supports joint mobility

DIRECTIONS: Take one or two capsules per day.

\$29ea
200 capsules



PH Strips

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

\$15ea (five packs of 10)

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

Pain-Eze contains 11 active ingredients. These are six beneficial plant oils, four liquid plant extracts and a plant based preservative in a natural healthy coconut base.

\$21^{ea} 50ml tube

\$29^{ea} 100ml tube



- ✓ All natural, no chemicals or additives
- ✓ Soothing of ligaments and joints
- ✓ Soothes tired and stiff muscles
- ✓ For bumps, bruises and strains

- 🌿 Comfrey infused oil
- 🌿 Wintergreen essential oil
- 🌿 Arnica liquid extract
- 🌿 Lavender essential oil

- 🌿 Peppermint essential oil
- 🌿 Cayenne liquid extract
- 🌿 Ginger liquid extract
- 🌿 Turmeric liquid extract

- 🌿 Clove essential oil
- 🌿 Tincture of benzoin
- 🌿 Camphor essential oil

DIRECTIONS: Massage gently into the affected area 2 or 3 times daily or as required.

PROVIDING 95% BIOAVAILABLE CURCUMIN

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.

\$99^{ea}
180 Capsules

New!



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 31 August 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)	\$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 (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		\$
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		\$
Helpfee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helpfee - My Jeans have Shrunk (30 capsules) Buy 1 get 1 free - Oct 18 Expiry	\$20		\$
Helpfee - Poop like a Trooper (30 capsules) Buy 1 get 1 free - Oct 18 Expiry	\$20		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Helpfee - What Happened Last Night? (30 capsules)	\$20		\$
Immunity Support (60 capsules)	\$29		\$
Kelp (60 capsules)	\$29		\$
Liver Cleanse (60 capsules)	\$33		\$
Maca-X (60 capsules)	\$33		\$
Magnesium (60 capsules)	\$29		\$
Magnesium (180 capsules)	\$49		\$
Mitchells Bone Broth (29 Servings) Special - limited time only	\$59		\$
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) Buy 1 get 1 free - Oct 18 Expiry	\$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		\$
Relax (60 capsules)	\$31		\$
Restore (100 capsules) Buy 1 get 1 free - Sep 18 Expiry	\$32		\$
Rubeeven (30ml pump) Special	\$25		\$
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)	\$18		\$
Sunscreen (100ml tube)	\$27		\$
Sustain Fruit + Protein (80g) Buy 1 get 1 free - Sep 18 expiry	\$21		\$
Sustain Fruit + Protein (200g) Buy 1 get 1 free - Sep 18 expiry	\$35		\$
Sustain Veggie + Protein (80g) Buy 1 get 1 free - Sep 18 expiry	\$21		\$

MORE PRODUCTS OVER PAGE

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Sustain Veggie + Protein (200g) Buy 1 get 1 free - Sep 18 expiry	\$35		\$
Sweet Stevia Tablets (200 tablets)	\$22		\$
The Ultimate Workout Range for Women Starter Kit Special - while stocks last	\$55		\$
Throat Spray (100ml)	\$29		\$
Travellers Pack (7 day) New	\$25		\$
Travellers Pack (7 day) New 2 PACKS FOR \$39	\$39		\$
Turmeric (60 capsules)	\$39		\$
Turmeric (180 capsules) New	\$99		\$
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)	\$35		\$
Withania (60 capsules)	\$35		\$
Yerba Maté Tea (30 herbal tea bags)	\$19		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
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		\$



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.

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	\$25	\$
Stay Healthy by supplying what's lacking in your diet 2 FOR \$40	\$20	\$
Which Natural Therapies Should You Try?	\$21	\$
Which Natural Therapies Should You Try? & Should I take...Probiotics?	\$25	\$
Special - Buy both for \$25		



I have bought four or more of the icon products

Deduct any loyalty rewards shown on your last invoice \$

Please tick your preference

No signature required

Signature required (Sorry, not rural delivery)

Name

Address

Phone

Email

Credit Card Number

Cheque Visa Mastercard Exp. date

Security code



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

TOTAL \$

CUSTOMER ID

Post code

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

VISIT OUR WEBSITE

www.healthhouse.co.nz

REMOVAL OF FREE FREIGHT TO AUSTRALIA

We apologise but we can no longer offer free freight to Australia, effective 1 July 2018.

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 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.

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