

**FREE DELIVERY**  
IN NEW ZEALAND & AUSTRALIA

# **Health House**

Quality, natural health products since 1986

MAY/JUN 2017

 **0800 140 141**  [www.healthhouse.co.nz](http://www.healthhouse.co.nz)

60 DAY MONEY BACK GUARANTEE

## REDUCE YOUR STRESS LEVELS WITH WITHANIA

The most popular traditional Indian herbal medicine for dealing with stress and restoring energy after illness.

See page 3



### ARTICLES

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- NADIA** - Promote physical and mental health and body rejuvenation P6
- SHAUN** - 5 popular reasons to take vitamin B P8
- DENISE** - The immune system P10

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on his thyroid  
problem  
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### IMMUNITY SUPPORT

Multi buy specials  
for winter  
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P12



TAPS PP9510

# WHAT'S NEW AT HEALTH HOUSE

Dear Customers

Winter seems to have come a bit early this year, or is it that summer never really arrived?

Don't worry we have some great winter specials for you. We have special prices if you bulk buy our Immunity Support capsules (p12) and buy two Colostrum powder tubs to save \$20 (p14).

Now is the perfect time to boost your immune system, read Denise's article (p10) to see how it all works.

Our new website has been up and running for a couple of months and it's great to hear the positive feedback. We have received some suggestions on how to improve it and will be bringing in minor tweaks over the coming months.

BUT please remember to log in so you don't miss out on your loyalty rewards. When logged in you can see your previous orders, reorder the same as last time and click 'my products' to see your personal favourites.

Kind regards

*Mike Coory*

Managing Director

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### Winter special Colostrum

Get 2 for only **\$39ea**



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## 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.

Always read the label and only use as directed.

# Are you wanting to 'bounce back' after illness?

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.

Its well-kept "secret" is a group of natural substances known as adaptogens. Adaptogens (or tonics) help the body adapt to the changes and stress of everyday life. Like a thermostat, they fine tune your body to keep it in balance.

Withania is an Indian (Ayurvedic) herb traditionally used as a calming and rejuvenating tonic and is one of the best adaptogenic herbs.

Commonly referred to as the chief Ayurvedic medicine of India, withania has written records that date back thousands of years. Its unique and powerful properties have earned its reputation as one of the best herbs for dealing with stress. It has a calming effect on an overworked nervous system and also supports energy levels without being overstimulating.

The quality of the plant can vary greatly depending on the growing location and the part of the plant used. Our team have carefully researched and sourced from India, what we believe is the finest quality withania powdered root extract.

It contains 3% withanolides (which are the compounds thought to account for

its unique healing properties). We are excited to be able to make this available to our customers.

Withania is an excellent choice when looking to support energy levels, lift mood, support restful sleep and help recover from any illness.

## Benefits

- Beneficial during times of stress
- Helpful during convalescence
- Normalises energy and mood
- Supports a restful sleep
- Immune system support
- Builds vitality

**\$35ea**  
60 capsules



**INGREDIENTS**  
600mg of Withania extract per capsule, take one per day.

# Loyalty Programmes

## REFER A FRIEND

We appreciate you telling your friends about Health House and we are happy 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 that when they register we know that you 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 DISCOUNT

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. Any questions, or to find out more, please do not hesitate to phone our friendly sales team.

## FIVE EASY WAYS TO ORDER

1. Free phone 0800 140 141
2. Website [www.healthhouse.co.nz](http://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.





# Why we need Silica in our diet

I received an email from a reader of my Stay Healthy book asking "Why is silica not covered in your excellent book?" A very good question – silica is an important nutrient that's not talked about much and found in only a few multi-vitamin-mineral supplements.

We don't need much silica, only about 25mg a day, but it's critical for our bone and joint health, and boosts collagen to keep our skin youthful and our arteries flexible. It's also good for our nails and gums. Study after study confirms silica's importance and surprisingly it's reported to protect against asthma and dementia. I did overlook silica in my book but will add it to future editions. In the meantime, here are some useful facts about this mineral.

## It needs to be plant sourced

Silica in its crude form is quartz rock, or even beach sand and is one of the most abundant minerals on our planet. But silica in this inorganic form cannot be used by our body – it has to be converted to the organic colloidal form (orthosilicic acid) by a plant so that it can be dissolved in water.

Not many plants contain useful amounts of organic silica – wheat is good, but the bran and germ containing most of the silica is discarded during processing into white flour. Kiwi men might be pleased to hear that beer is a good source, and even many New Zealand tap waters. Bamboo shoots are the richest source of

organic silica and we use this source in our Health House products.

## Silica defers skin wrinkling

In our youth, our tissues absorb and maintain high levels of silica which allows our bodies to be flexible, supple and energetic. As we age, our silica levels steadily decline (believed to be due to hormonal changes) until they become almost non-existent. This shows up mostly in the reduction of our skin's collagen of which silica is a critical factor. Collagen retains water which keeps our skin tissue firm and greatly reduces wrinkling.

## Silica is needed to form healthy new bone

Our body cannot create healthy new bone without the presence of silica. A French study found that fractured bones did not heal at all, (even when high amounts of calcium were present) if there was no silica. Yet they healed well even when low amounts of calcium were present, if there was an abundance of silica. This is why lack of silica is a major cause of osteoporosis. UK bone researcher Dr R. Jugdaohsingh

reports, "Silicon intake is a major dietary determinant of bone mineral density in men and pre-menopausal women." The Journal of Bone and Mineral Research' vol 19-2 p297-307.

Another bone researcher reports, "Silicon in tiny amounts increases eggshell thickness in hens." And another,



## The nutrient superstar

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

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

**\$29ea** 60 capsules

**\$49ea** 180 capsules



*"In one month, organic silica increased the bone formation rate and surface area at the tibia of female rats by 30%."*

### Silica improves nail health

One of the frequent testimonials we receive from our customers is that their nails are so much stronger. Dr N. Scheinfeld, Dept of Dermatology, Columbia University Hospital reports, *"Brittle nail syndrome appears to abate with supplementation of a 10mg dose of silicon daily."*

### Silica can rid our brain of aluminium

Silica can also rid our bodies of excess aluminium associated with dementia. When researchers added silica to aluminium-laced water supplies, it suppressed the aluminium from being absorbed and caused a huge increase in aluminium being excreted in the urine and lowered aluminium concentrations in the brain. A French study of the mental acuity of 7,600 women over 75 reports, *"The results of a number of studies suggest that dietary silicon supplementation could be of therapeutic value for preventing chronic aluminium accumulation in the brain, and hence, be a potential therapy for Alzheimers."* Nutrition Reviews' Drs J. Domingo, M. Gomez & T. Colomina Jan 2011 p41-51

### Silica, asthma and our arteries

Another study found an 85% reduction of asthma with silica supplementation and found that silica was abundant (up to 14 times more) in the arteries of people who were free of heart disease.

Their arteries were also stronger and therefore more resistant to aneurysm.

### RDI and safety

There is no NZ RDI set for silica, but overseas figures recommend 14 to 30mg per day for adults, and no more than 700mg per day from a supplement.

#### FOOD SOURCES OF SILICA

QUANTITY	FOOD	MG
1 can	Beer	7mg
4 slices	Bread	7mg
1 medium	Banana*	7mg
2 cups	Tap water (NZ)	6mg
100g	Brown rice (cooked)	2mg
½ cup	Green beans (cooked)	2mg
1 medium	Carrot (raw or cooked)	2mg
4	Weetbix	2mg

\*Silica from banana is poorly absorbed



### 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.



### 7-Day Iron

High quality, easy to digest iron for high energy.

**\$29ea** 25 capsules



### Coral CAA

Half serving of the minerals and vitamins in both CAA - Multi and Bone Health.

**\$45ea** 60 capsules



### CoQ10-Omega3

Supports your heart, artery and brain health.

**\$49ea** 60 capsules

## Follow-up to David's low thyroid problem

For readers who read my last catalogue article on my underactive thyroid problem (hypothyroidism), here's a quick follow-up.

Now that I've stopped adding a large amount of iodine-rich New Zealand kelp to my food, I'm slowly but surely noticing an improvement. I wake up warmer than before, I'm less drowsy during the day, the skin on my face is no longer dry and my eyebrows are beginning to thicken up at the outer

edges, just like in photos taken when I was 15 years younger. It feels good to successfully treat the cause of a disorder rather than the symptom.

I'm now working on my big toe joint problems with some success. I'll report on that at a later date.

# Promote physical and mental health and body rejuvenation

You may remember that in our January/February catalogue I wrote about my five favourite natural remedies. One of them was an herb called withania, and because there was a lot of interest in the benefits of this herb I thought it would be a good idea to give you some more information.

Withania somnifera, also known as ashwagandha, Indian ginseng or winter cherry is an Ayurvedic (traditional Indian medicine) herb that belongs to the nightshade family of plants. It is a small shrub that grows natively in India, Africa, North America and parts of East Asia. Ashwagandha, the Sanskrit name, translates to 'giving the power and vigour of a horse'.

Withania is commonly known as the principal medicine of India, with traditional uses dating back at least 5000 years. The root is the most desirable part of the plant to use medicinally and contains the most active constituents, although sometimes the berries are also used. In Ayurvedic medicine, it is known as rasayana, which means that it acts as a tonic for vitality and longevity, promotes physical and mental health and provides defence against diseases.

It is known as a whole body tonic, because it has such a large number of uses in the body. Some of its key uses include:

- Adaptogenic (helps the body adapt to stress, both physically and mentally)
- Immune modulator
- Aphrodisiac
- Liver tonic
- Promotes learning and memory
- Anti-inflammatory
- Mild sedative
- Increases stamina during exercise
- Helps to control cholesterol and blood sugar
- Adjunctive to chemotherapy and radiation
- Cancer prevention
- Mood stabilising
- Balance thyroid hormones (specifically increasing T4)
- Cardioprotective
- Reproductive support
- Improving blood cell health (including iron levels)
- Antioxidant
- Antidepressant and anti-anxiety effects

- Increases vitality
- Management and recovery from addiction
- Arthritis and joint pain
- Recovery from convalescence
- Neuroprotective

## Chemical composition

Analysis of the roots of withania in a laboratory shows that there are more than 35 chemical constituents present. It is also a rich source of iron. The primary chemical compound present in withania is withanolides, which are believed to account for its extraordinary medicinal properties. Withanolides are steroidal and have some similarities to the active constituents found in Korean ginseng.

## Withania and stress

Without a doubt, one of the most well known uses of withania is its positive effect on stress levels in the body. Stress can result in consistently elevated cortisol and adrenal fatigue, both of which withania can work to combat. Both physical stresses,



### Skin Clear

Support for clear unblemished skin starts from within.

**\$39ea** 120 capsules



### MSM Sulphur

Research shows nearly 50 separate health benefits.

**\$39ea** 180 capsules

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

Vitamin C firms up wrinkling and sagging skin. Natural vitamin E, (d-alpha) is a powerful antioxidant. Coenzyme Q10 (ubiquinone), is the secret ingredient in a lot of anti-aging creams.

**\$39ea** 60 capsules

**\$39ea** 30ml cream







such as illness, injury or exercise and mental or emotional stresses can have an incredibly negative impact on a number of body systems. Numerous scientific studies have been conducted worldwide, examining the effect that withania has when it comes to reducing stress levels. Overwhelmingly, it shows that withania has a positive effect in reducing stress levels and even produces activity similar to GABA (Gamma Amino-Butyric Acid) in the brain. GABA is an inhibitory neurotransmitter that prevents nerve cells from over firing, therefore having a calming effect, which helps to induce sleep, uplift your mood and reduce anxiety. Research has shown that the effects produced by withania on the brain can even be compared to commonly used antianxiety and antidepressant drugs.

Stress also negatively affects our immune system, along with a number of other

body systems. Research shows that withania can increase the levels of white blood cells, platelets and neutrophils, resulting in a stronger immune system.

### Safety

Withania is well known as a very safe herb with no reported adverse reactions or interactions. As with anything though, if you are currently taking any prescribed medication, do check with your health professional before beginning to take withania.



### ABOUT THE AUTHOR

Nadia McMorrnan - BNatMed is a registered Naturopath/Medical Herbalist and member of our Tauranga team.

## Enhanced libido and sexual vitality

### Benefits

- Increases long term sexual vitality
- Supports healthy testosterone levels
- Supports optimal sexual desire
- Promotes libido and female reproductive health
- Promotes libido and supports healthy sperm production

**DIRECTIONS:** Take one capsule daily. Do not take if pregnant or breastfeeding.

135%  
More horny  
goat weed and  
850%  
More tribulus

**\$40ea**  
60 capsules



### New Zealand Kelp

It is beneficial for your nails and hair and is especially rich in iodine for a healthy thyroid.

**\$29ea** 60 capsules



### Maca-X

Supports optimal sexual desire and promotes libido.

**\$33ea** 60 capsules



### Carnitine

Supports the body's process of converting fat to energy.

Buy 2 Carnitine for

**\$45**

120 capsules

60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

## Aloe Vera Gel

Sunburn relief and soothes skin irritations.

Our Aloe Vera Gel is made from organically grown, soothing aloe vera.

It is all natural, paraben free and one of the safest Eco-cert approved preservatives.



\$20ea 100ml

## Aloe Vera with Colloidal Silver

This combination of ingredients repairs skin irritations and revitalises your skin.

It can prevent sun damage, assist with the faster healing of pimples and is fantastic at soothing sunburn.



\$16ea 50ml

\$22ea 100ml

## Salicylic Acid Gel

Manage common sun spots on your face, head or hands.

Sun damage spots are not large brown freckles, but rough, scaly spots caused by years of exposure to strong sunlight.

\$25ea 50ml

**MULTI BUY**

\$39ea

Also available as a multi buy with a 100ml Aloe Vera Gel tube



# 5 popular reasons for taking B vitamins

As with all vitamins, ideally we should get them from a healthy balanced diet. However that can be difficult these days even with the best of intentions. If a person's diet is lacking in B vitamins, or if they are simply unsure if they are consuming enough, then a good multivitamin will top up B vitamin levels or a specific B vitamin product can be taken.

### B vitamins for stress

Many people take B vitamins to reduce stress and a promising study found that increasing your vitamin B intake could reduce work-related stress. In this trial participants were given a course of high dose vitamin B supplements or a placebo. The participants who took the vitamin B experienced an almost 20% improvement in stress levels. They also reported significantly lower personal strain and a reduction in confusion and depressed/dejected mood. This is important as occupational stress is increasing in Western societies.

associated with a significant reduction in major coronary heart disease events.

### B vitamins for leg cramps in pregnancy

Nearly 50% of pregnant women will experience painful leg cramps and they often occur during the final stages of pregnancy, at night. No one is sure what causes these contractions of the calf muscles, but dehydration and fatigue have been suggested as culprits. Taking vitamins B1 and B6 has shown to decrease the chances of leg cramps, with a study showing nearly three-quarters of pregnant women who had previously suffered from them, experienced no leg pain when they took a vitamin B supplement.

### Vitamin B6 (Pyridoxine) for PMS

Pyridoxine has been studied as a supplement to help with the common symptoms of premenstrual syndrome (PMS), which around half of women suffer from. A systematic review which included 9 trials and nearly 1,000 women, found that doses of vitamin B6 up to 100mg/day were likely to be of benefit in treating PMS and premenstrual depression. This is higher than the usual recommended daily dose of 1-2mg/day, but lower than the dose of around 200mg/day, above which side effects of nerve pain or even seizures may occur.

### Vitamin B2 (Riboflavin) for migraines

Vitamin B2 'revs up' your mitochondria so they produce more energy. It is thought this extra energy can relieve migraine pain or even stop it from happening. A study compared riboflavin (400mg) and placebo in 55 patients with migraines in a randomised trial of 3 months and found that riboflavin was superior to placebo in reducing attack frequency and the number of headaches. The proportion of patients who improved by at least 50% was 15% for placebo and 59% for riboflavin. There were few side effects and excellent tolerability.

### Vitamin B3 (Niacin) for reducing cholesterol

Niacin has been shown to have favourable effects on cholesterol metabolism, including reducing total cholesterol, triglycerides and very low-density lipoprotein and increasing levels of high-density lipoprotein cholesterol (HDL-C). More recently a review of 11 studies and nearly 10,000 participants, found that niacin use was



### ABOUT THE AUTHOR

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



# A revolutionary product for winter ills

Melsip, an innovative product for scratchy throats and sniffles.

Made with high grade honey with the correct dose of zinc, as much vitamin C as you can absorb orally and natural lemon oil. This is a complete throat and chest remedy.

It tastes great when eaten off a spoon, almost so good that you'll want to get a sniffle. If you prefer you can add it to warm (but not boiling) water to make a great tasting winter drink.

Melsip delivers the correct dose you need through a novel and accurate dispensing method. It is safe for children (as young as 4) and also for pregnant women and breastfeeding mothers. It helps with soothing the throat, clearing the nose and delivers all you need in an easy and tasty way.

What is even better is with the measured pump you get the right amount of zinc and a good dose of vitamin C to either prevent that winter

Do not exceed stated dose. Not recommended for children aged under 4 years. Take as directed and if symptoms persist please see your health care professional.



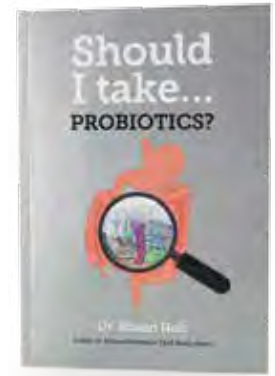
ill or reduce the length of time you are feeling less than your best.

**DIRECTIONS:** 4 pumps (8ml) 2-3 times per day, either on a spoon or in warm (but not boiling) water. Please note you may not be able to pump the last bit out of the bottle, just remove the lid and pour onto a teaspoon (5mls).

LIMITED STOCK AVAILABLE GET IN QUICK

\$34ea 250ml

\$30ea 100ml



## Should I take Probiotics?

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

\$19ea 82 pages



## Rubeeven

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

\$35ea 30ml pump

## Feeling queasy or going on a cruise?

Melzing is a great tasting, 100% natural remedy for queasiness.

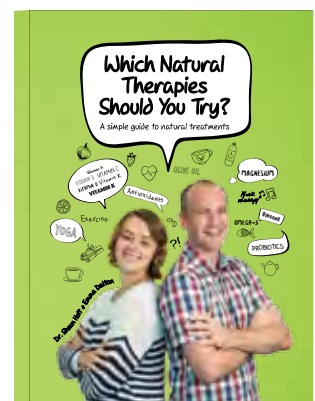
A 100% natural remedy that can be taken straight or diluted in water. We have taken a pleasant tasting concentrated liquid ginger glyceract and suspended it in pure New Zealand honey.

Studies have proven the effectiveness of using ginger to settle an upset stomach and the honey assists with blood sugar and energy levels. Melzing makes sure you get the correct dose of ginger in an easy and tasty way, with an impact you will definitely feel.

\$45ea 250ml

\$32ea 100ml

LIMITED STOCK AVAILABLE GET IN QUICK



## Which Natural Therapies Should You Try?

At last, a simple guide to the best natural therapies.

\$21ea 136 pages

# The immune system

Our immune system is an intricate network of cells, tissues and organs that all work together, to defend the body against attacks by “foreign invaders”.

These foreign invaders can be small infection producing organisms such as bacteria, viruses, parasites and fungi. The human body is a warm welcoming environment for many microbes so they attempt to invade, it is our immune system's job to either keep them out, or to seek them out and destroy them. Our immune system is very smart, it can recognise millions of enemies, and can produce special secretions to wipe them out.

Its success, however, relies on communication between our cells. A healthy immune system is able to distinguish the difference between the body's own cells and foreign cells so it can work out who is the enemy and who is not.

When the immune system is not working correctly and is not recognising its own cells from the foreign invaders, it may attack its own cells. This is when autoimmune conditions such as rheumatoid arthritis and lupus develop.

## The first barrier

Our skin is our first powerful barrier, it is tough and if not broken is generally impermeable to bacteria and viruses.

This is why when you have a cut or injury it is a lot easier to get an infection or other illness, as the first line of defence is already down.

## The immune system

The second line of defence is our immune system. The organs of the immune system are positioned throughout the body. They include the tonsils, adenoids, lymph nodes, lymphatic vessels, thymus, spleen, appendix, lymph nodules in the ileum (which is the lower part of the small intestine) and also in our bone marrow.

The “warriors” of our immune system are our immune cells (lymphocytes). All immune cells begin as immature stem cells in the bone marrow and once they leave the bone marrow they like to congregate in special compartments called lymph nodes. These small, bean-shaped lymph nodes are found in the neck, armpits, abdomen, and groin. Clumps of lymphoid tissue can also be found in the airways and lungs, including the tonsils and adenoids.

The immune cell “warriors” travel from the lymph nodes into the blood stream, do their work and then return back to the lymph nodes, where they are

recycled and start the process all over again. They are on constant surveillance and always ready for action.

This part of our immune system is referred to as our lymphatic system.

## So how do the immune cells attack?

An antigen is a foreign invader (usually a virus, bacteria or parasite), the body identifies an antigen as an enemy due to its different shaped molecules. Once this enemy is identified, the lymph node has a few different types of immune cells it can use (think of these as different types of soldiers).

These immune cells are referred to as B cells, T cells, macrophages and various others. They all work in different ways.

B cells produce special Y shaped proteins (antibodies) that stick to the germs holding them in clumps. They then warn your body so that macrophages can come along, engulf them and kill them.

T cells are specific for viruses and can either kill the virus directly or can send instructions to the rest of the immune system and let it know the best way to deal with the invader.

## Joint, digestion and general health

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

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

**\$39ea** 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



Tonsils & adenoids



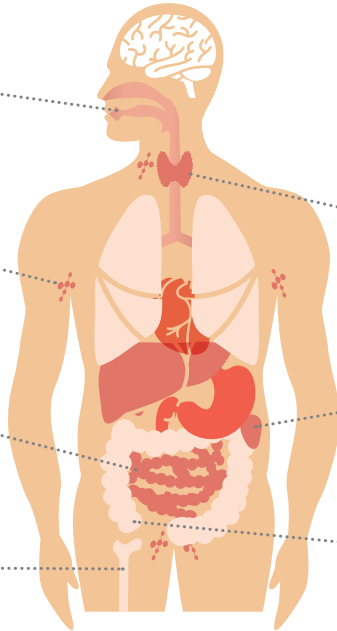
Lymph nodes



Peyer's Patch



Bone marrow



Thymus



Spleen



Appendix



### When things go wrong

When normal cells turn into cancer cells, their surface molecules may change. If the immune system notices the change and identifies it as an antigen (foreign invader), it launches the body's defenders including B cells, T cells and macrophages. While the immune system attempts to patrol everywhere hopefully eliminating all cells that have become cancerous, sometimes the system breaks down, becomes overloaded or does not recognise an invader.

An unhealthy immune system cannot distinguish between an enemy and a normal cell, allowing the cancerous cell to reproduce without being attacked. The result of this, is what

causes tumours to develop. So it is very important to support your immune system and keep it healthy.

This is a simplified version of how our immune system works for ease of understanding. There are many other types of immune cells and compounds that make up our immune response.



### 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.



### Easy-Lax

A mild stool softener, with herbs that are beneficial to your bowel.

**\$30ea** 100 capsules



### Relax

Reduces stress and supports a deep and more restful sleep.

**\$31ea** 60 capsules

## Vitamin B5 for heart and artery health

Pantothenic acid (vitamin B5) is found in human breast milk and in tiny amounts in most food.

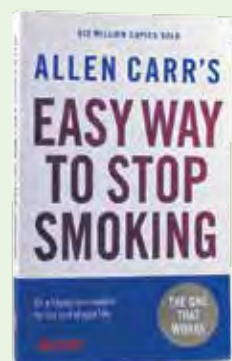
### Benefits

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

**DIRECTIONS:** Take one or two capsule per day.



**\$31ea**  
90 capsules



### Easy Way To Stop Smoking

**SPECIAL**

**\$18ea** 215 pages



# Immunity Support

Immunity Support contains three powerful herbs and two powerful supplements.



- ✓ Defence against seasonal ills
- ✓ Potent immune support and antioxidant properties
- ✓ Support for faster recovery
- ✓ The combined protection of echinacea, olive leaf, garlic, vitamin C and zinc

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 ills and chills and recovered faster if they did.

Vitamin C and zinc have both been proven to support recovery. Take as soon as you feel a chill coming on or can be taken regularly as a preventative measure.

## 1 Bottle

One bottle \$29



\$29ea

## 2 Bottles

Save \$8 when you purchase two bottles of Immunity Support

\$50

**MULTI BUY**

## 3 Bottles

Save \$21 when you purchase 3 bottles of Immunity Support

\$66

**MULTI BUY**

## 4 Bottles

Save \$32 when you purchase 4 bottles of Immunity Support

\$84

**MULTI BUY**

(Please note the 4+ product discount does not apply to the multi buy pricing)

# THE ULTIMATE WORKOUT RANGE FOR WOMEN

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

**\$99ea** Prepare (100 capsules), Restore (100 capsules), Sustain Fruit + Protein (80g) and Sustain Veggie + Protein (80g)

100% PURE NO ADDED SUGAR ZERO ADDITIVES



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.



## The world famous vitamin C blend

Antioxidants, vitamins and bioflavonoids for all the family.

Complete C is a world renowned blend of vitamin C, as a dissolvable powder that makes a tasty, tangy drink. It contains three different forms of 100% absorbable vitamin C, each designed to complement the others and avoid stomach irritation.

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 6 powerful antioxidants and bioflavonoids, all proven excellent for maintaining health and alkalising your body.

These are

- Pine bark extract (pycogenol)
- Grape seed extract
- Bioflavonoids
- Rosehips
- Rutin
- Hesperidin
- Quercetin

Grape seed and pine bark extracts assist by strengthening and protecting the collagen in the skin, slowing the rate of collagen breakdown and keeping the skin firm, supple and vibrant by maintaining its integrity and elasticity.

One quarter teaspoon of Complete C mixed with water will give you approximately 750mg of vitamin C.

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



**\$35ea**  
100g powder



### Throat Spray

Soothes dry scratchy throats and prevents winter chills

**\$29ea** 100ml liquid



### Complete C Tablets

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

**\$35ea** 200 tablets



### Prepare

Amino acids for a pre workout boost.

**\$32ea** 100 capsules



### Restore

Restore your nutrients after exercising.

**\$32ea** 100 capsules



### Sustain Fruit + Protein

**\$21ea** 80 grams

**\$35ea** 200 grams



### Sustain Veggie + Protein

**\$21ea** 80 grams

**\$35ea** 200 grams



# Boost your immune system with Colostrum antibodies

Colostrum contains millions of immune antibodies to optimise health. These antibodies (identical to human antibodies) transfer natural immunity from numerous diseases, to newly born offspring. When one cow's colostrum is mixed with the colostrum of hundreds of other cows, its effectiveness is multiplied.

Colostrum contains many antibodies which have anti-aging, cell repair and natural weight management qualities. Regular takers of colostrum report that their skin appears more youthful, age spots disappear, they have support for optimum bone density and sexual function and their athletic endurance is enhanced. Many body builders maintain that colostrum is the most effective muscle building supplement they have ever used.

Cow colostrum is over 10 times richer than human colostrum in antibodies. These antibodies are the same as human antibodies and support the immune system to protect you against thousands of common pathogens. People who take colostrum report they no longer get seasonal ills and chills.

La Belle is one of the top colostrum suppliers in the world. Their colostrum comes from grade "A" dairy herds and La Belle has access to a large portion of all dairy cattle in the USA.

**DIRECTIONS:** Adults: Mix 1 scoop (1.5g) into a small glass of milk or water or add to your smoothie/protein drink. For maximum health benefits take twice a day, at least 45 minutes before eating. Children: Half the adult dose. Not recommended for infants.  
New Zealand orders only. Due to NZ regulations our Colostrum cannot be exported.

**INGREDIENTS:** American colostrum powder, natural cream flavour, stevia.

WINTER  
SPECIAL  
SAVE \$20

\$49ea  
100g tub

buy 2 for

\$39ea

SPECIAL



## Colostrum - Life's first food

Read about all the benefits of colostrum.

Colostrum's benefits have been proven over and over again in numerous scientific studies.

It 'kick starts' the body's own immune system with billions of healthy gut microflora, so it can function at full strength on its own.



\$20ea  
72 pages



## Laugh with Health

Your complete guide to health, diet, nutrition and natural foods.

\$29ea 224 pages



## Sweet Stevia Tablets

Low calorie, natural sweetening tablets for hot and cold drinks.

\$22ea 200 tablets



## pH Test Strips

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

\$15ea 5 packs of 10



## Sunscreen

Protect your skin with this 100% natural sunscreen.

\$27ea 100ml

\$18ea 50ml

Always read the label and only use as directed.



Great Proven Health House Products wrapped in amusing packaging. The perfect way to encourage your friends and family to try natural products.

# Helfee

When life's little problems get you down, Helfee's serious supplements are just what you need for all your first world problems.

## SERIOUS SUPPLEMENTS

### FOR THE NOT SO SERIOUS

#### WHEN YOU JUST CAN'T BE BOTHERED

and your get up and go has got up and left, this is just what you need. Contains Caffeine, Taurine, CoQ10 and DHEA 7-Keto and is basically a supercharged energy drink in a capsule.



#### IF YOU WANT TO AVOID A HANGOVER,

don't drink the night before. Good idea, but if that advice is too late, you will need this to replace the missing electrolytes and B vitamins.

#### PUT A SHIZZLE IN YOUR DIZZLE,

or a fizzle in your vagizzle. The results from these all natural herbs won't be instantaneous like the little blue or pink pills, but over a short time your sexual vitality and stamina will improve and that can only be good.



#### BEFORE YOU DECIDE TO HIT SOMEONE

there are some natural herbs and minerals that will calm your nerves and help you relax.

#### A PILL TO MAKE YOU A SUPERMODEL

just does not exist. Sensible eating is what's needed. To help there are some natural herbs that science has proven will support weight management.



#### SOME PEOPLE FIND POO FUNNY

but when it just ain't happening there's no laughing going on. When you feel a little blocked and the turtle just won't poke his head out, take one or a couple of these natural herbal capsules.

TINS \$20ea | Take 1 capsule daily

**SURVIVAL KIT**  
for all your first world problems



SAVE \$20

\$99 free delivery for NZ/AUS

Kit contains one of each - Poop like a trooper, My Jeans have Shrunk, I'm surrounded by Idiots, What happened last night, Love Potion Number 9, Kick up the Backside.

Delivery to anywhere in New Zealand or Australia is \$5.00 per order. If your order is over \$50.00 (or with you normal Health House order), your delivery will be free. For other countries, we calculate actual delivery when you place your order.

WWW.HELFEES.CO.NZ

60 DAY MONEY BACK GUARANTEE

Read the label and do as you're told. Taking pills is all good, but you still gotta eat real food.

QUALITY NATURAL HEALTH PRODUCTS SINCE 1986



# 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

## CAA – Multi

The most effective multi mineral vitamin

The development of CAA 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)

## CoQ10-Omega3

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
- Weight management
- Joint health

### 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		

## Bone Health

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.

Lack of balance between these four nutrients is why some calcium supplements became associated with an increased risk of heart attacks or strokes.

### Benefits

- Stronger more flexible bones
- Water soluble for better absorption
- Raises your cell pH 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

# 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.** \*Assuming the average NZ diet.

## Boron & Selenium - 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.

### 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 1 daily, preferably with an evening meal.



# Colloidal Silver prevents bacteria spreading

Use our scientifically proven Colloidal Silver to heal your body in an all natural way. It supports your immunity, helps avoid winter illness, is a great healer and prevents the spread of bacteria.

Use our scientifically proven Colloidal Silver to enhance the health of your body. Colloidal Silver is recognised as nature's antiseptic and all round general healer. Silver has been used for thousands of years for a variety of purposes ranging from keeping food and liquids from spoiling, purifying water and recently to coat medical dressings.

### 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.

### How do I take Colloidal Silver?

Colloidal Silver can be taken 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. It does not sting.

### Is it safe?

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

### Colloidal Silver gel

It is excellent for dry skin conditions, cuts and scratches, burns and other skin disorders. It is odourless, non stinging and suitable for the whole family.

**\$15ea** 100ml liquid spray

**\$21ea** 50ml tube

**\$24ea** 100ml tube

**\$35ea** 500ml liquid

**\$39ea** 250g tub

**\$28ea** 4 or more 500ml bottles

**MULTI BUY**



**Colloidal Silver Generator**

**\$133ea** one year guarantee

**\$48ea** replacement rods



**Silver Meter**

Measure the content of your homemade silver.

**\$108ea** test meter



**Colloidal Silver book**

This book answers everything you want to know about Colloidal Silver.

**\$19ea** 79 pages



**Colloidal Silver Cream**

A 100% natural soothing and moisturising cream.

**\$28ea** 100ml tube

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.

# Support women's hormonal health

A translation of the name of the ancient Indian herb Shatavari is 'she who possesses a hundred husbands.' Another is the 'queen of herbs.' This special herb is found in our product Harmony, especially for women.

There are certain times in a woman's life when she needs extra support. We have specially designed Harmony by combining shatavari with maca extract, boron and vitamin D to give support during these special times.

This herbal and mineral combination supports hormonal balance making it an excellent supplement during menopause. Shatavari specifically helps avoid temperature imbalance. In a study more than 80% of participants reported positive effects including support for better sleep and normal temperature.

Boron is an especially important mineral during this time, being an all natural alternative to support hormone balance. Many people are looking for natural support as an alternative to conventional medicines.

Not only is Harmony good for support during menopause, it also helps to promote libido and supports optimal sexual desire, making it an excellent supplement when trying to conceive. It balances the pH levels in the vagina and assists with lubrication of the membrane lining.

Both boron and vitamin D are important for foetus development and healthier babies. During pregnancy, shatavari prepares the mother's body for production of breast milk and after

childbirth maintains normal quality and quantity of breast milk.

After childbirth and also during menopause, low mood can be a common occurrence. Both maca and vitamin D help with emotional well being and reduced worry.

### Benefits

- Assists with emotional well being
- Promotes libido and female reproductive health
- Support for hormone balance
- Support for PMS and menopause

**DIRECTIONS:** Take 1 or 2 capsules per day for maintenance. Take 3 or 4 capsules per day in times of need.

If pregnant, this product is not recommended during your first trimester.



**\$34ea**  
60 capsules



### Evening Primrose and Flaxseed Oil

Omega oils for glowing skin and a healthy heart.

**\$29ea** 90 soft gel capsules



### The DHEA Breakthrough

Discover all you need to know about DHEA.

**\$25ea** 348 pages



### DHEA 7-Keto

A natural youth hormone

**\$37ea** 60 capsules



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.





## 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.



**\$33ea**  
60 capsules

## 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.

**\$39ea** 60 capsules

**MULTI BUY**

**\$49ea**

Probiotic Multi 9 & Probiotic book



## A spring clean and detox for your insides

This complete inner body cleanse system is made from the purest herbs. The ultimate treat you deserve, refresh your mind and detoxify your body.

**\$99ea** 400 capsules, plus 10 capsules of Probiotic Multi 9 and an easy to follow instruction/recipe booklet.

**MULTI BUY**

**\$85ea**

Buy 2 or more of The Ultimate Cleanse Kits and save \$28





# Why your bookcase needs New Zealand's top selling health book

Real food can heal almost any health issue, this book will show you how.

This 10th edition of New Zealand's most popular and easy to understand health book (over 88,000 copies sold) is packed full of invaluable health information and now contains international measurements.

## Enjoy optimum health from eating a balanced diet

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.

You'll find that when you supply your body with the right amount of minerals lacking in our NZ soil and food, you begin to enjoy a clearer mind, sharper memory, a sound heart, an efficient immune system, clear arteries, healthy bones, loads of energy and a worry free outlook. Readers have testified to these benefits and many more. Often all you require are the important minerals like boron, magnesium, zinc, selenium and iodine which are lacking in the soil or lost in the processing of our food.

Farmers know the dramatic difference dietary minerals make to the health of animals and the same principals apply to us humans.



**\$25ea** 288 pages

**\$20ea** **MULTI BUY**

Buy two books and save \$10



**Pure Skin** **SPECIAL**

**\$19ea** 50ml orange

**\$19ea** 50ml vanilla

**\$30** Combo **MULTI BUY**



## Garcinia

Help manage your appetite and food cravings with the key ingredient hydroxycitric acid (HCA)

**\$29ea** 60 capsules

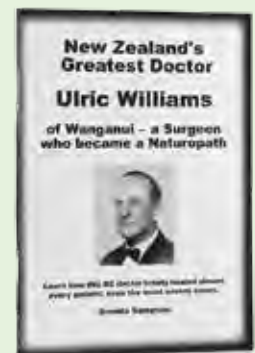
## A refreshing, rejuvenating tea

Yerba Maté (pronounced 'martee') is a well known South American herb made from the leaves of the subtropical Yerba Maté tree.

Yerba Maté tea contains vitamins, minerals, amino acids and beneficial antioxidants. These reduce fatigue, increase energy levels and assist weight management naturally, by supporting calorie burning and helping to manage your appetite.



**\$19ea** 30 tea bags



## New Zealand's Greatest Doctor Ulric Williams

The famous NZ surgeon who became a naturopath.

**\$17ea** 96 pages

# 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.

**Comfrey infused oil** contains allantoin, a substance that spreads easily into the underlying tissues of the skin and promotes new cell growth. For thousands of years comfrey has been used for easing bruises, sprains and strains.

**Wintergreen essential oil** relaxes tired and stiff muscles, ligaments and joints.

**Arnica liquid extract** used for centuries by professional athletes to ease strains, sprains and bruises.

**Lavender essential oil** has a relaxing, calming effect, it has been found to be effective in soothing joints and muscles.

**Peppermint essential oil** has calming and cooling properties, for muscle and joint comfort.

**Cayenne liquid extract** generates heat by increasing the blood circulation under the skin to which it is applied. It also has a calming and soothing effect.

**Ginger liquid extract** also generates heat by increasing blood circulation

and has been historically used to help muscle and joint comfort.

**Turmeric liquid extract** has been used for centuries to soothe bruises, joints and muscles.

**Clove essential oil** has natural antiseptic properties.

**Tincture of benzoin** is a beneficial treatment for damaged skin and a natural herbal preservative.

**Camphor essential oil** is readily absorbed through the skin and produces a cooling feeling.

### Benefits

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

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

All ingredients are 100% natural. There are no chemicals, perfumes or additives.

\$29ea 100ml tube

\$21ea 50ml tube



## Reduce stress and manage appetite with 5-HTP

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.

5-HTP works by supporting the generation of serotonin and can provide relaxing and calming effects, along with feelings of well being.

\$34ea 90 capsules



## Give your liver a helping hand with milk thistle and vitamins

Your liver is the largest internal organ in your body. It removes waste and toxins from your blood and plays an important part in the process of absorbing vitamins and minerals.

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

\$33ea 60 capsules



Always read the label and only use as directed.

# Triple strength Omega 3 Fish Oil for brain and artery health



**\$29ea**  
200 capsules

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

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).

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.

### Supports

- Heart and artery health
- Mental clarity and focus
- Healthy cholesterol levels
- Joint health and mobility
- Cardiovascular support
- Emotional well being



### 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



# Are you concerned about your eyes?

Many of us are spending far too much time staring at our computers or phones and our eyes are suffering. Our Eye Health formulation can help you.



**\$45ea**  
60 capsules

- ✓ Supports lens and macular health
- ✓ Protects from free radical damage
- ✓ Healthy retinas and macular pigment density

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.

## HEAL YOUR EYE PROBLEMS

This book explains how to heal and prevent eye disorders naturally.

This interesting New Zealand book *Heal Your Eye Problems with Herbs, Minerals and Vitamins* was written by retired farmer Max Crarer of Wairoa, while in his mid-70s.

**\$19ea** 109 pages



FOR MORE INFORMATION CHECK OUT [WWW.HEALTHHOUSE.CO.NZ](http://WWW.HEALTHHOUSE.CO.NZ)

Health House  
Private Bag 12029,  
Tauranga 3143, New Zealand

New Zealand  
Permit No. 193050



# ORDER FORM AND PRICE LIST







Prices valid until 31 July 2017





CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
5-HTP (90 capsules)	\$34		\$
7 - Day Iron (25 capsules)	\$29		\$
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		\$
CAA - Multi (60 capsules)	\$45		\$
CAA - Multi Iron free (60 capsules)	\$45		\$
CAA - Multi Sulphur free (60 capsules)	\$45		\$
Carnitine (60 capsules) <b>2 for 1 Special</b>	\$45		\$
Colloidal Silver (book)	\$19		\$
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) <b>4 OR MORE</b>	\$28		\$
Colloidal Silver Liquid Spray (100ml)	\$15		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum - Life's first food (book)	\$20		\$
Colostrum Powder (100g tub) <b>(NZ Only)</b>	\$49		\$
Colostrum Powder (100g tub) <b>(NZ Only) 2 OR MORE</b>	\$39		\$
Complete C (100g powder)	\$35		\$
Complete C Chewable Tablets (200 tablets)	\$35		\$
CoQ10-Omega3 (60 capsules)	\$49		\$
Coral CAA (60 capsules)	\$45		\$
Cranberry (60 capsules)	\$33		\$
DHEA 7-Keto (60 capsules)	\$37		\$
DHEA Breakthrough (book)	\$25		\$
Easy-Lax (100 capsules)	\$30		\$
Easy Way to Stop Smoking (book) <b>Clearance special white stocks last</b>	\$18		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$29		\$
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) <b>2 OR MORE</b>	\$89		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Heal your Eye Problems (book)	\$19		\$
Helfee - Survival Kit (Poop like a Trooper, My Jeans have Shrunk, I'm Surrounded by Idiots, What Happened Last Night, Love Potion Number 9, Kick up the Backside) <b>Special</b>	\$99		\$
Helfee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helfee - Kick up the Backside (30 capsules)	\$20		\$
Helfee - Love Potion Number 9 (30 capsules)	\$20		\$
Helfee - My Jeans have Shrunk (30 capsules)	\$20		\$
Helfee - Poop like a Trooper (30 capsules)	\$20		\$
Helfee - What Happened Last Night? (30 capsules)	\$20		\$
Honevo - Acne (50ml)	\$30		\$
Honevo - Sore lip (10ml)	\$20		\$
Honevo - Nappy Rash (50ml)	\$30		\$
Honevo - Red (50ml)	\$30		\$
Immunity Support (60 capsules)	\$29		\$
Immunity Support (60 capsules) <b>2 BOTTLES</b>	\$25		\$
Immunity Support (60 capsules) <b>3 BOTTLES</b>	\$22		\$
Immunity Support (60 capsules) <b>4 BOTTLES</b>	\$21		\$
Kānu Bee Venom Eye Lift (10ml)	\$39		\$
Kānu Bee Venom Gel (30ml)	\$89		\$
Kānu Bee Venom Lip Plumper (13ml)	\$29		\$
Kānu Bee Venom Serum (15ml)	\$59		\$
Kelp (60 capsules)	\$29		\$
Laugh with Health (book)	\$29		\$
Liver Cleanse (60 capsules)	\$33		\$
Maca-X (60 capsules)	\$33		\$
Magnesium (60 capsules)	\$29		\$
Magnesium (180 capsules)	\$49		\$
Melsip Travel (100ml) <b>White stocks last</b>	\$30		\$
Melsip (250ml) <b>White stocks last</b>	\$34		\$
Melzing Travel (100ml) <b>White stocks last</b>	\$32		\$
Melzing (250ml) <b>White stocks last</b>	\$45		\$
MSM Sulphur (180 capsules)	\$39		\$
New Zealand's Greatest Doctor, Ulric Williams (book)	\$17		\$
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) <b>2 OR MORE</b> <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		\$

MORE PRODUCTS OVER PAGE

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 Potion No. 9 (60 capsules)	\$40		\$
 Prepare (100 capsules)	\$32		\$
Probiotic (book)	\$19		\$
Probiotic (book) <b>Special with Probiotic Multi 9</b>	\$10		\$
Probiotic (book) <b>Special with Which Natural Therapies Should You Try?</b>	\$15		\$
Probiotic Multi 9 (60 capsules)	\$39		\$
Probiotic Multi 9 (60 capsules) <b>Special with Optimum Health Triple Pack</b>	\$35		\$
Pure Skin (50ml tube) <b>Clearance special</b> <input type="checkbox"/> Vanilla <input type="checkbox"/> Orange	\$19		\$
Pure Skin (50ml tube) <b>Clearance special 2 for \$30</b> <input type="checkbox"/> Vanilla <input type="checkbox"/> Orange	\$30		\$
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	\$39		\$
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		\$
Stay Healthy (book)	\$25		\$
Stay Healthy (book) 2 OR MORE	\$20		\$
Sunscreen (50ml tube)	\$18		\$
Sunscreen (100ml tube)	\$27		\$
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	\$99		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Throat Spray (100ml)	\$29		\$
 Turmeric (60 capsules)	\$39		\$
 Turn Back Time Capsules (60 capsules)	\$39		\$
Turn Back Time Cream (30ml)	\$39		\$
Turn Back Time Combo (30ml cream and capsules)	\$59		\$
Ultimate Cleanse kit (410 capsules)	\$99		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$85		\$
 Vitamin B5 (90 capsules)	\$31		\$
Which Natural Therapies Should You Try? (book)	\$21		\$
 Withania (60 capsules) <b>New</b>	\$35		\$
Yerba Maté Herbal Tea (30 tea bags)	\$19		\$

I have bought four or more of the icon products **- \$20**

Deduct any loyalty rewards shown on your last invoice \$

**TOTAL \$**

Please tick your preference

No signature required

Signature required (Sorry, not rural delivery)

Name

Address

Phone  Post code

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.



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## HOW TO ORDER

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AUS 1800 140 141

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Operators available 24/7 - 365 days

### VISIT OUR WEBSITE

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### 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:

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Include your cheque or credit card details.

## 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.