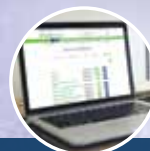


TIME FOR A SPRING CLEANSE?

Our Ultimate Cleanse booklet now has easy to enjoy recipes and a new food guide

See page 3



Pg7

ARTICLES

- DAVID** - Allergies p4
- SHAUN** - Natural products for the elderly p8
- NADIA** - Healthy hair, skin and nails p10
- DENISE** - Allergies p14

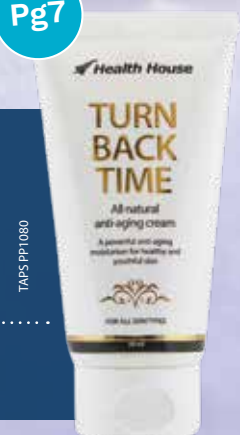
CLEARANCE

Buy one Turn Back Time Cream 30ml pump and get one free p7

WEBSITE

Full product list as requested, see page 3 for more info.

NEW 50ML TURN BACK TIME CREAM TUBE p7



MESSAGE FROM MARIE COORY

Dear Customers

I have always loved my Turn Back Time Cream, including the fancy pump bottle. But I have found lately that it didn't seem to pump correctly and it was very difficult to get the last bit of cream out of the bottle. I even asked my husband, David, to saw the bottom off the container so that I could get the last bit out.

Now, I'm happy to say that this will no longer be an issue, as we have put the same cream into an easy to use tube that I can take away with me in my handbag.

Without the costly pump bottle we are happy to be able to give you two thirds more cream in each tube for the same low price of \$39.

There are a few of the old pumps left on special, but only while stocks last.

Kind regards

Marie Coory

Director

Products

- 20 5-HTP
- 9 7-Day Iron
- 6 Aloe Vera Gel
- 6 Aloe Vera with Colloidal Silver Gel
- 13 Bone Health
- 21 Boron and Selenium
- 4/13 CAA - Multi
 - 11 Carnitine
 - 6 Colloidal Silver Cream 100ml
- 23 Colloidal Silver products
- 22 Colostrum Powder
- 14 Complete C Powder/ Tablets
- 13 CoQ10-Omega 3
 - 9 Coral CAA
- 20 Cranberry
- 20 DHEA 7-Keto
- 21 Easy-Lax
- 16 Evening Primrose and Flaxseed Oil
- 17 Eye Health
- 11 Garcinia
- 16 Harmony
- 19 Healthy Joints 90/180
- 22 Helpee clearance products
- 26 Immunity Support
- 16 Kelp
- 21 Liver Cleanse
- 16 Maca-X
 - 9 Magnesium 60 / 180
- 20 MSM Sulphur
- 20 Omega 3 Fish Oil
- 12 Optimum Health Triple Pack
- 19 Pain-Eze



P26

Vitamin B Complex



19 pH Testing Strips

17 Potion No.9

10 Prepare

12 Probiotic Multi 9

18 RealSalt products

15 Relax

10 Restore

8 Rubeeven

6 Salicylic Acid Gel

22 Skin Clear

6 Sunscreen

10 Sustain Protein Powders

15 Sweet Stevia Tablets

3 The Ultimate Cleanse Kit

11 The Ultimate Workout Range for Women (Starter Kit)

15 Throat Spray

5 Turmeric

7 Turn Back Time Cream Pump 30ml

7 Turn Back Time Cream Tube 50ml

7 Turn Back Time Capsules

26 Vitamin B Complex

21 Vitamin B5

15 Withania

18 Yerba Maté Tea (bags)

P15



P7

CLEARANCE

Healthy Reading

- Colostrum - Life's First Food **\$20**
- Easy Way To Stop Smoking **\$18**
- Everything you need to know about Colloidal Silver **\$19**
- Heal Your Eye Problems **\$19**
- Laugh with Health **\$24** or two for **\$40**
- New Zealand's Greatest Doctor, Ulric Williams **\$17**
- Should I take...Probiotics? **\$19**
- Stay Healthy by supplying what is lacking in your diet **\$25** or two for **\$40**
- The DHEA Breakthrough **\$25**
- Which Natural Therapies Should You Try? **\$21**



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.

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.



Benefits

- 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

\$99ea

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

MULTI BUY

\$85ea

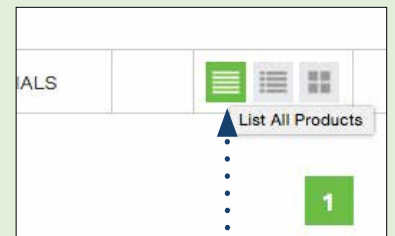
Buy two or more of The Ultimate Cleanse Kits and save \$28

Website upgrade

The feedback from our web customers was that they liked having one full list of all our products, so we have implemented that.



① Click on Products



② Click List All Products button

Remember to login to get your loyalty rewards (checking out as a guest means you might miss out). Also if you are logged in and click the "My Products" button you will see a list of the products you have ordered recently, making it even easier to reorder them.

FIVE EASY WAYS TO BUY

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 PROMISE 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.



Allergies

Allergies, such as food allergies, asthma, eczema and hay fever are reaching epidemic levels in New Zealand, especially among children.

An Auckland allergist reports an alarming increase in the last 30 years. Asthma symptoms have reached 33% in Wellington – the highest in the world. Overall a whopping 40% of New Zealanders report having at least one allergy. Over the last 15 years asthma has increased by 50% in New Zealand.

How I overcame childhood hay fever

Fortunately, I don't presently suffer from any allergies, but as a young teenager I began to get hay fever from rye grass pollen in summer. I eventually noticed that my hay fever would occur after I had consumed sugary food and then walked in the long, seeded rye grass on the farm my Dad managed. That was my first wake up call to the importance of nutrition. I soon learnt that if I didn't indulge in sugary foods, I didn't react to the pollen and still don't. One fact that is perhaps little realised, is that excess sugar can contribute to allergies. Sugar has also been proven to suppress our immune system, but in the case of hay fever and asthma, it appears to overstimulate it.

Asthma in New Zealand is often linked to dust mite faeces, especially from woollen carpet and bedding. It can also be from a lack of magnesium, zinc and selenium in the diet.

Food allergies and missing probiotics

Most New Zealand food allergies are toward food high in protein such as milk, eggs, peanuts and gluten. The major cause of this is lack of probiotics. Our food needs to be turned into a liquid before it can be absorbed through our intestinal walls and into our blood stream. This is one of the roles of probiotics – the trillions of friendly, digestive gut bacteria, living in the eight metre length of our intestines.

My "Stay Healthy" book (pg 113) explains this more fully, but there are about 30 principal strains of food-digesting bacteria and each strain digests different classes of food i.e. dairy, eggs, wheat, nuts, etc.

Allergic symptoms like wind, yeast infections and irritable bowel syndrome

are signs of a deficiency of one or more probiotics. This is often because the type of bacteria needed to pre-digest a class of food has been wiped out by an antibiotic, food preservative or perhaps not acquired at birth. Many children are not exposed to a wide enough range of bacteria as they grow up. This has also been compounded by the modern use of antibacterial hand wipes and excessive cleanliness.

Some of our customers have reported reduced or no allergies after supplementing with multi-strain live probiotics.

Lack of minerals and vitamin D from the sun

Until I reached 40 years of age and began studying nutrition, I used to get frequent, annoying colds or flus. Often about five a year and they would linger on for weeks with much nose blowing and coughing. What made a huge difference and virtually stopped me getting them altogether was to supply my body the immune minerals

The most effective multi-mineral-vitamin

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

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

\$45ea 60 capsules

Available in non-sulphur and non-iron versions.



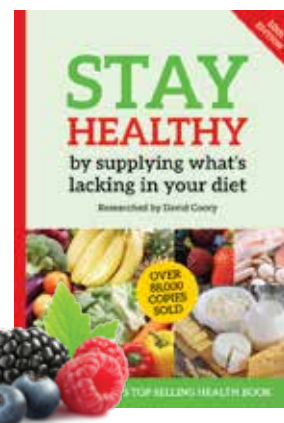
Why New Zealand's top selling health book is what you need

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.

\$25ea 288 pages

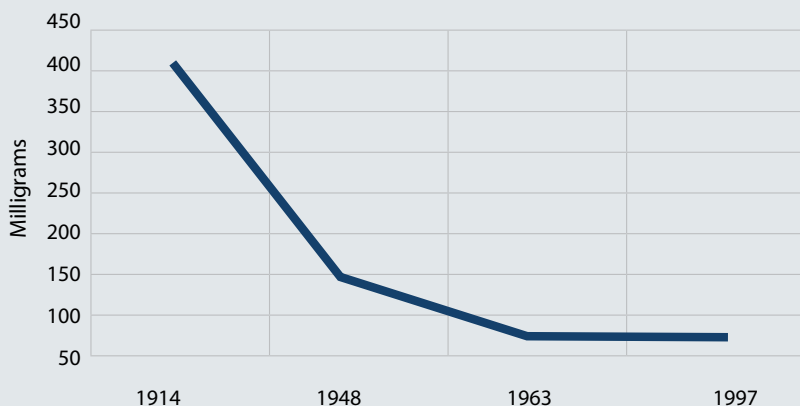
\$20ea **MULTI BUY**

Buy two books and save \$10



Mineral content in selected vegetables, 1914 – 1997

Average total values of calcium, magnesium and iron in cabbage, lettuce, tomatoes and spinach



Source: Lindlahr, 1914; Hamaker, 1992; U.S. Department of Agriculture, 1963 and 1997

lacking in our New Zealand diet. The minerals critical for the immune system are mainly magnesium, zinc, selenium, boron and iodine. My immune system could then function as nature intended fighting off infections and as I have now come to realise allergies as well. A simple way of looking at allergies is that our immune system is not functioning as intended and is incorrectly reacting against a perceived invader.

Doctors still repeat what they were taught in medical school, that "a normal balanced diet will give you all the minerals you need", but this is no longer correct. It might have been true 150 years ago, but not today with our modern chemical crop growing methods. See graph above.

Our immune system needs minerals and if they are no longer present in the soil, or are bound up in the soil by applying chemical fertilisers, they are not in our food. So a lack of minerals in our food can contribute to allergies.



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.

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 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.

Joint, digestion and general health

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

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

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

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

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

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



\$39ea
60 capsules

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 uses 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



Protect your skin with 100% Natural Sunscreen

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

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

Like all natural sunscreens, when you apply it you will be able to tell you have covered your skin due to the

temporary whiteish/blueish colour, but it soon becomes transparent.

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

INGREDIENTS:

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



\$18ea
50ml

\$27ea
100ml



Colloidal Silver Cream

A 100% natural soothing and moisturising cream.

A natural moisturising and soothing cream with colloidal silver, avocado oil, calendula oil, aloe vera and lavender. It is ideal for problem skin or as a daily moisturiser. It was one of our best kept secrets.

Benefits

- 100% natural
- Effective for dealing with skin problems
- No harsh additives
- Moisturises and soothes the skin

\$28ea
100ml



Turn Back Time

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

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



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

\$39ea 60 capsules



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

\$39ea 50ml

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

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

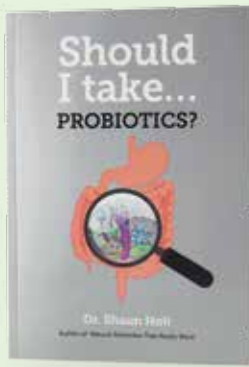
We are discontinuing the pump as it does not work as well as we would like. So we have a clearance special on them but only while stocks last.

Buy two for the price of one

\$39 (2 x 30ml)

CLEARANCE





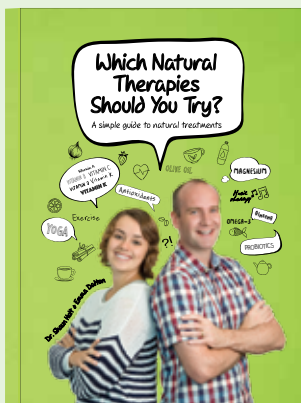
Make an informed choice on whether you should take probiotics, written by Dr Shaun Holt.

\$19ea 82 pages



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

\$35ea 30ml pump



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

\$21ea 136 pages

Natural products for the elderly

As well as often taking a large number of pharmaceutical medicines, older people are also big users of natural products.

The reason why older people use natural products is that they offer gentler and safer approaches to addressing common health conditions, especially considering the frequent side effects that they experience from taking pharmaceutical medicines.

There are of course risks and herb-drug interactions are an important consideration. For example, ginkgo biloba, ginger and other popular herbs can have interactions with blood thinning medications.

However, on the positive side, the use of natural products can increase therapeutic options and promote patient empowerment. Some of the most important natural products that are frequently used by the elderly are:

Chondroitin and glucosamine

Around 50% of people who are 55 or older have chronic musculoskeletal pain, particularly in the hip/thigh, knee and ankle/foot areas. Many bodies such as the American College of Rheumatology Guidelines and the NHS in the UK do not recommend chondroitin and glucosamine. However, a major new study of 606 patients with moderate to severe knee pain, due to osteoarthritis, has just been published. They found that a combination of chondroitin & glucosamine was as effective as a commonly prescribed steroid in reducing pain, stiffness and joint swelling in patients with painful knee osteoarthritis.

CoQ10

Coenzyme Q10 is a potent antioxidant which is very effective in reducing high blood pressure (BP).

A review of eight published trials of CoQ10 in high BP patients found a decrease in systolic BP of 17 mmHg and in diastolic BP of 10 mmHg. The recommended dose of CoQ10 as a supplement for adults is 30 - 200 mg daily.

Although it is better known for its effect in reducing cholesterol, omega 3 fish oil can also lower BP. An analysis of 36 randomised trials found that it reduced systolic BP by 2.1 mmHg and diastolic BP by 1.6 mmHg. The reduction was larger in people 45 years and older.

Valerian and kava

Not sleeping well is a common complaint for senior people; however, it may not actually be a problem. We need less sleep as we get older and elderly people need as little as 6 hours. So what may be perceived as a problem may actually just be a result of normal physiology.

Valerian and kava are both effective for sleep and relaxation, but be aware of possible side effects/drug interactions. Milder natural products to help with sleep and relaxation include chamomile taken as a tea and lavender, inhaled as a vapour.

Vitamin D

A recent statement from the Journal of the American Geriatrics Society stated that older patients need vitamin D to lower their risk of falls and fractures.

It said that "...dietary sources, sunlight, and supplements can all contribute to vitamin D levels of around 30 ng/mL (75 nmol/L), which appears to protect against fall-related injuries."

Vitamin D maintains muscle strength to prevent falls and bone strength to prevent fractures if a fall occurs.



ABOUT THE AUTHOR

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

The nutrient superstar

Magnesium is perhaps one of the most overlooked minerals. With a recommended intake of between 300mg and 400mg per day 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. Otherwise as advised by your health professional.
Children: One capsule per day.

INGREDIENTS

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

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.



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 up to 300%.

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

\$29ea 25 capsules

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



Healthy hair, skin and nails



One of the most common questions we are asked at Health House is what to take to improve hair, skin and nails. Nadia writes about this with a special focus on nail health.

There are a number of different vitamins and minerals that are important to help boost collagen and maintain the health of our hair, skin and nails including vitamin C, zinc, iron, calcium, silica, biotin and omega 3 oils. Protein is also important for healthy growth and strength.

Foods that are especially beneficial and contain these vitamins and minerals include egg yolks, shellfish (such as mussels and oysters), liver, fatty fish (such as salmon), leafy green vegetables, walnuts and capsicum.

Herbal teas are another way to absorb vitamins and minerals that promote

strong, healthy hair and nails and clear, supple skin.

Particularly nutrient dense options include oat straw, nettle, horsetail and alfalfa. To get a therapeutic benefit from these teas, they should be steeped for at least 10 minutes and one cup consumed three times a day. Most health shops have these herbs available to purchase so that you can make your own blend with a tea strainer.

To help your hair become silkier, softer and shinier and encourage healthy growth, use a little argan oil (also known as Moroccan oil) on the ends for

a wonderful treatment that can even prevent split ends and tame frizz.

A small drop of argan oil can also be massaged into each cuticle on your fingernails to moisturise the nails, stimulate healthy growth and repair any damage.

Your fingernails can be a very insightful window to your overall health

Healthy nails should be strong, smooth and pink with clear white moons. If your hands in particular are dry and you have brittle fingernails this may be from an external source such as a result



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

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.

of the dishwashing liquid you use. If it is both fingernails and toe nails, it is more likely to be as a result of a mineral or vitamin deficiency, or some other internal issue in the body.

Vertical ridges

Vertical ridges on your fingernails can be an indicator of decreased digestive function (often low stomach acid) and poor gut health, which can result in poor nutrient absorption, but can also be attributed to ageing.

Horizontal ridges

Horizontal ridges on your fingernails can be an indicator of more serious health conditions such as malnutrition, cardiac problems, severe infections, thyroid issues or can be a side effect of diabetes.

Black discoloration

If you have black discoloration (such as lines or streaks) or a painful growth on a fingernail, it may be indicative of a melanoma, so you should always have this checked by your doctor or dermatologist immediately.

White marks

White marks on your fingernails, also known as leukonychia, may be an indicator of zinc deficiency. However just one or two white marks is nothing to be concerned about. These marks can usually be attributed to a prior injury where you may have knocked your finger below the nail bed (usually around six weeks prior to seeing them, which is why we never remember the

injury!). If you have multiple white marks across your fingernails, a zinc supplement may be of benefit.

Brittle and peeling

Brittle, peeling nails can be a sign of a silica deficiency, or it can simply be dehydration and lack of fats and oils being consumed. Exposure to chemicals can also be a cause such as cleaning products, nail polish or nail polish remover.

Pale nails

Pale nails may be a sign of anaemia, so the first action you should take is to have a blood test to show iron levels.

Blueish nails

Blueish nails may be a result of poor circulation or just cold temperature. If they are persistently blue please see your health professional.

Most of the time you will find that food or supplementation will improve the health of your nails, however, if you have concerns about the signs you see in your fingernails, go to your naturopath, doctor or dermatologist for a check up.



ABOUT THE AUTHOR

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



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

Buy two bottles of Carnitine for

\$45 (2 x 60) capsules

MULTI BUY



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

\$29ea 60 capsules

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**



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

QUALITY NATURAL HEALTH PRODUCTS SINCE 1986

FREE DELIVERY on ALL New Zealand and Australian orders

11

Improve your everyday health

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



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

1 Triple Pack

Save \$18 off the individual product prices.

\$119ea

2 or more Triple Packs

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

\$113ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$154


MULTI BUY

2 Triple Packs + 2 Probiotics

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

\$276

MULTI BUY

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

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

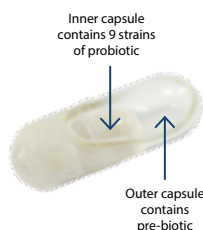
Optimum health begins in your bowel

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

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

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

Store in a cool dry place - no refrigeration needed.



\$39ea
60 capsules



Always read the label and only use as directed.

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

Your nutritional insurance

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



\$45ea
60 capsules



\$49ea
60 capsules



\$43ea
60 capsules

The most effective multi mineral vitamin.

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

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

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

Benefits

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

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

Supports your heart, artery and brain health.

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

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

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

Benefits

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

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

INGREDIENTS

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

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

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

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

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

A lack of balance between these four nutrients is why some calcium supplements were associated with an increased risk of heart attacks and strokes.

Benefits

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

Allergies

There has been a dramatic increase in the occurrences of food and environmental allergies in recent times. Are our immune systems struggling? Is our nervous system worn out? Or are the number of allergens increasing? Often it is never one answer.

A true allergy is when the immune system is activated, however in our era we are seeing more and more "intolerance" or "sensitivity" to food. If a true allergy exists for a particular food it will trigger the acquired immunity, in which case the body starts to recognise the food as a foreign invader. The reaction can be immediate or occur within a few days, which is the hard part when you are trying to identify the food that may have caused the reactions. Food reactions can be a serious health matter and professional advice may be needed.

Allergic rhinitis is predominantly triggered by inhaled allergens. The symptom is sneezing, often with a watery nasal discharge alternating with nasal congestion and commonly with itchy eyes. A family history is often present.

To control the symptoms and remove the cause, is often easier said than done. Avoiding the seasonal pollens and particular plants is usually a good first option. Naturopaths and herbalists believe that mucous membranes can be in an overly sensitive state creating excessive catarrh (nose or throat mucus)

when exposed to some food e.g. dairy or refined carbohydrates.

There are immune modulating herbs, anticatarrhal herbs, mucous membrane restoratives and many options that a qualified medical herbalist can help with. Sometimes it may be not what to take, but what to stop taking, to actually move forward on your path to wellness.

The commonly prescribed pharmaceutical option is an anti-histamine. Histamine is a compound released by the mast cells (a type of white blood cell), that causes the redness and swelling within nasal passages. These mast cells are distributed throughout the body, and in exceptionally high concentrations in the respiratory system.

Quercetin is an active flavonoid that offers an excellent natural anti-histamine action, as well as antioxidant protection. This occurs naturally in vitamin C and in the white pith of an orange, watermelon etc. The release of histamine and other inflammatory mediators is what triggers the allergic rhinitis (irritation and inflammation of

the mucous membrane inside the nose). A substantial dose of vitamin C may also offer some antihistamine action.

As a dietary source onions are also high in quercetin, so it is not a silly idea to increase your intake of onions. Fried onions with cumin seeds is calming on the digestive system, and delicious, while whole onions baked in the oven can be either eaten or if you are congested mash them up and make a warm chest pack. A bit mucky to apply but can be effective. Lie back, relax, be kind to yourself and support your nervous system. Excess nervous energy can intensify allergic symptoms and aggravate other systems in the body.



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.

The world famous vitamin C blend

Antioxidants, vitamins and bioflavonoids for all the family.

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

Complete C also contains 6 powerful antioxidants and bioflavonoids, all have been proven excellent for maintaining health and alkalising your body.

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

\$35ea 200 tablets

The powder contains three types of powerful antioxidants.

\$35ea 100g powder



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.



\$35ea
60 capsules

- ✓ Builds vitality
- ✓ Helpful during convalescence
- ✓ Supports a restful sleep
- ✓ Immune system support

It is particularly helpful during convalescence for restoring energy levels 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.

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



Relax

Reduces stress and supports a deep and more restful sleep.

\$31ea 60 capsules



Sweet Stevia Tablets

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

\$22ea 200 tablets



Throat Spray

Soothes dry scratchy throats and prevents winter chills.

\$29ea 100ml liquid

60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

HARMONY

SUPPORT YOUR HORMONAL
BALANCE NATURALLY

\$34ea
60 capsules



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



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.

\$29ea 90 capsules

NATURE'S BEST SOURCE OF IODINE

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

\$29ea
60 capsules



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

MACA-X

ENHANCE ENERGY, LIBIDO
AND SUPPORT FERTILITY

\$33ea
60 capsules



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.

If pregnant, not recommended during the first trimester.

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, bioflavonoids, 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.



Enhanced libido and sexual vitality

Enhance both the male and female libido's.

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.

In men, it can support healthy sperm production and boost sexual energy.

In woman, it may also support fertility.

You should experience benefits within a few days of taking it and the effects should be long term.

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.





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

Unlike any salt on earth

Use this ancient, unrefined sea salt every day and taste 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.

Benefits

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

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.

Visit the Redmond Salt Mine

<https://realsalt.com/mine/>



\$23ea
737g pouch

\$28ea **MULTI BUY**

RealSalt refill pouch and 283g original RealSalt shaker

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

How to support joint health naturally

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

What is glucosamine?

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

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

What is chondroitin?

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

Like glucosamine, chondroitin levels also decline as we age.

Equal quantities of glucosamine and chondroitin

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

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

An effective formula

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

What glucosamine and chondroitin do we use?

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

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

Are there any allergy concerns taking this product?

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

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

\$66ea 90 capsules

\$99ea 180 capsules

\$89ea **MULTI BUY**

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



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

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

\$21ea 50ml

\$29ea 100ml



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

\$15ea (five packs of 10)



An all natural, full spectrum cranberry powder, that supports normal prostate health and urinary flow.

\$33ea 60 capsules



Reduce stress and manage your appetite with 5-HTP.

\$34ea 90 capsules



A natural youth hormone for energy, clarity of mind and mental focus.

\$37ea 60 capsules



MSM Sulphur

Research shows nearly 50 separate health benefits, including maintenance of your joint cartilage.

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. You can enhance the effectiveness of MSM with vitamin C.

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

Always read the label and use only as directed. If symptoms persist or you are on prescribed medication, please see your healthcare professional.

Benefits

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



\$39ea
180 capsules

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 soft gel capsules



Boron & Selenium

A high quality, organic chelated mineral blend.



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

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

LIVER CLEANSE

GIVE YOUR LIVER A HELPING HAND WITH MILK THISTLE AND VITAMINS



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

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



DIRECTIONS: Take one or two capsules per day.



Easy-Lax 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.

\$30ea 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.

Helfee

 short expiry
date clearance

**TWO
FOR
ONE**

EXP. OCT 17

Restore the missing electrolytes and B vitamins after that night out (when you weren't going to drink – yeah right!)

~~\$26ea~~ 30 capsule

\$10ea when you buy two tins


**TWO
FOR
ONE**

EXP. SEP 17

When you just can't be bothered and your get up and go has got up and left, this is just what you need

~~\$20ea~~ 30 capsules

\$10ea when you buy two tins


**TWO
FOR
ONE**

EXP. OCT 17

Put a shizzle in your dizzle or a fizzle in your vagizzle

~~\$20ea~~ 30 capsules

\$10ea when you buy two tins

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 one 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: Take half the adult dose. Not recommended for infants.

New Zealand orders only. Due to NZ regulations our Colostrum Powder cannot be exported.

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


~~\$49ea~~
100g tub

buy two for

~~\$39ea~~
SPECIAL

Clear skin starts from within

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

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

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


~~\$39ea~~
120 capsules

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 using a sprayer for

the nose, throat, mouth 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.

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 Four or more 500ml bottles

MULTI BUY



Colloidal Silver Generator

\$133ea one year guarantee

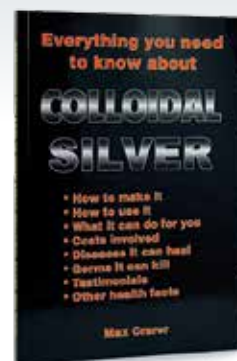
\$48ea replacement rods



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

Vitamin B Complex

Energy boost and stress relief



- ✓ Assists with emotional well being
- ✓ Beneficial during times of stress
- ✓ Feeling of well being
- ✓ Increases energy

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

CAA-Multi provides 50% of your recommended daily B vitamin needs (with the other 50% coming from the

average NZ diet). BUT there are times when the recommended daily intake might not be enough or there is a benefit from a higher intake of B vitamins.

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. These processes, so common in the manufacturing and preparation of our modern western food, means less essential vitamins are available than if consuming whole, fresh, raw food.

IMMUNITY SUPPORT

Immunity Support contains three powerful herbs and two powerful supplements.

Take as soon as you feel a chill coming on, or it can be taken regularly as a preventative measure.

\$29ea 60 capsules



FOR MORE INFORMATION CHECK OUT 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 October 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) 2 for 1 Special	\$45		\$
Colloidal Silver Cream (100ml tube)	\$28		\$
Colloidal Silver Gel (250g tub)	\$39		\$
Colloidal Silver Gel (50ml tube)	\$21		\$
Colloidal Silver Gel (100ml tube)	\$24		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$35		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$28		\$
Colloidal Silver Liquid Spray (100ml)	\$15		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum Powder (100g tub) (NZ Only)	\$49		\$
Colostrum Powder (100g tub) (NZ Only) 2 OR MORE	\$39		\$
Complete C (100g powder)	\$35		\$
Complete C 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		\$
Easy-Lax (100 capsules)	\$30		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$29		\$
Eye Health (60 Capsules)	\$45		\$
Garcinia (60 capsules)	\$29		\$
Harmony (60 capsules)	\$34		\$
Healthy Joints (60 capsules)	\$66		\$
Healthy Joints (180 capsules)	\$99		\$
Healthy Joints (180 capsules) 2 OR MORE	\$89		\$
Helifee - 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.) Special	\$99		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Helifee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helifee - Kick up the Backside (30 capsules) 2 for 1 short expiry special	\$20		\$
Helifee - Love Potion Number 9 (30 capsules) 2 for 1 short expiry special	\$20		\$
Helifee - My Jeans have Shrunk (30 capsules)	\$20		\$
Helifee - Poop like a Trooper (30 capsules)	\$20		\$
Helifee - What Happened Last Night? (30 capsules) 2 for 1 short expiry special	\$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		\$
Melsip Travel (100ml) White stocks last	\$30		\$
Melzing Travel (100ml) White stocks last	\$32		\$
Melzing (250ml) White stocks last	\$45		\$
MSM Sulphur (180 capsules)	\$39		\$
Omega 3 Fish Oil (200 capsules)	\$29		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$119		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$113		\$
Pain-Eze (50ml tube)	\$21		\$
Pain-Eze (100ml tube)	\$29		\$
pH Test Strips (5 packs of 10)	\$15		\$
Potion No. 9 (60 capsules)	\$40		\$
Prepare (100 capsules)	\$32		\$
Probiotic Multi 9 (60 capsules)	\$39		\$
Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$35		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Seasoned (234g)	\$16		\$
RealSalt Wooden Gift Box	\$39		\$
Relax (60 capsules)	\$31		\$
Restore (100 capsules)	\$32		\$
Rubeeven (30ml pump)	\$35		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
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)	\$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		\$
Throat Spray (100ml)	\$29		\$
⚡ Turmeric (60 capsules)	\$39		\$
⚡ Turn Back Time Capsules (60 capsules)	\$39		\$
Turn Back Time Cream (50ml tube) New	\$39		\$
Turn Back Time Combo (50ml cream and capsules)	\$59		\$
Turn Back Time Cream (30ml) 2 for 1 Special while stocks last	\$39		\$
Turn Back Time Combo (30ml cream and capsules) Special while stocks last	\$55		\$
Ultimate Cleanse kit (410 capsules)	\$99		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$85		\$
⚡ Vitamin B5 (90 capsules)	\$31		\$
⚡ Vitamin B Complex (60 capsules) New	\$35		\$
⚡ Withania (60 capsules)	\$35		\$
Yerba Maté Tea (30 herbal tea bags)	\$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.

BOOKS	PRICE EACH	QUANTITY	TOTAL
Colloidal Silver	\$19		\$
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Heal your Eye Problems	\$19		\$
Laugh with Health	\$24		\$
Laugh with Health Special 2 for \$40	\$20		\$
New Zealand's Greatest Doctor, Ulric Williams	\$17		\$
Should I take...? Probiotics?	\$19		\$
Stay Healthy by supplying what's lacking in your diet	\$25		\$
Stay Healthy by supplying what's lacking in your diet 2 OR MORE	\$20		\$
Which Natural Therapies Should You Try?	\$21		\$

I have bought four or more of the icon products

- \$20

Deduct any loyalty rewards shown on your last invoice \$

Please tick your preference

No signature required

Signature required (Sorry, not rural delivery)

Name

Address

Phone

Email

Credit Card Number

Cheque Visa Mastercard

Exp. date

Security code



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

HOW TO ORDER

FREE PHONE

NZ 0800 140 141 I AUS 1800 140 141

Other countries call +64 7 543 0491

Operators available 24/7 – 365 days

FAX NUMBER

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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.

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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.