

FREE DELIVERY
IN NEW ZEALAND

Health House

Quality, natural health products since 1986

SEP/OCT 2018

0800 140 141

 www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

Enjoy a sound night's sleep

Sleep is the key to optimum health

See page 3

 100% PROUDLY NZ OWNED & OPERATED

All our products are **GLUTEN FREE**



ARTICLES

- DAVID - 10 best ways to avoid cancer p4
- SHAUN - Nutritional insurance p6
- NADIA - Hay fever home remedies p8
- DENISE - Longevity p11

NEW PRODUCT ICONS

Our new directions icons can be found by each product, refer to page 9 for more details.



TAPS PP2724

WHAT'S NEW

Proudly 100% New Zealand Owned

Here at Health House not only are we proudly NZ owned, but we also care about New Zealand. We have just introduced a new green bubble wrap. Not only is this wrap 100% recyclable it is also made of 30% recycled material.

This is in addition to our existing green policy of recycling our cardboard boxes and the majority of our plastics. We also use paper sourced from certified sustainable forests in our catalogue, paper labels and other packaging.

Another innovation that you will notice in this catalogue (thanks to customer suggestions) is new icons to show how many and the best time of day to take your supplements. More information on this can be found on page 9.

Also don't miss our great articles by our regular contributors; David talks about the best ways to avoid cancer, Shaun on multi-vitamins, Nadia on remedies for hay fever and allergies and Denise on longevity.

Kind regards

Mike Coory

Director

Products

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Supplement pack for travellers

Have a perfect trip with this pack specially designed by Dr Holt for travellers.



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- 10 Yerba Maté Tea (bags)



Healthy Reading

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



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.

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

Would you like a deep, restful and healing sleep?

Melrest is our latest research and development project with Dr Shaun Holt and Honeylab. It contains three natural active ingredients for supporting sleep.

Tart Cherry Extract: over 13kgs of fresh tart cherries are used to make 1kg of BerryShield™ Tart Cherry from Denmark. Berryshield™ test for the cherries' naturally occurring anthocyanin levels.

Chamomile Extract: chamomile tea is great for supporting sleep, so we have added a more powerful organic 3:1 chamomile glycectract, made in New Zealand.

Magnesium: deficiency of this important dietary component is common especially as we get older. Magnesium helps relax your mind and supports normal sleep patterns.

Melrest also contains manuka honey and a natural cherry flavour, so enjoying a deep, restful healing sleep can also taste great.

DIRECTIONS: 16ml (8 pumps or around 3 teaspoons), 30 minutes before bedtime. Not recommended during pregnancy, or for children under 12.



\$59ea 240ml **\$32ea** 96ml

Loyalty Programmes

REFER A FRIEND

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

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



LOYALTY REWARD

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

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

Our loyalty rewards do not expire and apply to all purchases from May 2015

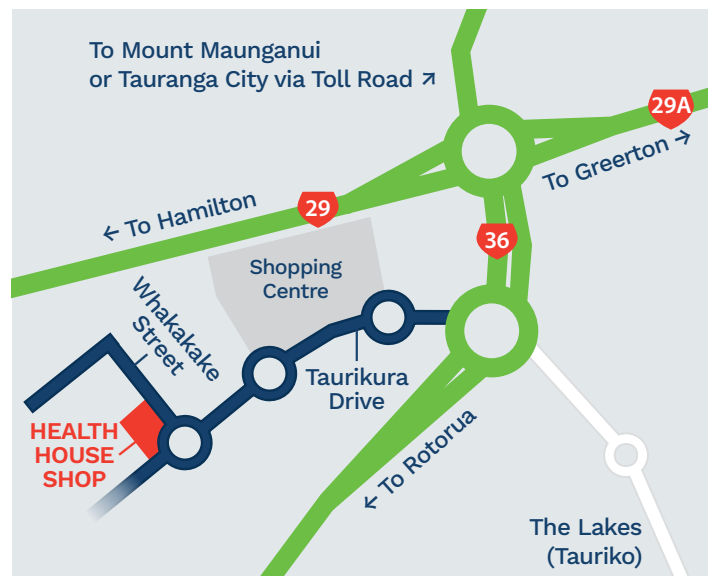
FIVE EASY WAYS TO ORDER

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

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

OUR PROMISES TO YOU

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





Study of 51 million people finds the 10 best ways to avoid cancer

The World Cancer Research Fund recently hired a London public research university, Imperial College, to do a robust, independent study of 51 million people and 17 different types of cancer to determine the main causes of cancer.

Cancer is now becoming the most common cause of death in developed countries like New Zealand.

Imperial College employed independent scientists from across the world, to review decades of scientific evidence, to come up with the most reliable cancer prevention advice currently available. They then

summarised them into 10 cancer prevention rules which are listed below. Oddly, smoking wasn't mentioned.

Dr Mitrou of the World Cancer Research Fund states, "Our recommendations work as a blueprint to beat cancer, because they are based on evidence that has now proved consistent for decades." His report, released in

May 2018, warned that if we in the developed nation, fail to adopt a cancer preventive lifestyle, cancer rates will increase by about 60% in the present generation of those who are under 40 years old.

I myself have lived these rules for some years now, with the exception of rule 8 (and actually find them quite easy)

Energy boost and stress relief

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

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

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

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

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

When do I need a B vitamin top up?


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



\$37ea
60 capsules

 1 per day

 Morning

 With or without food

but they will no doubt be unwelcome to most people, as they affect some enjoyable pastimes of life. On the other hand, cancer inflicts some of the worst suffering imaginable, so “we make our choices.” An occasional lapse of the 10 rules should not do much harm.

So brace yourself – here they are:

10 proven ways to slash your risk of cancer

1. Maintain a healthy weight by keeping your weight within the recommended healthy range for your age. (Being overweight is linked to the following cancers – bowel, breast and uterine).
2. Be physically active as part of your everyday life – walk more and sit less. If you have a sedentary job take special care to build exercise into your everyday life.
3. Consume a daily diet that is rich in whole grains, vegetables, fruit and beans.
4. Control your calorie intake by limiting your consumption of fast food and other processed food high in fat, starches or sugars. (The ‘Mediterranean diet’ praised by health experts, now barely exists in southern Europe. While the spread of junk food is fuelling a soaring obesity rate).
5. Avoid all processed meat and limit your intake of red meat. (Processed meat includes bacon, hamburger, sausages, hot dogs, luncheon, etc.) Burned, blackened protein of all barbecued meat and additives like nitrites in processed meat, are linked to the following cancers – colon, bladder, stomach and pancreatic.
6. Avoid all high sugar drinks. These include soft drinks, fruit juice, wine and cordials. Doing this alone cuts your risk of cancer by about 40%.
7. Avoid alcoholic drinks. Alcohol is linked to the following cancers – breast, bowel, liver, mouth, throat, oesophagus, squamous cell and stomach.
8. Do not solely rely on high dose supplements for cancer prevention. You should aim to meet your basic nutritional needs through diet.
9. Mothers, breastfeed your babies exclusively for six months if possible, then partly supplement

up to two years of age or beyond. Breastfeeding is best for both mother and baby.

10. Individuals with a cancer diagnosis should consult an appropriately trained health professional as soon as possible. Cancer survivors should follow the first eight recommendations after treatment.

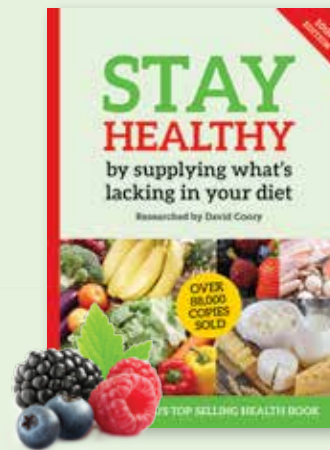
Seven more advanced nutritional recommendations from the ‘Avoiding Cancer’ chapter of my book ‘Stay Healthy by supplying what’s lacking in your diet’

1. Get enough omega 3 – a lack of omega 3 seriously limits your immune system.
2. Reduce your omega 6 fat intake – omega 6 comes mostly from margarine, fried fast food and vegetable fats/oils. It seriously suppresses our immune system when our ratio of omega 6 to omega 3 is above 9 to 1. Optimum ratio is 3 to 1.
3. Get enough vitamin D – unless you regularly spend hours outdoors without sunscreen, take a supplement.
4. Get enough oxygen – ensure a constant supply of fresh air indoors, even in winter. The less oxygen in our air, the weaker our immune system.
5. Sleep well – poor sleep seriously weakens our immune system and can allow cancer to gain a hold.
6. Take 200mcg of selenium daily – in a seven year study of 1300 older people, the incidence of cancer among those who took 200mcg of selenium daily was 42% lower than those given a placebo.
7. Take 400mcg of folate daily – a large study found 400mcg a day of folate reduced the incidence of colon cancer by a massive 75%.



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.



You need New Zealand's top selling health book

This book shows you how to dramatically improve your health by making small but critical changes to your diet.

When you supply your body with the correct balance of minerals, vitamins and fats, you will enjoy a clearer mind, sharper memory, sound heart, efficient immune system and lots of energy.

You can say goodbye to, or avoid altogether, many embarrassing and misery causing health problems. Your body is able to heal them naturally with small but important changes to your diet.

The book is easy to read, has large print, cartoons and very informative health hints. There are over 40 sections covering nutrients including all common minerals and vitamins.

There is information on each nutrient, the role it plays in your body, the effects of having too much or not enough, the recommended daily intake levels and a table of food sources rich in that nutrient.

\$25ea 288 pages

\$20ea **MULTI BUY**

Buy two books and save \$10



Supplement pack for travellers

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



STOMACH

Deal with dietary changes, bowel issues or queasiness.

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



IMMUNITY

Defend against ills and chills with this immunity boost.

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



SLEEP AND STRESS

Support normal sleep and the stresses of travelling.

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

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



\$25^{ea} 7 day pack

\$39 **MULTI BUY**

Buy two 7 day packs and save \$11



Tart Cherry for sleep

Lots of us have problems sleeping and it is one of the most common questions that doctors get asked about.

It is estimated that around half of adults have symptoms of insomnia occasionally and around 10 percent of people have experienced chronic insomnia. It is more likely to occur in women than in men and is more likely to affect the elderly. Insomnia is generally defined as having trouble sleeping, on average, more than three nights per week.

There are some steps that people who are affected can take in order to maximise their chances of sleeping well, what experts call "sleep hygiene". These include not napping during the day; making sure the bedroom is dark and a comfortable temperature; reducing caffeine and alcohol intake and going to bed at a regular time.

Recent research has shown that relief may be available from, of all things, cherries. Specifically, tart or sour cherries, which are a variety of cherry that are grown worldwide and often used in cooking and in making fruit concentrates.

Tart cherries have high levels of chemicals called anthocyanins. These are a type of flavonoid which have strong antioxidant activity and anti-inflammatory effects. Of more relevance to sleep is the fact that they also contain a small amount of the sleep-regulating hormone melatonin.

Melatonin is a hormone found naturally in the body. Its main function is to regulate night and day cycles, also known as sleep-wake cycles. Darkness causes the body to produce more melatonin, which signals the body to prepare for sleep, whereas light decreases melatonin production and signals the body to prepare for being awake. As well as for sleep, people use melatonin to adjust the body's internal

clock, for example, to help with jet lag symptoms or if they are working night shifts. It is also sometimes used by blind people in order to establish a day and night cycle. Something that is quite unique to melatonin is how it is viewed by regulatory bodies such as Medsafe in New Zealand or the FDA in USA. In New Zealand and in the UK you need to have a prescription from a doctor in order to obtain melatonin, but in the USA, you can buy it without a prescription from a health shop or a pharmacy.

As an example of the research behind using tart cherries for sleep, in a double-blind trial, healthy young people took 30mls daily of a tart cherry juice concentrate for seven days, estimated to contain the equivalent of 90-100 tart cherries. This resulted in increased urine levels of melatonin and an improvement in several measures of sleep quality. In another double-blind study of older people with insomnia, drinking cherry juice for seven days resulted in improvements in measures of sleep quality. In general, studies are finding beneficial effects on sleep from tart cherries that are around the same as those from taking the herbal product valerian or from taking melatonin itself, two products that have been shown to be effective for sleep.



ABOUT THE AUTHOR

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

Boost your immunity

Four powerful herbs and two powerful nutrients

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

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

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

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

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

1-2 Maintenance dose

3-6 When unwell

Anytime

With food



\$31ea
60 capsules



Convenient chewable tablets

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

\$37ea 200 chewable tablets

3 per day Anytime With or without food

Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

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

\$37ea 100g powder



1/4-1/2 tsp per day Anytime With or without food



Natural home remedies for hay fever and seasonal allergies

While spring is an exciting time with the daffodils blooming and lambs frolicking, for some people it brings anxiety knowing that hay fever season is upon us.

Hay fever and seasonal allergies mean that your body is reacting to the pollens in the air and treating them the same way that it would treat bacteria and viruses – by producing antibodies to fight the pathogens. At its core, it is your immune system and gut that need help to prevent seasonal allergies, however there are many natural home

remedies that can help to relieve symptoms in the meantime.

Chamomile tea bags

Steep tea bags in hot water and enjoy the brew as a relaxing bed time cuppa that will relax you as well as help with the symptoms of hay fever. Chill the leftover tea bags in the fridge or

freezer and use these as soothing eye compresses for swollen, red, itchy eyes. If you have any allergies to the daisy family, avoid using chamomile as this may make the symptoms worse.

Local honey

Many people have found success with eating high quality raw local honey

Supports physical and mental rejuvenation

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

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

\$37ea 60 capsules

1 per day Anytime With or without food



Always read the label and only use as directed.

Reduce stress and support a deep restful sleep

A blend of the world's three most relaxing and calming herbs valerian, hops and kava.

This along with magnesium promotes a general sense of wellbeing and supports a peaceful relaxing sleep without chemicals.

If you are having trouble sleeping or if there is stress in your life, this is a natural alternative to soothe tension and stress.

\$33ea 60 capsules

2-3 per day Evening With food



60 DAY MONEY BACK GUARANTEE

on a daily basis to reduce hay fever symptoms. Because the honey contains small amounts of the local pollens, the theory is that it helps to desensitise your immune system by creating antibodies to the pollens in the air. A teaspoon two to three times a day should be enough to lessen symptoms.

Garlic

Garlic has a range of health benefits, with just one being immune system support. It acts as a decongestant and can relieve sore throats and headaches. Garlic contains quercetin which is a natural antihistamine, also found in onions.

Nettle

Nettle (sometimes known as stinging nettle) is an herb that has blood purifying and anti-allergic properties, helping to mitigate hay fever symptoms such as sneezing and itching. Once the herb is dried, the 'stinging' part of the nettle no longer stings and can be brewed with hot water to make a tea. It can also be brewed fresh, but be careful and wear gloves for protection. Have 3-4 cups a day for a good dose.

Horseradish

Horseradish is a root that looks like a cross between ginger root and a parsnip. It has a pungent 'kick' to it that helps to desensitise mucous membranes and clear the sinuses. It is also a decongestant and when consumed daily it can have a great impact on hay fever symptoms.

Apple cider vinegar

Raw, organic apple cider vinegar

contains minerals and enzymes and helps to balance the pH in the body while acting as a natural antihistamine.

You could even make your own antihistamine vinegar by combining horseradish, ginger and garlic with apple cider vinegar in a glass jar. Leave sealed in a dark place for 2-4 weeks stirring occasionally.

Strain and consume a tablespoon in warm water twice a day before meals. You can add some local honey to sweeten if necessary.

Avoid dairy products

Consumption of dairy products increases the production of mucous in the body, so eating dairy when you have hay fever can exacerbate this and make a runny nose much worse.

Even a small amount of dairy can make a difference, so do your best to avoid it completely over the worst of the pollen season.



OUR NEW PRODUCT ICONS

We always appreciate feedback from our customers and recently we have been contacted by a numerous number of you saying you would like to see more information about dosages of products in the catalogue.

We wanted to find a simple way to do this without losing a lot of the information we already provide.

The new icons we have beneath each product, display clearly whether it should be taken with food or on an empty stomach, what time of day it should be taken and how many capsules should be taken each day.

Hopefully this additional information makes dosages of our products much clearer and makes it easier to compare products.

-  How many
-  How much
-  Anytime
-  Evening
-  Morning
-  Empty stomach
-  With food
-  With or without food



ABOUT THE AUTHOR

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

The nutrient superstar

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

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




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

Magnesium helps 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.

\$31ea 60 capsules

\$52ea 180 capsules

-  **1-3** per day
-  Anytime
-  With or without food



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

Always read the label and only use as directed.

A spring clean and detox for your insides

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



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

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

\$105ea

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

\$90ea **MULTI BUY**

Buy two (or more) of The Ultimate Cleanse Kits and save **\$15** per kit.

A refreshing and rejuvenating tea

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

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



\$20ea
30 tea bags

Boost your antioxidant levels

Our Cacao Tea contains high levels of antioxidants and with barely a trace of caffeine it's a great drink for anytime of the day or night.

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



\$20ea
30 tea bags

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.



Longevity

During my Naturopathic training, we were taught three basic food choice principles that form the basis for wellbeing, these are fresh, whole and variety.

If these three principles are adhered to we are more likely to develop a diverse microbiome in our gut. The health and diversity of our microbiome is now thought to be a huge basis of our longevity. A fact that traditional natural medicine has known for many years - our gut is the strength of our wellness. Years ago little was known about any relationship between the gut and the brain, and the gut and the immune system. It is now recognised that there is an important relationship as the gut influences the brain and immune system in a positive physiological way.

So, could depression be linked to our food choices? Yes it certainly could, however this is not to ignore personal circumstances. Fresh whole food will support emotional wellbeing and help us make better choices. When we feel we have lost choice in our lives it will generate stress, why not try replacing 'should' with 'could'. 'Could' allows us choice, hence less possible trauma. We will not age well if stress is ongoing, because simple things like digestion shut down while the body increases its coping mechanisms to cope with the stressors.

Diversity in our microbiome is more likely when there is a variety in our diet i.e. a broad array of nutrients provided on a daily basis, not the same food day in and day out which increases the likelihood of nutrient deficiencies. Fresh food of course will have higher nutrients, and whole food provides much needed fibre - fibre is a must for making some of our own gut bacteria. A healthy diverse microbiome is enhanced by plant fibres plus 'good guy' bacteria (if supplementation is not desired, fermented food is your best choice), which in turn helps make short

chain fatty acids (SCFA) - these SCFA's help make their own anti-inflammatory compounds for the gut, and fuel up the colonocyte (gut cells).

If we take our wellness back to a cellular level - and each cell in our body is functioning at its optimum, it makes sense that our longevity will be enhanced. Yes **fresh, whole and variety** are key players, however we cannot omit water. Without adequate water (this could be high water based vegetables, not just clear liquids) our cells will not detoxify correctly through the liver and we will not generate energy at a cellular level. *'I am tired all the time'*, is probably one of the most common comments I hear as a naturopathic practitioner. Look at your water intake if this is the case for you. We could take all the pills and potions in the world but if your water intake is inadequate you may be wasting a lot of money. We do not see dehydrated bodies living long lives.

Being physically active, is vital to living a long, healthy, productive life. It offers a lift to our alertness, helps with a positive outlook on life, while lightening our attitudes and lessening mood swings. Exercise can trigger a number of neurotransmitters (brain chemicals) that offer us a feel good, life is great attitude. Feeling down? Then get moving, preferably out amongst nature.

Antioxidants can be likened to cellular protectors - very important in our diet. They are found in all those beautiful bright colours in our food, i.e. beetroot, kumara, yellow fruit/veg etc. Fruit tends to carry a higher array of antioxidants, ideally organically grown. The sprays that are often used on our fruit and vegetables can carry an extra burden for our liver and kidneys to deal with, so

certainly would not be the best for a long life. While organic veg might not look as perfect as some sprayed veg you can purchase, you can be rest assured that it is highly likely the organic will have a greater range and amount of nutrients.

Naturopathic principles often involve dietary changes, if undertaken, any alteration is best done slowly. Lifestyle changes are difficult for most of us, so be kind to yourself, think about your gut more and stay hydrated. If you enjoy tea, coffee and alcohol, a good habit is quench your thirst first, and you may find that you will not go back for more, quite so often.

We are all a product of our own genetic inheritance, some being luckier than others. This does not however mean a shorter life. It may just mean that we need to find the right choices for our own genetic makeup. Many herbal medicines can support your inherited body, these choices however are best made with your own registered natural health practitioner, so that it suits your own biochemical make-up.

There is no one answer to our wellness or longevity - there are many answers that complement each other. Seek out support where necessary. Nature can, and does heal.



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.



Keep calcium in your bones

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

\$45ea 60 capsules

1 per day Anytime With food



Supports heart, artery and brain health

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

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

\$51ea 60 capsules

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

1 per day Morning With food



The most effective multi-mineral-vitamin

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

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

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

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

1 per day Anytime With food

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

\$47ea 60 capsules

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

Available in non-sulphur and non-iron versions



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.

\$125ea

2 or more Triple Packs

Save \$50 off the individual product prices. Available with non-sulphur and non-iron CAA - Multi versions.

\$118ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162

MULTI BUY

2 Triple Packs + 2 Probiotics

Save \$78 off the individual product prices (multi buy price already includes the 4+ product discount).

\$290

MULTI BUY

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

Always read the label and only use as directed. If taking Warfarin or any other blood thinning medication please discuss this with your health professional.

1 per day of each Morning With food

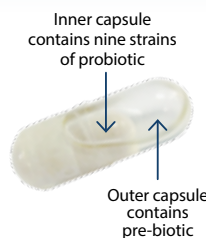
Optimum health begins in your bowel

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.

1-2 per day Anytime Empty stomach



\$41ea
60 capsules



Silver Meter

Measure the content of your homemade silver.

\$108ea test meter



Colloidal Silver Generator

\$133ea one year guarantee

\$48pair replacement silver rods



A natural moisturising and soothing cream

\$30ea 100ml tube

Colloidal Silver

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

Colloidal Silver and bacteria

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

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

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

Is it safe?

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

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

Historic Silver Facts



Middle Ages

Silver cutlery and vessels were used by nobility as protection against disease and plague.



1960's

NASA's water purification used silver to kill bacteria and purify the water on the Apollo spacecraft.

\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



Triple strength fish oil for brain and artery health

Our Omega 3 Fish Oil capsules contain 570mg of responsibly sourced omega 3 oil.



\$31ea
200 soft gel capsules

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

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.

- 1-2 per day
- Anytime
- With food



RealSalt Refill

\$23ea 737g pouch
283g shaker and refill combo
\$28ea **MULTI BUY**



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

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



\$23ea

50ml tube

\$31ea

100ml tube

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

Pain-Eze contains 11 active ingredients. These are six beneficial plant oils, four liquid plant extracts and a plant based preservative in a natural healthy coconut base. All ingredients are 100% natural and there are no chemicals, perfumes or additives.

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 feeling of cooling.



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**



Sunburn relief and soothes skin irritations

\$15ea 50ml

\$21ea 100ml



Repairs irritations and revitalises your skin

\$17ea 50ml

\$24ea 100ml



Use our 100% natural sunscreen

\$19ea 50ml tube

\$29ea 100ml tube

Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE



Reduce stress and manage your appetite

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

Do not take if you are currently on medication for depression, a neurological condition or if you are pregnant.

\$36ea 90 capsules

2-4 per day Anytime With food



EASY TO DIGEST IRON

For increased energy



\$31ea
25 capsules

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

1 per week Anytime Empty stomach

Help manage your appetite and food cravings

✓ The key active ingredient is Hydroxycitric Acid (HCA 50%-60%)

✓ The recommended dose of garcinia for weight management is between 3000mg and 6000mg per day

✓ Each capsule contains 2760mg active Garcinia Cambogia

\$31ea
60 capsules



1-2 per day Anytime Empty stomach



Help your body burn calories

- ✓ Supports the body's process of converting fat to energy
- ✓ Helps manage cravings
- ✓ Can greatly increase overall daily energy

\$30ea 60 capsules

3-5 per day Morning Empty stomach



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.

\$32ea 90 soft gel capsules

2-3 per day Anytime With food



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

\$35ea
60 capsules



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

1 per day Morning With food

Promotes easy, regular bowel movements

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

These herbs work together to lubricate and soothe the mucous membrane of the digestive tract, invigorate the entire digestive process, support production of bile and good cholesterol, stimulate the large intestine, support regularity, soothe digestive disorders, relieve stomach rumbling, bowel issues and excessive wind.

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

\$35ea 100 capsules

Do not use if pregnant or while breast feeding.

1-2 per day
 Evening
 With or without food



NORMAL PROSTATE HEALTH AND URINARY FLOW

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

\$35ea
60 capsules



1 per day Anytime With or without food



Natural Youth Hormone

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

Not generally required for people under 25 years of age. Do not take if pregnant or breastfeeding without first seeking advice from your healthcare professional. Professional athletes should be aware that this substance is listed by the World Doping Agency.

\$40ea 60 capsules

1 day or every 2 days Morning With or without food



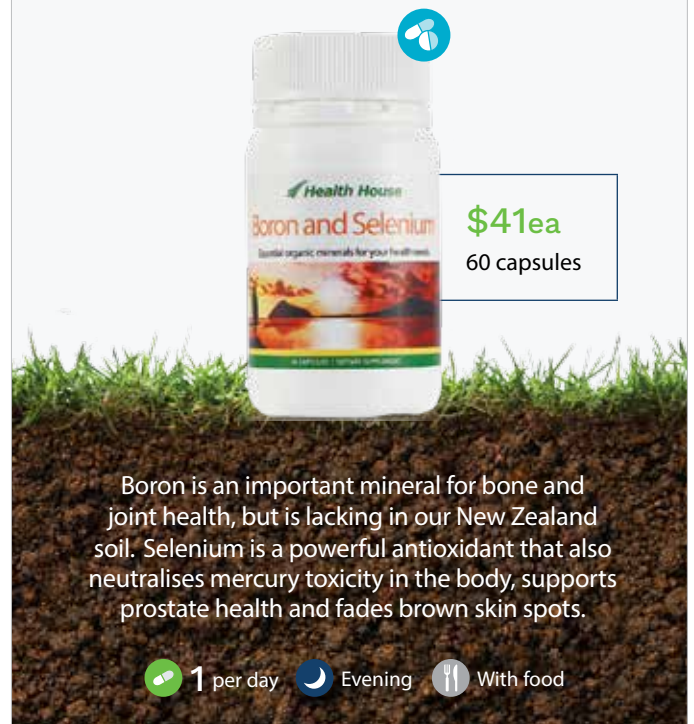
A half serving of the minerals and vitamins in CAA - Multi and in Bone Health

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

\$47ea 60 capsules

1 per day Anytime With food

A high quality, organic chelated mineral blend of Boron and Selenium



\$41ea
60 capsules

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

1 per day Evening With food



Containing important ingredients to combat ageing.

\$41ea 60 capsules

2 per day Anytime With food

If taking blood medication please discuss with your health professional.



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

\$41ea 50ml tube

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

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

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

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

\$62ea

Purchase a Turn Back Time Combo for \$62 and save \$20 off the individual product prices.

If taking Warfarin or any other blood thinning medication please discuss this



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

\$25ea 30ml pump

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.

\$41ea 120 capsules

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

2-4 per day Anytime With food



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.

Choosing the right ingredients for your joint product is more important than many realise.

Recent research has shown that when sulphur-based marine glucosamine is combined in equal parts with chondroitin, extracted from shark cartilage, it is much more effective.

Due to the very high price of chondroitin derived from shark cartilage, it is rare to find a product on the New Zealand market with enough chondroitin to be fully effective. Both glucosamine and chondroitin are natural parts of our cartilage, and our joint lubrication fluid.

Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of the highest quality chondroitin sulphate and we have added three nutrients - boron, organic silica and natural vitamin D.

We have also included MSM (Methylsulfonylmethane), a very safe but vital component in joint care. It works with chondroitin to maintain the integrity of the cartilage and supports joint comfort.

The glucosamine we use in Healthy Joints is a natural substance, derived from shellfish and is found in and around the cells of your joint cartilage and connective tissue. Glucosamine helps improve lubrication and nutrition to your joints and protects cartilage from wear and tear.


Our high quality chondroitin is extracted from commercial species shark cartilage, which is why it costs so much. (A cheaper less effective form can be obtained from cow, pig or chicken cartilage). Chondroitin is also found naturally in normal joints and helps the cartilage of your joints to retain water, elasticity, resist compression and aids the lubrication of the joints. Chondroitin is also a major source of the protein building-blocks used in your joints and helps form new cartilage.

As we age, these building blocks become in short supply, but are important for elasticity, resilience and maintaining the shock-absorbing properties of your cartilage.



 2-3 per day

 Anytime

 With or without food

\$70ea 90 capsules

\$104ea 180 capsules






MULTI BUY

\$93ea Buy 2 or more Healthy Joints 180 and save \$22

If taking blood thinning medication please discuss this with your health professional. Do not take if allergic to fish, sulphites or crustaceans.




Research shows nearly 50 separate health benefits

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

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



\$43ea
180 capsules

 1-6 per day  Anytime  With or without food

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.

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

1 per day Anytime With or without food

Support your hormonal balance naturally



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

1-4 per day Anytime With or without food

NATURE'S BEST SOURCE OF IODINE

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



1 every 2 days Morning With or without food



Enhance energy and support fertility

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

If pregnant, not recommended during the first trimester.

\$35ea 60 capsules

1-2 per day Anytime With or without food



Enhanced libido and sexual vitality

Enhance both male and female libido.

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

- 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

Do not take if pregnant or breastfeeding

\$42ea
60 capsules



1 per day Morning With food



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

\$24ea 200 tablets



Soothes dry scratchy throats and prevents winter chills.

\$31ea 100ml liquid

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

\$34ea
90 capsules



1-2 per day Morning With or without food



PH Strips

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

\$15ea (five packs of 10)

Joint, digestion and general health

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



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

Careful research was undertaken prior to sourcing our Turmeric supplement. While you can buy this spice at the supermarket, you would require over

a tablespoon of spice every day to get any benefit and even then, the low level of curcumin (less than 5% of the spice) is not easily absorbed.

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

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

- 1-3 per day
- Anytime
- With food

PROTECT YOUR SKIN WITH OUR 100% NATURAL SUNSCREEN

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

\$19ea 50ml
\$29ea 100ml



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

Health House
Private Bag 12029,
Tauranga 3143, New Zealand

New Zealand
Permit No. 193050

Permit

Always read the label and only use as directed.

SEP/OCT 2018

ORDER FORM AND PRICE LIST

Prices valid until 31 October 2018



CUSTOMER ID


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PRODUCTS	PRICE EACH	QUANTITY	TOTAL
5-HTP (90 capsules)	\$36		\$
7 - Day Iron (25 capsules)	\$31		\$
Aloe Vera Gel (50ml tube)	\$21		\$
Aloe Vera Gel (100ml tube)	\$15		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
Bone Health (60 capsules)	\$45		\$
Boron and Selenium (60 capsules)	\$41		\$
Cacao Tea (30 herbal tea bags)	\$20		\$
CAA - Multi (60 capsules)	\$47		\$
CAA - Multi Iron free (60 capsules)	\$47		\$
CAA - Multi Sulphur free (60 capsules)	\$47		\$
Carnitine (60 capsules)	\$30		\$
Colloidal Silver Cream (100ml tube)	\$30		\$
Colloidal Silver Gel (250g tub)	\$41		\$
Colloidal Silver Gel (100ml tube)	\$26		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$36		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$30		\$
Colloidal Silver Liquid Spray (100ml)	\$16		\$
Colloidal Silver Test Meter	\$108		\$
Complete C (100g powder)	\$37		\$
Complete C Tablets (200 chewable tablets)	\$37		\$
CoQ10-Omega3 (60 capsules)	\$51		\$
Coral CAA (60 capsules)	\$47		\$
Cranberry (60 capsules)	\$35		\$
DHEA 7-Keto (60 capsules)	\$40		\$
Easy-Lax (100 capsules)	\$35		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
Eye Health (60 Capsules)	\$47		\$
Garcinia (60 capsules)	\$31		\$
Harmony (60 capsules)	\$36		\$
Healthy Joints (90 capsules)	\$70		\$
Healthy Joints (180 capsules)	\$104		\$
Healthy Joints (180 capsules) 2 OR MORE	\$93		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Helifee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helifee - My Jeans have Shrunk (30 capsules) Buy 1 get 1 free - Oct 18 Expiry	\$20		\$
Helifee - Poop like a Trooper (30 capsules) Buy 1 get 1 free - Oct 18 Expiry	\$20		\$
Helifee - What Happened Last Night? (30 capsules)	\$20		\$
Immunity Support (60 capsules)	\$31		\$
Kelp (60 capsules)	\$31		\$
Liver Cleanse (60 capsules)	\$35		\$
Maca-X (60 capsules)	\$35		\$
Magnesium (60 capsules)	\$31		\$
Magnesium (180 capsules)	\$52		\$
Melrest (96ml)	\$32		\$
Melrest (240ml)	\$59		\$
MSM Sulphur (180 capsules)	\$43		\$
Omega 3 Fish Oil (200 capsules)	\$31		\$
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	\$125		\$
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	\$118		\$
Pain-Eze (50ml tube)	\$23		\$
Pain-Eze (100ml tube)	\$31		\$
pH Test Strips (5 packs of 10)	\$15		\$
Potion No. 9 (60 capsules)	\$42		\$
Prepare (100 capsules) Buy 1 get 1 free - Oct 18 Expiry	\$32		\$
Probiotic Multi 9 (60 capsules)	\$41		\$
Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$37		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Seasoned (234g)	\$16		\$
Relax (60 capsules)	\$33		\$
Rubeeven (30ml pump) Special	\$25		\$
Salicylic Acid Gel (50ml tube)	\$27		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$41		\$
Silver Rods (pair)	\$48		\$
Skin Clear (120 capsules)	\$41		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Sunscreen (50ml tube)	\$19		\$
Sunscreen (100ml tube)	\$29		\$
Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (100ml)	\$31		\$
Travellers Pack (7 day) New	\$25		\$
Travellers Pack (7 day) New 2 PACKS FOR \$39	\$39		\$
Turmeric (60 capsules)	\$41		\$
Turmeric (180 capsules) New	\$99		\$
Turn Back Time Capsules (60 capsules)	\$41		\$
Turn Back Time Cream (50ml tube)	\$41		\$
Turn Back Time Combo (50ml cream and capsules)	\$62		\$
Ultimate Cleanse kit (410 capsules)	\$105		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
Vitamin B5 (90 capsules)	\$34		\$
Vitamin B Complex (60 capsules)	\$37		\$
Withania (60 capsules)	\$37		\$
Yerba Maté Tea (30 herbal tea bags)	\$20		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$

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.

HOW TO ORDER

FREE PHONE

NZ 0800 140 141 - AUS 1800 140 141
Other countries call +64 7 543 0491
Operators available 24/7 - 365 days

FAX NUMBER

0800 140 142 (NZ) International +64 7 530493

VISIT OUR WEBSITE

www.healthhouse.co.nz

REMOVAL OF FREE FREIGHT TO AUSTRALIA

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

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 FOR \$40	\$20	\$
Which Natural Therapies Should You Try?	\$21	\$
Which Natural Therapies Should You Try? & Should I take...Probiotics?	\$25	\$
Special - Buy both for \$25		



I have bought four or more of the icon products

- \$20

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

No signature required

Signature required (Sorry, not rural delivery)

CUSTOMER ID

Name

Address

Phone

Post code

Email

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

Credit Card Number

Cheque Visa Mastercard Exp. date / Security code



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

DIRECT BANKING

STEP 1: Call us to place your order.
STEP 2: Deposit payment into Westpac bank account 03 1548 0039888 00.

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

VISIT OUR SHOP

1 Whakakake St, Tauriko, Tauranga.

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

FREEPOST

Fill out this order form and send to:
Freepost Authority Number 206782
Health House, Private Bag 12029, Tauranga 3143
Include your cheque or credit card details.