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2024

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HealthHouse
Quality, natural health products
NEW ZEALAND

100%
PROUDLY
NZ OWNED
& OPERATED

Fruit Antioxidants

A powerful fruit antioxidant, naturally extracted from New Zealand grown fruits.

page 3



Antioxidant needs, for a long healthy life

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Diet is our best source of antioxidants

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Understanding Antioxidants

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Free Radicals and Antioxidants

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All our products are
GLUTEN FREE

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60 DAY MONEY BACK GUARANTEE

PP2478

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In this issue

We love to supply products to our customers that are sourced and made in New Zealand. It is so hard to find good quality NZ made ingredients, so I was excited when I read about the Fruit Antioxidant extract product called Oxifend™ made by NZ Extracts.

Other companies have investigated this product but did not want to pay the price. I believe high-quality ingredients are well worth investing in. Many of our products contain antioxidants but the range of NZ grown and harvested fruit, that make up this product, makes it a comprehensive and powerful antioxidant 170 to 1 extract, jammed full of antioxidant activity.

The method by which antioxidants and free radicals work is quite complex, so I asked all our contributors to write articles about the various aspects of this process, and while it seems a lot, I am sure you will get benefits from each of the author's different approaches to the topic.

David writes about our antioxidant needs for a long and healthy life (pg4) and Nadia covers understanding antioxidants and how they are vital to good health (pg8). Andrea covers how diet is our best source of antioxidants (pg6) and Megan delves into the technical details of free radicals and antioxidants (pg10).

Unfortunately, we held off price increases for as long as we could, but due to pressures with staffing and manufacturing costs and with every other cost going up, means we need to increase prices.

The new prices are in this catalogue, but we will not be implementing these prices until the 1st of June. As long as you place your order on the website or via phone before midnight, Friday 31st of May, we will honour the old prices from the last catalogue.

Kind regards

Mike Coory

Managing Director

Another unfortunate price increase is from NZ Post, they have put the price of posting out a catalogue up twice in the past two years, resulting in an 80% increase. We love sharing our new products and technical articles with our customers, but we don't want to send them to those who are not interested, or have changed addresses. Please feel free to contact Health House if you would like us to send out a catalogue, to you or your friends.

So, from now on, we are going to only send our catalogue to those who have purchased from us in the past 12 months. So please, if you want to keep receiving these, just make a purchase, so we know you are still there. The latest catalogue is always available at the bottom of our home page on our website, and we will continue publishing all our articles on the website also.



Fruit Antioxidants

A superfood smoothie in a capsule

These days, many of us don't consume enough antioxidants in our diet to counteract the damage being done by free radicals.

It is important that we include a variety of antioxidant-rich foods to ensure we live a long, healthy life. Achieving this can be a challenge with the busy lives we lead.

Our totally New Zealand sourced antioxidant is a fruit complex extracted from New Zealand grown fruit.

Grapes (sauvignon blanc and pinot noir) contain high potency water-soluble polyphenols which support increased antioxidant capacity.

Blackcurrants are rich in Anthocyanins which can assist in protection against oxidative stress.

Boysenberries supply a unique superfood containing polyphenols.

Kiwifruit contains choline, lutein, and zeaxanthin which are rich sources of antioxidants that assist in the elimination of free radicals.

This natural Fruit Antioxidant has achieved very high antioxidant activity, containing over five times that of vitamin C and other antioxidant-rich foods.

Supports:

- ✓ Reduction of free radicals
- ✓ Protecting cells from damage caused by free radicals
- ✓ Mental clarity
- ✓ Aging and skin health
- ✓ Healthy cell replication
- ✓ Cardiovascular health
- ✓ Circulation

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

\$55ea 60 capsules

1 per day Morning

With or without food



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.

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, Tauriko, Tauranga
6. Direct Debit call 0800 140 141

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

PRODUCT ICONS

These icons help explain the products and when and how to take them.

- | | | | |
|--|---------------------|--|---------------------------|
| | Capsules | | Take anytime |
| | Vegetarian capsules | | Take in the evening |
| | Tablets | | Take with food |
| | Powder | | Take with or without food |
| | Take in the morning | | Take on an empty stomach |

Loyalty rewards

EARN A 10% DISCOUNT

We will automatically give you \$30 towards your next order, after you have spent a total of \$300 with us.

REFER A FRIEND

When you refer a friend to us as a new customer, you will receive \$10 towards your next order, when they make a purchase.



HOW TO SUPPLY YOUR BODY'S Antioxidant needs, for a long healthy life

Antioxidants are vital for our health. They neutralise oxidising free radicals that age our body and damage our DNA. Oxidising means 'damaged by oxygen'.



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.

When fruit goes brown and becomes rotten after just a few days, that's the result of oxygen damage and bacterial infection. Yet we can preserve fruit for up to 5 years by first boiling to kill all bacteria, and then sealing it from oxygen in an airtight glass jar.

Free radical damage can also be likened to rust on bare metal. Rust will eventually destroy the metal if not treated with rust killer, which is also an antioxidant.

Health damage caused by free radicals

Free radical damage to our body begins when we are a baby and

slowly damages our cells and DNA throughout our life. This process can result in old-age diseases like Alzheimer's, Parkinson's, artery and heart disease, cataracts, macular degeneration, MS, lupus, ALS, Huntingtons disease and rheumatoid arthritis.

Diabetics, heavy drinkers, drug users and athletes need more antioxidants than normal. Free radicals can also damage our DNA code, causing new cells to grow cancerous.

Antioxidants speed our health recovery

Antioxidants also play a big role in recovery from stroke related brain damage, coronary heart damage, and serious body injuries. Researchers have found about 50% less tissue damage, in animal studies, when antioxidants are given immediately after an injury.

Some free radicals necessary for health

It's been said that free radicals 'make you old' and antioxidants 'keep you young'. This is mostly true, but some important functions in our body do require some free radicals.

One way to understand this is to compare free radicals to fire and antioxidants to water. Both are necessary in their right place, but water quenches fire.

We can likewise compare free radicals to carbon dioxide and antioxidants to oxygen. Our body needs vast amounts of oxygen (in fact it's our main

nutrient), but we would die without some carbon dioxide as well.

So for excellent health and long life, it is necessary that both antioxidants and free radicals be kept in the correct balance within our bodies.

Best antioxidant foods

Although our body makes its own highly effective antioxidants, we still require antioxidants from food. These antioxidants are: vitamin A, vitamin C, vitamin D, vitamin E, vitamin K1, magnesium, zinc, manganese, selenium. Flavonoids and carotenoids contain thousands of coloured pigments and herbal compounds from plants.

Each predominant colour, blue, purple, red, green, brown, etc, contains different antioxidants. Turmeric is a particularly powerful plant antioxidant, especially the bright yellow curcumin component. A chart of plant foods high in antioxidants is found on page 5.

Meats also contain powerful antioxidant minerals, like selenium, magnesium and zinc. However, a balanced diet with whole grains, vegetables and fruit provides us with a much wider range of antioxidants.

Spinach for a better memory?

Although spinach does not rank high on the standard ORAC antioxidant scale, in a series of studies on rats reported in the Journal of Neuroscience, spinach-fed rats were found to have a better short-term memory and much better long-term



memory than rats eating the standard control diet. Spinach was particularly potent in protecting the brain against the effects of ageing. Cocoa also did very well.

The ORAC test measures a foods antioxidant activity. Dieticians recommend 4000 ORAC units per day for optimum long term health (the average person gets only about 1400). We need to try and include a variety of antioxidant food.

Antioxidant rich foods

Below is a list of ORAC values from antioxidant rich foods. However

they can vary 50% up or down depending on richness of soil. ORAC is a measurement of how many free radicals an antioxidant can replace and stands for 'Oxygen Radical Absorbance Capacity'.

However, antioxidants are highly complex, as there are several different types, each with varying roles to play in our body. In addition to the ORAC foods, we obtain significant antioxidants in our diet from whole grains, nuts, all vegetables, coffee, tea, olive oil, onions and asparagus.

Antioxidant rich food	Serving	ORAC Value
Chocolate (baking dark)	50 g	31,000
Turmeric powder	2 tsp	16,000
Cinnamon powder	1 tsp	13,000
Gogi berries	½ cup	12,500
Chocolate bar (dark)	50 g	11,000
Plums dark red	2	9,700
Cocoa powder	2 tsp	8,200
Plums green	2	8,200
Prunes	½ cup	7,300
Beans red (cooked)	¾ cup	6,900
Raspberries	1 cup	6,100
Apple (red)	1	5,900
Apple (green)	1	5,400
Curry powder	2 tsp	4,800
Blueberries	½ cup	4,500
Cranberries	½ cup	4,500
Blackberries	½ cup	3,800
Strawberries	½ cup	3,000
Ginger powder	1 tsp	1,400
Spinach (cooked)	½ cup	1,300
Cherries	¼ cup	1,200
Garlic cloves	3	500

Are you concerned about your eyes?

Health House's Eye Health formulation is a combination of herbs, vitamins and the minerals shown to support good eye health.




Specific vitamins and minerals have been identified as being vital for good eye health in published international studies.

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

We obtained the strongest bilberry fruit extract we could find. 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 beta carotene, all powerful antioxidants to support 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.

-  1 per day
-  Anytime
-  With or without food

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



\$49ea
60 capsules



Diet is our best source of antioxidants

There is a constant battle going on inside our bodies to keep us safe and healthy. The free radicals vs the antioxidants.

A free radical is a molecule that is produced by normal metabolic processes in the body or from external sources like pollution, sun exposure, radiation, cigarette smoke, pesticides, alcohol, certain foods (especially fried), medicines and even stress.

Think back to high school chemistry. Everything including the cells in our bodies are made up of atoms. At the inner part of the atom is the nucleus, which contains neutrons and protons, and the orbits around the nucleus contain electrons. These electrons are in pairs which make them stable.

Free radicals are oxygen containing molecules with a missing electron which make them highly unstable. This imbalance causes them to go on a rampage and steal electrons from other healthy molecules creating a chain reaction where the healthy molecule turns into a free radical and the cycle repeats. This cycle is

known as oxidation and is a natural process essential to life. It enables the production of energy, defence against pathogens such as bacteria and viruses and other necessary functions.

However, when levels of free radicals become too high, it can damage DNA, cell membranes and other parts of cells. This is known as oxidative stress. It is an imbalance between the production of free radicals, and the body's ability to control or eliminate them. Oxidative stress can lead to premature aging (lines, wrinkles, age spots) and many diseases such as cardiovascular disease, arthritis, diabetes, Alzheimer's disease, Parkinson's disease, and cancer. Oxidative stress naturally increases with age.

Luckily, we have a hero in this story... antioxidants! Antioxidants swoop in and give the free radical one of its own electrons turning it back into a stable molecule and preventing other cells from being attacked. Unlike free radicals, antioxidants are very stable and don't mind losing an electron. The body can replenish them.

You need an adequate supply of antioxidants to disarm free radicals. The challenge is to maintain a balance between the two. Some antioxidants are made by our body such as glutathione (the master antioxidant)

and lipoic acid. Glutathione has the ability to maximise the activity of all other antioxidants. Other antioxidants are found in the food we eat. The most familiar ones are vitamin C, vitamin E, beta carotene along with carotenoids flavonoids, polyphenols, selenium, manganese and zinc. The production of antioxidants declines with age.

Diet is the best source of antioxidants. Research has shown that people living in countries with a high fruit and vegetable intake live longer and have lower rates of cancers and heart disease. Eating a balanced diet which includes fruits, vegetables, whole grains, nuts, seeds, herbs, and spices will provide a wide range of antioxidants. The colour of these foods is a clue that they are good sources.

As you can see the battle of the free radicals vs the antioxidants can be won if you make good dietary and lifestyle choices.



ABOUT THE AUTHOR

Andrea Walker -
N.D., Dip. Herb. Med.
Registered Medical
Herbalist and
Naturopath.



COMPLETE C

Three forms of vitamin C and six powerful antioxidants.

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

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

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

These are

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

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

Rutin and hesperidin are two flavonoids found in plentiful supply in grapefruit, mandarins, lemons, oranges and other citrus fruits. They are the most active of the citrus flavonoids also supporting the integrity of blood vessels, capillaries, and collagen and to help protect from bruising.

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

Available in powder or chewable tablets.

Complete C Powder

\$39ea 100g powder

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

Convenient chewable tablets

\$39ea 200 chewable tablets

- 🍬 3 per day
- 🕒 Anytime
- 🍽️ With or without food



TURMERIC

Joint, digestion and general health

The key active ingredient in Turmeric is curcumin, which has been found to support a wide range of health conditions including joint mobility and brain health.

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% in 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.

Supports:

- ✓ Healthy cholesterol levels
- ✓ Joint mobility, digestive and bowel health
- ✓ Liver and skin health
- ✓ Brain health
- ✓ 96% bioavailable curcumin
- ✓ Piper nigrum extract for improved absorption

\$75ea 180 capsules

\$35ea 60 capsules

- 🥄 1-3 per day 🕒 Anytime
- 🍽️ With food

Directions: 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.

“ These days, many people don’t consume enough antioxidants in their diet in order to counteract the damage being done by free radicals. ”



Understanding Antioxidants

Antioxidants are vital to good health.



ABOUT THE AUTHOR

Nadia McMorran -
BNatMed. Registered
Naturopath and
Medical Herbalist.

They protect our cells from the damage caused by free radicals. Free radicals occur naturally in our bodies, however there are many lifestyle considerations that can increase the levels of free radicals in our body, leading to oxidative stress. This includes poor diet, exposure to toxic chemicals and air pollution, smoking and alcohol consumption.

High levels of free radicals in our body can cause damage to our cells, DNA, and contribute to disease and premature ageing.

These days, many people don’t consume enough antioxidants in their diet in order to counteract the damage being done by free radicals.

ORAC (Oxygen Radical Absorbance Capacity) is a way to measure the activity of antioxidants in different foods. The USDA recommends consuming at least 3000-5000 ORAC units each day, however, there is no set recommendation in New Zealand.

Consuming 5000 ORAC units each day can be easily achieved through eating foods with high ORAC values, such as berries, legumes, nuts, apples, cacao and various spices.

ORAC values are determined in lab testing which attempts to measure the total antioxidant capacity in a particular food. A sample of the food is combined with particular fluorescent molecules along with molecules that generate free radicals. As the free radicals are being produced, the fluorescent molecules become damaged and begin to lose their fluorescence. The speed at which this happens is what the ORAC calculation is based on, for that particular food or antioxidant. When food is high in antioxidants, it counteracts the free radical activity therefore inhibiting the loss of fluorescence, resulting in a higher ORAC value.

Spices often contain the highest ORAC values, however, because it is measured in ORAC units per 100g, it just wouldn’t be practical to consume such large quantities in order to get these high numbers.

Spices containing high levels per 100g

100grams	ORAC units
Ground cloves	314,446
Ground cinnamon	267,536
Ground oregano	200,129
Ground turmeric	159,277

Other foods containing high levels per 100g

100grams	ORAC units
Dried goji berries	25,000
Blueberries	14,000
Walnuts	13,541
Hazelnuts	9,645
Pistachios	7,983

Ultimately, including a wide variety of fruit, vegetables, spices, herbs, nuts and legumes can help boost your daily consumed ORAC units as well as increasing the vitamins and minerals you consume, resulting in better overall health.



Liver Cleanse

Powerful milk thistle combined with essential vitamins and electrolytes for your liver health.

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

Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

Liver Cleanse contains B vitamins for energy and stress relief, vitamin C for protection, cell regeneration and additional antioxidant activity.

\$37ea 60 capsules

- 1 per day
- Morning
- With food



Carnitine

Carnitine assists with the body's energy conversion process even while you sleep.

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

When you take Carnitine you will wake up in the morning warmer than normal because your body has been producing energy and burning calories while you sleep. When you exercise, it increases your energy as your stored fat is burned.

Each capsule of Carnitine gives you 348mg a day. Maximum calorie burning is usually achieved at about 1750mg a day or five capsules. Maintenance dose is 348mg or one capsule a day. Carnitine is 100% natural.

\$32ea 60 capsules

- 3-5 per day
- Morning
- Empty stomach



Apple Cider Vinegar

These Apple Cider Vinegar capsules have no taste and are easy and convenient to take with you to work or when travelling.

Our apple cider vinegar powder comes from Australian sourced, naturally fermented, apple cider vinegar and contains the "mother". The term "mother" is used to describe the part of the vinegar that contains enzymes and live cultures and is responsible for its various health benefits.

Taken regularly apple cider vinegar supports the digestive system and can support balanced blood sugar levels and pH levels in the body.

Each capsule is equivalent to one teaspoon of apple cider vinegar, three capsules equal one tablespoon.

\$41ea 180 capsules

- 3 per day
- Anytime
- With or without food

Prostate and urinary tract health

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

Do not take with blood thinning medication.

- 1 per day
- Anytime
- With or without food

\$37ea 60 capsules

500mg pure "Flowens™" cranberry powder per capsule.

No additives or fillers.



Free Radicals and Antioxidants what do they mean?

You may have heard the term antioxidants and foods that promote high levels of antioxidants, but what does it all mean?

What are free radicals?

Let's start by discussing free radicals and how they occur in the body. Free radicals are atoms, ions or molecules in the body that have an unpaired electron. This makes them highly unstable and reactive to whatever comes in their path. This reaction is known as oxidation, you might have seen this reaction when you cut open an apple and it goes brown. Free radicals cause unwanted chemical reactions within the cell membrane (the outer protective layer of the cell). Oxidation causes damage to cells and DNA, which can lead to many negative health conditions.

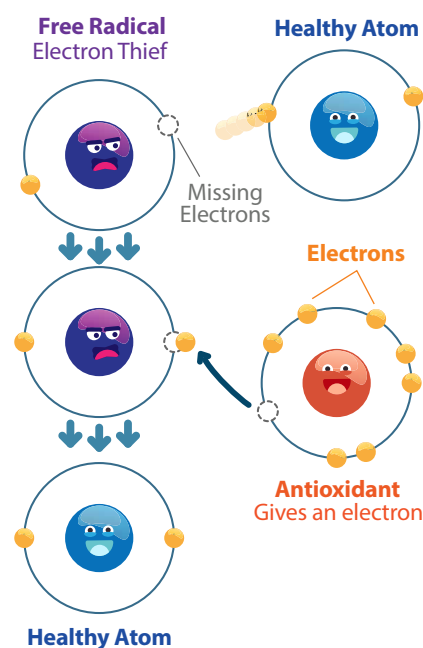
How are free radicals created?

The body experiences free radicals and oxidation as a result of both internal and external sources. External sources include air and water pollution, alcohol, smoking, chemicals in the environment like pesticides, stress, a diet lacking in nutrients, exercise, and inflammation. On the other hand, internal sources are created by normal cell metabolism in the body, and this oxidation is a necessary process. When the body contains high levels of free radicals, it is known as oxidative stress. Research suggests that oxidative stress levels are raised in conditions such as chronic fatigue syndrome, Alzheimer's disease, sub-fertility (delays in conceiving), depression, and hypertension (high blood pressure), among others.

How do antioxidants work?

Antioxidants, also known as free radical scavengers, work by donating an electron to free radicals. This extra electron neutralizes the free radical, making it stable. The key is having enough antioxidants in the body to neutralize all the free radicals. As shown in the diagram it is visible as to how the antioxidant can freely donate an electron, resulting in the free radical

becoming balanced and neutralised. When the number of free radicals is more than the number of antioxidants oxidative stress can start to occur.



Where to get antioxidants and when do you need extra support

Eating a variety of foods is crucial to ensure that we get enough antioxidants in our diet. One popular way to achieve this is by following the phrase "eat the rainbow" with fruits and vegetables. Consuming a diverse range of colourful fruits and vegetables can provide us with a variety of antioxidants that are essential for our health. Although it is best to source antioxidants from food, sometimes our bodies need an extra boost, and that's where supplements can help us fill the gap. Our bodies may require additional antioxidant support during long periods of stress, surgery or injury recovery, athletes or those with high-intensity exercise regimes, or when treating long-term illnesses.

While there are many vitamins and antioxidant supplements available in the market that can be beneficial, greater benefits are observed when antioxidants can work in combination with other nutrients, plant chemicals, and even other antioxidants. For instance, strawberries are an excellent source of vitamin C, which has high antioxidant activity. One cup of strawberries provides approximately 80mg of vitamin C. However, when compared to a supplement containing 500mg of vitamin C, the supplement does not contain plant sourced chemicals such as polyphenols and flavonoids, which have extra antioxidant actions.

What to look for when choosing antioxidant supplements:

- Plant sourced ingredients (providing a wider range of antioxidants, rather than an isolated antioxidant)
- Free from solvents, pesticides and heavy metals
- Water-only extraction
- GMO free

In the Health House CAA-Multi, you may notice the antioxidants and bioflavonoids, these are in the form of citrus bioflavonoids. CAA-Multi offers great benefits combined with all of the vitamins and minerals. You can gain even greater benefits by taking specific antioxidant supplements in combination with the CAA-Multi, especially those from a wider range of fruits.



ABOUT THE AUTHOR

Megan Amrein -
BNatMed. Registered
Naturopath and
Medical Herbalist.

Support your immune system this winter



IMMUNE SUPPORT Immune health

Support your immune health all year round. Four powerful herbs and two powerful nutrients.

Contains olive leaf extract, echinacea, astragalus, zinc, vitamin C and garlic, providing support for ills and chills.

Take as soon as you feel a chill coming on as a preventative measure. Not intended for prolonged use.

\$33ea 60 capsules

-  1-6 per day
-  3-6 When unwell
-  Anytime
-  With food

THE SUNSHINE VITAMIN Vitamin D

To ensure your levels are optimal it is recommended you take a supplement daily. Vitamin D is a powerful nutrient required for optimum health and is known to support emotional wellbeing.

Vitamin D works hand in hand with vitamin K2 for maximum benefit. Together these vitamins help ensure calcium is absorbed into the bones and teeth rather than getting deposited in the arterial walls.

\$34ea 60 capsules

-  1 per day
-  Anytime
-  With food



7-DAY IRON Energy

High quality, easy to digest iron for increased energy.

Our 7-Day Iron has remained very popular as our customers see real improvements in the iron levels of their blood, and conveniently you only require one capsule per week.

This high quality, chelated iron, gives you a net 24mg of energy producing iron, plus 290mg of vitamin C, to boost absorption up to 300%.

\$33ea 25 capsules

-  1 per week
-  Anytime
-  Empty stomach



Probiotic Multi-9

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

There is about a kilogram of different types of bacteria lining your small intestine. These bacteria are necessary to convert and break down your food so it can be used in your body.

If you have never taken probiotics before, you may not realise just how energetic you can feel and how clear your mind can be as a result of a properly working digestive system.

Supports

- ✓ Bowel and digestive problems
- ✓ Digestion of food, softer bowel movements
- ✓ Mineral and vitamin absorption
- ✓ Bowel bacteria after taking antibiotics

\$59ea 60 capsules

- 🕒 1-2 per day
- 🌙 Anytime
- 👤 Empty stomach

Store in a cool dry place, no refrigeration needed.



Body stress support

MAGNESIUM

Your body requires a high level of magnesium and is vital to support heart health.

Without sufficient amounts of magnesium, your body simply cannot function properly.

Magnesium helps relax your mind and supports healthy blood pressure and a sound sleep. It is also vital for a healthy heart. This extremely important mineral is lacking in the average New Zealand diet and is essential to support optimum cardiovascular health.

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

Capsules

The complex we use is a blend of mainly magnesium citrate with a small amount of magnesium oxide to give the maximum absorbable amount of elemental magnesium we can fit in each capsule.

Although citrate is one of the more expensive of all the magnesiums, it absorbs well and provides a high amount of elemental magnesium, with a low risk of stomach and bowel upsets.

Benefits

- ✓ Helps relax your mind
- ✓ Supports healthy blood pressure
- ✓ Supports a deep restful sleep
- ✓ Vital to support a healthy heart
- ✓ Easily absorbed even if digestion is weak

Magnesium Cream

\$35ea 100ml tube

Directions: Massage gently into skin two or three times daily or as required. Avoid direct contact with eyes and other sensitive areas such as your face. If redness or irritation occurs, rinse with cool water.

Magnesium Capsules

\$33ea 60 capsules

\$55ea 180 capsules

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

Magnesium Combo

\$85ea 100ml tube/180 capsules

COMBO

- 🕒 1-3 per day
- 🌙 Anytime
- 👤 With or without food



GLUCOSAMINE-CHONDROITIN

Healthy Joints

Uncompromising, well balanced joint formula.

Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of the highest quality chondroitin sulphate. The added boron, organic silica, natural vitamin D and MSM (Methylsulfonylmethane), works with the chondroitin to support the integrity of the cartilage and supports joint comfort.

\$74ea 90 capsules **\$109ea** 180 capsules

MULTI BUY

\$98ea Buy two or more Healthy Joints 180 and save \$22

2-3 per day Anytime With food

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



HERBAL RELIEF

Pain-Eze

Pain-Eze contains 11 active ingredients and is an all natural, warming cream with powerful essential oils and potent extracts.

\$37ea

100ml tube

Directions: Massage gently into the affected area two or three times daily, or as required.



Soothes tired and stiff muscles

ESSENTIAL MINERALS

Boron and Selenium - including Zinc

These three important trace minerals are lacking in most New Zealand soils and are absolutely vital for our health.

Boron 10mg active

Boron is an important mineral for bone and joint health, but is also lacking in our NZ soil. Most people can get sufficient boron from their diet along with our CAA-Multi (2.5mg), but some people may require more to support joint health and mobility.

Selenium 150mcg active

Selenium is a powerful antioxidant that supports prostate health and can fade brown skin spots.

Zinc 10mg active

The latest NZ Health survey showed our soils and our adult nutrition was just as deficient in zinc as it was in selenium.

- Calcium absorption
- Magnesium absorption
- Joint mobility support
- Fertility support
- Nutrient absorption

\$43ea

60 capsules

1 per day

Evening

With food



MOBILITY

MSM Sulphur

Methylsulfonylmethane (MSM) is a sulphur compound that is naturally present in our body's system. Predominantly MSM is used for supporting joint health and mobility.

\$45ea 180 capsules

1-6 per day Anytime

With or without food



THE BODY'S BUILDING BLOCKS, VITAMIN B

Well balanced supplements just for you.

Vitamin B5

A popular product for the support of overall well-being.

Pantothenic acid (or Vitamin B5 as it is now commonly known) is found in human breast milk and nearly all foods, but mostly in only tiny amounts, although 100g of liver can supply one day's need.

About one third of pantothenic acid is destroyed if food is cooked at high temperatures and baking soda can also neutralise pantothenic acid in food.

Pantothenic acid is required by our immune system to support artery and blood health in the body. It also supports weight management, helps the body make better use of omega-3 and helps protect the friendly probiotic bacteria in our intestines from damage by antibiotics.

Dr Robert Atkins pioneered the use of large dosages of pantothenic acid as a natural healer. He claims that pantothenic acid is "the single best substance on the planet for supporting optimal levels of cholesterol and triglycerides in the blood."

Each capsule contains 490mg of calcium pantothenate - which contains 450mg of pantothenic acid and 40mg of calcium.

Benefits

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

\$36ea 90 capsules

- ✔ 1-2 per day
- ☀ Morning
- 🍽 With or without food



Vitamin B Complex

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.

\$39ea 60 capsules

- ✔ 1 per day
- ☀ Morning
- 🍽 With or without food

Taking at night may keep you awake. Vitamin B2 may cause urine to turn yellow, this is normal.



Alert Plus

Provides nutritional support for healthy brain function.

Two powerful herbal extracts and the highest strength Lion's Mane Mushroom extract, combined to support how we think.

The high strength (20:1) Lion's Mane Mushroom extract is combined with the

traditional benefits of Ginkgo Bilboa and Ginseng extracts, providing support for your mind in both alertness and clarity.

- ✔ 1-2 per day
- 🌙 Anytime
- 🍽 With food



\$59ea
60 capsules

Support 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.



\$51ea
60 capsules

1 per day Morning
With food

Our top selling product

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.

Available in non-sulphur and non-iron versions.



\$54ea
60 capsules

1 per day Morning
With food

Supports heart, artery and brain health

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

EPA 270mg / DHA 190mg / Omega-3 (other) 40mg

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



\$47ea
60 capsules

1 per day Anytime
With food

Keep calcium in your bones with Bone Health

Bone Health provides the correct balance of the four bone nutrients.

It is really important to have the proper balance between the four bone nutrients (calcium, vitamin D, vitamin K2 and magnesium). An imbalance of these four nutrients is why some calcium supplements have become associated with increased risk of heart attack and stroke, instead of supporting our health, as Bone Health is scientifically designed to do.

1 Triple Pack

Save \$17 off the individual product prices.

\$135ea

2 or more Triple Packs

Save \$44 off the individual product prices. Available in non-sulphur and non-iron CAA - Multi versions.

\$130ea **MULTI BUY**

1 Triple Pack + 1 Probiotic

Save \$21 off the individual product prices.

\$190 **MULTI BUY**

2 Triple Packs + 2 Probiotics

Save \$52 off the individual product prices.

\$370 **MULTI BUY**

Available in non-sulphur and non-iron versions.

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



Nurture the skin you're in

SKIN CLEAR

Skin Clear gives the body the tools it needs to deal with excess oil in the form of pantothenic acid (vitamin B5) and carnitine.

Vitamin B5 converts the excess oil to Coenzyme A, a natural enzyme that deals with fatty acids.

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.

Supports:

- ✔ Clear unblemished skin
- ✔ Normal oil production and the breakdown of excess oil that can clog pores

2-4 per day

Anytime

With food



\$43ea
120 capsules



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

ALOE VERA GEL

Use our Aloe Vera Gel for sunburn relief and soothing skin irritations.

Aloe Vera Gel is the best healer of pimples and skin blemishes we have ever come across. It normally brings pimples to a head overnight and within two days they are gone.

Our Aloe Vera Gel is made from organically grown Aloe Vera, with an all natural, paraben free, eco-cert approved preservative.

\$22ea 100ml tube



ALOE VERA WITH COLLOIDAL SILVER GEL

Repair irritations and revitalise your skin with our 50/50 blend of Aloe Vera and Colloidal Silver Gel.

The cooling, soothing effect of the Aloe Vera Gel, combined with the antiseptic, healing properties of the Colloidal Silver Gel makes this a product that you should take with you wherever you go.

\$18ea 50ml tube

\$25ea 100ml tube



SALICYLIC ACID GEL

Sun damage spots are not large brown freckles, but rough, scaly spots caused by years of exposure to strong sunlight. Salicylic Acid Gel is a pleasant, easy way of helping manage these dry sun spots on your face, head or hands.

\$29ea 50ml tube

COMBO

\$43ea Salicylic Acid Gel 50ml and Aloe Vera Gel 100ml combo





New Zealand grown Hemp Seed Oil capsules

A healthy plant based source of omega oils, high in vitamins, minerals and amino acids.

Our bodies are unable to produce the essential fatty acids DHA and EPA so they have to be sourced from supplements and diet.

While hemp seed oil is not as high in omega levels as our Premium Fish Oil capsules it is a good alternative for those who prefer not to take fish oil.

Cold pressed from New Zealand grown hemp seeds, this high quality hemp seed oil also contains vitamin E, folate, niacin, magnesium, zinc, copper, manganese, calcium and iron.

Supports

- ✔ Cardiovascular health
- ✔ Mental clarity and focus
- ✔ Healthy skin, hair and nails
- ✔ Good cholesterol levels
- ✔ Healthy immune system
- ✔ Joint mobility

\$39ea 150 capsules

- 📅 2-6 per day
- 🌙 Anytime
- 🍴 With food



Premium Fish Oil, for brain and artery health

Not all fish oil is created equal. The source, type of fish and how it is processed makes a big difference.

The best fish oil is made from small fish sourced from clean oceans. Having a fish oil manufacturer that has a good fishing conservation programme and high standards justifies the cost for a premium quality product.

Health House Premium Fish Oil is imported from the United Kingdom from fish sourced principally from the Pacific and Atlantic Ocean, using wild sources of small fish (anchovy/sardines) and operating within global standards (IFFO). They use the latest refining technology to ensure much lower fat and calories than regular fish oil.

Supports

- ✔ Joint mobility
- ✔ Emotional well-being
- ✔ Mental focus
- ✔ Healthy skin
- ✔ Heart and artery health

\$34ea 150 soft gel capsules

- 📅 1-2 per day
- 🌙 Anytime
- 🍴 With food



Beneficial for skin, hair and nails

Omega oils for glowing skin and a healthy heart.

Evening primrose oil - nature's source of good omega-6 oils, combined with flaxseed oil - nature's richest source of omega-3 oils, in one convenient soft gel capsule.

Soft skin, feet and hair

We all know how good omega oils are for the skin. If you have cracked heels and rough feet, it makes your skin soft, and your hair shiny and manageable.

Both oils have proven excellent in addressing dry skin conditions and pimple prone skin. Primrose has also been known to support hormonal balance during PMS.

Heart and artery health

The omega fatty acids in these oils are particularly important as the body cannot produce them. The oils work throughout the body protecting cell membranes and heart and artery health. This helps you to support healthy cholesterol levels and triglyceride (blood fat) levels.

\$26ea 90 soft gel capsules

- 📅 2-3 per day
- 🌙 Anytime
- 🍴 With food

STRESS AND SUPPORT



DHEA-7 KETO

Natural youth hormone

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

\$42ea 60 capsules

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.

1 per day or 1 every 2 days
 Morning With or without food



RELAX

Deep restful sleep

Valerian, hops and kava, along with magnesium to promote a general sense of well being and supports a peaceful relaxing sleep without chemicals.

\$35ea 60 capsules

May cause drowsiness. Take care when driving or operating machinery.

2-3 per day
 Evening With food



5-HTP

Stress and appetite

A feeling of well-being obtained naturally and help with managing food cravings.

\$38ea 90 capsules

Do not take if you are currently on medication for depression, a neurological condition or if you are pregnant. Use in conjunction with a balanced diet and exercise.

2-4 per day
 Anytime With food

WITHANIA

Reduce stress levels

Withania, also known as Ashwagandha, is a powerful herb renowned for its calming, revitalising and healing properties.

Withania supports physical and mental energy and is revered for supporting health and wellness into the elder years.

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

Benefits

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

\$39ea 60 capsules

1 per day
 Anytime
 With or without food

If taking thyroid or any other prescription medication, please discuss this with your healthcare professional. Not recommended if pregnant or trying to conceive.



TURN BACK TIME Anti-Ageing

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.

We have put together a capsule that contains the most important ingredients to combat the appearance of ageing skin that works.

Vitamin C, firms up wrinkling and sagging skin and is helpful for the production of collagen.

Coenzyme Q10 (ubiquinone), is the secret ingredient in a lot of anti-ageing products. As we age we make less of it, which contributes to our ageing appearance.

Free of parabens, paraffins, sodium lauryl sulphates and synthetic fragrances.

Benefits

- ✓ Helps keep skin firm, supple and vibrant
- ✓ Reduces the appearance of wrinkles
- ✓ Anti-ageing
- ✓ Helps protect against collagen breakdown

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

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

\$43ea 50ml tube

Fragrance free Turn Back Time cream.

\$23ea 50ml tube

SPECIAL Going out of stock

Purchase a Turn Back Time Combo for \$65 and save \$21 off the individual product prices.

\$65ea **COMBO**
50ml tube/60 capsules combo

SPECIAL Fragrance free
combo **\$35ea**

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

\$43ea 60 capsules

Take one morning and night with food.

HARMONY Natural hormonal support

There are certain times in a woman's life when she needs extra support.

We have specially designed Harmony by combining shatavari with maca extract, boron and vitamin D to give support during these times.

\$40ea 60 capsules

1-4 per day Anytime With or without food



\$35ea
per bottle

THROAT SPRAY Soothe a dry scratchy throat this winter

100% natural honey and blackcurrant flavoured throat spray.

Our Health House Throat Spray syrup is all natural and non-alcohol based. It tastes great and is suitable for the whole family. When those respiratory problems occur and a dry scratchy throat threatens to spoil your day, try our convenient 50ml bottle of Throat Spray.

A couple of sprays should soothe your throat. The antiseptic properties of the echinacea will support your recovery and healing.

Along with the antiseptic properties of echinacea to support your recovery and healing, we have also added colloidal silver, renowned for its antiseptic benefits, blackcurrant juice which contains high concentrations of anthocyanins, antioxidants and a high vitamin C content. Finally, a dash of peppermint oil to help clear your head and soothe your dry scratchy throat.

Directions: Spray as often as required, but it is recommended you do not exceed 20ml (80 sprays) per day.

The bottle contains about 200 sprays.

Due to the syrup containing honey, we do not recommend it for infants (under two years old).

Rinse nozzle under hot water if spray volume reduces.



WOMEN'S AND MEN'S BOOST FOR VITALITY AND ENERGY

Especially designed for men and women of all ages.

Women's Boost is a combination of herbal extracts designed for your libido and long term sexual vitality.

Damiana and Withania are herbal extracts and when combined are recognised to soothe tension, worry and stress. Reducing stress levels naturally is one of the best ways to maintain an overall healthy lifestyle.

Ginkgo is added to support blood flow and Tribulus to support libido. Together these herbal extracts support sexual desire and vitality.

Maca extract is rich in essential minerals and known for supporting fertility, and hormonal balance.

Men's Boost, whether you are young or old, men can always do with a bit of assistance.

Zinc is a key mineral, a healthy prostate has more zinc in its tissue than any other part of the body.

Selenium is a vital mineral for men and their prostate health and it is well known we have low levels in our soils.

The natural herbal extracts and important minerals contained in Men's Boost, support energy, libido, stamina and normal testosterone levels. It can also support your sexual energy and performance and is supportive of general prostate health.

WOMEN'S BOOST

- ✓ Long term sexual vitality
- ✓ Optimal sexual desire
- ✓ Hormonal balance
- ✓ Relaxation with calming effects

📅 1 per day 🌞 Morning 🍴 With food

SPECIAL Going out of stock

\$34ea 60 capsules

Not recommended during pregnancy. Initially full benefit may not be experienced until after a few days.

MEN'S BOOST

- ✓ Long term sexual vitality
- ✓ Healthy testosterone levels
- ✓ Normal prostate function in men
- ✓ Optimal sexual desire

📅 1 per day 🌞 Morning 🍴 With food

\$44ea 60 capsules

SUPPORT ENERGY AND FERTILITY

Extra Strength Maca extract 4:1, from Peru

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.

Maca is a stress supporting herb, which means it helps the body adapt to stress and supports functional balance.

- ✓ Promotes libido and supports healthy sperm production
- ✓ Support during menstruation/menopause
- ✓ Support energy and stamina
- ✓ Supports optimal sexual desire

📅 1-2 per day 🌞 Anytime 🍴 With or without food

If pregnant, not recommended during the first trimester.



\$37ea
60 capsules

The Ultimate Cleanse

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.

AUTUMN / WINTER DETOX

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

What do I get in the kit

- Full bowel and intestine cleanse
Gentlelax and Cleansa
- Full liver and kidney cleanse
Digestaid
- Full nutritional support
Supafood
- Full bowel flora renewal
Probiotic Multi 9 pouch

\$135ea

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

Not recommended while pregnant or breastfeeding. If you are on blood thinning or other prescribed medication, please check with your healthcare professional before commencing the cleanse.

Supports

- ✓ An internal spring clean and detox
- ✓ Liver and kidneys are cleansed and revitalised
- ✓ Digestive secretions
- ✓ Normalise bowel transit time
- ✓ Optimise your metabolism
- ✓ Total body flush out
- ✓ Weight management

\$125ea

MULTI BUY

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



Books

Which Natural Therapies Should You Try?

\$21ea

Colostrum Life's First Food

\$20ea

Heal Your Eye Problems

\$20ea

Should I take Probiotics?

\$19ea

Should I take fish oil?

\$20ea

Stay Healthy by supplying what's lacking in your diet

Updated in 2021, this new 11th edition of New Zealand's most popular and easy to understand health book. It is packed full of useful information, including international measurements.

\$31ea

Medical Cannabis

\$30ea

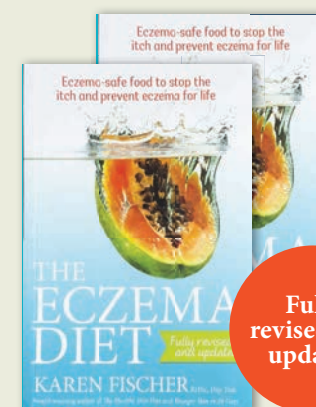
New Zealand's Greatest Doctor, Ulric Williams

\$18ea

The Eczema Book

\$29ea

Back by popular demand



Fully revised and updated



\$49ea
60 capsules

A blend of high quality minerals and vitamins

Coral CAA contains a half serving of the minerals and vitamins found in our CAA-Multi and 90mg of Coral Calcium. Younger children's vitamin and mineral levels are often less than adults and Coral CAA is a good alternative for them too.

- 1-2 per day
- Anytime
- With food

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

Mitchells Range

Bone Broth Protein Powder.

Packed full of essential amino acids our body needs to survive and thrive.

\$79ea 500g Vanilla flavour

Bone Broth. Made with quality NZ grass fed beef bones and NZ grown vegetables.

\$74 200g tub

Collagen Peptides. Collagen is the glue that holds us together, it's one of the most important proteins in the human body.

\$49ea 200g tub



Colloidal Silver

Use our scientifically researched 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.

Make your own at home

Make fresh, high quality Colloidal Silver Liquid yourself at home for a fraction of the cost.

Colloidal Silver Generator

Make your own Colloidal Silver

\$140ea one year guarantee (includes silver rods)

\$50pair replacement silver rods

Sorry we no longer sell Colloidal Silver meters

\$17ea 100ml liquid spray

\$28ea 100ml tube gel

\$31ea 100ml tube cream

\$38ea 500ml liquid

\$43ea 250g tub

If you are suffering cold and flu symptoms, stay at home and call Healthline for advice.



RealSalt

The way salt should be - award winning RealSalt - nothing added, nothing taken away.

The health benefits of unrefined salt

During the refining of regular salt, most of the trace minerals, which our body needs for optimum health, are removed. RealSalt, which is unrefined, still contains all of these lost minerals.

Health enthusiasts swear by the benefits of unrefined salt. RealSalt also contains natural iodine that remains in the body far longer than the inorganic iodine, (which is added to refined table salt).

Smoked Salt

Smoked Flavours

- ✔ Smoked Cherry
- ✔ Smoked Hickory
- ✔ Smoked Chef's Blend

Only while stocks last



RealSalt Shaker (Smoked)

One of a kind smoky flavour. Great for BBQ's and just as good on salads. Made with ancient, unrefined RealSalt.

\$20ea 156g Shaker

Originals

- ✔ Organic Seasoned Salt
- ✔ Organic Garlic Salt
- ✔ Organic Original Salt

RealSalt Shaker (original)

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

\$15ea 284g Shaker

RealSalt Shaker (seasoned)

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

\$25ea 234g Shaker

RealSalt Shaker (garlic)

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

SPECIAL

\$19ea 234g Shaker

RealSalt Refill

Recommended by medical professionals, fitness experts, and world-class chefs for its unique flavour and unrefined mineral content.

\$29ea 737g pouch

284g shaker and refill combo

\$39ea **MULTI BUY**

Nature's best source of iodine

This rich sea herb, Kelp is harvested from nutritious New Zealand waters. It is beneficial for your nails and hair and is especially rich in iodine for a healthy thyroid.

\$33ea 60 capsules

- ✔ 1 every 2 days
- ☀ Morning
- 🍽 With or without food

Small size capsules each containing 1000mcg of iodine.



Easy-Lax

Easy-Lax is a mild, herbal stool softener, which supports easy, regular bowel movements without straining.

Not intended for prolonged use.

\$37ea 100 capsules

- ✔ 1-2 per day
- 🌙 Evening
- 🍽 With or without food

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

pH Test Strips

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

You can easily check your pH at home with this simple Saliva Test kit. For optimum health and immunity, your saliva pH should be between 6.8 and 7.0.

\$16ea
(five packs of 10)



Sweet Stevia

Enjoy sweet drinks without worrying about your blood sugar levels.

\$25ea 200 tablets

One tablet = approx. one teaspoon of sugar



New Zealand Manuka Oil Cream

Natural support suitable for dry, reddened, sensitive and irritated skin.



Enjoy the benefits of our new soothing cream designed to support troublesome skin conditions.

Supports

- ✔ Natural relief to irritated skin
- ✔ Calming sensitive skin
- ✔ Soothing reddened, flaky skin
- ✔ Bacteria balance

\$43ea 100ml tube

Directions: Apply gently onto the affected area two or three times a day or as required.

Not recommended for children under 2 years.

Although skin conditions can occur at any time of life, they are particularly common among young children and adolescents. With this in mind we have developed a cream that can be applied by most age groups.

When we manufactured this product we carefully selected natural ingredients sourced from reputable New Zealand suppliers.

These herbs have then been blended with a special base cream containing almond oil, shea butter, jojoba oil and cocoa butter which are all rich in vitamin E, supporting healing and nourishing the skin.

We have used three main ingredients for our Manuka Oil Cream.

Manuka essential oil: Assists in the reduction of redness and protects against further skin complications while supporting bacteria balance.

Calendula infused olive oil: Known for its soothing and skin healing properties.

Chamomile: Beneficial during dry itchy skin flares and assists in calming the skin.



ORDER FORM AND PRICE LIST

Prices valid until 31 July 2024

CUSTOMER ID

PRODUCTS	PRICE/EACH	QUANTITY	TOTAL
5-HTP (90 capsules)	\$38		\$
7 - Day Iron (25 capsules)	\$33		\$
Alert Plus (60 capsules)	\$59		\$
Aloe Vera Gel (100ml tube)	\$22		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$18		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$25		\$
Apple Cider Vinegar (180 capsules)	\$41		\$
Bone Health (60 capsules)	\$47		\$
Boron and Selenium (60 capsules)	\$43		\$
CAA - Multi (60 capsules)	\$51		\$
CAA - Multi Iron free (60 capsules)	\$51		\$
CAA - Multi Sulphur free (60 capsules)	\$51		\$
Carnitine (60 capsules)	\$32		\$
Colloidal Silver Cream (100ml tube)	\$31		\$
Colloidal Silver Gel (100ml tube)	\$28		\$
Colloidal Silver Gel (250g tub)	\$43		\$
Colloidal Silver Generator	\$140		\$
Colloidal Silver Liquid (500ml)	\$38		\$
Colloidal Silver Liquid Spray (100ml)	\$17		\$
Complete C (100g powder)	\$39		\$
Complete C Tablets (200 chewable tablets)	\$39		\$
CoQ10-Omega3 (60 gel capsules)	\$54		\$
Coral CAA (60 capsules)	\$49		\$
Cranberry (60 capsules)	\$37		\$
DHEA 7-Keto (60 capsules)	\$42		\$
Easy-Lax (100 capsules)	\$37		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$26		\$
Eye Health (60 Capsules)	\$49		\$
Fruit Antioxidant (60 capsules) NEW	\$55		\$
Harmony (60 capsules)	\$40		\$
Healthy Joints (90 capsules)	\$74		\$
Healthy Joints (180 capsules)	\$109		\$
Healthy Joints (180 capsules) 2 OR MORE	\$98		\$
Hemp Seed Oil (150gel capsules)	\$39		\$

PRODUCTS	PRICE/EACH	QUANTITY	TOTAL
Immune Support (60 capsules)	\$33		\$
Kelp (60 capsules)	\$33		\$
Liver Cleanse (60 capsules)	\$37		\$
Maca-X (60 capsules)	\$37		\$
Magnesium (60 capsules)	\$33		\$
Magnesium (180 capsules)	\$55		\$
Magnesium Cream (100ml tube)	\$35		\$
Magnesium Cream & Magnesium Combo (100ml tube/180Capsules)	\$85		\$
Manuka Oil Cream (100ml tube) New	\$43		\$
Men's Boost (60 Capsules)	\$44		\$
Mitchells Bone Broth (200g tub)	\$74		\$
Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$79		\$
Mitchells Collagen Peptides - Bovine (200g tub)	\$49		\$
MSM Sulphur (180 capsules)	\$45		\$
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	\$135		\$
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	\$130		\$
Pain-Eze (100ml tube)	\$37		\$
pH Test Strips (5 packs of 10)	\$16		\$
Premium Fish Oil (150 gel capsules)	\$34		\$
Probiotic Multi 9 (60 capsules)	\$59		\$
Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$55		\$
RealSalt Combo (Original 283g Shaker & refill Pouch)	\$39		\$
RealSalt Refill Pouch (737g)	\$29		\$
RealSalt Shaker Garlic (234g) Special (white stocks last)	\$19		\$
RealSalt Shaker Original (284g)	\$15		\$
RealSalt Shaker Seasoned (234g)	\$25		\$
RealSalt Shaker Smoked Cherry (156g) White stocks last	\$20		\$
RealSalt Shaker Smoked Hickory (156g) White stocks last	\$20		\$
RealSalt Shaker Smoked Chef's Blend (156g) White stocks last	\$20		\$
Relax (60 capsules)	\$35		\$
Salicylic Acid Gel (50ml tube)	\$29		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$

PRODUCTS	PRICE/EACH	QUANTITY	TOTAL
Silver Rods (pair)	\$50		\$
Skin Clear (120 vege capsules)	\$43		\$
Sweet Stevia Tablets (200 tablets)	\$25		\$
The Sunshine Vitamin (60 capsules)	\$34		\$
Throat Spray (50ml) Glass bottle	\$35		\$
Turmeric (60 capsules)	\$35		\$
Turmeric (180 capsules)	\$75		\$
Turn Back Time Capsules (60 capsules)	\$43		\$
Turn Back Time Cream (50ml tube)	\$43		\$
Turn Back Time Cream (fragrance free 50ml tube) Special going out of stock	\$23		\$
Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
Turn Back Time Fragrance Free Combo (50ml cream and 60 capsules) Special going out of stock	\$35		\$
Ultimate Cleanse kit (410 capsules)	\$135		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$125		\$
Vitamin B5 (90 capsules)	\$36		\$
Vitamin B Complex (60 capsules)	\$39		\$
Withania (Ashwagandha) (60 capsules)	\$39		\$
Women's Boost (60 capsules) Special going out of stock	\$34		\$

We will automatically give you \$30 towards your next order, after you have spent a total of \$300 with us.

Using your phone camera scan the QR code to go straight to our website

or simply visit www.healthhouse.co.nz



REFER A FRIEND
When you refer a friend to us as a new customer, you will receive \$10 towards your next order, when they make a purchase.

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

EMAIL

enquiries@healthhouse.co.nz

DIRECT DEBIT BANKING

To set this up please
Call **0800 140 141**
Mon - Fri 8.00am - 4.30pm
The easy way to pay, now cheques are gone.

BOOKS	PRICE/EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
Heal your Eye Problems	\$20		\$
Medical Cannabis a brief guide for New Zealanders	\$30		\$
New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
Should I take fish oil?	\$20		\$
Should I take...Probiotics?	\$19		\$
Stay Healthy by supplying what's lacking in your diet	\$31		\$
The Eczema Diet (Fully revised and updated)	\$29		\$
Which Natural Therapies Should You Try?	\$21		\$

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.

Please direct debit by bank account (pre registration required)

Credit Card Number

Visa Mastercard Exp. date

Security code



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

VISIT OUR SHOP

1 Whakakake Street, 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 credit card details or set up direct debit.