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HealthHouse
Quality, natural health products
NEW ZEALAND

 100%
PROUDLY
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Support healthy blood sugar balance

Berberine Balance

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Indian Barberry

By John Arts - page 4

Creatine not just for the gym community

By Megan Amrein - page 5

Why we have stopped our medicinal cannabis sales

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Specials

Satisfied - page 6 **I**

60 DAY MONEY BACK GUARANTEE

PP6040

0800 140 141
www.healthhouse.co.nz

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.

THREE EASY WAYS TO BUY

1. **Free phone:** 0800 140 141
2. **Website:** www.healthhouse.co.nz
3. **Visit our shop:** 1 Whakakake St, Tauriko, Tauranga

For more information refer to the order form on pages 21 and 22.

THREE EASY WAYS TO PAY

1. **Free phone** 0800 140 141
2. **Direct Debit Banking** To set this up please call us on 0800 140 141 Mon - Fri 8.00am - 4.30pm
3. **Online banking** Deposit payment into Westpac bank account
Health House 03 1548 0039888 00

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

PRODUCT ICONS

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

- | | |
|--|---|
|  Capsules |  Tablets |
|  Vegetarian capsules |  Powder |
|  Take anytime |  Take with food |
|  Take in the evening |  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.

In this issue

Berberine Balance

I believe we are one of the first companies in New Zealand to launch a new product featuring Metaberine®. Metaberine® is a specialised berberine extract with significantly better bioavailability, so you need less of it, making it much gentler on your body, especially on your gut than standard berberine.

Berberine Balance is Metaberine®, blended with chromium polynicotinate to support healthy blood sugar balance. John Arts has written a detailed article explaining the science and benefits on page 4.



Probiotics

We have also received our latest shipment of probiotics from Japan. The unique capsule-in-capsule technology is designed to help protect the nine probiotic strains as they pass through the stomach acid to arrive in the gut where they can do their good work. We are very proud of this product and appreciate the loyalty it continues to receive from customers looking to support their gut health.

Medicinal Cannabis Project

Some of you may be wondering what has happened with our medicinal cannabis project. With a degree of disappointment, I have decided to place the project on hold for now. The medicinal cannabis industry continues to face significant challenges, and I commandeered David's article space to explain the reasons behind this decision on page 10.

Megan

We are also pleased to have Megan back writing an article for us discussing Creatine Monohydrate and some of the potential benefits being explored across a wide range of age groups, including older adults. Many of you will remember Megan (Medical Herbalist and Naturopath) from our sales team. Megan has recently established her own practice, and we wish her every success with her new venture. You can read her article and find out how to contact her on page 5.



Abundant Health

John Arts explains the improvements we've made to the MTQ10 formulation and outlines why mitochondria in MTQ10 is important for overall health and wellbeing. Read John's article on page 12.

Finally, with a quick note regarding pricing on the Abundant Health range, we wanted to round the prices to the nearest dollar to keep the pricing simple. The only increase is that individual bottle prices, which previously ended in 95 cents will now be rounded to the nearest dollar, only a five-cent increase per bottle. At the same time, many of the multi-buy offers have been rounded down to the nearest dollar, with some discounted even further to make the pricing work neatly across two plus and three plus bottle purchases.

Kind regards

Mike Coory

Managing Director



Berberine Balance

A smarter way to take berberine

Berberine has become one of the most talked-about natural ingredients for supporting healthy blood sugar balance, weight management and overall metabolic health. Unfortunately, traditional berberine extracts are poorly absorbed, often require high daily doses, and can cause digestive discomfort in some people.

Health House's new Berberine Balance features

Metaberine®

Each capsule provides 200mg of Metaberine®, a new generation of berberine developed using patented BioSOLVE® technology (optimising water solubility). This advanced extract is designed to be absorbed more efficiently than standard berberine extracts, allowing a much lower daily dose.

Chromium

Each capsule combines Metaberine® with chromium polynicotinate. Chromium is an essential trace mineral that also complements the benefits of berberine.

Berberine Balance combines modern ingredient technology with one of the world's most researched botanical ingredients to provide a well-absorbed and well-tolerated option for everyday use.

Supports:

- ✓ Normal blood glucose metabolism
- ✓ Healthy fat metabolism
- ✓ Your body's natural metabolic balance
- ✓ Natural energy and general wellbeing

For best results, take Berberine Balance alongside a balanced diet: lower in sugar and refined carbohydrates, higher in fibre, lean protein and healthy fats such as those found in olive oil, avocado and nuts.

Combined with good daily habits, it's an easy way to look after your metabolic wellbeing.

\$69ea 60 capsules

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

Can interact with prescription medications for blood sugar management such as metformin, and certain blood thinners.



NZ's
top selling
Health Book



Stay Healthy Book

Stay Healthy by supplying what's lacking in your diet.

Updated in 2021, this 11th edition is still New Zealand's most popular and easy to understand health book, Stay Healthy by supplying what's lacking in your diet (over 98,000 copies sold) is packed full of priceless health information and with international measurements.

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

Paperback

\$31ea 420 pages

Other 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**

Medicinal Cannabis **\$35ea**

Natural Remedies That Really Work **\$29ea**

New Zealand's Greatest Doctor, Ulric Williams **\$18ea**

The Eczema Diet Book **\$29ea**

Indian Barberry

Indian Barberry, or *Berberis aristata*, has a long history of use in traditional Ayurvedic practice in India, where it has been used to support digestion, liver function, soothe irritated skin, and support eye health.

It has often been prepared as a decoction (process of extracting substances by boiling), powder, or concentrated extract containing berberine, the most biologically active compound in Indian Barberry. The roots and stems are especially valued because they contain the highest concentrations of berberine.

More recently, Ayurvedic practitioners have used Indian Barberry extracts high in natural berberine to support healthy blood sugar balance. Berberine is believed to support enzymes involved in glucose metabolism, which may also support energy levels, cardiovascular health, and weight management. These extracts are sometimes used to support people with excess abdominal fat linked to poor metabolic health.

Modern Uses

Modern use focuses mainly on berberine, which is extracted from the root, stem bark, or wood of Indian Barberry. The plant material is first dried and ground into a coarse powder. It is then soaked or boiled in a non-toxic solvent such as water or ethanol to extract the berberine. Some extracts are water-soluble helping to improve absorption, which may allow lower doses to be used more effectively.

Balanced Metabolism

Today, berberine is used mainly to support metabolic health, particularly its potential role in supporting normal blood sugar, and cholesterol metabolism. Studies published in sources such as *Frontiers in Pharmacology* have reported positive support for Indian Barberry extracts on measures of metabolic health, including fasting blood sugar, triglycerides, and waist circumference.

Indian Barberry extracts that are high in natural berberine may support more than blood sugar alone. By supporting both glucose and fat metabolism, these extracts may also contribute to healthy energy production and overall cardiovascular health.

Metabolic health is often assessed through common measures such as HbA1c for long-term blood sugar levels and triglycerides for fat metabolism. Waist circumference and body weight are also important indicators. Research suggests that high-quality Indian Barberry extracts rich in berberine may help support healthy blood sugar and triglyceride levels and healthy waist circumference - a key sign of metabolic health.



Weight management

Berberine extracts may support weight management by supporting a feeling of fullness after meals. As a result, they may make it easier to avoid overeating and help manage food cravings.

For best results, berberine supplementation should be combined with a healthy diet.

This can include reducing sugar and refined carbohydrates while increasing fibre, lean protein, and healthy fats, especially omega-3 and monounsaturated fats found in foods such as olive oil, avocado, and almonds.

Combined with these dietary habits, berberine may help support normal blood sugar, weight management, and energy levels.



ABOUT THE AUTHOR

John Arts (Adv.Dip.Nut. Med) is a nutritional medicine practitioner and founder of Abundant Health. For questions or advice contact John at john@healthhouse.co.nz

Men's Boost

Energy and vitality

Men's Boost is a blend of herbal extracts and key minerals that supports energy, vitality, and normal testosterone levels. It also supports the maintenance of prostate health and overall wellbeing.

\$44ea 60 capsules

1 per day Morning With food



Vitamin D3 and K2

The sunshine vitamin

Vitamin D is produced by the body in response to exposure to the sun. Unfortunately, we don't get enough when UV levels are low in the colder months, or we are not getting outside enough.

\$30ea 120 capsules

1 per day Anytime With food

New



Creatine

Not just for the gym community

Creatine monohydrate has experienced a renewed surge in popularity in recent years, and for good reason.

Creatine monohydrate is naturally found in small amounts in foods such as red meat and seafood, it is a compound that plays a vital role in cellular energy production. While traditionally associated with athletic performance and muscle growth, emerging research suggests creatine also plays a role in supporting brain function, brain health, and healthy ageing. Creatine is now recognised as one of the most extensively researched and well-supported supplements available.

Despite being discovered almost 200 years ago, creatine continues to attract scientific interest as researchers uncover new potential applications for health and wellbeing.

Exercise performance and recovery

Creatine supports the body's ability to rapidly regenerate adenosine triphosphate (ATP), the primary energy source for muscle contraction. This supports performance during short bursts of high-intensity activity, supporting strength and power output.

It also increases water content within muscle cells, which may help training adaptations over time. Research suggests creatine may also support recovery by reducing exercise-induced muscle damage, potentially helping to reduce discomfort and encourage a faster return to training.

Brain function and stress

The brain has high energy demands, particularly during periods of increased mental effort. By supporting cellular energy availability (the energy that keeps your cells running), creatine may help support brain functions such as mental focus, processing speed, and mental clarity. Research suggests that

these benefits may be most apparent during periods of stress, fatigue, sleep deprivation, or other situations where mental demands are elevated.

Although creatine should not replace foundational lifestyle practices such as quality sleep, good nutrition, and adequate rest, it may offer additional support for maintaining brain performance during challenging periods.

Brain health

Research suggests creatine may help keep the brain healthy by supporting how brain cells produce and use energy. Because the brain has high energy requirements, maintaining adequate energy availability is important for promoting normal brain function throughout life. Research has also explored creatine's potential role in protecting against oxidative stress and supporting mental function as we age.

Healthy ageing

As we age, maintaining muscle mass and strength becomes increasingly important for supporting mobility, balance, and independence. Creatine may play a valuable role in healthy ageing by supporting muscle health and physical function. Research has shown that, when combined with resistance training, creatine can help older adults improve strength and preserve lean muscle mass, potentially reducing some of the physical declines commonly associated with ageing.

Time frame

Creatine works by gradually increasing stores in muscle and, to a lesser extent, the brain. Muscle levels typically begin to saturate within 2–4 weeks of consistent use, which is when performance benefits are most commonly observed.

Mental effects may take longer to emerge and can vary between individuals. Consistent daily intake is key, with some people noticing changes within 4–6 weeks depending on diet, baseline levels, and individual factors.

This information is intended for general educational purposes only and is not a substitute for personalised advice from a qualified healthcare or natural health practitioner.

New Clinic Space

I'm excited to now be welcoming clients into my new clinic space - a calm and supportive environment designed to help people feel heard, understood, and empowered in their health journey. My approach focuses on evidence-informed natural healthcare, providing practical and personalised support tailored to each individual. I work with clients across a range of health concerns, including stress, sleep issues, immune health, skin conditions, anxiety, low mood, digestive concerns, and nutritional guidance.

Special offer for Health House readers:

20% off an initial naturopathic or nutrition consultation - simply mention this article when booking.

You can get in touch via email or book online through Megan's website. Appointments are available both in person and online for convenience.

E: clinic@meganamrein.co.nz
W: www.meganamrein.co.nz



ABOUT THE AUTHOR

Megan Amrein -
BNatMed. Registered
Naturopath and
Medical Herbalist.

Exciting News!

Satisfied is being replaced by our new and improved product Berberine Balance on page 3.

Satisfied

Weight management support

Supports

- ✓ Healthy blood glucose and balanced blood sugar levels
- ✓ Helps manage appetite
- ✓ Helps manage food cravings
- ✓ Natural weight management

MULTI BUY

2 for \$60

4 for \$99

60 capsules in each bottle

- 1-2 per day
- Anytime
- With food

Best before 31 Dec 2026

Weight management products should be used in conjunction with a balanced diet and exercise.

Not to be used in conjunction with aspirin, thyroid medication or diabetic medications or if you suffer liver problems.



Clearance Special

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.

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

The original and proven Ultimate Cleanse over 24,000 sold.

How the Ultimate Cleanse works

The Ultimate Cleanse contains 14 highly effective herbs, all in capsule form, to be taken at different times, over a 10 or 25 day period, you choose.

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

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

\$135ea

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

MULTI BUY

\$125ea

Buy two (or more) of The Ultimate Cleanse Kits and save \$10 per kit.

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.



Super C Powder

The next generation of Vitamin C from Health House, with three forms of Vitamin C plus a Super Fruit Blend

At the heart of Super C Powder is a blend of three complementary forms of vitamin C: calcium ascorbate, sodium ascorbate, and ascorbic acid. Each form dissolves and absorbs slightly differently, supporting different absorption rates while remaining gentle on the stomach. This mixed-form approach has been a hallmark of our vitamin C products for years, and Super C Powder continues that with a cleaner taste and improved dissolvability.

Where Super C Powder is a step up is the premium Australian sourced Super Fruit Powder. It combines blackcurrant, blueberry, pomegranate, raspberry, strawberry, cranberry, elderberry with açai.

The Super Fruit Powder delivers the characteristic berry colour and aroma you would expect, along with an extra ORAC (antioxidant) value of 31,200 µmol per tub adding a natural fruit flavour and colour to each serving.

 **1½-1** tsp per day  Anytime
 With or without food

\$45ea
120g powder



Apple Cider Vinegar Capsules

With no strong taste

Enjoy our naturally fermented apple cider vinegar which contains the "mother". Each capsule provides the equivalent of one teaspoon of liquid apple cider vinegar; three capsules equal one tablespoon. A convenient option to support general wellbeing as part of a healthy lifestyle.

Supports

- ✓ Digestive system
- ✓ pH levels in the body
- ✓ Balanced blood sugar levels
- ✓ Cholesterol levels

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

\$41ea
180 capsules



Fruit Antioxidant

A superfood smoothie in a capsule

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

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
- ✓ Ageing and skin health
- ✓ Healthy cell replication
- ✓ Cardiovascular health
- ✓ Circulation

No Gluten | No Lactose | No Soy

\$55ea 60 capsules

 **1** per day  Morning
 With or without food

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





EASY-LAX

Easy-Lax is a gentle, herbal stool softener that supports regular, strain-free bowel movements without straining. It contains five herbs that have been proven to be beneficial to the bowel.

- ✓ Psyllium seed
- ✓ Wormwood
- ✓ Cascara sagrada
- ✓ Fennel seed
- ✓ Slippery elm

Easy-Lax works gently over a twelve-hour period.

\$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)



ROSACEA

Soothing support for red, sensitive skin.

Honey lab Rosacea is a topical formulation made with pharmaceutical-grade Kanuka honey. Used twice daily, it helps support skin hydration and provides natural antibacterial properties. Gentle and 100% natural.

Benefits

- ✓ 100% natural
- ✓ Moisturising face mask
- ✓ Natural and gentle
- ✓ Strong natural antiseptic
- ✓ Pharmaceutical-grade Kanuka honey

\$35ea 50ml tube

Directions: Apply gently onto affected area twice daily for best results.



COLD SORE

100% Natural Kanuka Honey

Nature's remedy for fast, effective cold sore relief.

Honey lab Cold Sore formulation is created with pharmaceutical - grade Kanuka honey. Completely natural, it is a strong natural antiseptic and a deep moisturiser.

HoneyLab Cold Sore combines this activity with proven cold sore wound and lesion healing power.

Benefits

- ✓ Supports tissue repair
- ✓ Safe for use when pregnant and breastfeeding
- ✓ Is safe to swallow, and has a pleasant taste
- ✓ Supports wound healing

\$35ea 10g tube

Directions: Apply Honevo from the applicator, as frequently as you wish, to the affected lip. It will keep the area moist and aid healing time.





CRANBERRY

Urinary tract health

Our premium, all-natural, full-spectrum cranberry powder is specially formulated to support normal prostate function in men while also supporting healthy urinary flow and overall urinary tract health in both men and women.

This cranberry powder is unique as it uses the entire cranberry plant.

Supports

- ✓ Normal urinary flow/urinary tract health in both men and women
- ✓ Normal prostate function in men

\$37ea 60 capsules

- 1 per day
- Anytime
- With or without food

Seek advice if taking blood thinning medication.



LIVER CLEANSE

Liver health

Powerful milk thistle combined with essential vitamins and electrolytes for your liver health. Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

Supports

- ✓ Liver regeneration
- ✓ Cleansing the blood
- ✓ Detoxing
- ✓ Protecting and restoring the liver from toxic damage
- ✓ Restores electrolytes

\$37ea 60 capsules

- 1 per day
- Morning
- With food



5-HTP

Stress and appetite

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

Serotonin is generally thought to contribute to feelings of wellbeing and happiness, along with supporting mood, appetite and sleep.

\$38ea 90 capsules

- 2-4 per day
- Anytime
- With food

Do not take if you are currently on medication for depression, a neurological condition or if you are pregnant. Best results occur when taken two to three hours after a meal (or on an empty stomach). But if you feel queasy, take with food.



CARNITINE

Energy to burn

Carnitine's role in the body is to transport stored body fat to the cells to be burned for energy, even when you sleep. Each capsule of Carnitine gives you 348mg a day. Maximum support for calorie metabolism is usually achieved at about 1750mg a day or five capsules. Maintenance dose is 348mg or one capsule a day.

- ✓ 100% natural
- ✓ Has powerful antioxidant activity
- ✓ Supports normal fat metabolism
- ✓ Helps manage food cravings

\$32ea 60 capsules

- 3-5 per day
- Morning
- Empty stomach

Seek advice if taking blood thinning medication





Coral CAA

Coral CAA provides half the vitamins and minerals of CAA-Multi and half the ingredients of Bone Health, ideal for smaller-framed individuals or sensitive systems.

Younger children's vitamin and mineral requirements are often less than adults and Coral CAA is a good alternative for them too.

Contains high quality coral calcium and a complete mineral and vitamin blend.

- ✓ Complete mineral and vitamin blend
- ✓ All the benefits of CAA-Multi and the benefits of coral calcium
- ✓ Great for lighter people and children
- ✓ High quality coral calcium
- ✓ Easier to take on an empty stomach due to the buffering effect of the calcium.

\$49ea 60 capsules

1-2 per day

Morning

With food

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

Why we have stopped our medicinal cannabis sales



After eight years, we've paused our medicinal cannabis project. In short, the scheme built for medicine has drifted far from that.

When New Zealand introduced its medicinal cannabis scheme, we believed there was a genuine opportunity to develop carefully made, quality-assured medicinal products for clients.

Our focus was never on high-strength cannabis flower. It was on lower-THC, higher-CBD, balanced products made under proper GMP conditions, with customer welfare at the centre. After several years of investment, product development, licensing and regulatory work, we finally had an approved New Zealand-grown medicinal cannabis product.

Unfortunately, the market has moved in a very different direction.

The graph on this page shows the trend clearly. CBD and balanced products have remained a small part of the market, while high-THC products now dominate. In my view, that is a serious problem. Medicinal cannabis should not simply become a regulated pathway for very high-THC

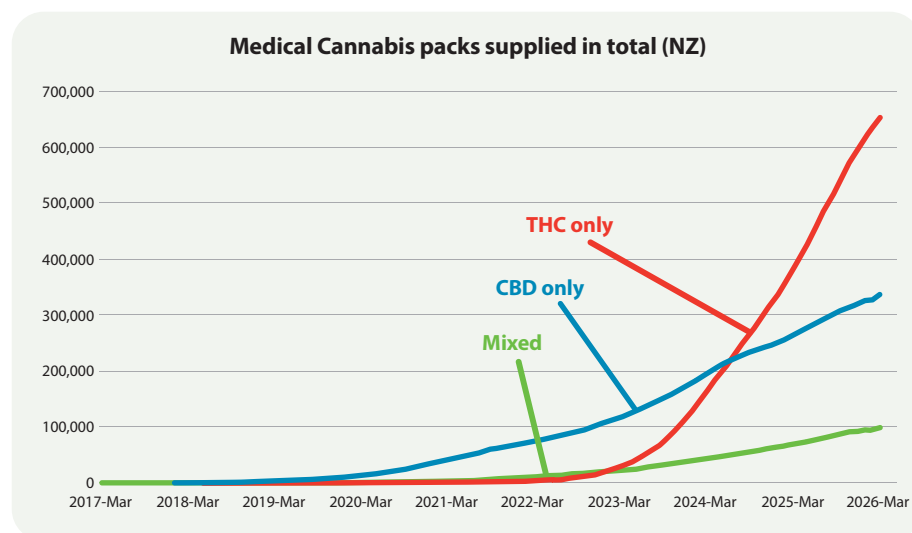
products. When THC greatly exceeds CBD, especially at levels now reaching 25–30%, it becomes harder to describe that as a conventional medicinal model.

The distinction matters. THC is the cannabinoid responsible for intoxication, while CBD does not intoxicate and, at similar levels, helps moderate THC's psychoactive effects. In my view, a product with more CBD than THC is medicinal; one with far more THC than CBD is not.

Two experts put the concern plainly. Associate Professor Marta Rychert has noted that *"THC flower is not typical of medicinal cannabis use"*. Dr Shaun Holt observes that *"THC concentrations around 5%, balanced with CBD, are all that is needed for therapeutic effects on pain, sleep and nausea."*

I met with and raised these concerns directly with Medsafe, who while sympathetic, indicated regulatory change is unlikely.

So, for now, we've stepped back - proud of what we built, and ready to return if the scheme ever rediscovers its medicinal purpose.



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.



Our best 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.

Also available in CAA-Multi Sensitive (no iron or sulphur added)

Optimum Health Triple Pack

1 Triple Pack

Save \$17 off the individual product prices.

\$135ea

2 or more Triple Packs

Save \$44 off the individual product prices.

\$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**

Save \$52 off the individual product prices.

Also available in CAA-Multi Sensitive (no iron or sulphur added)

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



Supports heart, artery and brain health

CoQ10 is a powerful antioxidant which is vital for supporting lifelong 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.



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.

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





Experience the
power of nature

New formula MTQ10

Abundant Health customers are familiar with MTQ10 as it has long been an important part of the Abundant Health range. I am sure that Health House customers will also appreciate the often-significant benefits of MTQ10 for general health and wellbeing.

The goal with MTQ10 was to produce a supplement that supports our amazing mitochondria- the parts of our cells responsible for most of the energy we need.

Think of mitochondria as tiny engines that take the energy from food and convert it into the energy we need to function. Just like a poorly running car engine, anything that hinders mitochondria can reduce energy and can contribute to health issues.

The name MTQ10 is a blend of two abbreviations: MT is for mitochondria and Q10 for Co enzyme Q10. Healthy mitochondria are essential for life. The cells that have the highest energy requirements have thousands of mitochondria including heart muscle, skeletal muscle and liver cells.

What is in the new MTQ10?

While we have tweaked the B vitamins, the most significant changes have been to extend the vitamin range to include natural vitamin E, vitamin D3 and K2 to make a more complete multi-vitamin. We have lifted the NZ Grape Seed OPC extract Oxifend increasing the antioxidant profile of MTQ10. New MTQ10, when combined with either CAA Multi or Cell eXtra will provide a strong nutritional base to ensure optimum wellbeing.

MTQ10 is a blend of nutrients and co-factors that are needed for optimal production of energy from our mitochondria. Some MTQ10 ingredients such as PQQ, CoQ10, alpha-lipoic acid, acetyl-L-carnitine and B vitamins are directly used to produce energy. Others such as Grape seed OPC, Resveratrol in conjunction with CoQ10, PQQ and vitamin E will help reduce free radical damage which can impair mitochondrial function.

Who should take MTQ10?

Modern life stress, some health problems and medication can result in sub-optimum energy output. New MTQ10 adds the nutrients and co-factors needed to help mitochondria to produce normal energy thus supporting energy and well-being.

MTQ10

MTQ10 blends PQQ (Pyrroloquinoline quinone), Coenzyme Q10, B vitamins, and grape seed extract (OPC) to support cellular energy production.

Supports

- ✓ Energy levels
- ✓ Cell antioxidant
- ✓ Energy conversion in our cell mitochondria
- ✓ Converting food into energy
- ✓ Good cell energy function.

For energy and nerve support

\$85ea 60 capsules

MULTI BUY

3 pack **\$237** save \$18

- 1 per day
- Morning
- With food



Cell eXtra

Cell eXtra is a comprehensive multi-antioxidant, multi-vitamin and multi-mineral that has been formulated to support healthy cell function. The vitamins, antioxidants and trace minerals in Cell eXtra are the micronutrients our cells need to function properly.

Supports:

- ✓ Normal energy
- ✓ Circulation
- ✓ Immune system responses
- ✓ General wellbeing

\$70ea 120 capsules

MULTI BUY

3 pack **\$198** save \$12

- 2 per day
- Morning
- With food



"Live Life to the Fullest with the Best Quality Supplements to Suit Your Needs."

Bettaflex

Bettaflex is formulated with Chondroitin Sulphate, Glucosamine Sulphate and BioSolve Curcumin extract (from turmeric).

These ingredients are included to support joint health and mobility. Bettaflex is suitable for individuals seeking nutritional support for their joints as part of their daily routine. Individual results may vary.

\$37ea 60 capsules

MULTI BUY

3 pack **\$99** save \$12

2 per day Anytime

With or without food



CoQsol®

CoQsol® is a coenzyme Q10 supplement developed for those looking to support cardiovascular health and support energy metabolism.

CoQ10 is an antioxidant that occurs naturally in the body and plays a role in cellular energy production.

A fish-free CoQ10 option.

\$55ea 60 capsules

MULTI BUY

3 pack **\$147** save \$18

1-2 per day Anytime

With food



Bone Plus

Bone Plus contains purified New Zealand bone extract (MCH Cal®), Marine Magnesium, vitamin D, and vitamin K2.

These nutrients support mineralisation and normal bone development.

\$55ea 120 capsules

MULTI BUY

3 pack **\$147** save \$18

2 per day Evening

With or without food

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



Magnesium Triple

Magnesium Triple offers a blend of Marine Magnesium, Magnesium Citrate and Magnesium Glycinate for rapid absorption.

Supports

- ✓ Muscle function
- ✓ Nerve function
- ✓ Heart rhythm
- ✓ Restful sleep

\$44ea 120 capsules

MULTI BUY

2 pack **\$82** save \$6

1-2 per day Anytime

With or without food



Antiox Plus

Antiox Plus is a multi-antioxidant supplement formulated to help protect cells from oxidative stress.

Supports

- ✓ Normal cell aging
- ✓ General wellbeing
- ✓ Healthy circulation
- ✓ Respiratory function

\$55ea 60 capsules

MULTI BUY

3 pack **\$147** save \$18

1-2 per day Anytime

With or without food



Curcumin Plus

Curcumin Plus contains a 95% water-soluble BioSolve® Curcumin (from turmeric) and Oxifend NZ grape seed extract (OPC).

This supplement is intended to provide antioxidant support for the normal functioning of the immune system.

\$45ea 60 capsules

MULTI BUY

3 pack **\$123** save \$12

1-2 per day Anytime

With food



PREMIUM FISH OIL

Our Premium Fish Oil capsules contain 570mg of responsibly sourced UK omega-3 oil. For those that like technical information that is at least 300mg of EPA, 200mg of DHA and 70mg of the other Omega-3 oils.

Supports

- ✓ Joint mobility
- ✓ Emotional wellbeing
- ✓ Mental focus
- ✓ Healthy skin
- ✓ Heart and artery health

\$34ea

150 soft gel capsules

1-2 per day

Anytime

With food



HEMP SEED OIL

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

New Zealand grown Hemp Seed Oil capsules. 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.

Made in NZ

\$39ea

150 soft gel capsules

2-6 per day

Anytime

With food



Eye Health

Good eye health naturally

Do you experience eye strain or fatigue?

Eye Health is a comprehensive blend of herbs, vitamins, and minerals specifically formulated to support and maintain healthy eyes.

This powerful formula includes key nutrients identified in international studies for their vital role in eye health, such as lutein and zeaxanthin (from specially grown marigold flowers) to protect the macula from free radical damage. We've also added high-potency bilberry extract, equivalent to 12 grams of dried bilberries per capsule, sourced from European-grown plants and extracted in the USA.

To further support eye structure and function, Eye Health includes vitamin C, vitamin E, beta-carotene, and bioflavonoids, which support the maintenance of connective tissues in the cornea and capillaries in the retina. Zinc and copper play a crucial role in protecting the macula, retina, and lens from oxidative stress.

Whether you're dealing with daily screen time or general eye fatigue, Eye Health offers targeted, natural support for long-term vision and eye comfort.

Supports

- ✓ Lens and macular health
- ✓ Healthy retinas and macular pigment density
- ✓ Protection of the macular region of the eye from free radical damage
- ✓ Less eye fatigue, improved night vision and help with adapting to glare

1 per day

Anytime

With or without food

\$49ea

60 capsules

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



DRY EYE RELIEF

Try our easy to use castor oil rollerball, a topical application for dry eye relief.

Benefits

- ✓ Supports dry, irritated eyes
- ✓ 100% natural
- ✓ Easy rollerball applicator
- ✓ Gentle on sensitive skin
- ✓ Pharmaceutical grade castor oil

Apply a thin layer twice daily to both the upper and lower eyelids.

Remove contact lenses before applying. Avoid direct eye contact.

\$34ea 10ml rollerball

For external use only. Discard unused content four weeks after opening.





\$33ea
60 capsules

NEW ZEALAND KELP

An overall health tonic

Kelp, harvested from New Zealand's nutrient-rich waters, benefits nails, hair, and overall health. Rich in iodine, it supports thyroid health and helps protect against radiation damage.

1 every 2 days Morning With or without food

Small size capsules each containing 1000mcg of Iodine.

BORON + SELENIUM

General health

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

Supports

- Calcium absorption
- Magnesium absorption
- Men's sexual health

1 per day Evening With food



\$43ea
60 capsules



\$36ea
90 capsules

VITAMIN B5

Overall wellbeing

Vitamin B5 (Pantothenic acid) is required by our immune system to support artery and blood health in the body.

Supports

- Artery and blood health
- Friendly probiotic bacteria in the intestines from damage by antibiotics
- Healthy cholesterol levels
- Ability to metabolise macronutrients

1-2 per day Morning With or without food

DHEA 7-KETO

Youth hormone

DHEA is a naturally occurring hormone that declines with age. Sourced from plant extracts, our supplement supports general wellbeing and helps maintain vitality as you age.

- 1** per day over 35 years of age
- 1** every 2 days from 25-35 years of age
- Morning With or without food

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.



\$42ea
60 capsules



HARMONY

Natural youth hormone

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

Seek advice if taking blood thinning medication

MACA-X

Extra strength

Maca is a stress support herb, which means it helps the body adapt to stress and supports a return back to its normal balance.

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

\$37ea 60 capsules

1-2 per day

Anytime

With food

If pregnant, not recommended during the first trimester.



TURN BACK TIME

Anti-Ageing

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

Combat ageing inside and out with our powerful combo! Our cream blends liquid CoQ10 and marine collagen, while our capsules deliver water-soluble CoQ10 and bioflavonoids. Vitamin C boosts collagen and firms skin, while CoQ10, vital for youthful skin, declines with age. Free from parabens, paraffins, SLS, and synthetic fragrances.

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

\$43ea 60 capsules

2 per day Anytime

With food

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

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

COMBO **\$65ea**

50ml tube and 60 capsules combo



WITHANIA /ASHWAGANDHA

Mood and vitality

Withania, also known as Ashwagandha, is traditionally used to support mental and physical wellbeing. It may help support energy levels, mood balance, relaxation and restful sleep, and is commonly used to support general health and recovery during times of stress or fatigue.

\$39ea
60 capsules

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

1 per day Anytime With or without food



MANUKA OIL CREAM

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

Supports

- ✓ Natural relief to irritated skin
- ✓ Calming sensitive skin
- ✓ Soothing reddened, flaky skin
- ✓ Customers favourite

\$43ea 100ml tube

Not recommended for children under 2 years.

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



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, Ecocert 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 Save \$8



NATURAL SUNSCREEN

Our sunscreen protects you from UVA and UVB rays without using any nasty chemicals.

\$30ea
100ml tube

Directions Shake well. Apply generously to clean, dry skin at least 20 minutes prior to sun exposure. Reapply frequently and after swimming, exercise or towelling dry.



SKIN CLEAR

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

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

Carnitine plays a role in fatty acid transport within the body.

Vitamin C contributes to normal collagen formation for normal skin function and helps protect cells from oxidative stress.

Excess oil production by the body can cause a build up behind the pores, causing pimples and acne. Treating this topically 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

Green vegetarian capsules

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





\$35ea
50ml bottle

THROAT SPRAY

Soothe a dry Scratchy throat

Soothe a dry scratchy throat with the 100% natural honey and blackcurrant flavoured throat spray.

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.

Curcumin/ turmeric powder

Made in New Zealand with premium Indian-sourced ingredients.

$\frac{1}{3}$ - $\frac{2}{3}$ tsp per day

Anytime With food

Directions: Adults - recommended dosage is 500-1000mg per day (approximately 1/3 to 2/3 teaspoon). For best absorption, consume with meals. It can also be added to smoothies, juice or water.

Precautions: Do not use for two weeks prior to or following surgery. Avoid if you have gallbladder issues. Consult a healthcare professional if taking blood-thinning medication, or if pregnant or breastfeeding.



\$99ea
90g powder

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

\$165ea one year guarantee (includes silver rods)

\$75pair replacement silver rods

Colloidal Silver liquid & gel

\$17ea 100ml liquid spray

\$28ea 100ml tube gel

\$38ea 500ml liquid

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

Colloidal Silver Cream

This 100% natural, soothing and moisturising cream is enriched with colloidal silver, avocado oil, aloe vera, lavender essential oil, shea butter, cocoa butter, jojoba oil and calendula oil.

Its gentle, nutrient-rich formula is ideal for dry, sensitive, or easily irritated skin. Used as a daily moisturiser, to help calm, hydrate and nourish the skin.

\$31ea 100ml tube

Directions for Use:

Gently massage into clean, dry skin morning and night, or apply as needed for extra hydration and comfort.

COMPLETE C

Spring health

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

Grape seed and pine bark extracts help support collagen integrity and skin elasticity, supporting the maintenance of firm, healthy-looking skin. Rutin and hesperidin are citrus bioflavonoids that help support collagen and blood vessel health and capillary integrity.

Contains

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

Complete C Powder

\$39ea 100g powder

🍷 ¼-½ tsp per day 🌙 Anytime

🍴 With or without food

Convenient chewable tablets

\$39ea 200 chewable tablets

🍷 3 per day 🌙 Anytime

🍴 With or without food

Original

**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**.

Supports

- ✓ Alertness
- ✓ Natural weight management
- ✓ Strong bones and muscles
- ✓ High energy

\$33ea 25 capsules

🍷 1 per week

🌙 Anytime

🍴 Empty stomach



IMMUNE SUPPORT

Immune health

This formula includes olive leaf extract, echinacea, astragalus, garlic, zinc, and vitamin C which provide support for ills and chills.

Take at the first sign of discomfort as a preventative measure. Not for long-term use.

\$33ea 60 capsules

🍷 1-6 per day

🍷 3-6 When unwell

🍴 With food

🌙 Anytime

**VITAMIN B COMPLEX**

Daily Function

B vitamins are water-soluble, meaning your body doesn't store them like other nutrients.

Levels can vary daily depending on your diet. When you're stressed or overworked, your body uses more B vitamins. Additionally, alcohol, sugar, and caffeine can further deplete them.

\$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

Lion's Mane Mushroom, along with traditional Chinese herbs, support brain function and clarity. Combined with Ginkgo Biloba and Ginseng extracts, it supports alertness and mental focus.

These ingredients also support general wellbeing, mood balance, and restful sleep, offering antioxidants for a calming effect on the body.

\$59ea

60 capsules

-  **1-2** per day
-  Anytime
-  With food



Relax

A blend of the world's three most relaxing and calming herbs - valerian, hops and kava, along with magnesium to promote a general sense of wellbeing and supports a peaceful relaxing sleep without chemicals.

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

Supports

-  Relaxing and calming effects
-  A deep restful sleep
-  Stress and worry

\$35ea

60 capsules

-  **2-3** per day
-  Evening
-  With food



May cause drowsiness. Take care when driving or operating machinery. This product contains Kava extract and Valerian which may interfere with prescription medication, especially for those being treated for liver or kidney malfunction or on psychotropic medication. Please discuss with your healthcare professional before use.



REALSALT

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

Exactly as nature made it - and mined in Redmond, Utah. Just two hours south of Salt Lake City.

Health benefits of RealSalt

RealSalt is unrefined, ancient sea salt sourced from a pure Jurassic sea in Utah. It contains over 60 naturally occurring trace minerals that are essential for health and vitality.

Unlike regular table salt, which is heavily processed and stripped of nutrients, RealSalt keeps its full mineral profile, including natural iodine that the body absorbs more effectively than synthetic forms. These minerals help support hydration, electrolyte balance, and overall wellbeing, making RealSalt a clean, nourishing alternative to refined salt.

Original Fine Refill Pouch & Shaker

RealSalt Fine Refill Pouch

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

\$29ea 737g pouch

\$19ea 454g pouch **Budget pack**

RealSalt Shaker (original)

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

\$17ea 284g Shaker

RealSalt Fine Combo

Fine Salt Shaker (original) 284g with Fine Salt Refill Pouch 737g

\$41ea **COMBO**
Save \$5

RealSalt Fine Organic Seasoned Shaker

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

\$25ea 234g Shaker

Refill Pouch and Grinder

Coarse Salt - the biggest grain size typically used in a grinder

RealSalt Coarse Refill Pouch

For everyday use, ancient coarse sea salt

\$25ea 454g pouch

RealSalt Coarse Grinder

Gives a dramatic salty flavour

\$19ea 135g Grinder

RealSalt Coarse Combo

Coarse Salt Grinder 135g with Coarse Salt Refill Pouch 454g

\$39ea **COMBO**
Save \$5



Order form and price list

Prices valid until 31 Oct 2026

PAGE No.	ABUNDANT HEALTH	PRICE EA	QTY.	TOTAL
13	Antiox Plus (60 capsules)	\$55		\$
13	Antiox Plus (60 capsules) 3 pack	\$147		\$
13	Bettaflex (60 capsules)	\$37		\$
13	Bettaflex (60 capsules) 3 pack	\$99		\$
13	Bone Plus (120 capsules)	\$55		\$
13	Bone Plus (120 capsules) 3 pack	\$147		\$
12	Cell eXtra (120 capsules)	\$70		\$
12	Cell eXtra (120 capsules) 3 pack	\$198		\$
13	CoQsol (60 capsules)	\$55		\$
13	CoQsol (60 capsules) 3 pack	\$147		\$
13	Curcumin Plus (60 capsules)	\$45		\$
13	Curcumin Plus (60 capsules) 3 pack	\$123		\$
13	Magnesium Triple (120 capsules)	\$44		\$
13	Magnesium Triple (120 capsules) Twin Pack	\$82		\$
12	MTQ10 (60 capsules)	\$85		\$
12	MTQ10 (60 capsules) 3 pack	\$237		\$
4	Vitamin D3/K2 (120 capsules)	\$30		\$
PAGE No.	PRODUCTS	PRICE EA	QTY.	TOTAL
9	5-HTP (90 capsules)	\$38		\$
19	7 - Day Iron (25 capsules)	\$33		\$
20	Alert Plus (60 capsules)	\$59		\$
17	Aloe Vera Gel (100ml tube)	\$22		\$
17	Aloe Vera Gel with Colloidal Silver (50ml tube)	\$18		\$
17	Aloe Vera Gel with Colloidal Silver (100ml tube)	\$25		\$
7	Apple Cider Vinegar (180 capsules)	\$41		\$
3	Berberine Balance (60 capsules) New	\$69		\$
11	Bone Health (60 capsules)	\$47		\$
15	Boron and Selenium (60 capsules)	\$43		\$
11	CAA - Multi (60 capsules)	\$51		\$
11	CAA - Sensitive (60 capsules)	\$51		\$
9	Carnitine (60 capsules)	\$32		\$
8	Cold Sore (10gm)	\$35		\$
18	Colloidal Silver Cream (100ml tube)	\$31		\$
18	Colloidal Silver Gel (100ml tube)	\$28		\$
18	Colloidal Silver Generator	\$165		\$
18	Colloidal Silver Liquid (500ml)	\$38		\$
18	Colloidal Silver Liquid Spray (100ml)	\$17		\$
19	Complete C (200 chewable tablets)	\$39		\$
19	Complete C Powder (100g powder) While stocks last	\$39		\$
11	CoQ10-Omega3 (60 gel capsules)	\$54		\$
10	Coral CAA (60 capsules)	\$49		\$
9	Cranberry (60 capsules)	\$37		\$
24	Creatine Monohydrate (300g) New	\$49		\$
18	Curcumin 95% (90g powder)	\$99		\$
15	DHEA 7-Keto (60 capsules)	\$42		\$
14	Dry Eye Relief (10ml rollerball)	\$34		\$
8	Easy-Lax (100 capsules)	\$37		\$
14	Eye Health (60 Capsules)	\$49		\$
7	Fruit Antioxidant (60 capsules)	\$55		\$
16	Harmony (60 capsules)	\$40		\$

PAGE No.	PRODUCTS	PRICE EA	QTY.	TOTAL
23	Healthy Joints (90 capsules)	\$74		\$
23	Healthy Joints (180 capsules)	\$109		\$
23	Healthy Joints (180 capsules) 2 OR MORE	\$98		\$
14	Hemp Seed Oil (150 gel capsules)	\$39		\$
19	Immune Support (60 capsules)	\$33		\$
15	Kelp (60 capsules)	\$33		\$
9	Liver Cleanse (60 capsules)	\$37		\$
16	Maca-X (60 capsules)	\$37		\$
23	Magnesium (60 capsules)	\$33		\$
23	Magnesium (180 capsules)	\$55		\$
23	Magnesium Cream (100ml tube)	\$35		\$
23	Magnesium Cream & Magnesium Combo (100ml tube/180 Capsules)	\$85		\$
17	Manuka Oil Cream (100ml tube)	\$43		\$
4	Men's Boost (60 Capsules)	\$44		\$
22	Mitchells Bone Broth (100g pouch)	\$39		\$
22	Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$79		\$
23	MSM Sulphur (180 capsules)	\$45		\$
17	Natural Sunscreen (100ml tube)	\$30		\$
11	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) ☐ CAA - Multi ☐ CAA-Multi Sensitive (no iron or sulphur added)	\$135		\$
11	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE ☐ CAA - Multi ☐ CAA-Multi Sensitive (no iron or sulphur added)	\$130		\$
22	Pain-Eze (100ml tube)	\$37		\$
8	pH Test Strips (5 packs of 10)	\$16		\$
24	Premium Collagen (240g tub)	\$39		\$
14	Premium Fish Oil (150 gel capsules)	\$34		\$
24	Probiotic Multi 9 (60 capsules)	\$59		\$
11	Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$55		\$
24	Probiotic Multi 9 Pouch (10)	\$15		\$
20	RealSalt Coarse Grind Combo (Coarse Salt Grinder 135g/ Coarse Salt Pouch 454g)	\$39		\$
20	RealSalt Coarse Refill Pouch 454g	\$25		\$
20	RealSalt Coarse Grinder 135g	\$19		\$
20	RealSalt Combo (Original 284g Shaker & Refill Pouch)	\$41		\$
20	RealSalt Fine Refill Pouch (737g)	\$29		\$
20	RealSalt Fine Refill Pouch (454g) Budget Pack Size	\$19		\$
20	RealSalt Fine Shaker Original (284g)	\$17		\$
20	RealSalt Organic Seasoned Shaker (234g)	\$25		\$
20	Relax (60 capsules)	\$35		\$
8	Rosacea (50ml tube)	\$35		\$
22	Rubeeven (30ml pump)	\$35		\$
6	Satisfied (60 capsules) 2 pack Special	\$60		\$
6	Satisfied (60 capsules) 4 pack Special	\$99		\$
17	Salicylic Acid Gel (50ml tube)	\$29		\$
17	Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$
18	Silver Rods (pair)	\$75		\$
17	Skin Clear (120 vege capsules)	\$43		\$

More products over page

PAGE No.	PRODUCTS	PRICE EA	QTY.	TOTAL
7	Super C Powder (120g powder)	\$45		\$
18	Throat Spray (50ml) Glass bottle	\$35		\$
16	Turn Back Time Capsules (60 capsules)	\$43		\$
16	Turn Back Time Cream (50ml tube)	\$43		\$
16	Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
6	Ultimate Cleanse kit (410 capsules)	\$135		\$
6	Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$125		\$
15	Vitamin B5 (90 capsules)	\$36		\$
19	Vitamin B Complex (60 capsules)	\$39		\$
16	Withania (Ashwagandha) (60 capsules)	\$39		\$
PAGE No.	BOOKS	PRICE EA	QTY.	TOTAL
3	Colostrum - Life's first food	\$20		\$
3	Heal your Eye Problems	\$20		\$
3	Medicinal Cannabis: a simple guide for New Zealanders - Second Edition	\$35		\$
3	Natural Remedies that really work	\$29		\$
3	New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
3	Should I take fish oil?	\$20		\$
3	Should I take...Probiotics?	\$19		\$
3	Stay Healthy by supplying what's lacking in your diet	\$31		\$
3	The Eczema Diet (Fully revised and updated)	\$29		\$
3	Which Natural Therapies Should You Try?	\$21		\$

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Customer ID

Please tick your preference ☐ No signature required

☐ Signature required (Sorry, not rural delivery)

Name

Phone

HOW TO ORDER

Call us to set up direct debit.

0800 140 141

AUS call free on 1800 140 141 | Other countries call +64 7 543 0491

Direct Debit Banking

To set this up please call us on 0800 140 141 Mon - Fri 8.00am - 4.30pm

Online Banking

Deposit payment into Westpac bank account

Health House 03 1548 0039888 00

Use your customer ID as the reference.

As soon as your payment shows, your order will be dispatched.

Fill out this order form and send to:

Freepost Authority Number 206782 Health House,
Private Bag 12029, Tauranga, 3143.

Pain-Eze

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

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.

\$37ea 100ml tube

Directions

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



Rubeeven

Rubeeven™ combines capsaicin (cayenne) and bee venom for rapid joint stiffness support. Made in New Zealand, it delivers bee venom through a chilli extract, warming muscles, bones, and joints. Used in Asia for over 2000 years, bee venom supports joint and muscle comfort.

Ingredients: Distilled Water, Cayenne Liquid Extract (Capsaicin), Coconut Wax, Extra Virgin Olive Oil, Benzoin Tincture, Bee Venom.

Warning: Do not use if allergic to bee products. May cause a temporary warming sensation to the area applied. If too hot, wash off and apply less.

\$35ea
30ml pump



Mitchells
NUTRITION

Bone Broth Protein Powder

\$79ea 500g

Vanilla flavour

Bone Broth Powder

\$39ea 100g pouch



MSM Sulphur

Mobility

A highly bioavailable, non-allergenic source of sulphur.

Sulphur is one of the most important nutrients in your body.

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.

Supports

- ✓ The feeling of healthier, more comfortable joints
- ✓ Faster growing, less brittle fingernails
- ✓ The body to expel waste and toxins
- ✓ Soft, hydrated skin - less wrinkles with age
- ✓ Recovery from stiff muscles and tendons

\$45ea 180 capsules

-  **1-6** per day
-  Anytime
-  With or without 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.



Healthy Joints

Glucosamine-chondroitin

Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of the highest quality chondroitin sulphate.

In addition boron, organic silica, natural vitamin D and MSM (Methylsulfonylmethane), works with 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.



Magnesium

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

Available as capsules or a topical magnesium chloride cream

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 over eight years of age: one capsule per day, or as directed by your healthcare professional.

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

Magnesium Combo

\$85ea 100ml tube and 180 capsules

COMBO

Save \$5.00



Creatine Monohydrate

More than just a sports supplement

Creatine has long been known in the sports world, and research is now showing it may offer important benefits well beyond the gym. It is a natural part of the body's energy system and plays a key role in both muscle function and brain energy.

Used daily, creatine may support strength, energy, mental clarity, and healthy ageing. Recent studies suggest it may be particularly helpful for supporting brain energy and performance when suffering from fatigue or sleep deprivation, with promising benefits for older adults.

We chose a pharmaceutical-grade creatine monohydrate made in India to an extremely high manufacturing standard, with strong quality control and batch testing. Our focus is on purity, consistency, and quality you can trust.

In-house testing also showed that this product dissolves even better than others we tested, which either did not dissolve as well or remained partially in suspension.

Supports:

- ✓ Brain energy and mental clarity
- ✓ Muscle strength and function
- ✓ Healthy ageing and active living
- ✓ Brain performance during fatigue
- ✓ Everyday energy production

A simple daily addition for people wanting to stay strong, sharp and active.

- 🕒 5g per day 🌙 Anytime
- 🍴 With or without food



Premium Collagen

Collagen helps maintain youthful skin and supports digestive wellness

This premium collagen is free from added flavours and sweeteners, making it a versatile addition to your daily routine. Simply mix it into beverages, smoothies, or sprinkle it over food for an easy way to nourish your body from within.

Ingredient imported from Europe and packed in New Zealand.

- 🕒 2 tsp per day 🌙 Anytime
- 🍴 With or without food

\$39ea 240 gram tub
24 x 10g serves



Probiotic Multi-9

Restore intestinal bacteria with our unique capsule in a capsule technology.

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

Supports

- ✓ Bowel and digestive health
- ✓ Digestion of food, soft, regular bowel movements
- ✓ Mineral and vitamin absorption
- ✓ Bowel bacteria after taking antibiotics

Probiotic Multi-9 60 capsules
\$59ea

Travel/Gift pack

Probiotic Multi-9 Pouch
10 caps now available
\$15ea 10 capsules

Now available in a 10-capsule pouch designed for easy trial and added convenience when travelling.

If you haven't tried our Probiotic Multi-9 try our sample pouch. It is also great to take away on holiday.

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

Always read the label and only use as directed. If symptoms persist, see your healthcare professional.

AUG-OCT 2026

Free delivery
IN NEW ZEALAND

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Retail Store / Head Office | 1 Whakakake Street, Tauriko, Tauranga 3110

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