

FREE DELIVERY IN NEW ZEALAND

FEB - APR  
**2024**

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**HealthHouse**  
Quality, natural health products  
NEW ZEALAND



# Manuka Oil Cream

page 3

## Research and development of our New Manuka Oil Cream

By Megan - page 4

## Sweeteners

The good, the bad, and the unhealthy

By David Coory - page 6

## Causes of Eczema

By Andrea - page 8

## Healing Eczema

By Nadia - page 10

New



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**60 DAY MONEY BACK GUARANTEE**

PP2056



- 16 5-HTP
- 9 7-Day Iron
- 12 Alert Plus
- 15 Aloe Vera Gel
- 15 Aloe Vera with Colloidal Silver Gel
- 11 Apple Cider Vinegar
- 13 Bone Health
- 21 Boron and Selenium
- 13 CAA - Multi
- 11 Carnitine
- 19 Colloidal Silver Products
- 9 Complete C Powder/ Tablets
- 13 CoQ10-Omega 3
- 23 Coral CAA
- 23 Cranberry
- 16 DHEA 7-Keto
- 23 Easy-Lax
- 5 Evening Primrose and Flaxseed Oil
- 19 Eye Health
- 20 Harmony
- 5 Hemp Seed Oil
- 21 Healthy Joints 90/180
- 9 Immune Support
- 23 Kelp
- 11 Liver Cleanse
- 22 Maca-X
- 17 Magnesium 60/180
- 17 Magnesium Cream
- 3 Manuka Oil Cream
- 22 Men's Boost
- 19 Mitchells Products
- 17 MSM Sulphur
- 13 Optimum Health Triple Pack
- 21 Pain-Eze
- 14 pH Test Strips
- 5 Premium Fish Oil
- 26 Probiotic Multi 9
- 14 RealSalt Products
- 16 Relax
- 15 Salicylic Acid Gel
- 15 Skin Clear
- 14 Sweet Stevia Tablets
- 18 The Sunshine Vitamin
- 7 The Ultimate Cleanse Kit
- 18 Throat Spray
- 17 Turmeric 60/180
- 20 Turn Back Time Cream
- 20 Turn Back Time Capsules
- 12 Vitamin B Complex
- 12 Vitamin B5
- 16 Withania
- 22 Women's Boost

## In this issue

We have developed a new skin repair cream using New Zealand manuka oil, calendula and chamomile.

The in-house tests were the most positive of any cream we have produced and the feedback from our trialists was in some cases life-changing. We are always grateful to hear about your experiences as this helps us develop new products and improve on existing products. Often, we can't print the feedback as the Therapeutic Advertising Standards are very strict, but we do appreciate them.

We have also restocked the popular Karen Fischer's The Eczema Diet book. The book has been fully revised and updated and is available at the same price as before, refer to page 7.

manufacturing rules for natural products and the old 1986 Dietary Supplements Regulations are well past their "use-by date". Watch this space, I will keep you informed when we know more.

We have been doing our best to hold prices in check, but unfortunately cannot keep absorbing the cost increases, so there will be some pricing changes in the near future. All current prices are guaranteed till 30th April 2024. The Ultimate Cleanse (page 7) price will be going up from 1st May 2024, so if you want a spring detox later this year, get in now!



Speaking of this, the recently passed legislation, Therapeutic Products Act 2023, appears to have been a casualty of the government's coalition agreements. Due to the strict nature of these rules, I know a lot of people will be happy that it will now likely be repealed. I have to admit that not having to do the administration for registration of all our products is a relief. But I do wonder what is going to be next. We need some modern

On a more positive note, due to bulk buying savings, which we are happy to pass on to you, we are discounting the turmeric/curcumin capsules (page 17), so grab these and make some savings while the pricing is so good.

Kind regards

*Mike Coory*

Managing Director



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.

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.

#### Supports

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

**Not recommended for children under 2 years.**

**\$43<sup>ea</sup>** 100ml tube

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

## 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](http://www.healthhouse.co.nz)
3. Direct banking 03-1548-0039888-00
4. Send in the order form (page 24)
5. Visit our shop - 1 Whakakake St, 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.



# RESEARCH AND DEVELOPMENT OF OUR New Manuka Oil Cream



Dry, red and irritated skin conditions are troublesome and can significantly impact someone's quality of life.

I'm Megan, a registered Naturopath and Medical Herbalist, and have been working with the Health House Sales Team for over one year now.

Mike offered me the opportunity to develop a formula for our new Manuka Oil Cream and conduct some tests. Being able to provide an option for those who suffer from irritated skin conditions is incredibly fulfilling.

Careful selection of ingredients was crucial, to ensure suitable use on dry reddened, sensitive and irritated skin. All ingredients used were sourced from reputable New Zealand suppliers.

The first ingredient chosen was calendula (*Calendula officinalis*) infused olive oil, which is known for soothing and its remarkable skin-healing properties. A systematic review (strongest in the hierarchy of evidence) published in the International Journal of Advanced Engineering Research and Science, 2020, noted that 42% of calendula's pharmacological activity is attributed to healing, through supporting skin cell regeneration.

Chamomile (*Matricaria recutita*) glycerate was selected as it contains no alcohol, unlike standard chamomile

liquid extracts, as the alcohol can irritate broken skin. Chamomile is excellent for calming the skin, being beneficial during itchy skin flares. A comprehensive study in 2022 published in the Pharmaceuticals Journal on chamomile discussed the support for normal histamine levels, as a result supporting itchy skin.

Manuka (*Leptospermum scoparium*) essential oil was the third ingredient added which helps reduce redness and protect against further skin complications that can arise with common skin conditions. Studies show manuka essential oil exhibits strong antibacterial activity against specific strains of bacteria, which are commonly associated with complications of common skin irritations.

These herbs were mixed with a specially selected base cream that contains key skin-loving ingredients. Almond oil, shea butter, jojoba oil and cocoa butter are found in the base cream, all rich in vitamin E helping heal, nourish and support the skin barrier function.

The necessary ingredients were ordered and arrived on-site, ready for use once they were assessed by our Quality Assessment Team. Our ZHM manufacturing facility follows strict Cosmetic GMP (good manufacturing practice) processes, which required a lot of policy and procedure training

before entering the production rooms to start the test run. Initially, we had concerns that the manuka essential oil would be too overpowering, but the blend turned out to have a mild herbal scent that dissipates quickly once applied to the skin. We were also worried about the consistency of the mixture with the added herbal extracts, as well as whether the chamomile glycerate would blend well with the other ingredients. However, against all odds, our first test was successful and all the ingredients blended perfectly.

Samples of the Manuka Oil Cream were distributed to those with skin irritations to try. Those who were fortunate enough to receive a bottle before they ran out were delighted with the results. Many of them reported that their skin felt softer and the cream had a soothing effect, in addition to supporting a significant amount of healing. Participants are eagerly anticipating the next production run of the Manuka Oil Cream to obtain more of this fantastic product.



## ABOUT THE AUTHOR

Megan Amrein -  
BNatMed. Registered  
Naturopath and  
Medical Herbalist.





## 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

**\$37ea** 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

# SWEETENERS

## The good, the bad, and the unhealthy



I'll admit it, I can sometimes crave sugar. However, I do my best to control it. I use a little stevia, but otherwise use natural unrefined sugars, which all still contain the trace mineral chromium.

Chromium is an essential trace mineral that allows insulin to carry the sugar into our body cells. It also helps prevent insulin resistance, which is the forerunner of type 2 diabetes.

White sugar has 97% of the chromium removed during refining. It ends up in molasses, the end product of refining.

### What is our safe intake of sugar per day?

Our safe intake of all sugars is 10 to 15 teaspoons a day. If we eat about 2000 calories a day, our safe intake of sugar is about 10 teaspoons of sugar (40g). If we eat about 3000 calories a day, our safe limit is about 15 teaspoons (60g).

We should keep in mind that one can of fizzy drink can have 9 teaspoons (36g) of sugar. Fruit juices are almost as high.

So, for health purposes, let's say a safe average is about 12 teaspoons (48g) of sugar a day. What is our typical sugar intake each day in NZ? And what does our Health Department report?

### Our alarming daily intake in NZ

Horrors, the Health Department reports our NZ daily average sugar intake is 37 teaspoons (148g) a day, and nearly all of that would be chromium-barren white sugar.

Because of this massive intake, we are nearly almost likely addicted to sugar, therefore at serious risk of the following disorders:

- De-stabilising our mind through spikes in our blood sugar.
- Insulin resistance, which leads to type 2 diabetes, cardiovascular disease and Alzheimer's.
- Yeast infections and organ cancers.
- Obesity.

- Increased sensitivity to infections, asthma, hay fever and allergies of all kinds.

This high sugar intake also provides an ideal environment for tooth decay, tongue and mouth ulcers and gum disease.

### Sugar addiction is powerful

In one scientific study, 94% of rats, allowed to choose between sugar and cocaine, chose sugar. Even rats addicted to cocaine, preferred sugar.

An American hospital surgeon reports that he sees patients whose feet he's amputated the week before, rolling their wheelchairs down the hospital hall to the candy machine.

### Normal human blood content is only 1 teaspoon of sugar

We have about 5 litres of blood in our body, yet our full normal blood sugar content at any one time is only about one teaspoon. That's about 4.0 mmol/L on a finger-prick blood sugar test.

If it remains as high as 3 teaspoons (12.0 mmol/L) for more than two hours, it usually means we have type 2 diabetes. If it ever gets as high as 8 teaspoons (32.0 mmol/L or higher) we are normally in a coma with risk of death.

To avoid these dangers, all excess sugar is quickly withdrawn from our blood by insulin. It does this by converting excess blood sugar to a liquid fat called triglycerides. Our level of triglycerides is what a doctor looks at when he orders a blood test. A safe level is 2.0 mmol/L or lower.

This triglyceride fat is then stored as solid body fat in all the usual places, for future emergency energy use.

### Test your blood sugar levels at home

Home test kits are readily available to check your blood sugar (glucose) levels, using a drop blood from your fingertip.

Blood sugar test kits can be quite reasonably priced. However, check customer reviews before purchasing, as some units or test strips can be highly erratic in their readings. You can test for consistency by taking three readings in a row – they ought to be all within 0.2 mmol/L of each other.

Normal readings between meals should be between 4.0 and 6.0 mmol/L. Higher readings up to 9.0 mmol/L should only be seen during the two hours following a meal.

Readings over 9.0 mmol/L indicate pre-diabetes and require a diet change and more exercise.

Readings of 12.0 mmol/L or more at any time indicate diabetes.

### Artificial sweeteners

Natural plant-based sweeteners are based on stevia (960), monk fruit or erythritol (968). These are generally safe to use, but some people dislike the after taste of stevia.

Chemical sweeteners are aspartame (951), cyclamate (952), saccharin (954) and sucralose (955).

Huge numbers of negative reactions have been reported for aspartame (951), less so for saccharin (954) and sucralose (955), but all three can unbalance our healthy gut bacteria (probiotics), and all are reported to increase appetite and food cravings, leading to obesity, which defeats their purpose.



### 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.



# 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.

**SUMMER/  
AUTUMN  
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  
Digestaïd
- Full nutritional support  
Supafood
- Full bowel flora renewal  
Probiotic Multi 9 pouch

**\$110ea**

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

**\$95ea**

**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**

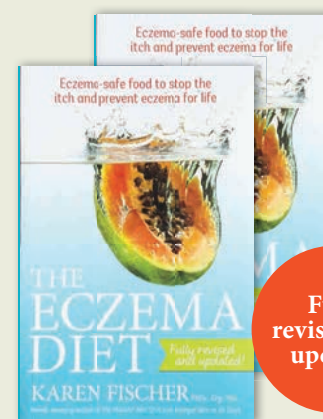
**New Zealand's Greatest Doctor, Ulric Williams**

**\$18ea**

**The Eczema Book**

**\$29ea**

Back by popular demand



**Fully revised and updated**

# Causes of Eczema

Eczema is a chronic and complex skin condition which causes the skin to become dry, red, inflamed and intensely itchy. It affects one in three New Zealanders at some stage in their lives.

The underlying cause of eczema is largely unknown however it is believed that it may develop from a combination of genetics (runs in the family) and environmental factors (external triggers).

The most common form of eczema is also known as atopic eczema or atopic dermatitis (AD). It often develops in infancy and there is usually a family history of eczema, hay fever (allergic rhinitis), and asthma. Most children outgrow AD, but a small percentage can experience severe eczema into adulthood or relapse as adults which can be difficult to treat.

People with eczema have a dysfunctional skin barrier which means that the skin is less able to retain moisture and protect against bacteria, irritants, and allergens.

## The most common signs and symptoms of eczema are:

- Dry, scaly patches of skin that appear on the face, neck, trunk and particularly flexures of the elbows and knees
- Mild to intense itching
- Thickening and discoloration of the skin
- Open, crusted, or weeping sores
- Pain and sensitivity

## Triggers for eczema can be:

- Environmental like climate - extreme temperatures (heat and cold) and humidity.

- House dust mites, dander, moulds, grasses
- Chemicals and tobacco smoke
- Frequent showering, soaps or detergents
- Bacterial, viral, or fungal infections
- Stress
- Dry skin
- Dairy and wheat products, citrus, eggs, nuts, seafood and sugar
- Chemical food additives, preservatives, and colourings

While these symptoms are common in eczema one size does not fit all. There are several other types of eczema, all of which have their own characteristics and triggers.

**Neurodermatitis** is a complication of AD but usually confined to one or two areas of thick, scaly patches which are extremely itchy. Stress is a trigger.

**Contact dermatitis** is pretty self-explanatory. An itchy localised rash occurs when the body comes into contact with a particular substance that triggers an allergic reaction such as detergents, bleach, latex, soaps, jewellery, shampoos and perfumes.

**Seborrheic eczema** affects areas where sebaceous glands overproduce like the scalp, nose, and upper back. It causes cradle-cap in babies and red, greasy scales in adults.

**Discoïd eczema** is characterised by oval red spots that crust and scale. It

usually shows up on the lower arms or lower legs of young adults about age 35.

**Stasis eczema** is associated with poor circulation to the lower legs (e.g. varicose veins) causing them to turn brown become dry, cracked, and itchy. Most common in the elderly.

**Dyshidrotic eczema** causes tiny blisters which erupt across the palms of the hands and soles of the feet. Triggers include damp hands and feet, stress, and exposure to substances like nickel.

For those who live with eczema it can be a debilitating condition and can have serious impact not only physically but also emotionally. It can lead to disturbed sleep, embarrassment, and difficulty concentrating. One survey found that more than 30% of people with eczema have been diagnosed with anxiety and/or depression.

Fortunately, there are many good treatments out there that can help keep eczema under control. I recommend seeking advice from a Natural Health Practitioner for a holistic approach.



## ABOUT THE AUTHOR

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



# Immune System Boosters

IMMUNE SUPPORT FOR ALL SEASONS



## 7-DAY IRON

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

## 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.

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

## IMMUNE SUPPORT

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

- 1-2 Maintenance dose
- 3-6 When unwell
- Anytime
- With food



# HEALING ECZEMA

Eczema is an external expression of the body trying to eliminate certain things from the body and is often a result of allergies.

## Elimination diets

It can be a good idea to do thorough allergy and intolerance testing, however common culprits of eczema are dairy, gluten and egg. Eliminate all three for a minimum of a month (three months is better) and if your eczema improves or disappears during that time you can gently introduce one food group at a time to find out which one is the main culprit (it may be more than one). Elimination diets are best done under the guidance of a naturopath and it is important to be 100% committed to the elimination or it may not work.

## Gut healing

While eliminating potentially reactive foods, adding in gut healing foods such as bone broth and slippery elm can help to heal the lining of the gut and prevent the strong reactions in your skin in the future. Again, this is best done under the guidance of a naturopath to ensure you get the best results.

## Topical treatment

While a topical treatment can soothe the symptoms of eczema, it won't ever heal the cause of the issue. While you are eliminating foods and healing

your gut, your skin can initially get worse – it may be more itchy, flaky or inflamed so to soothe these symptoms using creams or balms sparingly can be very helpful. Herbal ingredients such as calendula, chamomile, manuka, chickweed and liquorice are particularly helpful.

## Calendula

Calendula is a vulnerary (healing) herb so can help with healing the skin, particularly if your eczema has resulted in open or raw wounds. It also has antimicrobial properties so can prevent infections in the wounds.

## Chamomile

Chamomile is also a gentle vulnerary herb, anti-inflammatory and antipruritic, meaning that it can help soothe the itchiness of eczema.

## Manuka

Manuka is a fantastic wound healer, traditionally it is used specifically to treat skin conditions such as eczema and acne. It is also anti-inflammatory and antimicrobial.

## Chickweed

Chickweed is a strong antipruritic – if you're lucky you may even find this in

your garden. If you do, you can turn it into a poultice and apply directly to your skin. You could also add it to bath water or add to oil and heat very gently to create an anti-itch oil to apply to your skin.

## Liquorice

Liquorice is often used topically for eczema as it has a very similar action to steroidal creams used in main stream medicine – it is a good alternative to wean off topical steroid creams which can have very detrimental effects if used long term.

Eczema can be tricky to treat due to all the possibilities of the cause, however with the help of a naturopath there are many ways to improve your condition naturally and get some relief.



## ABOUT THE AUTHOR

Nadia McMorran -  
BNatMed. Registered  
Naturopath and  
Medical Herbalist.





## Liver Cleanse

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.

Milk thistle is the main ingredient in Liver Cleanse and works to protect and restore the liver from toxic damage, while also aiding liver regeneration.

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





# 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

Seek advice if taking blood thinning medication.



**\$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.



**\$49ea**  
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.**

## 1 Triple Pack

Save \$19 off the individual product prices.

**\$131ea**

## 2 or more Triple Packs

Save \$52 off the individual product prices. Available in non-sulphur and non-iron CAA - Multi versions.

**\$124ea** **MULTI BUY**

## 1 Triple Pack + 1 Probiotic

Save \$23 off the individual product prices.

**\$186** **MULTI BUY**

## 2 Triple Packs + 2 Probiotics

Save \$60 off the individual product prices.

**\$358** **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.



**\$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.



## Natural sweetening, low calorie tablets for hot and cold drinks

These healthy, all natural Stevia tablets are a much better alternative to artificial sweeteners or sugar.

Enjoy sweet drinks without worrying about your blood sugar levels.

### Supports:

- ✓ Normal blood sugar levels
- ✓ Weight management
- ✓ Healthy teeth
- ✓ Lower calorie intake

**\$25ea**  
200 tablets

One tablet =  
approx. one  
teaspoon  
of sugar



## 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)

**50  
TESTS**



# RealSalt

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

Exactly as nature made it – and mined just a short distance away from Salt Lake City, Utah.

This mineral-rich salt is carefully extracted from a pure, salt deposit in Utah, left behind by the evaporation of an ancient, unpolluted Jurassic sea. It is rich in over 50 of the soluble (colloidal) trace minerals required for human health.

## 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**



# 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



## STRESS AND SUPPORT



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

## 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.



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

## 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, rejuvenating and healing properties.

Withania supports physical and mental rejuvenation and is revered for supporting optimum health 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.





## 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



**Special**

## 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.

## Supports:

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

## Bulk buying

**SUPER SPECIAL**

**\$75ea** 180 capsules **save \$29**

**\$35ea** 60 capsules **save \$8**

- 🕒 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.



## Soothe a dry scratchy throat

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.

# VITAMIN D

## The Sunshine Vitamin

Vitamin D blended with Vitamin K2

**Vitamin D is produced by the body in response to exposure to the sun. The benefits of vitamin D are greatly enhanced when combined with vitamin K2.**

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.

Each Sunshine Vitamin capsule contains 44mcg of active vitamin K2 (Menaquinone-7) and 25mcg of active vitamin D3 (1000 IUs of cholecalciferol). This is the maximum amount of vitamin D allowed under the New Zealand Dietary Supplements Regulations.

### Supports

- ✓ Emotional well-being
- ✓ The immune system
- ✓ Healthy bones by providing minerals to the skeleton
- ✓ Artery and blood health

### Health House always sources the best quality ingredients

Our vitamin D is manufactured in Switzerland from lanolin sourced from New Zealand and Australia.

Our vitamin K2 is manufactured in Italy from Natto, a type of bacteria strain (*Bacillus subtilis natto*) fermented with soybeans. The natural fermentation and purification process removes any soy.

If you are feeling low and lacking in energy, The Sunshine Vitamin might be what you need to boost you up and give you a head start on winter.

**Gluten Free**

**Dairy Free**

**Soy Free**

**Quality ingredients sourced from Europe and manufactured in NZ**

**\$34ea** 60 capsules

**1** per day

**Anytime**

**With food**

Always read the label and only use as directed. Supplementary to a balanced diet. If symptoms persist, see your healthcare professional.





# 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

**\$140<sup>ea</sup>** one year guarantee  
(includes silver rods)

**\$50<sup>pair</sup>** replacement silver rods

## Colloidal Silver Meter

Measure the content of your homemade colloidal silver

**\$113<sup>ea</sup>** test meter

**\$17<sup>ea</sup>** 100ml liquid spray

**\$28<sup>ea</sup>** 100ml tube gel

**\$31<sup>ea</sup>** 100ml tube cream

**\$38<sup>ea</sup>** 500ml liquid

**\$43<sup>ea</sup>** 250g tub

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



**\$49<sup>ea</sup>**  
60 capsules

## 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.

**1** per day

Anytime

With or without 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.

**\$79<sup>ea</sup>** 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.

**\$49<sup>ea</sup>** 200g tub



## 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.

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

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

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

**\$38ea** 60 capsules

 **1-4** per day

 Anytime

 With or without food



## Turn back time

### 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.

With so many anti-ageing products on the market, we should all look like teenagers. So why don't most anti-ageing beauty products work?

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.

**\$43ea** 50ml tube

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

**\$65ea** **COMBO**

50ml tube/60 capsules combo

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.





## 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.



## 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



## 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.



**Soothing of tired and stiff muscles**






## MSM SULPHUR

# Mobility

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



# MEN'S AND WOMEN'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

**\$44ea** 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 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 an adaptogen, which means it helps the body adapt to stress and supports functional balance.

- ✓ Promotes libido and supports healthy sperm production
- ✓ Support during menstruation/menopause
- ✓ Optimises 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





## 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.

**\$37ea** 60 capsules

1 per day Anytime With or without food

Do not take with blood thinning medication.



## 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.

**\$49ea** 60 capsules

1-2 per day Anytime With food

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



## 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.



## Supports easy, regular bowel movements

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

Easy-Lax works gently over a 12 hour period. For best results take one capsule a day, with a glass of water, after your evening meal.

**Contains five herbs proven to be beneficial to the bowel.**

- Psyllium husk powder
- Wormwood powder
- Cascara sagrada powder
- Fennel powder
- Slippery elm bark powder

To be effective you need to increase your intake of water when using Easy-Lax. If taking for longer than a few weeks, please ensure an adequate amount of fruit and vegetables are part of your diet.

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.

# 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 any of these strains of bacteria are missing, various kinds of foods will not be digested properly. This causes gluten and dairy allergies and numerous other health or digestive problems.

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Once in your small intestine, these bacteria recolonise and multiply, just like plants in a garden. If any of these bacteria were missing, the improvement in your health and ability to digest all types of foods can be dramatic.

## **Food preservatives and antibiotics are like weed-killer**

Intestinal bacteria are destroyed by food preservatives and antibiotics (which are fully intended to kill bacteria). But they kill both good and bad bacteria indiscriminately, just like weed-killer destroys plant life.

## **Our 'Capsule in a Capsule' technology - no refrigeration or coating needed**

To make our Probiotic Multi 9 more effective, we use an exceptionally effective capsulation technique called 'Capsule in a Capsule'. This process was developed by a leading international pharmaceutical firm.

In this process, the delicate, living probiotic bacteria are enclosed in a small inner capsule, made not from regular gelatin (which unless refrigerated, can activate the bacteria prematurely) but from a super dry,

plant sourced material called HPMC which actually repels moisture.

This small HPMC capsule containing the probiotics is then placed inside another regular size HPMC capsule, which is filled with a liquid plant sugar, similar to honey, that promotes the growth of intestinal bacteria. This is known as a pre-biotic and also completely seals the inner probiotic capsule. It later provides nourishment



for the probiotics when the capsules open in your intestines.

## **Dissolves in your intestines not your stomach**

Another big advantage of super dry HPMC capsules, over regular gelatin capsules, is that they do not dissolve in your stomach acid. They dissolve over several hours in the lower pH environment of your small intestine. Scientific testing has verified this.

So 'Capsule in a Capsule' technology overcomes both the need for refrigeration and the need for enteric (acid resistant) coating of gelatin capsules to prevent the probiotics from being destroyed by stomach acid.

## **Optimum health begins in your bowel**

Healthy, live, probiotic bacteria in your small intestine are absolutely essential for optimum health. Health begins and ends in your bowel.

Your small intestine, where these useful probiotic bacteria live, is located just below your stomach. It is about seven metres long and the convoluted, internal area is enormous - about the size of a tennis court if it was spread out flat. It contains about a kilogram of bacteria.

When all the required strains of healthy bacteria are present and in balance, your small intestine is able to fully extract all the minerals and vitamins from all kinds of food as it passes through. You should be able to eat any common food, wheat, milk and eggs without allergic reactions.

## **Huge potential health benefits**

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

1-2 per day

Anytime

Empty stomach



**\$59ea** 60 capsules

Store in a cool dry place, no refrigeration needed.



# ORDER FORM AND PRICE LIST

Prices valid until 30 April 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)				\$49		\$
CAA - Multi Iron free (60 capsules)				\$49		\$
CAA - Multi Sulphur free (60 capsules)				\$49		\$
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		\$
Colloidal Silver Test Meter				\$113		\$
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		\$
Harmony (60 capsules)				\$38		\$
Healthy Joints (90 capsules)				\$74		\$
Healthy Joints (180 capsules)				\$109		\$
Healthy Joints (180 capsules) <b>2 OR MORE</b>				\$98		\$
Hemp Seed Oil (150 gel capsules)				\$37		\$

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) <b>New</b>				\$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		\$
Mitchells Collagen Repair (200g tub)				\$69		\$
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				\$131		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <b>2 OR MORE</b> <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur				\$124		\$
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) <b>Special with Optimum Health Triple Pack</b>				\$55		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)				\$39		\$
RealSalt Refill Pouch (737g)				\$29		\$
RealSalt Shaker Garlic (234g) <b>Special (white stocks last)</b>				\$19		\$
RealSalt Shaker Original (284g) <b>White stocks last</b>				\$15		\$
RealSalt Shaker Seasoned (234g) <b>White stocks last</b>				\$25		\$
RealSalt Shaker Smoked Cherry (156g) <b>White stocks last</b>				\$20		\$
RealSalt Shaker Smoked Hickory (156g)				\$20		\$
RealSalt Shaker Smoked Chef's Blend (156g)				\$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) <b>New</b>	\$34		\$
Throat Spray (50ml) <b>Glass bottle</b>	\$30		\$
Turmeric (60 capsules) <b>Super Special (save \$8)</b>	\$35		\$
Turmeric (180 capsules) <b>Super Special (save \$29)</b>	\$75		\$
Turn Back Time Capsules (60 capsules)	\$43		\$
Turn Back Time Cream (50ml tube)	\$43		\$
Turn Back Time Cream (fragrance free 50ml tube)	\$43		\$
Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
Turn Back Time Fragrance Free Combo (50ml cream and 60 capsules)	\$65		\$
Ultimate Cleanse kit (410 capsules)	\$110		\$
Ultimate Cleanse kit (410 capsules) <b>2 OR MORE</b>	\$95		\$
Vitamin B5 (90 capsules)	\$36		\$
Vitamin B Complex (60 capsules)	\$39		\$
Withania (Ashwagandha) (60 capsules)	\$39		\$
Women's Boost (60 capsules)	\$44		\$

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 ( <b>Fully revised and updated</b> )	\$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.

## 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.

### DIRECT BANKING

STEP 1: Call us to place your order.

STEP 2: Deposit payment into Westpac bank account 03 1548 0039888 00.

Use your customer ID as the reference.

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

### VISIT OUR SHOP

1 Whakake Street, Tauriko, Tauranga.

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

### FREEPOST

Fill out this order form and send to:

Freeport Authority Number 206782

Health House, Private Bag 12029, Tauranga, 3143.

Include your credit card details or set up direct debit.

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

or simply visit  
[www.healthhouse.co.nz](http://www.healthhouse.co.nz)



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.