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Quality, natural health products  
NEW ZEALAND



## Stay ACTIVE NATURALLY

Great tasting Protein Powder with  
90% protein and over 80% collagen

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**NEW**  
Salted  
Caramel &  
Chocolate



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60 DAY MONEY BACK GUARANTEE

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## In this issue

Hopefully as you are reading this the current Omicron outbreak will be reaching its end, but of course we will be heading into the cold and flu season, so it is still important to keep your immune system in good shape.

Almost all our Health House products are made here in New Zealand in our factory (Zealand Health Manufacturing Limited) and this has been such an advantage during these difficult times. The delays with ingredients, freight costs and all the other challenges that have been plaguing manufacturing and business, affects us as well. However, having our own factory means we can prioritise our Health House products.

I just wanted to acknowledge all the hard work of our factory team in keeping everything going with products in stock. We have had to juggle a lot and deal with quite a few hiccups with deliveries but generally we have had most things available. We could not have achieved this without our hardworking dedicated team, so a big thank you to them.

As you will appreciate ingredient prices, freight and staff costings have all been climbing, we are trying to hold our prices stable but this obviously cannot last forever.

**SPECIAL**  
**\$26ea**  
90 soft gel capsules



One of the problems with the current environment is getting ingredients and I am sorry to say that our Evening Primrose and Flaxseed Oil is now no longer 100% New Zealand made. While the Flaxseed oil is from New Zealand, the Evening Primrose oil is now imported. I am working on trying to find another supplier but we have only just been told that "due to rising prices and competitive planting of Evening Primrose in 2021, the supply of New Zealand Evening Primrose oil will not be available in the foreseeable future." We are a big supporter of NZ ingredients and this is very disappointing, so we will make the discounted price permanent for this product.

We had planned to discontinue the Hemp Seed Oil capsules, but as they are NZ sourced and provide good Omega 3, 6 and 9 levels we are now working to bring them back.

Coming back soon!



When our factory is not flat out making our own products, there are a few other customers that we make products for and one of these is Mitchells Nutrition. His Bone Broth is a popular product and we also manufacture his Protein Powder range. Normally with Protein Powder (and we have done a lot of contract manufacturing of these types of products) I don't get too excited. But when I saw the test results and realised that his Bone Broth Protein Powder had such high levels of collagen as well as very high protein, I knew he had something special.

We have been selling his Vanilla Protein Powder for a while now, but my staff told me I needed to sell his chocolate flavour as well and then with the salted caramel flavour being developed we suggested that he use Redmonds RealSalt in this formulation, which he did, and I knew we had to offer these two new flavours to our customers.

This month I asked our article writers to focus on protein. David has written about protein, our health and about recommended protein levels, Andrea shares with us some suggestions of high protein foods and Nadia discusses the difference between protein powder and collagen powder. Shaun is still over in the United Kingdom, but he kindly sent us an article about his findings when comparing running versus walking.



## BONE BROTH PROTEIN POWDER

The natural way to give your body all the support it needs to stay active

We now have two new flavours of our very popular Bone Broth Protein Powder, Chocolate and Salted Caramel. Every single gram of protein and collagen found in this powder is a natural outcome of the slow cooking process. Using a traditional drying technique to extract the goodness from 100% grass fed New Zealand beef bones, before blending in some natural flavour and monk fruit for sweetening.

This product is packed full of essential amino acids – the ‘building blocks’ our body needs to survive and thrive. Amino acids support more than just muscle growth and repair, they also support gut health, joint, skin, energy levels and even your basic body functions.

Due to its source it is also very high (over 80%) in collagen, making it a dual-purpose function food.

**Great tasting with 90% protein and over 80% collagen**

### Ingredients:

- ✓ Grass-fed New Zealand bone broth protein (extract from grass-fed beef bones),
- ✓ Natural flavour,
- ✓ Sweetener (monk fruit powder).

### Bone Broth Protein Powder

Chocolate, Vanilla or Salted Caramel flavour

**\$69ea** 500g - 17 serves.

### Collagen

Available in either bovine collagen or marine collagen. 200g - 25 serves.

**\$59ea** Marine Collagen

**\$49ea** Bovine Collagen

### Collagen Repair

**\$69ea** 200g - 25 serves.

### Bone Broth

**\$69ea** 200g - 25 serves.

**\$36ea** 100g - 14.5 serves.

## REALSALT

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.

### RealSalt Refill

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

**\$24ea** 737g pouch

283g shaker and refill combo

**\$30ea** **MULTI BUY**

### RealSalt Shaker (seasoned)

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

**\$17ea** 234g Shaker

### RealSalt Shaker (garlic)

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

**\$17ea** 234g Shaker

### RealSalt Shaker (original)

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

**\$11ea** 284g Shaker



# Protein and our health

Are we getting enough, or too much, or doesn't it really matter?



I thought we'd take a closer look at proteins. Apart from water, our bodies are mostly made of proteins, which form the cells of our skin, muscles, eyes, brain, hair, nails and more, even half our bone material.

We're made up of about 250,000 different proteins. Each one is uniquely formed from some of the 21 amino acids, or protein 'building blocks' and stored in our liver.

## Where do the amino acids come from?

Eggs, dairy, fish, meat and bone broth contain all 21 of these amino acids, but most plant protein foods like grains and beans have a few missing. When we eat protein food our stomach acid breaks the protein down into 21 amino acids and stores them in our liver.

Our liver can make 12 amino acids, but the other nine need to come from our diet.

These proteins are then carried by our blood to the cells where they are needed.

### 12 Amino Acids our liver makes naturally

- Alanine
- Arginine
- Asparagine
- Glutamine
- Serine
- Glutamic acid
- Selenocysteine
- Cysteine
- Proline
- Glycine
- Aspartic Acid
- Tyrosine

### 9 Amino Acids that need to come from our diet

- Histidine
- Phenylalanine
- Lysine
- Leucine
- Threonine
- Isoleucine
- Tryptophan
- Valine
- Methionine

## What about too little protein?

If we have too little protein (less than 10% of our daily calories) it will normally cause lack of growth and development in children, muscle wasting in adults (especially the elderly) and dull hair that falls out easily.

However, in the last NZ nutrition survey, it was found that our average protein intake was quite a bit higher than our minimum needs.

## Is too much protein a health risk?

Some dieticians have long thought that too much protein is harmful. However, a 32-year Harvard study of 130,000 men and women, plus a 20-year Nurses and Health Professionals study of 120,000 men and women put this fear to rest.

They found that excess protein in the subject's diet didn't appear to affect their health or death rates. This is because our body converts excess protein into glucose and burns it off as energy or stores it as fat.

Although excess protein didn't appear to be a health risk, the source of their protein was.

## Some risky protein sources

It was found, in these studies, some protein sources had a harmful effect on the subject's health and death rates.

The most damaging protein source was in processed red meats and to a lesser extent, non-processed red meat from grain-fed animals.

The researchers found that for every extra daily serving of processed red meat there was an average 20% increase in their risk of heart disease or stroke and a 13% increase from unprocessed, grain-fed red meat.

Unexpectedly, their main health risk was not high blood pressure or cholesterol, but high blood fat (triglycerides).

There was no harmful effect on health when their protein sources were from eggs, chicken, fish, or plant proteins like grains, beans and nuts. In fact, it appeared that eating a high-protein diet from plant sources was favourable for cardiovascular health.

## 30% lower risk of heart attack and stroke from plant protein

Another 20-year study of 80,000 women, found that women who ate a low-carb

diet, high in plant protein and good fats, had a 30% lower risk of heart attack and stroke. (This was compared to women who ate a high-carb, low-fat diet.)

## Grass-fed red meat healthy

The risks reported overseas from eating red meat are due to most of their animals being grain-fed. This is because meat from grain-fed animals lack vitamin A, omega 3 and the healthy CLA Omega 6 found in grass-fed animals.

High quality amino acids can also be extracted from the bones of grass-fed cows. I drink our Bone Broth Protein Powder which is made from NZ grass-fed cows.

## Warning on all processed meats

All processed red meat appears to be risky, this is because of added chemical preservatives.

The World Health Organization recently issued a clear warning that processed meat is "carcinogenic to humans", particularly with colon, stomach, pancreatic and prostate cancer.

## Lower Type 2 Diabetes 26% by avoiding processed red meat

A 2011 study found that by substituting a serving of processed red meat with a serving of nuts, eggs, dairy or whole grain each day resulted in an estimated 26% lower risk of Type 2 Diabetes.

On the other hand, by continuing to eat a serving each day of processed red meat, the risk rose 32%.



## 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 world's finest NATURAL HEALTH MAGAZINE

Published here in New Zealand

I personally believe the world's finest magazine of natural health information is published right here in New Zealand – 'The NZ Journal of Natural Medicine'.

Health House has advertised in this magazine for over 10 years now. Editors Jon Eisen and Katherine Smith are passionate about natural health. They search the world over to bring you the latest health and nutrition findings.

They proudly claim this to be the 'The world's most helpful magazine'. I agree and have found this magazine very useful with my 'Stay Healthy' book research.

### Some articles in Issue 42 – Statin drug alternative

In a recent issue of 'Natural Medicine' No. 42. One of the main articles is on the dangers of statin drugs and reveals that cacao (unprocessed cocoa) can be more effective in normalising cholesterol. The article lists over 38 scientific references.

### Latest findings on Covid protection

There's also an extensive article on how to avoid blood clots from the Covid spike protein, whether from the virus or the vaccine. It also looks at the scientific evidence for natural treatments used.

### Lion's Mane Mushroom for dementia

Another article reports on the health benefits of Lion's Mane Mushroom and its reputed benefits for brain health and dementia.

### Miraculous Ashwagandha (Withania)

Two articles I found interesting: Firstly, one on the miraculous herb Ashwagandha

(Withania) and its numerous health benefits, especially in reducing anxiety and improving sleep. The second article is on Valerian Root, which has similar benefits.

### Magnesium

There's a one-page article on magnesium. The symptoms of a deficiency are listed and also the best types to take as a supplement.

### Bone broth benefits and recipes

This article lists five big benefits of bone broth, along with some recipes.

Another article is on how quickly our muscle strength fades after a period of inactivity.

### Some past issues articles

Articles in past Issues, which are still available for ordering on their website include:

- The immense healing power of Vitamin D
- The future of cannabis in medicine
- Effective treatment for PPS
- Natural treatment of depression
- Colloidal Silver – much safer than antibiotics

### How to subscribe

If you live in NZ, a subscription costs only \$40 a year. Just visit [www.naturalmedicine.net.nz](http://www.naturalmedicine.net.nz) and click on subscribe, or phone editor Katherine Smith on **09 439 4691**.

**You can also download an older digital sample of the magazine for free.**

## 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.

- 1 per week
- Anytime
- Empty stomach



## 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

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.

- Four or more icon
- Capsules
- Vegan capsules
- Tablets
- Powder
- Take in the morning
- Take anytime
- Take in the evening
- Take with food
- Take with or without food
- Take on an empty stomach

## LOYALTY REWARDS

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

### 4+ 4 OR MORE

Purchase four or more of any product with this blue icon and you will automatically save \$20 off your current order.

### 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.

# Detox in Autumn with 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.

## What do I get in the kit

- Full bowel and intestine cleanse  
Gentelax and Cleansa
- Full liver and kidney cleanse  
Digestaid
- 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.

## Supports

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

**\$95ea** **MULTI BUY**

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

**The original  
and proven  
Ultimate  
Cleanse over  
22,000 sold.**





# Walking VS Running

One of the positive things for me in the last two crazy years is that I have become addicted to running.

I have gone from the occasional run to doing 10 half marathons and running over 2,000km last year. A downside is that this resulted in 12kg of weight loss and none of my clothes fitted any more - not the worst problem to have!

However, I understand that running is not for everyone, particularly as we get older or have injuries which make it hard, or even impossible. What might surprise you though, and which was news to me, is that walking can be just as beneficial in terms of the health benefits.

Running is clearly a vigorous activity whereas walking tends to be more moderate in intensity. However, both are cardio (aerobic) exercise as they make your heart beat faster and make you breathe harder. Aerobic exercise has many health benefits such as improving circulation, mood, sleep, blood sugar, memory, cholesterol etc, etc.

The main point to note is that one minute of vigorous activity (running) is equivalent to two minutes of moderate activity (walking). And so, when you see someone running, you can get the same benefits from walking, not for 5 or 10 times the time which they are running, but just twice as much. My 12kg of weight loss came from running for around 40 minutes a day on average, and so 80 minutes of walking would lead to the same results. An average person burns around 15.1 calories a minute while running and 8.7 calories a minute when walking. I had always assumed that the difference was much bigger.

**Importantly, studies have shown that it is time that is important, not distance.**

It is a cliché, but the best exercise for you is one that you will actually do regularly. It might be that you have tried running but given up, but as walking is less of a physical challenge you can actually do it regularly. It can also be a social activity if you choose, or, you could multitask like I do by listening to educational or entertaining podcasts while you exercise.

As mentioned above, one of the benefits from cardio exercise is an improved mood. When walking outside you are absorbing UV radiation, even on a cloudy day. This will help maintain your vitamin D levels, especially in the winter, and this has multiple benefits, including improved mood and even reducing the chances of suffering from respiratory infections.

An advantage of walking as opposed to running is that you are less likely to suffer from injuries. Running puts far higher stress on the legs, especially the joints. If you suffer from an injury, you may not be able to exercise at all. Around half of all runners incur an injury every year.

So, in conclusion, if running is not for you, don't worry, get out there and try walking instead.



## ABOUT THE AUTHOR

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

# Healthy Reading

Everything you need to know about Colloidal Silver  
**\$20ea**

Stay Healthy by supplying what's lacking in your diet  
**\$31ea**

Which Natural Therapies Should You Try?  
**\$21ea**

Laugh with Health  
**\$25ea** or two for **\$40**

Colostrum - Life's First Food  
**\$20ea**

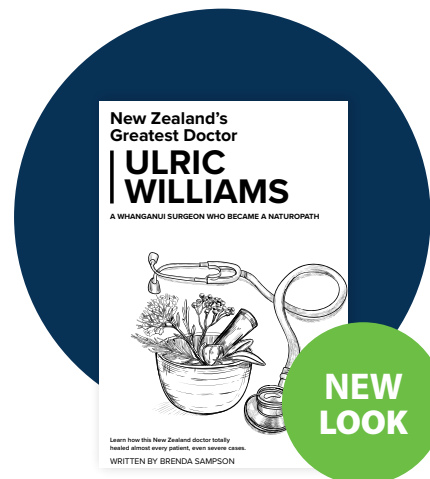
Heal Your Eye Problems  
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Should I take Probiotics?  
**\$15ea Special**

Should I take fish oil?  
**\$20ea**

Medical Cannabis  
**\$30ea Special 2 for \$25ea**

New Zealand's Greatest Doctor, Ulric Williams - **Back in Stock**  
**\$18ea**



# Live longer AND STRONGER WITH PROTEIN

We often hear about the importance of protein in the context of exercise and muscle building, but it may surprise you that there is an increased need in our older years.



Eating more protein as we age helps to keep us strong and prevent muscle wasting. It also reduces the risk of falls, frailty, and infection. Protein stores throughout the body decrease naturally with age. We start to lose muscle mass after age 50, at approximately 1 percent every year or more if we are inactive.

## Where does protein come from?

Protein is found in your food and in your body. It is broken down by your body into smaller molecules called amino acids. There are around 20 amino acids in total, and they can be combined in trillions of different ways to create proteins to carry out bodily functions. Our body can produce most of these but there are nine amino acids that we cannot produce and must get through diet. They are called “essential amino acids”. Protein is essential for life. Every cell in your body relies on protein to function, including, skin, hair, nails, muscles, bones, internal organs, hormones, red blood cells and immune cells.

## How much protein do you need to stay in tip-top shape as you age?

Evidence suggests seniors may need 1.0–1.3 grams of protein for every kilogram of body weight. So, for example if you weigh 70kg you would need 70-91 grams each day. Protein needs can be met through both animal foods (lean meats, poultry, fish, milk, cheese, and yoghurt)

*Here are a few suggestions to ensure you're getting enough protein to stay strong and healthy:*

- Start with a high protein breakfast – eggs! (1 large egg=6g protein), mashed beans on toast, or cottage cheese with fresh fruit.
- Lunch/Dinner – grilled chicken, fish, tofu, stir fried veges, lentils, chickpeas or meat stew, tuna (100g can contains 27g protein).

**Stuck for snack ideas?** Try Greek yoghurt (nearly double the protein of regular yoghurt), hard-boiled eggs, cheese, wholegrain crackers with tuna, almonds, hummus with vegetable sticks, peanut butter sandwich.

- Go for whole grain breads rather than white bread.
- Try swapping quinoa for rice sometimes it's also higher in protein.
- Protein shakes and powders are a great way to increase your intake and are quick and easy.

and plant-based foods (soy products, beans, legumes, nuts, and seeds).

High protein foods are also typically high in iron. Low iron can lead to anaemia.

Did you know that a protein rich diet can also help achieve better mental health? Amino acids make up the chemicals your brain needs to regulate thoughts and feelings. Consuming certain protein rich foods increase levels of dopamine and serotonin, the “feel good” hormone, which help improve mood, anxiety, depression, and Alzheimer's disease.

Getting enough protein, along with other essential nutrients, fresh air and regular exercise will help you to live longer and stronger!



## ABOUT THE AUTHOR

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



# Improve your **Everyday health**

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



**4+**

**\$49ea**  
60 capsules

**1** per day **Anytime**

With food

## The most effective multi-mineral-vitamin

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

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

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

Available in non-sulphur and non-iron versions



**4+**

**\$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, alert old age. It supports blood health and mental clarity.

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

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



**4+**

**\$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 improving our health, as Bone Health is scientifically designed to do.

### 1 Triple Pack

Save \$19 off the individual product prices.

**\$131ea**

### 2 or more Triple Packs

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

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

### 1 Triple Pack + 1 Probiotic

Save \$23 off the individual product prices.

**\$170** **MULTI BUY**

### 2 Triple Packs + 2 Probiotics

Save \$80 off the individual product prices (multi buy price already includes the 4+ product discount).

**\$306** **MULTI BUY**

Available in non-sulphur and non-iron versions

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

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





# Protein Powder VS Collagen Powder

## How do you choose between protein powder and collagen powder?

While they have some similarities, they also provide different benefits to the body, depending on what your individual needs are.

A 'complete' protein contains all nine essential amino acids. Animal based proteins and collagen fall into this category, whereas vegan protein powders often do not. The difference between collagen and protein, however, is that collagen is particularly high in glycine, proline and hydroxyproline, and animal-based protein powders generally contain a broader spectrum of amino acids.

Ultimately, collagen itself is a type of protein, so your preference will be dependent on what your individual needs are and what you are hoping to achieve.

Collagen is particularly good for keratin (a hard protein in the body) production, which is responsible for the growth and health of your hair, skin and nails. It is an excellent supplement for promoting growth, strength, and is particularly good for situations such as postpartum hair loss, weak nails or thin, easily damaged skin.

It's also very useful for joint health. A six-month study found that athletes who supplemented with collagen found that their joint pain had lessened, and early stages of research show that it may even help to restore damaged cartilage.

Women who supplement with collagen were also seen in another study to have

lower levels of the hormones that break down bones, making it very helpful for maintaining and restoring bone mineral density, particularly from menopause and beyond.

Protein supplements, on the other hand, are particularly good for muscle gains, especially when coupled with regular exercise, specifically weight training. It can also aid in muscle repair following injury, and helps the body to make various hormones and enzymes.

It's a great supplement to add to a smoothie – if you were to make one that contained a protein powder, some fruit and vegetables and a fat (such as avocado, yoghurt, coconut milk or cow's milk) it will provide all your macronutrients (protein, fat and carbohydrate) for a quick, easy, healthy meal full of nutrients that will fill you up. It's also a great way to sneak extra vitamins and minerals into a diet that may be lacking, or to aid in weight gain for people that are underweight and struggling to gain. Alternatively, if you are trying to lose or maintain your weight, it may also be helpful by helping you to feel fuller for longer, resulting in less snacking or over indulging in food with less nutritional value.

Some protein powders actually contain collagen, such as those derived from bone broth, so you can get the best of both worlds. Generally though, vegan and even dairy or egg based protein powders do not contain collagen unless it has been specifically added to the formula.

Most people get enough protein in their daily diet, however if you find you are lacking or would like a healthy meal replacement (it is not advised to replace more than one meal a day with a protein shake or smoothie), an animal based protein powder or collagen powder may be exactly what you need.



### ABOUT THE AUTHOR

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

# 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.

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



## Colloidal Silver Generator

Make your own Colloidal Silver

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

**\$50pair** replacement silver rods

## Colloidal Silver Meter

Measure the content of your homemade colloidal silver

**\$113ea** test meter

**\$17ea** 100ml liquid spray

**\$28ea** 100ml tube gel

**\$38ea** 500ml liquid

**\$43ea** 250g tub

**\$32ea** 4 or more 500ml bottles

**MULTI BUY**



## ALOE VERA

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 now with an all natural, paraben free, eco-cert approved preservative.

**\$22ea** 100ml

## ALOE VERA WITH COLLOIDAL SILVER GEL

Repair irritations and revitalise your skin with our 50/50 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 **\$25ea** 100ml

## COLLOIDAL SILVER CREAM

A natural moisturising and soothing cream with colloidal silver, avocado oil, calendula oil, aloe vera and lavender. It is ideal for problem skin or as a daily moisturiser and is 100% natural.

**\$31ea** 100ml tube cream

# AUTUMN/ WINTER ESSENTIALS




## Energy Boost AND STRESS RELIEF

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

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

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

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

 1 per day  Morning  With or without food

**\$39ea**  
60 capsules






4+

## Optimum Health BEGINS IN YOUR BOWEL

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

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Our unique 'capsule in a capsule' technology ensures the probiotics are protected from your stomach acid and get to your small intestine before they open.

Store in a cool dry place, no refrigeration needed.

 1-2 per day  Anytime  Empty stomach

**\$43ea**  
60 vege capsules



4+



**\$30ea**  
50ml liquid

## 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.

Being honey based it has a pleasant taste and only a couple of sprays should soothe your throat.

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).

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

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

# The world famous VITAMIN C BLEND

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

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

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

## These are

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

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

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

and collagen and to help protect from bruising.

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

## Complete C Powder

✓ ¼-½ tsp per day

🌙 Anytime 🍴 With or without food

**\$39ea** 100g powder

## Convenient chewable tablets

✓ 3 per day 🌙 Anytime

🍴 With or without food

**\$39ea** 200 chewable tablets



**\$33ea**  
60 capsules

# Top up your IMMUNE SYSTEM

Four powerful herbs and two powerful nutrients.

Immune Support contains four powerful herbs and two powerful supplements.

Astragalus has been used traditionally for over 2000 years for a broad range of issues with a particular focus on immune health and stress.

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

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

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

Vitamin C and Zinc have both been shown to support recovery.

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

✓ 1-2 Maintenance dose

✓ 3-6 When unwell

🌙 Anytime

🍴 With food

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

# A blend of high QUALITY MINERALS AND VITAMINS

Complete mineral and vitamin blend

Coral CAA contains a half serving of the minerals and vitamins found in our most popular product CAA-Multi and also contains 170mg of the highly absorbable coral sourced calcium found in Bone Health.

It is also easier to take on an empty stomach due to the buffering effect of the calcium.

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

If you were taking Coral CAA as you had trouble taking the full strength original CAA, we suggest you might like to try the new formula CAA-Multi.

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

### Benefits

- ✓ 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

- 1-2 per day
- Anytime
- With food

**\$49ea**  
60 capsules



**\$38ea**  
90 capsules

## Reduce stress AND MANAGE YOUR 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 a neurotransmitter generally thought to be the contributor to feelings of well being and happiness, along with mood, appetite and sleep.

By supporting the generation of serotonin 5-HTP can have a relaxing and calming effect, along with promoting feelings of well being.

It can also help manage food cravings and support weight management.

Because 5-HTP is thought to support normal serotonin levels, it may support normal sleep patterns.

Each capsule contains 75mg of 5-HTP.

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.

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. Do not exceed this dose without consulting your health professional.

- 2-4 per day
- Anytime
- With food

# Natural Energy boost DHEA-7 KETO

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

DHEA peaks around age 25 and then steadily declines, more rapidly after age 35 in both men and women. As it declines, so does your youthful vigour, mental focus and clarity of mind.

Our 7-Keto variety of DHEA, has been further modified so as not to affect the stability of the sex hormones. DHEA 7-Keto retains full effectiveness in all other regards - youthful energy, enthusiasm, clarity of mind and mental focus.

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

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

**\$42ea**  
60 capsules



**FREE OF**  
parabens, paraffins,  
sodium lauryl sulphates,  
synthetic fragrances  
and chemicals.

# 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.

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, synthetic fragrances and chemicals.

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

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

**\$43ea** 60 capsules **4+**

Take one morning and night with food.

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

## Natural hormonal support

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

This herbal and mineral combination supports hormonal balance making it an excellent supplement during menopause. Shatavari specifically supports balanced temperature.

1-4 per day Anytime With or without food

If pregnant, not recommended during first trimester.



**\$38ea**  
60 capsules

## 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. It has all the trace colloidal minerals and elements (over 70) needed by your body and in a highly absorbable form.


An overall health tonic.

### Supports

- ✓ Especially rich in iodine
- ✓ Supports a healthy thyroid
- ✓ Supports the thyroid gland and helps protect from radiation damage

 1 every 2 days

 Morning

 With or without food

Small size capsules each containing 1000mcg of Iodine.



## Triple strength fish oil FOR BRAIN AND ARTERY HEALTH

Our Omega 3 Fish Oil capsules contain responsibly sourced quality European omega 3 oil.

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

The highly concentrated soft gel fish oil capsules come from responsibly sourced fish stocks, with the fish oil suppliers operating within the global standards (IFFO). They use the latest refining technology to ensure much lower fat and calories than regular fish oil. This technology also purifies the fish oil removing a wide range of contaminants present in the world fish stock and reduces any unpleasant odours or reflux.

We also sent the soft gel capsules away for lab testing. The results established that no mercury was detected and the levels of omega 3 were confirmed. In fact the actual levels of omega 3 were higher than the specification, from the manufacturer.

Importantly, the level of omega 6 is low, less than 60mg, making this an excellent supplement to raise your omega 3 levels and improve your crucial omega 3/omega 6 ratio.

The ratio of omega 6 to omega 3 is important. For good health we should ideally have less than nine parts omega 6 to one part omega 3. However, the current New Zealand average

is estimated to be around 16 parts omega 6 to one part omega 3. This is because omega 6 is found in a lot of food whereas omega 3 is much harder to obtain from our diet.

### Ingredients

- ✓ 1000mg capsules
- ✓ Omega 3 total 570mg
  - ✓ EPA 300mg
  - ✓ DHA 200mg
  - ✓ Other 70mg
- ✓ Omega 6 60mg

 1-2 per day

 Anytime

 With food







## Enhance energy and support fertility

### Extra Strength Maca extract from Peru

Researchers are finding the herb maca from Peru to be the best natural way to support the sexual hormone balance of the body. It also creates a youthful sense of energy and well being. Human studies report that maca supports healthy male libido and sperm production. The peer reviewed journal "Urology" reported an almost 100% increase in sexual frequency of animals that had been fed maca.

Maca 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.

**\$37ea** 60 capsules

1-2 per day

Anytime

With or without food

If pregnant, not recommended during the first trimester.



## Clear skin starts from within

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

- Support for clear unblemished skin
- Supports normal oil production and the breakdown of excess oil that can clog pores

**\$43ea** 120 capsules

2-4 per day

Anytime

With food

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



## Are you concerned about your eyes?

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

Specific vitamins and minerals have been identified as being vital for good eye health in published international studies. We included those vitamins and minerals identified in the study along with lutein, zeaxanthin and bilberry.

### Supports

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

**\$49ea** 60 capsules

1 per day

Anytime

With or without food

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



## Reduce stress levels with Withania

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

Withania is a powerful herb that supports physical and mental rejuvenation and is revered for supporting optimum health into the elder years.

Its well-kept "secret" is a group of natural substances known as adaptogens. Adaptogens (or tonics) help the body adapt to the changes and stress of everyday life. Like a thermostat, they fine tune your body to keep it in balance.

1 per day Anytime  
 With or without food

If taking thyroid or any other prescription medication, please discuss this with your healthcare professional.

## Beneficial for skin, hair and nails

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

The oil extracted from evening primrose seeds is rich in the good form of omega 6 known as GLA. Flaxseed oil has high values of omega 3, especially helpful if you are allergic to fish. Both these oils are extracted using 'cold pressing', to importantly preserve the nutrients. New Zealand sourced flaxseed is proudly certified GMO/GE free.

We all know how good omega oils are for the skin. Evening primrose oil has been called the most sensational discovery since vitamin C. If you have cracked heels and rough feet, then this is for you. It makes your skin soft, your feet like new and your hair shiny and manageable.

2-3 per day Anytime  
 With food

If pregnant, this product is not recommended during the first trimester.



## Enhance both male and female libido

Whether you are young or old, we can always do with a bit of assistance.

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

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

In woman, it may also support fertility.

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

1 per day Morning  
 With food

Always read the label and use only as directed. Do not take if pregnant or breastfeeding.



# Support Joint HEALTH NATURALLY

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

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

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

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

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

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

**\$74ea** 90 capsules


**\$109ea** 180 capsules


**MULTI BUY**

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

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

 **2-3** per day

 Anytime

 With or without food



# Pain-Eze an all NATURAL, WARMING CREAM

Pain-Eze contains 11 active ingredients.

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

**\$33ea** 100ml tube

**Directions:**

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



# Joint, digestion AND GENERAL HEALTH

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

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

Careful research was undertaken prior to sourcing our Turmeric supplement. While you can buy this spice at the supermarket, you would require over a tablespoon of spice every day to get any benefit and even then, the low level of curcumin (less than 5% in the spice) is not easily absorbed.

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

The range of benefits that have been and are currently being studied are too long to list here, but include investigating the effect of curcumin for supporting joint mobility and brain health.

**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.

**\$43ea** 60 capsules

**\$104ea** 180 capsules

 **1-3** 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.

## Supercharge performance and support your prostate health

Whether you are young or old, men can always do with a bit of assistance.

Are you going to the gym, wanting a boost with your exercising or just feeling the natural decrease in testosterone that affects all men as they age, then Men's Boost is right for you, or for the man in your life.

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

Men's Boost combines these zinc and selenium critical minerals with strong herbal extracts that are commonly used to support energy, strength and muscle development and ensure you maintain a strong libido and sex drive.

Men's Boost is an all-round supplement that will supercharge your performance, maintain your health and is at a much lower cost, with a better formula, than other similar products.

 1 per day  Morning  With food

**\$44ea**  
60 capsules



## NATURAL SWEETENING, LOW CALORIE TABLETS FOR HOT AND COLD DRINKS

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

Enjoy sweet drinks without worrying about your blood sugar levels.

One tablet = approx. one teaspoon of sugar

**\$25ea**  
200 tablets






## Reduce stress and support a deep restful sleep

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 well being 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
-  Supports a deep restful sleep
-  Reduces stress and worry

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

 2-3 per day  Evening  With food

**\$35ea**  
60 capsules



## 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.

To avoid serious health disorders and maintain a neutral pH balance in your body, your phosphorus intake should be less than your calcium intake.

**\$16ea**  
(five packs of 10)



## Alert Plus provides nutritional support for healthy brain function

Natural support for focus and mental clarity.

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

Seek advice if taking blood thinning medication.

 1-2 per day  Anytime  With food

**\$59ea**  
60 capsules



4+

## Help your body burn calories

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

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.

 3-5 per day  Morning  Empty stomach

**\$32ea**  
60 capsules






4+

## Normal urinary flow and supports urinary tract health

Researchers believe that cranberries discourage bacteria from sticking to the urinary tract walls.

While this specific cranberry ingredient has been optimised for men's prostate health, the benefits to the urinary tract for both men and women from cranberry, is well proven.

 1 per day  Anytime  With or without food

Do not take with blood thinning medication.

**\$37ea**  
60 capsules






4+

## VITAMIN B5 FOR HEART AND ARTERY HEALTH

Pantothenic acid is the most common form of vitamin B5 and readily converts to Pantethine in the body.

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.

**\$36ea** 90 capsules

 1-2 per day  
 Morning  
 With or without food



4+

## SALICYLIC ACID GEL

Manage common sun spots on your face, head or hands.

Sun damage spots are not large brown freckles, but rough, scaly spots caused by years of exposure to strong sunlight.

Salicylic Acid Gel is a pleasant, easy way of helping manage these dry sun spots.

**\$29ea** 50ml

Salicylic Acid Gel 50ml and Aloe Vera Gel 100ml combo

**\$43ea**

**MULTI BUY**



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

# Support your Digestive & bowel health

## Supports easy, regular bowel movements




Containing five herbs proven to be beneficial to the bowel.

Easy-Lax works gently over a 12 hour period reducing wind and lubricating the colon for a softer more regular motion.

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 is part of your diet.

**Directions:** 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.

-  1-2 per day
-  Evening
-  With or without food



## Easy and convenient apple cider vinegar capsules




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

Apple cider vinegar has been a general health tonic since before our great grandparents' time, but many of us find the taste unpleasant which is why we are pleased to offer this product in capsule form.

Taken regularly apple cider vinegar supports the digestive system and can support balanced blood sugar

levels and pH levels in the body. It has been known to support normal blood pressure and cholesterol levels.

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

-  3 per day
-  Anytime
-  With or without food



## Give your liver a helping hand




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

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

With all the toxins and poisons that you absorb through your food and the atmosphere, it is important to help the liver do its job. 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.

-  1 per day
-  Morning
-  With food





# The **NUTRIENT** **SUPERSTAR**

Your body requires a high level of magnesium and it is critical 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.

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 most 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.

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

**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

1-3 per day Anytime  
With or without food



## A HIGH QUALITY CHELATED MINERAL BLEND

Essential organic minerals for your health needs.

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

\$43ea  
60 capsules

1 per day  
Evening  
With food



## MSM SULPHUR

Sulphur maintains the health of your joint cartilage, collagen, skin, muscles, nails and hair.

It also promotes the health and vigour of good probiotic bacteria in your intestines.

\$45ea 180 capsules

1-6 per day Anytime  
With or without food



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

# Stay Healthy Book

NOW BIGGER AND BETTER THAN EVER

This new 2021, updated edition of New Zealand's most popular and easy-to-understand health book (over ~~93,000~~ 95,000 copies sold) is packed full of priceless health information.

## Enjoy optimum health from your diet

This book shows you how to dramatically improve your health by making small but critical changes to your diet. When you supply your body with the correct balance of minerals, vitamins and fats, you will enjoy a clearer mind, sharper memory, sound heart, efficient immune system, clear arteries, healthy bones, loads of energy, refreshing sleep and a worry free outlook on life.

**7 chapters • 16 Vitamins • 49 Health Hints  
24 Minerals • 35 Years of research • 420 Pages  
30 Medicinal Plants**

**\$31<sup>ea</sup>** 420 pages

**95,000**  
copies sold



## Help relax and soothe muscle tension with the all-natural Magnesium Cream

Topical Magnesium Cream is both soothing and moisturising

Magnesium Cream helps relax and soothe muscle tension with the added benefit of hydrating your skin, calming your senses, supporting a good night's sleep, while increasing magnesium levels.

When applied directly to the affected area, it is absorbed into the skin and muscles through pores and hair follicles for quick relief. Increasing frequency of application also supports better results and unlike, when too much magnesium is taken internally, it will not cause gut discomfort. Some people may experience a slight tingling sensation on application which is a normal reaction and soon dissipates.

When you struggle to get a good night's sleep, apply Magnesium Cream to the chest, neck, abdomen or soles of your feet 30 minutes before bedtime and enjoy support for a restful sleep.

A high quality cream infused with magnesium chloride that is easily absorbed and boosts your magnesium intake.

**\$35<sup>ea</sup>** 100ml cream

**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.





# ORDER FORM AND PRICE LIST

Prices valid until 31 July 2022

CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ 5-HTP (90 capsules)	\$38		\$
4+ 7 - Day Iron (25 capsules)	\$33		\$
4+ Alert Plus (60 capsules) <b>New</b>	\$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		\$
4+ Apple Cider Vinegar (180 capsules)	\$41		\$
4+ Bone Health (60 capsules)	\$47		\$
4+ Boron and Selenium (60 capsules)	\$43		\$
4+ CAA - Multi (60 capsules)	\$49		\$
4+ CAA - Multi Iron free (60 capsules)	\$49		\$
4+ CAA - Multi Sulphur free (60 capsules)	\$49		\$
4+ Carnitine (60 capsules)	\$32		\$
Colloidal Silver Cream (100ml tube)	\$31		\$
Colloidal Silver Gel (250g tub)	\$43		\$
Colloidal Silver Gel (100ml tube)	\$28		\$
Colloidal Silver Generator	\$140		\$
Colloidal Silver Liquid (500ml)	\$38		\$
Colloidal Silver Liquid (500ml) <b>4 OR MORE</b>	\$32		\$
Colloidal Silver Liquid Spray (100ml)	\$17		\$
Colloidal Silver Test Meter	\$113		\$
Complete C (100g powder)	\$39		\$
4+ Complete C Tablets (200 chewable tablets)	\$39		\$
4+ CoQ10-Omega3 (60 gel capsules)	\$54		\$
4+ Coral CAA (60 capsules)	\$49		\$
4+ Cranberry (60 capsules)	\$37		\$
4+ DHEA 7-Keto (60 capsules)	\$42		\$
4+ Easy-Lax (100 capsules)	\$37		\$
4+ Evening Primrose & Flaxseed Oil (90 gel capsules) <b>Special</b>	\$26		\$
4+ Eye Health (60 Capsules)	\$49		\$
4+ Harmony (60 capsules)	\$38		\$
4+ Healthy Joints (90 capsules)	\$74		\$
4+ Healthy Joints (180 capsules)	\$109		\$
4+ Healthy Joints (180 capsules) <b>2 OR MORE</b>	\$98		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ Immune Support (60 capsules)	\$33		\$
4+ Kelp (60 capsules)	\$33		\$
4+ Liver Cleanse (60 capsules)	\$37		\$
4+ Maca-X (60 capsules)	\$37		\$
4+ Magnesium (60 capsules)	\$33		\$
4+ Magnesium (180 capsules)	\$55		\$
4+ Magnesium Cream (100ml tube) <b>New</b>	\$35		\$
4+ Men's Boost (60 capsules)	\$44		\$
Mitchells Bone Broth (100g pouch)	\$36		\$
Mitchells Bone Broth (200g tub)	\$69		\$
Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$69		\$
Mitchells Bone Broth Protein Powder (Salted Caramel flavour 500g) <b>New</b>	\$69		\$
Mitchells Bone Broth Protein Powder (Chocolate flavour 500g) <b>New</b>	\$69		\$
Mitchells Collagen Peptides - Bovine (200g tub)	\$49		\$
Mitchells Collagen Peptides - Marine (200g tub)	\$59		\$
Mitchells Collagen Repair (200g tub)	\$69		\$
4+ MSM Sulphur (180 capsules)	\$45		\$
4+ Omega 3 Fish Oil (200 gel capsules)	\$33		\$
4+ 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		\$
4+ 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)	\$33		\$
pH Test Strips (5 packs of 10)	\$16		\$
4+ Potion No. 9 (60 capsules)	\$44		\$
4+ Probiotic Multi 9 (60 capsules)	\$43		\$
4+ Probiotic Multi 9 (60 capsules) <b>Special with Optimum Health Triple Pack</b>	\$39		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$30		\$
RealSalt Refill Pouch (737g)	\$24		\$
RealSalt Shaker Garlic (234g)	\$17		\$
RealSalt Shaker Original (283g)	\$11		\$
RealSalt Shaker Season (234g)	\$17		\$
4+ Relax (60 capsules)	\$35		\$
Salicylic Acid Gel (50ml tube)	\$29		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$

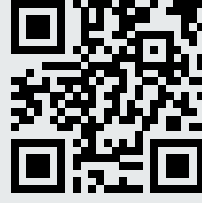
PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Silver Rods (pair)	\$50		\$
4+ Skin Clear (120 capsules)	\$43		\$
4+ Sweet Stevia Tablets (200 tablets)	\$25		\$
4+ Throat Spray (50ml) <b>Glass bottle</b>	\$30		\$
4+ Turmeric (60 capsules)	\$43		\$
4+ Turmeric (180 capsules)	\$104		\$
4+ Turn Back Time Capsules (60 capsules)	\$43		\$
4+ Turn Back Time Cream (50ml tube)	\$43		\$
4+ Turn Back Time Cream (fragrance free 50ml tube) <b>New</b>	\$43		\$
4+ Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
4+ Turn Back Time Fragrance Free Combo (50ml cream and 60 capsules) <b>New</b>	\$65		\$
4+ Ultimate Cleanse kit (410 capsules)	\$110		\$
4+ Ultimate Cleanse kit (410 capsules) <b>2 OR MORE</b>	\$95		\$
4+ Vitamin B5 (90 capsules)	\$36		\$
4+ Vitamin B Complex (60 capsules)	\$39		\$
4+ Withania (Ashwagandha) (60 capsules)	\$39		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
Everything you need to know about Colloidal Silver	\$20		\$
Heal your Eye Problems	\$20		\$
Laugh with Health	\$25		\$



## FOUR OR MORE PRICING

Purchase four or more of any products with the blue icon **4+** and you will automatically save \$20. You can pick or choose, they do not all need to be the same product. If purchasing via the web, the discount will be automatically applied to your order. Please note an Optimum Health Triple Pack counts as a single item towards the four or more discount.

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

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BOOKS	PRICE EACH	QUANTITY	TOTAL
Laugh with Health <b>Special 2 for \$40</b>	\$20		\$
Medical Cannabis a brief guide for New Zealanders	\$30		\$
Medical Cannabis a brief guide for New Zealanders <b>Special 2 for \$50</b>	\$25		\$
New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
Should I take fish oil?	\$20		\$
Should I take...Probiotics? <b>Special</b>	\$15		\$
Stay Healthy by supplying what's lacking in your diet <b>New</b>	\$31		\$
Which Natural Therapies Should You Try?	\$21		\$



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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



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