

FREE DELIVERY IN NEW ZEALAND

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HealthHouse
Quality, natural health products
NEW ZEALAND



Happy, Healthy **HOLIDAYS**

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0800 140 141

www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

PP1796

**Back
in stock**
for a limited
time only



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In this issue

As 2023 comes to an end, I want to take the time to wish you and your families a very Merry Christmas and a Happy New Year. Hopefully the predicted sunny holidays come about as planned and we can have a break in the sun and get some valuable Vitamin D.

Recently we were approached to sell our 100% Natural Sunscreen in the UK, where they are experiencing unusually hot conditions. We kept a limited number of tubes for our Health House customers from the production run. I know some people were sceptical of the oily nature of it, and how white it is when first applied, but it is totally uncompromisingly, all natural, fully tested, and retested. Our Natural Sunscreen is safe for children and easy to see that you have full cover. It is also extremely good when out in the water or involved in sports and doesn't sting your eyes.

It is such a relief to have our Probiotic Multi-9 back in stock and I apologise about the large increase in price. When we first started buying these and worked out the price, our NZD \$1.00 bought USD 0.75c, now it buys less than USD 0.60c. But it is so pleasing to receive positive feedback from our customers about how well the Probiotics work.

**Inner health hero
Probiotic Multi-9
is back in stock**

page 12



As per usual we have a great range of articles from our contributors and also a long overdue cannabis progress update.

Kind regards

Mike Coory

Managing Director

Christmas Hours

Just to let you know, any orders received before 11:30am on Thursday the 21st of December will be dispatched on that day.

Phone and website orders placed after 11:30am on the 21st will be dispatched on Monday the 8th January 2024.

The Health House shop will close at 12:00 noon on the 21st December and will reopen at 8:30am on Monday the 8th of January 2024.





Protect your skin with our 100% NATURAL SUNSCREEN

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

SPF 25, water resistant, easy to apply and most importantly, uncompromisingly 100% natural.

Oil based, non staining and with a pleasant light natural coconut fragrance, this all natural sunscreen is safe for the whole family.

Independently Tested

Our sunscreen has been independently tested by the Dermatest Laboratory in Australia and meets the latest NZ/AUS standards.

Ingredients: Sweet almond oil, zinc oxide, coconut oil, macadamia nut oil, shea butter, silica, natural fragrance, vitamin E.

Back in stock
for a limited
time only

\$29^{ea}
100ml tube

TIP: Check the expiry date on your sunscreens. Sunscreens past their expiry won't be as effective.



Merry Christmas

To my lovely Health House customers, I'd like to say a big thank you, for supporting us during this year in which I had my 75th birthday. I started working with my husband in this business over 40 years ago and I'd like to tell you a little about two of our products I personally take.

CoQ10-Omega3 is a good product for my general health and especially for supporting my heart. It helps me stay healthy and alert.

The other product is Withania, commonly known as Ashwagandha. I'm so grateful we made this product. For the last three years many people in New Zealand and around the world have had a lot of stress in their lives

and many people suffer from serious anxiety. This product offers great support and I think it is wonderful.

With summer ahead, I always have sunscreen with me, especially for the children, as their skin is so sensitive and can burn quickly in the hot sun.

Christmas is my favourite time of the year to spend with my family.

So, everyone, please have a wonderful Christmas and a Happy New Year.

Lots of love

Marie Coory



OUR PROMISE TO YOU

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

FIVE EASY WAYS TO BUY

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

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

PRODUCT ICONS

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

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

Loyalty rewards

EARN A 10% DISCOUNT

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

REFER A FRIEND

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

If the sun causes melanoma, why is it found on skin not exposed to the sun?

My Mum was a fair skinned redhead and sunburned easily, so she stayed out of the sun and also covered her arms and wore stockings every day. Yet when she was 70, she developed a melanoma in her lower leg. The bare skin on her lower leg would have rarely, if ever, felt the warmth of summer sun. So why did Mum get melanoma when she rarely went out in the sun?

We're constantly warned by media to stay out of the sun to avoid melanoma skin cancer, but the feel of warm sunlight on our skin is one of life's free luxuries. For most people it feels instinctively healthy and reduces anxiety and stress. Also, the ultraviolet B (UVB) tanning rays of the sun on our bare skin are our main source of vitamin D3. We now know that optimum blood levels of vitamin D3 offer huge protection against nearly all cancers, and an average 47% protection against melanoma when our blood levels are between 75 and 120 nmol/L, (magnesium also has a vital role in maintaining these high levels). Many people in NZ are as low as 16 nmol/L in winter.

A world review of 57 melanoma studies concluded that, "*A high occupational sun exposure seemed to be inversely associated to melanoma.*" In other words, those working outdoors in the sun had a lower incidence of melanoma. Also a Queensland study found, "... *more instances of melanoma in office workers than people who work outdoors.*"

The four main types of melanoma

By knowing all the facts, we can reconcile apparent inconsistencies about

melanoma. For a start, there are actually four main types of skin melanoma (and several other rare internal types).

Superficial melanoma (about 65%)

The most common type in NZ, found on the fleshy backs and chests of men and lower legs of women. It starts from a mole. Linked to UVA rays and the lack of UVB tanning rays.

Nodular melanoma (about 15%)

A firm pink, red, brown or black bump that can bleed easily and found on the head and neck. These are aggressive, dangerous and can spread quickly. They do not appear linked to excess sun exposure.

Lentigo maligna melanoma (about 10%)

Found on the face, ears or arms after age 50. These are caused by the sun, are slow growing and not associated with mole mutation.

Acral lentiginous melanoma

More common in those with dark skin. Found on the palms of the hands, or soles of the feet or under the nails. Not sun related.

Melanoma rates per head of population have remained constant for the past 30 years, but better diagnosis gives the impression of an increase. The death rate from melanoma is actually dropping.

The melanoma cases per 100,000 population are Australia 37, New Zealand 32, Denmark 30, Norway 26, Sweden 23, Switzerland 22, but the worldwide average is only 3. This low rate is mostly due to darker skin and



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.

more vitamin D outdoor activity in the sun.

Worldwide, melanoma is highest in countries with populations who have fair skin and mostly indoor lifestyles, and therefore low vitamin D levels. In NZ and Australia our all year round UVA and UVB sun radiation is much higher than northern hemisphere countries.

If you have more than 50 common moles, or had multiple blistering sunburns when young, the risk is 3 times higher than normal. More than 100 moles, 8 times higher and when combined with a family history of melanoma, up to 12 times higher.

To avoid the risk of melanoma

1. Avoid margarine and seed oils, as these are high in omega 6 and lower cancer immunity.
2. Australian researchers find 40% less melanoma in those who have a high omega 3 fish diet.
3. Try to maintain a light tan, or regular sun exposure on bare skin to maintain a high blood level of vitamin D. Then cover up or use a sunscreen to prevent sunburn.
4. We should not wash with soap immediately after sunbathing, as the vitamin D is still being absorbed from our skin oils and is easily washed off.

The chart below shows the approx time to manufacture two days worth of vitamin D for all skin types. It has now been found that they all manufacture vitamin D at a similar rate.

Minutes in midday sun to get 2 days worth of Vit D	Winter Jun-Aug			Spring Sep-Nov			Summer Dec-Feb			Autumn Mar-Apr		
	Bare Arms	Covered Arms	Overcast	Bare Arms	Covered Arms	Overcast	Bare Arms	Covered Arms	Overcast	Bare Arms	Covered Arms	Overcast
Northland to Taupo	6	30	42	1	5	7	1	5	7	3	15	21
Taupo to Christchurch	10	50	70	1	5	7	1	5	7	4	20	28
Christchurch to Invercargill	17	85	119	2	10	14	1	5	7	5	25	35



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.



2-4 per day
 Anytime With food

5-HTP

Stress and appetite

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

\$38ea 90 capsules

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

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.

Supports

- ✓ 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.



Article by: **NADIA MCMORRAN**

Happy, healthy holidays

It's that time of year where Christmas gatherings, beach holidays and relaxing days in the sun mean that your usually doing a lot outside your normal routine.

Something about the long days in the sunshine can lead to a change in you're eating habits and in what you drink, but don't let that make you anxious or feel guilty.

Ultimately, this is a time of year to enjoy yourself with family and friends, not worry about your food intake.

Make sure you're still getting a variety of nutrients – I recommend starting your day with a nutrient rich breakfast in order to set yourself up well for the day ahead such as a smoothie with added nuts and seeds, an omelette with lots of added vegetables and then if the rest of your food choices aren't as nourishing throughout the day, you don't have to feel any guilt knowing that you've had at least one wholesome meal to start you off well and keep your organs happy! Make sure to drink plenty of water throughout the day, and have an enjoyable, guilt free holiday season.



ABOUT THE AUTHOR

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

RESET YOUR GUT HEALTH

Our inner health heroes are back!

Probiotic Multi-9

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

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.

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.

If you have never taken probiotics before, you may not realise just how energetic you can feel as a

result of a properly working digestive system. Below are some common benefits reported:

Supports

- ✓ Greatly improved digestion of all foods
- ✓ Excellent mineral and vitamin absorption
- ✓ All food energy released into your blood and cells
- ✓ Immune health
- ✓ Regular healthy bowel movements
- ✓ Protection from overseas bacteria
- ✓ No more excessive wind or digestive upsets

1-2 per day

Anytime

Empty stomach

\$59ea 60 capsules

Store in a cool dry place, no refrigeration needed.



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
Gentlelax 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.

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.

Christmas
detox time

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.

Article by: **ANDREA WALKER**

All I want for Christmas is... a happy gut!

With the silly season upon us it's easy to overindulge in heavy Christmas food and drink, which can play havoc with digestion. What comes out the other end or doesn't come out (if you know what I mean) can be a real party pooper.

When planning your gift list, put your gut at the top. To help you out, here are some ideas:

- Start the day with lemon juice in hot water 20 mins before breakfast.
- Vegetables (especially leafy greens), fruits, and wholegrains. Green smoothies are great.
- Fermented foods – kombucha, sauerkraut.
- Increase your water intake.
- Follow a heavy meal with peppermint, fennel, or ginger tea.
- Avoid overeating. 'Hara hachi bu' is a Japanese adage meaning eat until you are 80% full.
- Exercise regularly.
- Don't "bottle it up", go when you need too.
- Supplement with probiotics, and if needed a fibre supplement.

Your gut will repay you with the gift that keeps on giving.... good poop!



ABOUT THE AUTHOR

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

Interesting facts about Cannabis Tea



When I wrote my book on medical cannabis, I interviewed people with a range of medical conditions. One interesting finding was the number of different formats by which they administered cannabis.

Standard pharmaceutical medicines are mostly taken as pills, but they can also be liquids, or injected. Cannabis has many more options and one I had not considered was taking it in tea form.

Hot liquid infusion drinks are a common way to take herbal products, and cannabis is well suited to this method. A survey of 953 participants from 31 countries performed by the International Association for Cannabinoid Medicines (IACM), asked about modes of cannabis administration. Smoking, vaporizing, eating or sublingual were the most common methods of administration, nearly a quarter of those surveyed had taken cannabis as a tea.

The Netherlands are in many ways the pioneers of medical cannabis use. The Dutch Office of Medicinal Cannabis (OMC) advises patients to consume medicinal cannabis, preferably by vaporizing or in the form of a tea.

Why would some people prefer to take cannabis in the form of tea? It could be their preferred method as maybe they do not want to smoke or inhale

cannabis products. It can also be safer, as smoking cannabis can have some of the same consequences as smoking cigarettes, such as an increased chance of emphysema and lung cancer.

It can also potentially be easier to take cannabis this way - just let it brew then drink it. No need to prepare inhaled formats or foods to be eaten.

The main limiting factor to consider is whether this method gives reproducible amounts of active cannabis components. There are a number of variables involved in making tea compared to taking a tablet, or placing a measured dose under their tongue.

This issue has been addressed in a detailed study and the results are reassuring.

When variables in the study change, including volume of water added, infusion time and the amount of tea used, no differences were observed in the amount of main active components delivered.



ABOUT THE AUTHOR

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

Summer Reading

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

Medical Cannabis

\$30ea

New Zealand's Greatest Doctor, Ulric Williams

\$18ea

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





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. Supports energy, libido and fertility.

1-2 per day
Anytime
With or without food

If pregnant, not recommended during the first trimester.

\$37ea
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.

\$49ea
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.



\$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.

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

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



\$47ea
60 capsules

1 per day Anytime
With food

Keep calcium in your bones with Bone Health

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

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

1 Triple Pack

Save \$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.

\$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.



SUPPORTS REGULAR BOWEL MOVEMENTS

Easy-Lax is a mild, herbal stool softener, which supports easy, regular bowel movements without straining. Containing five herbs proven to be beneficial to the bowel.

Not intended for prolonged use. 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




\$37ea 100 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.

Do not take with blood thinning medication.

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

\$37ea 60 capsules

HELP YOUR BODY BURN CALORIES

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




 **3-5** per day  Morning  Empty stomach

\$32ea 60 capsules



APPLE CIDER VINEGAR CAPSULES

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.

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

\$41ea 180 capsules

GIVE YOUR LIVER A HELPING HAND

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.

 **1** per day  Morning  With food

\$37ea 60 capsules



Cannabis Project Update

It has been a while since our last cannabis update and a lot has happened since. Unfortunately, not all of it has been positive.

Most of last year was spent working on our cannabis capsules. The process to get medicinal cannabis approved is both long, painful and expensive. So, it was quite a blow when after lodging our registration for our cannabis capsules we were formally notified just two days before the Christmas break that *"The current regulations do not allow, HealthHouse Cannabis Capsules, to be verified against the minimum quality standard."* It turns out the regulations as written, require an ingredient that goes into a capsule *"to be extracted from cannabis"*.

Our capsule products use the flower of the cannabis plant and to get the desired dose we dilute the milled cannabis flower with an inert filler. This unfortunately does not meet the definition of extraction.

To the Ministry of Health's credit they have acknowledged that the definitions in the regulations *"unintentionally prevented the use of dried cannabis as an ingredient for dosage forms such as oral capsules or tablets"*. A cabinet decision has now given approval to amend the definitions in the Medicinal Cannabis regulations *"to allow for a broader range of cannabis plant forms."*

So, we have decided in the meantime to use the same milled cannabis to create a cannabis tea product which should meet the current regulations. We are expecting an audit to inspect our tea packing process next week and hope to progress our registration shortly after that.

While we are waiting for the audit we are now working again on our cannabis oil project which was on hold while waiting for equipment to arrive.

MANUFACTURING MEDICINAL CANNABIS TEA



Dispensing

Pharmaceutical quality, NZ grown cannabis flowers are weighed, dispensed and inspected in preparation for converting into cannabis tea.



Milling

The cannabis flowers are put through our validated cannabis mill to turn the flowers into a powder that is suitable for tea infusion.



Testing

The particle size of the finished cannabis tea material is tested to make sure it is consistent, samples are sent off to the laboratory.



Foil Packaging

The cannabis tea is placed into a labelled foil sachet with a moisture pack then ink jetted with a batch number/expiry date and heat sealed.

Cannabis is a prescription only medicine

Please note all cannabis (whether a tea, capsule, oil or flower) are a prescription only medicine, it must be prescribed by a doctor and dispensed by a pharmacist.



Cannabis Tea Dosing

The administration of cannabis by way of drinking tea has been around since ancient times.

It is popular method in Jamaica and India, commonly used by the elderly, especially for those who do not like to smoke.

Consuming cannabis this way is a more effective method for treating physical ailments but does have the two drawbacks. Firstly, it takes up to 1-2 hours to have an effect, as it works its way through the digestive system. Secondly, the active ingredients (the cannabinoids) have limited solubility in water, cannabinoids are mainly fat soluble.

So, we decided to do some in house and external lab testing to see what would happen.

The goals were to find out how much to use, how long to steep the tea, which cannabinoids would go into the tea and the level of cannabinoids.

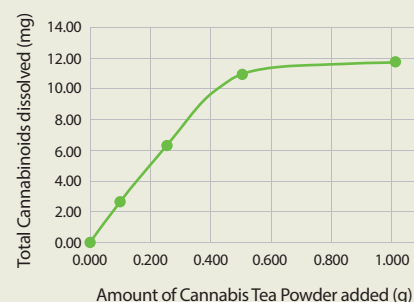
A big thank you to Colin and his team at Cawthron Laboratories for assisting us with our trial.

We determined the following

- The amount of cannabis tea powder used, increased the potency of the tea, but only up to a certain point.
- The amount of time infusing the tea made very little difference to its potency.
- The non-psychoactive cannabinoid CBD was more easily infused.
- The psychoactive cannabinoid THC infused was much lower.

So, we are very pleased that the cannabis tea is easy to make and that it would be very difficult to get the dosing wrong if using a normal tea cup. It is also very low in psychoactivity.

Total Amount of Dissolved Cannabinoids (mg)



3



Blending

The milled cannabis flower is put into our validated cannabis blender to mix up all the powder ensuring consistency.

4



Sieving

The Milled and Blending cannabis flower is put through a sieve to remove any particles that are too fine for a tea infuser.

7



Boxing up

The cannabis tea sachet is put into a box with a dispensing scoop, info sheet and ink jetted with batch number / expiry date.

8



Quality Check

A 100% quality check is undertaken before security sealing, then packed into cartons and held in quarantine awaiting final test results.

Please do not ask us to sell you cannabis

When our cannabis products are approved they will be publicly notified by the Ministry of Health and doctors will then be able to prescribe them.

Pain-Eze

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

These are six beneficial plant oils, four liquid plant extracts and a plant based preservative in a natural healthy coconut base.

-  Comfrey infused oil
-  Wintergreen essential oil
-  Arnica liquid extract
-  Lavender essential oil
-  Peppermint essential oil
-  Cayenne liquid extract
-  Ginger liquid extract
-  Turmeric liquid extract
-  Clove essential oil
-  Tincture of benzoin
-  Camphor essential oil

\$37ea 100ml tube

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



MAGNESIUM

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.

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 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.

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

Available as capsules or a topical cream

Magnesium Cream

\$35ea 100ml tube

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

Magnesium Capsules




\$33ea 60 capsules

\$55ea 180 capsules

Magnesium Combo

\$85ea 100ml tube/180 capsules

COMBO

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

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.





TURMERIC 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 with antioxidant properties.

SPECIAL

\$95ea 180 capsules **Save \$9**

\$38ea 60 capsules **Save \$5**

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.

GLUCOSAMINE-CHONDROITIN Healthy joints

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

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

MULTI BUY

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

2-3 per day Anytime With food

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



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.

Sulphur supports the health of your joint cartilage, collagen, skin, muscles, nails and hair. It also supports the health and vigour of good probiotic bacteria in your intestines. You can enhance the effectiveness of MSM with vitamin C.

\$45ea 180 capsules

1-6 per day Anytime With or without food



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

Now in green vegetarian capsules

- 🌿 2-4 per day
- 🕒 Anytime
- 🍴 With food

\$43ea
120 capsules

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



ALOE VERA GEL

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

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

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

\$22ea 100ml tube

ALOE VERA WITH COLLOIDAL SILVER GEL

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

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

\$18ea 50ml tube

\$25ea 100ml tube

SALICYLIC ACID GEL

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

\$29ea 50ml tube

COMBO

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





New Zealand grown Hemp Seed Oil capsules

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

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

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

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

Supports

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

\$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



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 480mg 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.



REALSALT

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

New Flavours

Smoked Salt

With a warm aroma reminiscent of a summer campfire, Smoked RealSalt is a simple way to infuse your food with that one-of-a-kind smokey flavour you crave. It's a grilling game-changer, but it's just as good on a salad, slice of melon, or grilled cheese sandwich.

Made with ancient, unrefined RealSalt and no artificial flavours, colours, or additives, you can feel good about savouring our smoked salt's rich flavor on any (or every) dish.

New Smoked Flavours

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

RealSalt Shaker (Smoked)

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

\$20ea 156g Shaker



Limited stock available.

Originals

- ✓ Organic Season Salt
- ✓ Organic Garlic Salt
- ✓ Organic Original Salt

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**

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

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 immune support, your saliva pH should be between 6.8 and 7.0.

\$16ea (five packs of 10)



50 TESTS

Natural sweetening, low calorie Stevia 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



Mitchells Range

Bone Broth Protein Powder

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

\$79ea 500g Vanilla flavour

Bone Broth

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

\$74 200g tub

Collagen Peptides

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

\$49ea 200g tub



Colloidal Silver

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

Colloidal Silver and Bacteria

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

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

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

Is it safe?

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

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

Make your own at home

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

Colloidal Silver Generator

Make your own colloidal Silver

\$140ea For Generator with two 99.9% silver rods (one year guarantee on generator)

\$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

\$31ea 100ml tube cream

\$38ea 500ml liquid

\$43ea 250g tub



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.

1-2 per day Anytime
 With food

\$49ea 60 capsules

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.

1 every 2 days Morning
 With or without food

\$33ea 60 capsules

Small size capsules each containing 1000mcg of Iodine.



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.



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 special times.

This herbal and mineral combination supports hormonal balance making it an excellent supplement during menopause. Shatavari specifically helps avoid temperature imbalance. 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 medicines.

Not only is Harmony good for support during menopause, it also helps promote libido and supports 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, along with promoting libido.

\$38ea 60 capsules

- 1-4 per day
- Anytime
- With or without food



\$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.

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).

Support your IMMUNE SYSTEM

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

✓ $\frac{1}{4}$ – $\frac{1}{2}$ tsp per day ⚙️ Anytime 🍴 With or without food

Convenient chewable tablets

\$39ea 200 chewable tablets

✓ 3 per day ⚙️ Anytime 🍴 With or without food



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



Support your immune health

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.

✓ 1–2 Maintenance dose ⚙️ Anytime
✓ 3–6 When unwell 🍴 With food

\$33ea
60 capsules



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.

Lion's Mane Mushroom is a traditional Chinese mushroom which grows on fallen hardwood trees and looks like the mane of a lion. By taking this high strength (20:1) Lion's Mane Mushroom extract combined with the traditional benefits of Ginkgo Bilboa and Ginseng extracts, you will notice support for your mind in both alertness and clarity. These ingredients have also been found to support a wide range of other health conditions.

Alert Plus supports general wellbeing, mood balance and restful sleep. All three ingredients contain powerful antioxidants and work together to have a relaxing and calming effect on the body.

Taken regularly, Alert Plus provides the added benefit of supporting good digestion, strength and general wellbeing.

1-2 per day

Anytime

With food

Seek advice if taking blood thinning medication.

Supports

- ✓ Mental clarity and brain function
- ✓ Normal mood balance
- ✓ General wellbeing
- ✓ Immune system
- ✓ A clear mind
- ✓ An alert quick brain
- ✓ Anti-ageing
- ✓ Emotional well being
- ✓ High in antioxidants
- ✓ Stress and worry
- ✓ Gluten free



Boron and Selenium support your everyday health

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



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/ 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.



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.

If you are feeling low and lacking in energy over winter The Sunshine Vitamin might be what you need to get over those winter blues and spring into happiness.



ORDER FORM AND PRICE LIST

Prices valid until 31 January 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) 2 OR MORE				\$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		\$
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		\$
Premium Fish Oil (150 gel capsules) New				\$34		\$
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 Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur				\$131		\$
				\$124		\$
				\$37		\$
Pain-Eze (100ml tube)				\$16		\$
pH Test Strips (5 packs of 10)				\$59		\$
Probiotic Multi 9 (60 capsules)				\$55		\$
Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack				\$39		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)				\$29		\$
RealSalt Refill Pouch (737g)				\$19		\$
RealSalt Shaker Garlic (234g) Special (white stocks last)				\$15		\$
RealSalt Shaker Original (284g)				\$25		\$
RealSalt Shaker Season (234g)				\$20		\$
RealSalt Shaker Smoked Cherry (156g)				\$20		\$
RealSalt Shaker Smoked Hickory (156g)				\$20		\$
RealSalt Shaker Smoked Chef's Blend (156g)				\$35		\$
Relax (60 capsules)				\$29		\$
Salicylic Acid Gel (50ml tube)				\$43		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)				\$50		\$
Silver Rods (pair)						

PRODUCTS	PRICE/EACH	QUANTITY	TOTAL
Skin Clear (120 vege capsules)	\$43		\$
Sunscreen (100ml tube)	\$29		\$
Sweet Stevia Tablets (200 tablets)	\$25		\$
The Sunshine Vitamin (60 capsules) New	\$34		\$
Throat Spray (50ml) Glass bottle	\$30		\$
Turmeric (60 capsules) Special save \$5	\$38		\$
Turmeric (180 capsules) Special save \$9	\$95		\$
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) 2 OR MORE	\$95		\$
Vitamin B5 (90 capsules)	\$36		\$
Vitamin B Complex (60 capsules)	\$39		\$
Withania (Ashwagandha) (60 capsules)	\$39		\$
Women's Boost (60 capsules)	\$44		\$

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

Using your phone camera scan the QR code to go straight to our website or simply visit www.healthhouse.co.nz

REFER A FRIEND

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

FREE PHONE

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

EMAIL
enquiries@healthhouse.co.nz

DIRECT DEBIT BANKING

To set this up please
Call 0800 140 141
Mon - Fri 8.00am - 4.30pm

The easy way to pay, now cheques are gone.

BOOKS	PRICE/EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
Heal your Eye Problems	\$20		\$
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Deduct any loyalty rewards shown on your last invoice \$

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Please tick your preference

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CUSTOMER ID

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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

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

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To set this up please
Call 0800 140 141
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The easy way to pay, now cheques are gone.

VISIT OUR SHOP

1 Whakake Street, Tauriko, Tauranga.
OPEN FIVE DAYS A WEEK Mon - Fri 8.30am - 4.30pm.

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