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NEW ZEALAND

100%
PROUDLY
NZ OWNED
& OPERATED

New Zealand's top-selling health book now available

See page 3

Give me the facts about Natural Health

By David Coory - pages 4-5

Chapter review Probiotics

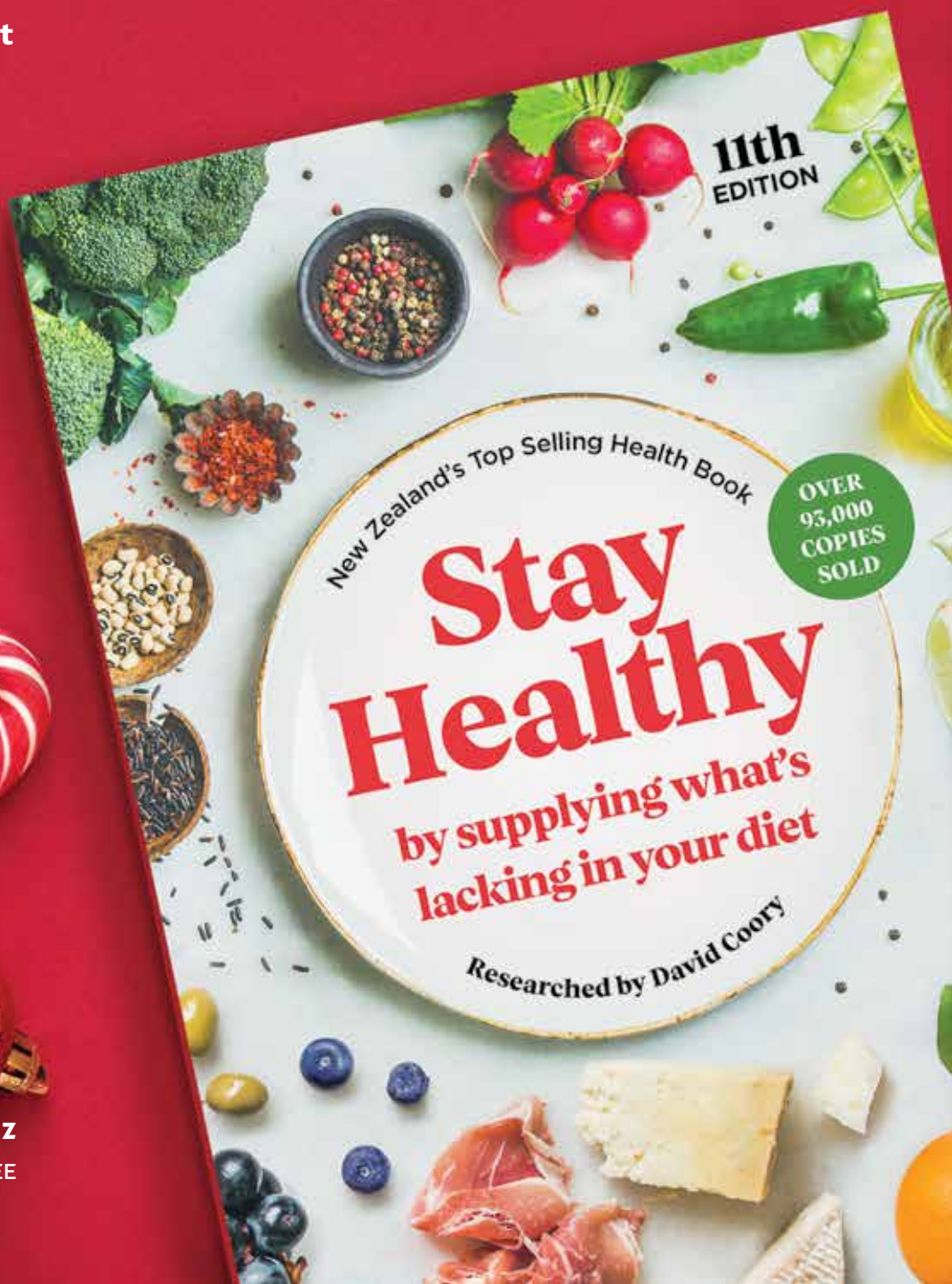
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All our products are
GLUTEN FREE

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60 DAY MONEY BACK GUARANTEE

PP8091

Quick Find

- 15 5-HTP
- 11 7-Day Iron
- 26 Alert Plus
- 14 Aloe Vera Gel
- 14 Aloe Vera with Colloidal Silver Gel
- 7 Apple Cider Vinegar
- 17 Bone Health
- 18 Boron and Selenium
- 17 CAA - Multi
- 18 Carnitine
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- 21 Colloidal Silver Products
- 22 Complete C Powder/ Tablets
- 9/17 CoQ10-Omega 3
- 22 Coral CAA
- 11 Cranberry
- 15 DHEA 7-Keto
- 7 Easy-Lax
- 9 Evening Primrose and Flaxseed Oil
- 23 Eye Health
- 11 Harmony
- 19 Healthy Joints 90/180
- 9 Hemp Seed Oil
- 22 Immune Support
- 11 Kelp
- 7 Liver Cleanse
- 11 Maca-X
- 19 Magnesium 60/180
- 6 Men's Boost
- 23 Mitchells Products
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- 9 Omega 3 Fish Oil
- 16 Optimum Health Triple Pack
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- 23 pH Test Strips
- 21 Potion No. 9
- 7 Probiotic Multi 9
- 12 RealSalt Products
- 20 Relax
- 14 Salicylic Acid Gel
- 14 Skin Clear
- 5 Sweet Stevia Tablets
- 13 The Ultimate Cleanse Kit
- 22 Throat Spray
- 18 Turmeric 60/180
- 20 Turn Back Time Cream
- 20 Turn Back Time Capsules
- 15 Vitamin B Complex
- 18 Vitamin B5
- 8 Withania

In this issue NOV/DEC/JAN

Another year almost over, summer weather and the Christmas break is nearly here.

I am sure we have all heard enough about COVID and are looking forward to summer. Hopefully by the time you read this, it will be under control and you can enjoy time off with friends and family.

I must apologise for the supply chain issues we have had over the past few months, we always work hard to ensure that we have everything in stock but sometimes matters are out of our hands.

It is great to have our own manufacturing facility, but the probiotics require specialised equipment and are made by a USA manufacturer, and have been delayed. We are doing everything we can to hurry them along.

The great news is that the Stay Healthy book, 11th edition is now finished. It has been a massive exercise, with David and the Health House entire team putting in a great deal of effort.

I must say, I'm very impressed with the new 11th version, it is larger, more modern, and easier to read. This is the best health book on the market, but I would say that, wouldn't I.

I asked our regular article contributors to read sections of the book and give you

some feedback. Denise has reviewed the Fats and Oils chapter, Nadia the Probiotics chapter and Andrea the Medicinal plants chapter.

With the increase in pages and the increase in printing costs, we have not managed to keep the price the same as the old version, but are offering special pricing for the rest of the year.

We are also proud to announce that we have received our licence to manufacture medicine for our medicinal cannabis

project. This is a testament to our high quality systems and the massive amount of work our quality, cultivation and manufacturing teams have put in. Our next step is to run some commercial size batches,

get them tested and then submit for product approval with Medsafe. This licence is a major step closer to having products ready for market.

Have a great holiday.

Kind regards

Mike Coory

Managing Director



Christmas Hours

Just to let you know, any orders received before 11:30am on Thursday the 23rd of December will be dispatched on that day.

Phone and website orders placed after 11:30am on the 23rd will be dispatched on Monday the 10th January 2022.

The Health House shop will close at 12:00 noon on the 23rd December and will reopen at 8:30am on Monday the 10th of January 2022.

7
Chapters

16
Vitamins

49
Health Hints

24
Minerals

365
Food additives



93,000
Copies sold

35
Years of research

424
Pages

30
Medicinal Plants

17
Page index



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 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.

You can say goodbye to, or avoid altogether, many embarrassing and

misery-causing health problems. These are healed by optimum nutrition – small but important changes to your diet. Your body is able to heal naturally from within, or prevent them from occurring. Often all you require are the important minerals like boron, magnesium, zinc, selenium and iodine, which are lacking in soils or lost in processing our food. Farmers know the dramatic difference minerals make to the health of animals and the same principals apply to us. This book is easy to read and has sections on all common vitamins,

minerals, medical plants and other food items.

It contains information on each nutrient including the role they play in your body, recommended levels, lists of food sources and the effects of having too much or not enough.

There is also a section on food additives and a comprehensive index.

Christmas Special

\$29ea or two for **\$25ea**
normal retail price \$31

Give me the facts about Natural Health

I researched and wrote the first edition of this book 35 years ago. With each new edition, I include updated facts and useful suggestions.

This new 11th edition is a major revision and almost complete rewrite. I've included new chapters on lesser known nutrients that readers have enquired about, such as lithium and silver. A new chapter on healing plants and more health hints have been added.

This book has remained New Zealand's top selling health book since it was first published back in 1988. I'm pleased to report that to-date (2021) 93,000 copies have been bought by our modest population of five million people. I believe this success is due to its reasonable price, simple layout and listening to feedback from readers as to what they want included.

I continually search out important health research and enjoy sharing what I find with readers. I want all New Zealanders to enjoy optimum health from enjoying nutritious, tasty food.

Optimum health, as I see it, is to have a clear, cheerful mind, a quick retentive memory, vigorous heart, clean arteries, ample energy and healthy bones, a refreshing night sleep and to be free of disease.

We avoid health problems with healthy food

You'll almost certainly find by using this book, that your present diet is not giving

you enough (or the correct balance) of some important fats, minerals and vitamins. When you rectify this, you start to release your full potential energy.

Your immune system begins to protect you as it should. Your memory and mind become sharper, clearer and more optimistic, and sleep becomes deeper and more refreshing.

We must share this nutritional information with our children and grandchildren. Correct nutrition during pregnancy has a profound effect on the unborn child, especially brain and dental development, and greatly reduces the risk of miscarriage, premature birth, autism and ADHD.



CANCER
HEADACHES PMT FATIGUE
HORMONES IBS IMMUNE DISORDER
ECZEMA INFECTIONS CATARACTS
THYROID DEPRESSION ANXIETY
ARTHRITIS DIGESTION
SHINGLES INFLAMMATION GOUT
DIVERTICULITIS DIABETES
ENDOMETRIOSIS COELIAC DISEASE
CARDIOVASCULAR
ASTHMA ADHD
DEMENTIA



Merry Christmas

Merry Christmas our lovely Health House customers. What a year this has been. A big thank you for all your support to us over the past twelve months.

My love and prayers go out to all of you who have family and friends overseas that you have not been able to see for some time because of lockdown.

How lucky we are to live in such a beautiful country and to spend time with our families that live here.

I hope this Christmas you will be able to spend time visiting loved ones and our lockdowns have ended. (This is something I'm sure we have all missed very much).

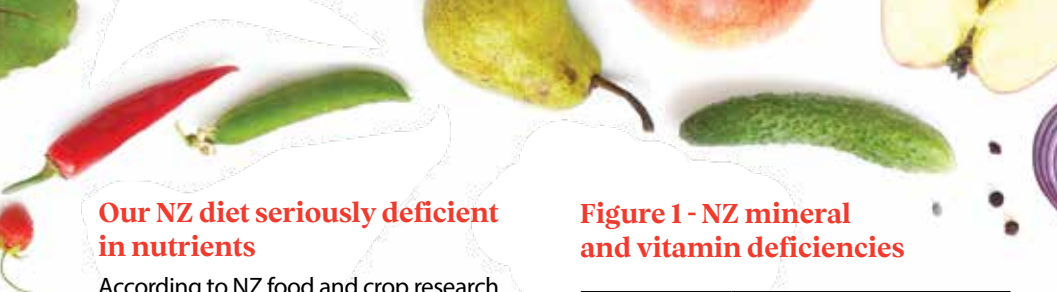
I am so blessed to have six children who look after me and care for me.

I hope you have all been keeping well. Whatever you plan to do over the holiday season, have a lovely time with your family and friends.

Merry Christmas & Happy New Year
Lots of love

Marie Coory





Our NZ diet seriously deficient in nutrients

According to NZ food and crop research figures, many commercially grown foods have dropped in nutrient content since I began compiling food tables for this book 35 years ago.

Some good news – increasing numbers of food growers are now adopting natural soil fertilising methods to enrich their soils. This also enhances the healthy bacterial (probiotic) content of the soil. Pleasingly, it's a step in the right direction.

Our dairy and unprocessed meat and fish remain consistently nutritious and our grass-fed meats have a higher nutritional content than most overseas meats. Fish remains consistently nutritious as the mineral content of sea water (unlike most crop soils) remains stable.

“In the average unfarmed topsoil (down to seven inches) there exists only enough minerals to take off 40 good crops or 100 poor crops.”

Dr Weston Price DDS
(1870 – 1948)

However, because most of our crop foods are still grown in nutrient-depleted soils, and then processed for long shelf life, nutritional deficiencies are common and widespread, both here in NZ and overseas.

Figure 1 shows a list of NZ mineral and vitamin deficiencies revealed during our last nutrition survey 12 years ago. The few that weren't surveyed are based on typical overseas findings.

These deficiencies are compared to the recommended daily intake (RDI).

Figure 1 - NZ mineral and vitamin deficiencies

Iodine	100% deficient
Vitamin D	84% of elderly deficient
Chromium	80% deficient
Vitamin B12	80% deficient
Iron	80% women under 50 deficient
Copper	75% deficient
Magnesium	72% deficient
Omega 3 fat	60% deficient
Zinc	52% to 90% deficient
Calcium	45% to 90% deficient
Selenium	45% to 78% deficient

The Stay Healthy book will show you how to rectify these deficiencies.

It's a true maxim, 'Health is the best wealth' and I hope this book will help you in some way to achieve or maintain it.



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.

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

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
- Take in the morning
- Capsules
- Take anytime
- Vegan capsules
- Take in the evening
- Tablets
- Take with food
- Powder
- 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.

Low calorie, natural sweetening 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.

\$25ea 200 tablets

One tablet = approx. one teaspoon of sugar





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.

Supports

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

- 📅 1 per day
- ☀️ Morning
- 🍴 With food

STAY HEALTHY BOOK: Probiotic chapter review

I was excited to learn that David was writing a new edition of his Stay Healthy book, especially because this edition contains so much extra information compared to previous editions.

One of the chapters that is completely new (rather than updated from previous editions) is a chapter that discusses probiotics in depth.

The chapter is very easy to read and understand, and provides in depth information that covers aspects such as the types of food we can get probiotics from, how our gut flora affects our overall health, the differences between prebiotics, probiotics and antibiotics, types of probiotics and what other factors can affect our gut health.

In this chapter there is a detailed table providing information on all the different families and strains of human bacteria, including both the ones that are helpful to our health and those that are harmful to our health. It goes into detail providing information such as how different strains protect of harm us and where they may be found.

David also covers a long list of health conditions that are exacerbated by poor gut health and would benefit from beneficial probiotics, even discussing how food allergies may develop as a result of antibiotic use. The chapter goes into detail with a simple explanation about how our gut flora affects our digestive health and how this can result in malnutrition, low energy and poor immunity.

There is an explanation of how to effectively take probiotics as well as a list and explanation of the primary chemicals that are dangerous to our probiotic bacteria and gut health

such as artificial sweeteners, food preservatives, glyphosate and chlorine.

I was surprised regarding some of David's comments around coeliac disease, as to my education and knowledge it is a genetic autoimmune condition that can be managed but not cured. I will keep an eye on the latest research, however, and look forward to finding out more information about these findings.

I haven't been lucky enough to read the whole book yet (sadly I'll have to wait for publication like everyone else!) however, the few chapters I have read I have found are very easy to follow, understand and they are written in such a way that all the information makes sense. David has a knack for breaking down some very complex scientific topics and explaining them in such a way that it no longer seems like complicated jargon, making any steps you take towards improving your own health simple.

I hope you enjoy this new edition of the Stay Healthy book, it's a fantastic reference book to keep around to help you stay on track and keep you and your family healthy.



ABOUT THE AUTHOR

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

Are the festivities causing you digestive stress?

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.

\$43ea

60 vegetarian capsules

1-2 per day

Anytime

Empty stomach

Store in a cool dry place, no refrigeration needed.

Inner capsule contains nine strains of probiotics



Outer capsule contains prebiotic



Back in stock in Dec

4+

\$37ea
100 capsules



4+

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.

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

Should I take Probiotics? Book Special

This easy to read and understand book tells you what probiotics are and shows you what to look for when choosing a product. After reading this book, you will be able to make an informed choice on whether you should take probiotics.

Special

\$15ea



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.

3 per day Anytime

With or without food

\$41ea
180 capsules



4+

Give your liver a helping hand with milk thistle, vitamins and minerals

Milk thistle is the main ingredient in Liver Cleanse and works to help protect and restore the liver from toxic damage.

1 per day Morning With food

\$37ea
60 capsules



4+



Reduce stress levels with Withania

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

Withania/Ashwagandha is an Indian (Ayurvedic) herb traditionally used as a calming and rejuvenating tonic.


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

It is particularly helpful in convalescence for restoring energy after illness.

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.

Omega 6 - not all bad

As an article contributor to Health House, I was asked to give some feedback on the Fats and Oils chapter in the new Stay Healthy book.

Such an important chapter – fats and oils are an essential part of our wellness - quality fats in our body really do help lower the risk for many nasty disease processes, and they help keep us alert and functioning from birth through to our older years.

The chapter explains the differences between the four types of fats - saturated, polyunsaturated, monounsaturated and trans fat, plus the indispensable role of fats for absorption of vitamins A, D, E and K.

I learnt by reading this chapter that Avocado oil appears to be an oil that is safer to heat - an oil ideally carries a high level of monounsaturated fat to make it more stable to handle heat. I have always placed Avocado oil with the high polyunsaturated oils, and only enjoyed its health benefits cold as a dressing. It appears it does also carry a high level of monounsaturated oil content, so there is always new knowledge to gain.

Readers should also be aware that linoleic acid (LA) and alpha linolenic acid (ALA) are our two major precursors for omega 6 and omega 3 and are essential to life. Our body converts LA to GLA in the omega 6 pathway and converts ALA to EPA and DHA in the omega 3 pathway. Omega 9 is not essential and easily found in our diet.

In the chapter David states "It's now clear that excess LA type omega 6 from seed oils causes massive health problems" - "and that over-consumption is linked to cancer and cardiovascular disease". Omega 6 in excess does have the capacity to cause inflammation but we are all biochemically different functioning people and must also consider the quality of the oil and a person's diet.

For example, if someone replaced some of their excessive consumption of saturated fat with a quality cold pressed omega 6 seed oil and ingested it cold it would have health benefits.

Quality is the most important part about the fats and oils, we consume. Any oil in an oxidized form can cause problems in our bodies. A quality fat can easily turn into a rancid unsafe compound if poorly treated. Some of the cheap vegetable oils sold in clear plastic bottles are heat treated to extract the oil. This cheap processing destroys any quality it might have started with. These heat treated omega 6 oils, when sold or used in many prepared foods, are risk factors for disease. A quality cold pressed omega 6 oil is a much better choice.

Omega 3 always works down an anti-inflammatory pathway, benefitting and supporting many body systems. Most disease processes sadly will have an inflammatory element. Interestingly there are two full pages of foods listed with gram levels of the different fats - not one of the listed foods has higher than 1 gram of omega 3, emphasising how much harder it is to find omega 3 in our diets - thankfully these pages are not a food plan or the only option to obtain quality omega 3.

One of the major reasons we have our natural health practitioners, is because what is good for one person is not necessarily good for another. Finding balance in our nutritional choices is not as easy as it sounds. It is not always as simple as a ratio between omega 3 and 6, although I do hope it is clear to the reader the importance of the often forgotten omega 3.



ABOUT THE AUTHOR

Denise Elliott - N.D., Dip. Herb. Med., B.H.Sc. (Comp.Med.) Cert. Beauty Therapy. She is a Naturopath, Medical Herbalist and Beauty Therapist.

Mighty Omegas

Each of these products contain omega 3, which assist in providing fatty acids to each and every cell membrane.

100% New Zealand made

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 and your hair shiny and manageable.

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 maintain healthy cholesterol levels and triglyceride (blood fat) levels.

2-3 per day Anytime With food

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



Special

\$26ea
90 soft gel capsules

4+

New Zealand grown Hemp Seed Oil Capsules

A healthy plant based source of omega oils

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.

2-6 per day Anytime With food



\$37ea
150 capsules

4+

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.

1 per day Morning With food

If taking Warfarin or any other blood thinning medication please discuss this with your health professional. EPA 270mg / DHA 190mg / Omega 3 (other) 40mg



\$54ea
60 capsules

4+



\$33ea
200 soft gel capsules

4+

Triple strength fish oil for brain and artery health

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

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).

Importantly, the level of omega 6 is low, 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 equal parts omega 6 to omega 3.

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.

Contains

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

1-2 per day Anytime With food



Healthy Reading

Everything you need to know about Colloidal Silver

\$20ea

Stay Healthy by supplying what's lacking in your diet
Christmas Special

\$29ea or two for **\$25ea**

Normal retail price \$31

New Zealand's Greatest Doctor, Ulic Williams

\$18ea

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

\$20ea

Should I take Probiotics?

\$15ea Special

Should I take fish oil?

\$20ea

Medical Cannabis

\$30ea Special 2 for \$25ea



Herbs chapter review

As a herbalist I love to read all about herbal medicine and plants. I was excited to hear that the new edition of the Stay Healthy Book by David Coory was to include a chapter dedicated to medicinal plants. So, of course I jumped in, boots and all to get my fix!

This section is extremely well laid out and easy for a beginner to understand and has plenty of well researched information that will benefit even the more experienced.

It begins with an introduction to medicinal plants, followed by information on extraction methods (how to get the 'good stuff' out of the plant to be used for medicine).

The bulk of the chapter is dedicated to a description of 32 different plants, that have been carefully selected based on scientific studies that prove their effectiveness. Each has a full page or two of information and is colourfully illustrated.

It includes the plants common name and botanical name for correct identification, followed by a description of the plant, some of its history, and conditions that can be treated.

It is pleasing to see the increasing amounts of modern scientific research confirming that medicinal plants can help to reduce stress, anxiety, improve sleep, aid digestion, immunity, detoxification, increase stamina and hormonal support to name a few. This backs up centuries of traditional knowledge and wisdom of plant medicine.

Each plant 'biography' ends with a technical summary stating active ingredient/s, dosage, parts of the plant used, forms that it can be taken in and any cautions.

As the author points out, although herbs are natural, there can be side

effects and it is important to use them in the right dosage and for the right length of time to avoid any problems. Some herbs have cautions and/or contraindications. A good example of a caution is the use of Liquorice (*Glycyrrhiza glabra*) with people who have hypertension. The constituent glycyrrhizin, found in this plant, can increase blood pressure.

In my opinion the chapter includes a great range of plants which can be used to support and treat a wide range of health conditions, and most are suitable for use by children right through to the elderly.

With end of year fast approaching I know for a lot of us stress levels rise, sleep patterns worsen, and exhaustion sets in. The author has got that covered with some super plants... and who could go past Ashwagandha (*Withania*) the traditional Indian herb renowned for relieving stress and anxiety, promoting sound sleep and increasing energy. Turn a few pages and you'll find the ginsengs if you are feeling rundown, stressed, or impaired by age.

And, if you're partial to indulging over the festive season, check out these herbs - Cinnamon, Fennel, Ginger, Psyllium, Slippery Elm and Turmeric. Great for digestive issues ranging from indigestion and bloating, high blood sugars, cholesterol, weight loss... right through to constipation and irritable bowel.

There are many more amazing plants in this chapter that can improve your health and wellbeing but don't take my word for it ... grab yourself a copy and dig in!



ABOUT THE AUTHOR




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

High quality, easy to digest iron for increased energy

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

Our 7-Day Iron has remained very popular as our customers see real improvements in the iron levels of their blood.

Iron-containing red blood cells carry energy-giving oxygen to every part of our body. Yet iron deficiency is the world's most common nutritional disorder. 25% of the world's population is iron deficient. This is a major cause of low energy.




 1 per week  Anytime  Empty stomach



Enhance energy and support fertility

Extra Strength Maca extract from Peru

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

 1-2 per day  Anytime  With or without food




If pregnant, not recommended during the first trimester.



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 helps avoid temperature imbalance.

 1-4 per day  Anytime  With or without food

If pregnant, not recommended during first trimester.



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.



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.

 1 every 2 days  Morning  With or without food

Small size capsules each containing 1000mcg of Iodine.





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.

The health benefits of unrefined salt

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

RealSalt also contains natural Iodine that remains in the body far longer than the inorganic Iodine, (which is added to refined table salt).

Is RealSalt different to other Sea Salts?

Yes, RealSalt is different from other Sea Salts and 35,000 chefs in a professional taste test of top gourmet natural salts agreed. RealSalt was deemed the Best of Show and Gold Medal winner by professional chefs of the American Tasting Institute. However, don't just take our word for it. We encourage you to experience the RealSalt difference yourself. Take the RealSalt taste test.

If you're spoiled for choice of flavours then the gift set is the perfect option. Comes with four delicious flavours

- ✔ Organic Season Salt
- ✔ Organic Onion Salt
- ✔ Organic Garlic Salt
- ✔ Organic original Salt

Perfect for the campervan, caravan or bach. A wonderful and healthy gift.



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 (season)

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 283g Shaker



The Ultimate Cleanse

Back in Stock in Dec

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.

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.



Xmas Gift ideas Wish list

- ✓ **Stay Healthy Book 11th edition**
Christmas special
\$29ea or two **\$25ea**
- ✓ **RealSalt gift pack**
\$41ea
- ✓ **Turn Back Time Combo**
\$65ea
- ✓ **Turn Back Time Creams**
\$43ea 50ml tube
- ✓ **Aloe Vera Gel**
\$16 50ml tube
\$22 100ml tube
- ✓ **Aloe Vera with Colloidal Silver Gel**
\$18ea 50ml tube
\$25ea 100ml tube
- ✓ **Colloidal Silver Cream**
\$31ea 100ml tube

Nurture the skin you're in

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.

\$16ea 50ml **\$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

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

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

\$43ea **MULTI BUY**



\$43ea
120 capsules

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

🕒 2-4 per day 🌙 Anytime

🍴 With food

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

Summer's little helpers




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

Natural ENERGY BOOST

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

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



\$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 regulation of 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.

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

-  2-4 per day
-  Anytime
-  With food



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.

David Coory – Health researcher and author, formulated the three Optimum Health Triple Pack products, to provide the average New Zealander with all of the minerals, vitamins, Omega 3 and antioxidants needed for optimum health, especially those lacking in the typical Kiwi diet.


CAA – Multi - a New Zealand formulation of minerals and vitamins.


Bone Health - a calcium supplement that won't build up in your arteries.


CoQ10-Omega3 - an energy boost with support for heart and artery health.

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.

 1 per day of each

 Morning

 With food

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



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.

Supports:

- ✔ Maximum energy
- ✔ Brain alertness and clarity
- ✔ Relaxed body and mind
- ✔ Optimum blood sugar and cholesterol balance

\$49ea 60 capsules

1 per day Anytime 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.

Supports:

- ✔ Heart and artery health
- ✔ Emotional well being
- ✔ Mental clarity and focus
- ✔ Joint health

\$54ea 60 capsules

If taking Warfarin or any other blood thinning medication please discuss this with your health professional.
EPA 270mg / DHA 190mg / Omega 3 (other) 40mg

1 per day Morning 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.

Supports:

- ✔ Normal sleep patterns
- ✔ Stronger more flexible bones
- ✔ Raises your pH to protect against common health problems

\$47ea 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.

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.

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

\$36ea 90 capsules

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



Help your BODY BURN CALORIES

Carnitine helps your body burn calories 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.

- ✔ Supports normal fat metabolism
- ✔ Has powerful antioxidant activity

\$32ea 60 capsules

- ✔ 3-5 per day
- ☀ Morning
- 🕒 Empty stomach



A high quality CHELATED MINERAL BLEND

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

- ✔ Boron improves calcium absorption
- ✔ Boron improves magnesium absorption
- ✔ Selenium is a powerful antioxidant
- ✔ Zinc for immune support
- ✔ Improves nutrient absorption

\$43ea 60 capsules

- ✔ 1 per day
- 🌙 Evening
- 🍴 With food



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.

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



STAY ACTIVE THIS Summer!

Supports restful sleep and relaxation, perfect for a great summer break.

THE NUTRIENT SUPERSTAR

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

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

Magnesium helps relax your mind and supports healthy blood pressure and contributes to 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 for 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.

Benefits

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

- 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.



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.

\$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



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.

- 1-6 per day
- Anytime
- With or without food

\$45ea
180 capsules



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

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.

What natural products assist with anti-ageing?

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



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.

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

\$65ea Combo

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.

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

2-3 per day Evening With food



\$35ea
60 capsules

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.

Available in various different formulas to suit all applications

Colloidal Silver Generator

Make your own colloidal Silver

\$140ea one year guarantee

\$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

\$32ea 4 or more 500ml bottles

MULTI BUY



\$44ea
60 capsules

Enhance both male and female libido

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

Enhanced libido and sexual vitality

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 increase long term sexual vitality.

In men, it can support healthy sperm production and boost 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.

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

1 per day

Morning

With food

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

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.

Complete C Powder

- 🥄 1/4-1/2 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

Available in powder or chewable tablets.



A blend of high quality minerals and vitamins

Complete mineral and vitamin blend

A half serving of the minerals and vitamins in CAA - Multi and in Bone Health

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

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



\$49ea
60 capsules

Boost your immune health

Four powerful herbs and two powerful nutrients.

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

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



\$33ea
60 capsules



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).

Mitchells Range

Collagen

Collagen is the glue that holds us together, it's one of the most important proteins in the human body, but as we age our bodies produce less and less of it.

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

\$59ea Marine Collagen **\$49ea** Bovine Collagen

Collagen Repair

Throughout our lives we put a lot of strain on our bodies – particularly when we're exercising. Essentially, over time we're doing damage to our joints, our muscles, our skin, our organs and even our brains. When it comes to repairing that damage, our bodies know best. We just need to give them the right fuel.

\$69ea 200g - 25 serves.

Bone Broth

Bone broth is a simple, natural, traditional way of extracting all the nutrition you can out of ingredients and getting that goodness into your body. Packed full of protein and amino acids. Made using quality NZ beef bones and NZ grown vegetables.

\$69ea 200g - 25 serves. **\$36ea** 100g - 14.5 serves.

Bone Broth Protein Powder

Mitchells Bone Broth Protein Powder is a natural way to give your body all the support it needs to stay active.

This product is packed full of essential amino acids - the 'building blocks' our body needs to survive and thrive. Amino acids supports 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 90%) in collagen, making it a dual purpose function food. Natural vanilla and monk fruit for pleasant flavour.

\$69ea 500g - 17 serves.

pH Test Strips

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

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












\$16ea (five packs of 10)



Pain-Eze an all natural, warming cream with powerful essential oils and potent extracts

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.

-  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

Directions:

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






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.

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

\$49ea 60 capsules

-  1 per day
-  Anytime
-  With or without food



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%) 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.

Benefits

- ✓ Lion's Mane 20:1 extract
- ✓ Ginseng 4:1 extract
- ✓ Ginkgo 50:1 extract
- ✓ High in antioxidants

Supports

- ✓ Mental clarity and brain function
- ✓ Normal mood balance
- ✓ General wellbeing
- ✓ Immune system

✓ 1-2 per day

🌙 Anytime

🍴 With food

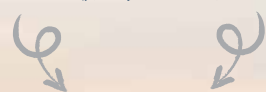
Seek advice if taking blood thinning medication.



New



Go to our website to see the latest articles on the superfood mushrooms



\$59ea
60 capsules

ORDER FORM AND PRICE LIST

Prices valid until 31 January 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) New	\$59		\$
Aloe Vera Gel (50ml tube)	\$16		\$
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) 4 OR MORE	\$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) Special	\$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) 2 OR MORE	\$98		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ Hemp Seed Oil (150 capsules)	\$37		\$
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+ 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) New	\$69		\$
Mitchells Collagen Peptides - Bovine (200g tub)	\$49		\$
Mitchells Collagen Peptides - Marine (200g tub)	\$59		\$
Mitchells Collagen Peptides - Marine (200g tub) Old Packaging Special	\$39		\$
Mitchells Collagen Repair (200g tub)	\$69		\$
4+ MSM Sulphur (180 capsules)	\$45		\$
4+ Omega 3 Fish Oil (200 gel capsules)	\$33		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health)	\$131		\$
Optimum Health Triple Pack (CAA - Multi Non-iron)			
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE	\$124		\$
Optimum Health Triple Pack (CAA - Multi Non-iron)			
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) Temporarily out of stock - Due Dec	\$43		\$
4+ Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack. Temporarily out of stock - Due Dec	\$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		\$
RealSalt gift pack	\$41		\$
4+ Relax (60 capsules)	\$35		\$
Salicylic Acid Gel (50ml tube)	\$29		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$
Silver Rods (pair)	\$50		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ Skin Clear (120 capsules)	\$43		\$
4+ Sweet Stevia Tablets (200 tablets)	\$25		\$
Throat Spray (50ml) Glass bottle	\$30		\$
4+ Turmeric (60 capsules)	\$43		\$
4+ Turmeric (180 capsules)	\$104		\$
4+ Turn Back Time Capsules (60 capsules)	\$43		\$
Turn Back Time Cream (50ml tube)	\$43		\$
Turn Back Time Cream (fragrance free 50ml tube) New	\$43		\$
Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
Turn Back Time Fragrance Free Combo (50ml cream and 60 capsules) New	\$65		\$
Ultimate Cleanse kit (410 capsules)	\$110		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$95		\$
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		\$
Laugh with Health Special 2 for \$40	\$20		\$

BOOKS	PRICE EACH	QUANTITY	TOTAL
Medical Cannabis a brief guide for New Zealanders	\$30		\$
Medical Cannabis a brief guide for New Zealanders Special 2 for \$50	\$25		\$
New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
Should I take fish oil?	\$20		\$
Should I take...Probiotics? Special	\$15		\$
Stay Healthy by supplying what's lacking in your diet Christmas Special - New	\$29		\$
Stay Healthy by supplying what's lacking in your diet Special 2 for \$50	\$25		\$
Which Natural Therapies Should You Try?	\$21		\$

4+ I have bought four or more of the icon products **- \$20**

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

No signature required

Signature required (Sorry, not rural delivery)

CUSTOMER ID

Name

Address

Phone

Post code

Email

We will send you an email to let you know when your order is dispatched.

Please direct debit by bank account (pre registration required)

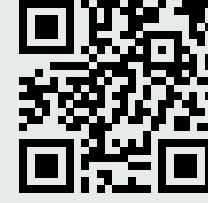
Credit Card Number

Visa Mastercard Exp. date

Security code



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



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

or simply visit www.healthhouse.co.nz

4+ 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.

HOW TO ORDER

FREE PHONE

NZ 0800 140 141 - AUS 1800 140 141

Other countries call +64 7 543 0491
Operators available 24/7 – 365 days

FAX OR EMAIL

0800 140 142 (NZ)
enquiries@healthhouse.co.nz

DIRECT BANKING

STEP 1: Call us to place your order.

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

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

VISIT OUR SHOP

1 Whakakake Street, Tauriko, Tauranga.

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

FREEPOST

Fill out this order form and send to:

Freepost Authority Number 206782

Health House, Private Bag 12029, Tauranga, 3143.

Include your credit card details or set up direct debit.