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JUL/AUG
2019

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HealthHouse
NEW ZEALAND

100%
PROUDLY
NZ OWNED
& OPERATED

Men's Boost

Supercharge your performance | PAGE 3

All our
products are
**GLUTEN
FREE**



Omega testing, our findings David Coory | P4-5

Irritable women syndrome Nadia McMorran | P6

Medical cannabis Dr Shaun Holt | P8

Testosterone Denise Elliot | P10

TAPS PP4160

0800 140 141
www.healthhouse.co.nz

**60 DAY MONEY
BACK GUARANTEE**

WHAT'S NEW

Winter is just starting, so now is a good time to build up your resistance with our immunity products (page 9).

The results of our Omega 3 ratio testing are back and David explains the results (Pages 4/5).

We have rebranded our Potion No. 9 as Men's Boost to more correctly reflect the wide range of benefits this product has to offer. It's not just for libido but for prostate health and muscle development. Our product is very good value for money when compared to other similar products. Potion No. 9 is still available to purchase, while stocks last, if you prefer.

Denise's article is about testosterone and Nadia is covering irritable women syndrome (after her last article covering irritable men syndrome, it only seems fair).

Shaun is finishing his latest book on medical cannabis, which is very topical at the moment, so we have asked him to do an article on the subject. We have approval to sell his book and we hope to have it available in the next catalogue.

Kind regards

Mike Coory
Director

Products

- 17 5-HTP
- 6 7-Day Iron
- 16 Aloe Vera Gel
- 16 Aloe Vera with Colloidal Silver Gel
- 13 Bone Health
- 16 Boron and Selenium
- 13 CAA - Multi
- 14 Cacao Tea (bags)
- 11 Carnitine
- 21 Coconut Body Butter
- 20 Colloidal Silver Cream
- 20 Colloidal Silver Products
- 26 Colostrum Powder
- 9 Complete C Powder/ Tablets
- 13 CoQ10-Omega 3
- 19 Coral CAA
- 17 Cranberry
- 11 DHEA 7-Keto
- 15 Easy-Lax
- 7 Evening Primrose and Flaxseed Oil
- 11 Eye Health
- 11 Garcinia
- 19 Harmony
- 22 Healthy Joints 90/180
- 9 Immunity Support
- 18 Kelp
- 15 Liver Cleanse
- 19 Maca-X
- 10 Magnesium 60/180
- 18 Melrest



Throat Spray

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

- 3 Men's Boost
- 26 Mitchells Bone Broth
- 26 Mitchells Collagen Repair
- 17 MSM Sulphur
- 7 Omega 3 Fish Oil
- 12 Optimum Health Triple Pack
- 21 Pain-Eze
- 23 pH Test Strips
- 18 Potion No. 9
- 12 Probiotic Multi 9
- 22 RealSalt Products
- 17 Relax
- 16 Salicylic Acid Gel
- 7 Skin Clear
- 23 Sunscreen
- 15 Sweet Stevia Tablets
- 14 The Ultimate Cleanse Kit
- 5 Throat Spray
- 21 Turmeric 60/180
- 23 Turn Back Time Cream
- 23 Turn Back Time Capsules
- 19 Vitamin B Complex
- 4 Vitamin B5
- 15 Withania
- 14 Yerba Maté Tea (bags)



LOYALTY REWARDS

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

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.

Healthy Reading

- Everything you need to know about Colloidal Silver **\$19**
- Stay Healthy by supplying what's lacking in your diet **\$25** or two for **\$20ea**
- New Zealand's Greatest Doctor, Ulric Williams **\$17**
- Which Natural Therapies Should You Try? **\$21**
- Laugh with Health **\$24** or two for **\$40**
- Colostrum - Life's First Food **\$20**
- Easy Way To Stop Smoking **\$18 Special**
- Heal Your Eye Problems **\$19**
- Should I take Probiotics? **\$19**
- Should I take fish oil? **\$20**
- The DHEA Breakthrough **\$25**



Supercharge your 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, Men's Boost is right for you, or 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.

Zinc is a key mineral, a healthy prostate has more zinc (approximately ten times more) in its tissues than any other part of the body.

Low levels of selenium in our soils is a well known fact and is a vital mineral for men and their prostate health.

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

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



\$42ea
60 capsules

-  1 per day
-  Morning
-  With food

Product Comparison	Men's Boost	TESTO®	Herbal Ignite
Price (single bottle)	\$42	\$89	\$124
Capsules per bottle	60	60	90
Daily dose	1	2	4
Cost per day	\$0.70	\$2.97	\$5.51

Ingredients

Tribulus Terrestris	✓	✗	✓
Maca Extract	✓	✗	✗
Horny Goat Weed	✓	✓	✓
Zinc	✓	✓	✗
Selenium	✓	✓	✗
Korean Ginseng*	✗	✓	✗
Avena Sativa**	✗	✗	✓
Fenugreek Seed***	✗	✓	✗

* More for short term use, not a daily supplement

** Wild oats, more a nutritious food than a herbal supplement

*** More commonly used for digestive issues

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.



HEALTH HOUSE IS PROUD TO SUPPORT THE HISTORIC MUSCLE & SALOON CARS



Our staff testing of the critical Omega 6 to Omega 3 ratios – what did we find?



We've had questions from some customers a little confused by my article in the Jan-Feb catalogue on 'Why saturated fat is healthy for you and vegetable oils can be harmful'.

You may remember I explained how too much Omega 6 fat (mainly from seed oils and margarine) and too little Omega 3 fat (mainly from fish) causes inflammation in our body and depresses our immune system. This is a massive cause of serious health disorders and is mostly to do with the ratio of Omega 6 to Omega 3.

The Omega 6 to Omega 3 ratio

This is the total amount of Omega 6 oils in our blood compared to the Omega 3 oils. The ideal diet ratio is 4 parts Omega 6, to 1 part (or more) Omega 3 oil. This 4 to 1 ratio is difficult to achieve with our modern diet. NZ levels are claimed to be as high as 16 to 1 and American levels even higher high at 20 to 1. These figures are alarming, for when our Omega 6 to Omega 3 ratio exceeds 9 to 1, our immune system begins to shut down.

So 10 of our Health House staff members (along with Mike and myself) agreed to be tested to see what our ratios were.

The results were interesting, but before we look at them, some of you asked if we should avoid Omega 6. The simple answer is no – Omega 6 fat is essential for energy and for our body to use Omega 3.

Omega 6 only becomes harmful when there's not enough Omega 3 to process it properly and keep our immune system in top order.

Too low a level of Omega 3 in the blood stream greatly increases our risk of cancer and inflammation disorders like arthritis, also cardio-vascular disease and depression.

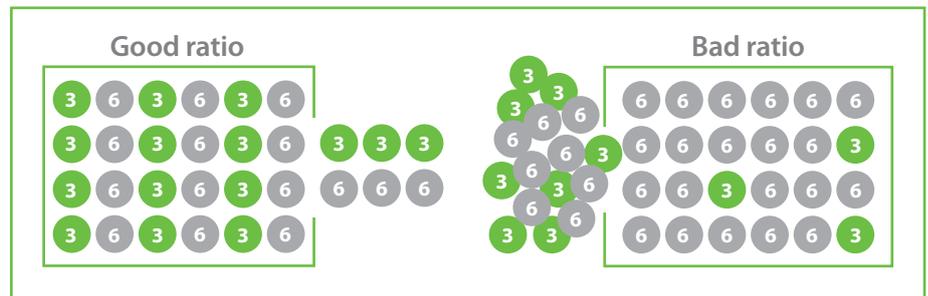
Blood testing our staff

We located a reputable American laboratory that performs Omega 6/3 tests and ordered blood test kits for the twelve of us. These tests were rather expensive at around \$200 a person. A medical professional took four blood samples from each one of us and we sent the kits off to the laboratory.

We were keen to see the results when they finally arrived – our office staff are all reasonably health conscious but not fanatics like me.

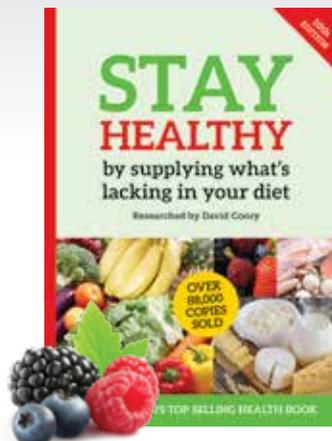
Results

As you can see from the results, none of us were anywhere near the commonly reported dangerous 16 to 1 ratio, but we weren't as good as I'd hoped.



You need New Zealand's top selling health book

This is an invaluable health reference book for your home. It shows how to prevent or heal just about any diet related health problem, by making small but critical changes to your diet.



\$25ea 288 pages

\$20ea **MULTI BUY**

Buy two books and save \$10

Vitamin B5 for heart and artery health

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

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

\$34ea 90 capsules





I was the only one within the healthy 4 to 1 ratio (3.6 to 1). I take two fish oil capsules daily (CoQ10-Omega 3 and Omega 3 Fish oil), one Evening Primrose and Flaxseed oil capsule and also eat two small cans of salmon per week. But I shouldn't be too smug, for truly superior health, experts recommend a 2 to 1 ratio of Omega 6 to Omega 3.

Mike's not fond of fish and generally avoids it, so he was pleasantly surprised at his reasonable result (5.7 to 1). Of our female staff, half take fish oil regularly and the other half don't. This is listed on the chart to the right.

The Omega 3 index

While the ratio is important, the total level of Omega 3 in the blood is equally important. There's not much advantage in having a good ratio of Omega 6 to Omega 3 if both are low. The tests also reported the Omega index which is the total percentage of all five Omega 3's in our blood. This should ideally be above 9%. The results are below. Here again I took the honours but only just, at 10.6%.

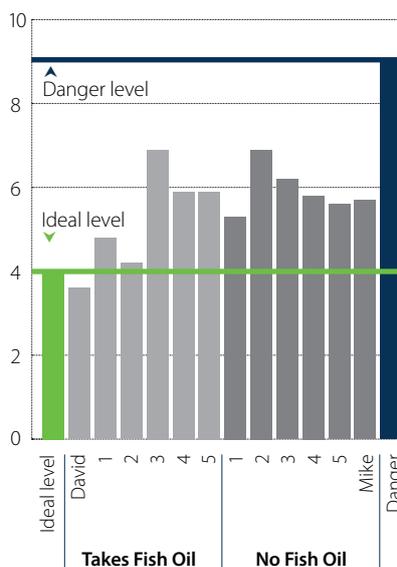
Omega 3 absorption varies from person to person

One unusual feature of our test findings, is that two of our staff who took fish oil had both low levels of Omega 3 and a poor ratio. A recent in-depth study of Omega 3 may explain this. The study tested actual blood levels of Omega 3 in people after they took 1gm of fish oil. Surprisingly, they found huge differences in the absorption rates from person to person. Eventually they concluded it was due largely to genetics.

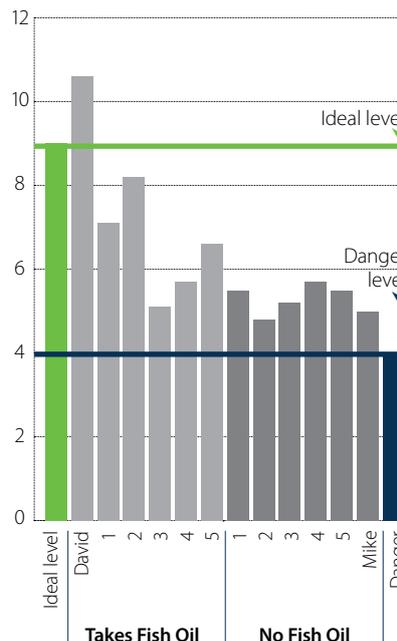
The recommended daily net amount of Omega 3 is 1gm. This normally means taking two capsules daily of double strength fish oil.

Some of our staff, including Mike and I are working on improving our Omega 3 ratios. (I now take an extra fish oil capsule every evening.) We'll do another test further down the track and see if it makes a difference. Perhaps somebody will topple me from my pole position. Looks like some fish for Mike.

Omega 3 - Omega 6 ratio



Omega 3 index



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.

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 300 sprays.

Due to the syrup containing honey, we do not recommend it for infants (under two years old).



\$29ea
50ml liquid



Irritable Women Syndrome

Following my article in the last issue of the catalogue about irritable male syndrome, I thought it was a good idea to write about irritable women syndrome in this issue.

It's common for women to start feeling more irritable and less tolerant especially as they go through menopause, and even beyond.

During and after menopause, oestrogen levels are lower, which can actually mean we have less control over our emotions. Also, our levels of oxytocin (also known as the love hormone) drop, this may explain why the people we love just seem to grate on our last nerve more than they ever have before!

There are a number of things you can try which can help to stabilise your mood and emotions, and hopefully ensure that you still have a happy home life with your family.

Relaxation techniques

Meditation, mindfulness, deep breathing, yoga, stretching, tai chi or anything else that works for you. By relaxing your mind and body you can regulate your emotions and stress levels, as well as positively impacting a number of other areas in your life.

Naturally increase oxytocin

The 'love' or 'feel good' hormone can be increased simply by giving and receiving hugs, patting your cat or dog, or even with random acts of kindness

towards others. Thankfully, chocolate works too! It releases dopamine that can increase oxytocin levels.

Reduce caffeine

Caffeine can contribute to these mood swings – have you ever started to feel more impatient not long after finishing your coffee? It's a good idea to reduce your coffee intake and increase your water intake, making sure you have at least 6-8 glasses of pure water each day (sorry but coffee and tea don't count towards this!).

Diet

Excess sugar and processed foods impact your blood sugar negatively, which in turn affects your moods quite dramatically. This makes it much harder to feel calm, patient and tolerant. Focussing on fresh, whole foods will help to keep both your blood sugar and moods stable.

NATURAL REMEDIES

Maca

Maca is packed with nutrients and helps to regulate your oestrogen levels, modulate stress hormones and helps with sleep and energy levels, all which will contribute to a better mood and more patience.

Sage

Sage has a positive impact regulating your body's core temperature (helping to prevent hot flashes), while also helping to prevent mood swings. You can make fresh or dried sage leaves into a tea if you prefer this to a supplement.

Vitamin C

Vitamin C is a necessary cofactor for oxytocin production, and because this is not stored in the body it's important to take it daily.

Vitamin D

Have you ever noticed how much better your mood is in summer vs. winter? Vitamin D is an automatic mood booster. It regulates your emotions, helps with sleep and fatigue and even cognitive function.



ABOUT THE AUTHOR

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

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%.

- ✔ A clear mind
- ✔ An alert quick brain
- ✔ Strong bones and muscles
- ✔ Increased energy
- ✔ Natural weight management

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

\$31ea 25 capsules



Always read the label and only use as directed.

📦 Save \$20, when you buy any four products marked with the blue icon. See order form for full details.

Clear skin starts from within

Studies indicate that excess oil production by the body creates a build up behind the pores, causing pimples and acne. Treating it topically (with creams) is not always effective.

Skin Clear gives the body the tools it needs to deal with excess oil. It also contains the full range of B vitamins and vitamin C to support the healing of the skin.

-  2-4 per day
-  Anytime
-  With food

\$41ea 120 capsules

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



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. However the current New Zealand average is estimated to be around 18 parts omega 6 to one part omega 3.

This is because omega 6 is readily available in our food, whereas omega 3 is much harder to obtain from our diet.

\$31ea 200 soft gel capsules

-  1-2 per day
-  Anytime
-  With food

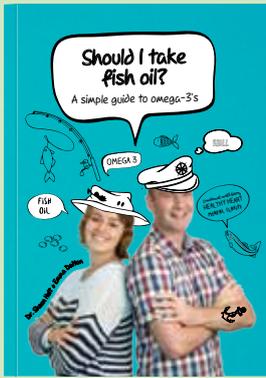


Beneficial for skin, hair and nails

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.

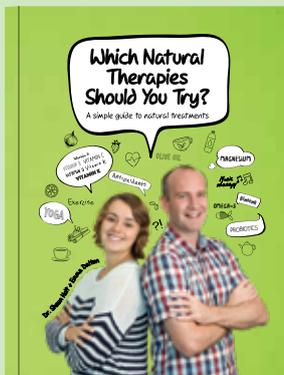
\$32ea 90 soft gel capsules

-  2-3 per day
-  Anytime
-  With food



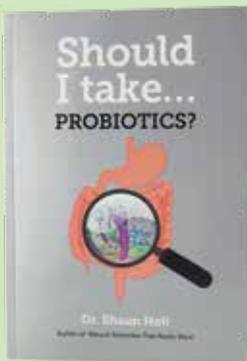
An easy to read guide to omega-3 and other fish oils

\$20 85 pages



A simple guide to the best natural therapies

\$21ea 136 pages



Make an informed choice on whether you should take probiotics, written by Dr Shaun Holt

\$19ea 82 pages

Medical Cannabis in New Zealand

It is quite incredible what can be achieved by modern medicine. Many cancers can be cured, we can see inside the body in amazing detail with a variety of hi-tech machines and people are living longer and healthier than ever before. But the biggest story in medicine at the moment is whether people should be legally able to use a plant that has been used medically for at least 5,000 years.

In New Zealand cannabis has become legal for medical use, with legislation passed in December last year and regulations on how this will work due to be finalised in December of this year.

The key questions are: does it work and is it safe? The answers are “definitely” and “mostly”. There has been a lot of research into the medical effects of cannabis, but nowhere near enough to fully understand just how effective it is or how to use it optimally. A big reason for the lack of certainty is that there are over 500 compounds in cannabis, and yet most of the clinical studies have looked at pharmaceutical products which have extracted only one or two of these compounds. In general, natural products are effective due to the many ingredients that they contain working together synergistically. If a natural product such as cannabis is substantially altered, a high proportion or even all of the effectiveness may be lost.

Despite this there is solid evidence that cannabis can help with nausea and vomiting from chemotherapy, chronic pain, spasticity from multiple sclerosis, sleep problems and anxiety issues.

Further research is likely to find many other proven health benefits.

On the flipside, although no-one has ever died from a cannabis overdose (unlike opiate medicines which kill tens of thousands of people every year), using large amounts of cannabis at a young age can cause severe mental health issues, smoking lots of cannabis may cause lung cancer and using cannabis and then driving can lead to fatal crashes.

The main medical and legal bodies are in favour of the medical use of cannabis. The New Zealand Medical Association (NZMA) supports medical cannabis as long as the products are of high quality and clinical studies have been undertaken to show that they are safe and effective. The New Zealand Law Commission has recommended cannabis be made available for medical use.

The New Zealand public are certainly in favour - a recent poll of 1,750 New Zealanders found that 71% of those surveyed supported medicinal cannabis legalization and other surveys put this figure at over 90%.



ABOUT THE AUTHOR

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

Shaun's next book COMING SOON

Dr Shaun Holt has nearly finished writing his book - Medical Cannabis - A Guide for New Zealanders which will be available shortly. To pre-order just ask our Call Centre staff to add you to the list and we can send a copy out to you.



Boost your immunity

Four powerful herbs and two powerful nutrients

Astragalus has been used medicinally for over 2000 years for a broad range of conditions, with a particular focus on immunity and stress.

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

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

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

Vitamin C and zinc have both been proven to support recovery.

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



\$31ea
60 capsules



Convenient chewable tablets

Made from our Complete C Powder, these tangy orange flavoured tablets contain three different forms of 100% absorbable vitamin C, each designed to complement the others and avoid stomach irritation.

\$37ea 200 chewable tablets

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

Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

-  Fewer ill and chills and faster recovery
-  Supports the production of collagen
-  Helps keep your skin supple and elastic
-  Assists the body to expel waste and toxins

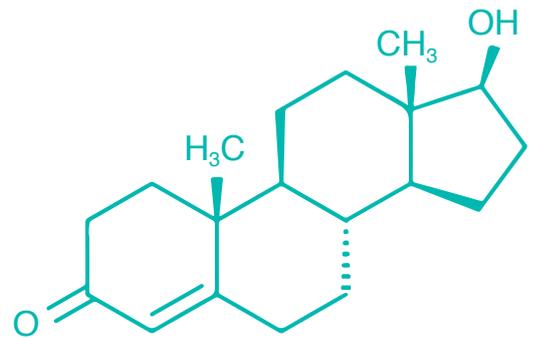
\$37ea 100g powder



-  **1/4-1/2** tsp per day
-  Anytime
-  With or without food

Testosterone

We know that men and women are different in so many weird and wonderful ways, however right at the beginning of an embryo's development, males and females are the same. Both have a pair of identical undifferentiated gonads, which have the potential to develop into testes or ovaries.



It has been identified as a single gene on the male Y chromosome that binds to the DNA of the gonads, causing them to become testes, and if the gene is not present ovaries will develop.

Following that choice, it is the hormones that organise everything through the internal and external sexual development, including the brain, in preparation for later activation in life, during puberty.

Testosterone is classified as a steroidal androgen and is the key male sex hormone that develops masculinisation, growth of facial hair, lowering the voice, fertility, and muscle and fat distribution. Pubic and underarm hair is produced by androgens from the adrenals, which both sexes produce. Both types of glands (testes and ovaries) produce a small amount of the hormone of the other sex.

Testosterone has two specific actions - androgenic (masculinising) and anabolic (tissue building). Testosterone alone will not build

muscle, we also require adequate protein, essential fatty acids, vitamins and minerals. The muscle also must have work to develop and strengthen. A lean body mass helps control weight and will support energy pathways as it is more efficient at burning fuel.

The normal range of testosterone varies widely with individual biochemical differences. When in excess the fearlessness often seen in men, can turn to violence and aggression with paranoia type reactions.

Testosterone production is a substantial process with many metabolic pathways, starting with the hypothalamus and pituitary in the brain, via other hormones, to stimulate the testes into action.

Hormone production naturally slows down with age and testosterone supplementation is used for specific medical conditions.

Synthetic anabolic steroid use for growth of muscle in various sports

usually ends sadly. Side effects can be huge including heart and liver damage, impotence and loss of libido.

All hormone health is reliant on good nutritional wellness. Nutrients such as zinc and vitamin C may not directly stimulate testosterone production, however vitamin C is essential for the structural support of testicular tissue, without which it could not function properly and zinc is required to maintain the task of the Leydig cells, where testosterone is produced, within the testes and is a major mineral for quality and motility of sperm.



ABOUT THE AUTHOR

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

The nutrient superstar

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

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. Unfortunately, this essential nutrient is lacking in most New Zealand diets.

Magnesium helps relax your mind, supports healthy blood pressure and contributes to a sound sleep.

Magnesium also helps in the absorption of calcium and plays a key role in the strength of your bones and teeth.

\$31ea 60 capsules

\$52ea 180 capsules

1-3 per day

Anytime

With or without food





Help your body burn calories

- ✔ Supports the body's process of converting fat to energy
- ✔ Helps manage food cravings
- ✔ Can greatly increase overall daily energy

\$30ea 60 capsules

3-5 per day Morning Empty stomach



Are you concerned about your eyes?

120mg of 100:1 Bilberry extract



\$47ea
60 capsules

Many of us spend far too much time staring at our computers or phones and our eyes are suffering. Our Eye Health formulation can help you. We identified the vitamins and minerals vital for good eye health and combined them with lutein, zeaxanthin and bilberry.

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

1 per day Anytime With or without food

Help manage your appetite and food cravings

- ✔ The key active ingredient is hydroxycitric acid (HCA 50%-60%)
- ✔ The recommended dose of garcinia for weight management is between 3000mg and 6000mg per day
- ✔ Each capsule contains 2760mg active garcinia cambogia

\$31ea
60 capsules

Use in conjunction with a balanced diet and exercise. Consult your healthcare professional before taking if on any medication.

1-2 per day Anytime Empty stomach



40mg of DHEA

Natural youth hormone

Naturally produced, DHEA declines as you age. DHEA will support your youthful vigour, mental focus and clarity of mind.

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.

\$40ea 60 capsules

1 day or every 2 days Morning With or without 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.



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.

<p>1 Triple Pack</p> <p>Save \$18 off the individual product prices.</p> <p>\$125ea</p>	<p>2 or more Triple Packs</p> <p>Save \$50 off the individual product prices. Available with non-sulphur and non-iron CAA - Multi versions.</p> <p>\$118ea</p> <p>MULTI BUY</p>	<p>1 Triple Pack + 1 Probiotic</p> <p>Save \$22 off the individual product prices.</p> <p>\$162</p> <p>MULTI BUY</p>	<p>2 Triple Packs + 2 Probiotics</p> <p>Save \$78 off the individual product prices (multi buy price already includes the 4+ product discount).</p> <p>\$290</p> <p>MULTI BUY</p>
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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 health professional.

1 per day of each Morning With food

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.

\$41ea 60 capsules 1-2 per day Anytime Empty stomach



Always read the label and only use as directed.

Save \$20, when you buy any four products marked with the blue icon. See order form for full details.

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.

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

\$51ea 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



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.

CAA - Multi contains the correct balance of the finest quality minerals and vitamins for optimum health and will supply you with half your recommended daily intake (assuming a normal diet).

It is your daily insurance to make sure you have all the minerals and vitamins needed to maintain a healthy life.

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

\$47ea 60 capsules

1 per day Anytime With food

Phone in and ask us about our clearance CAA - Multi \$39ea



Keep calcium in your bones

Bone Health provides the correct balance of the four bone nutrients (calcium, magnesium, vitamin K2 and vitamin D3) required to keep calcium in your bones and out of your arteries.

\$45ea 60 capsules

1 per day Anytime With food

A spring clean and detox for your insides

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.



- ✓ An internal spring clean and detox
- ✓ Liver and kidneys are cleansed and stimulated
- ✓ Improve digestive secretions
- ✓ Reduce bowel transit time
- ✓ Speed up your metabolism
- ✓ Total body flush out

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

\$105ea

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

\$90ea **MULTI BUY**

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

Not recommended while pregnant or breastfeeding. If you are on blood thinning or other prescribed medication, please check with your healthcare professional before commencing the cleanse.

A refreshing and rejuvenating tea

Yerba Maté Tea contains vitamins, minerals, amino acids and beneficial antioxidants.

It has been called 'the healthy alternative to coffee' due to its ability to stimulate the mind without the negative side effects of caffeine.



\$20ea
30 tea bags

Boost your antioxidant levels

Our Cacao Tea contains high levels of antioxidants and with barely a trace of caffeine it's a great drink for anytime of the day or night.

The cacao is single origin and dairy free, nut free, gluten free, soy free, GMO free and refined sugar free. Free of everything but a wonderful aroma, health benefits and a great taste. Cacao is also vegan and kosher friendly.



\$20ea
30 tea bags

Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE



85mg Stevia per tablet



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.

\$24ea 200 tablets

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



\$35ea
60 capsules



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

1 per day Morning With food

Supports physical and mental rejuvenation and optimum health

6000mg active Withania - 18mg Withanolides



Withania is an excellent choice when looking to support a restful sleep, assist with recovery after illness, promote energy levels and lifting your mood.

\$37ea 60 capsules

1 per day Anytime With or without food



Promotes 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, lubricating the colon and promoting a softer more regular motion.

\$35ea 100 capsules

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.



Sunburn relief and soothes skin irritations

\$15ea 50ml

\$21ea 100ml



Repairs irritations and revitalises your skin

\$17ea 50ml

\$24ea 100ml



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**



A high quality, organic chelated mineral blend of Boron and Selenium

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

New Formula

In this new formula we have replaced the selenium with selenium yeast. When yeast is grown in a selenium-enriched environment, it absorbs the selenium and converts it into the organic form of selenium naturally found in food (selenomethionine) along with two other forms (selenite and selenate).

Each of these forms of selenium have specific therapeutic benefits and based on our current scientific knowledge, the best form of supplemental selenium is believed to be a combination of these three.

The yeast's organic conversion of the selenium, helps your body metabolise and absorb a greater amount of the three forms of selenium.

The National Cancer Institute requested selenium yeast for use in its research and the Life Extension Foundation (USA), recommends the use of a mixture of several forms of selenium.

Selenium

Selenium is a powerful antioxidant that supports prostate health and fades brown skin spots. This essential trace mineral is good for your health and may help protect the body from the poisonous effects of heavy metals and other harmful substances.

Most people will be fine with the single form of selenium in our CAA-Multi, but if you are looking for a more comprehensive selenium supplement (with three types of selenium) then this is the product for you.

Boron

Boron is an important mineral for bone and joint health, but is also lacking in our New Zealand soil.

Most people can get sufficient boron from their diet along with our CAA-Multi, but some people may require more, sometimes up to 9mg a day to support joint health and mobility. So for an extra boron boost this is the product.

- 1 per day
- Evening
- With food



\$41ea
60 capsules

Reduce stress and support a deep restful sleep

- ✓ Relaxing and calming effects
- ✓ Supports a deep restful sleep
- ✓ Reduces stress and worry

\$33ea

60 capsules



2-3 per day Evening With food



272mg active Sulphur

Research shows nearly 50 separate health benefits

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

\$43ea 180 capsules

1-6 per day Anytime With or without food



75mg of 5-HTP

Reduce stress and manage your appetite

By supporting the generation of serotonin, 5-HTP can have a relaxing and calming effect, promoting a feeling of well being. It can also help you manage food cravings and support weight management.

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.

\$36ea 90 capsules

2-4 per day Anytime With food

Normal prostate health and urinary flow

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

\$35ea

60 capsules



1 per day Anytime With or without food

Do not take with blood thinning medication.

Nature's best source of iodine

- ✔ An overall health tonic
- ✔ Especially rich in iodine
- ✔ Supports a healthy thyroid
- ✔ Sourced from NZ waters

\$31ea 60 capsules

- ✔ 1 every 2 days
- ☀ Morning
- 🍴 With or without food



Enhance both male and female libido

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.

\$42ea 60 capsules

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



Would you like a deep, restful and healing sleep?

You can, with this improved Melrest formula.

It contains three natural active ingredients for supporting sleep.

Tart Cherry Extract: over 13kgs of fresh tart cherries are used to make 1kg of BerryShield™ Tart Cherry from Denmark. Berryshield™ test for the cherries' naturally occurring anthocyanin levels.

Chamomile Powdered Extract: chamomile tea is great for supporting sleep, so we have added a more powerful organic 4:1 powdered extract from France.

Magnesium: deficiency of this important dietary component is

common especially as we get older. Magnesium helps relax your mind and supports normal sleep patterns.

Melrest also contains honey and a natural cherry flavour, so enjoying a deep, restful healing sleep is not only easy, but can also taste great.

DIRECTIONS: 16ml (1 tablespoon or around 3 teaspoons), 30 minutes before bedtime. Not recommended during pregnancy, or for children under 12.

\$32ea 90ml

\$59ea 240ml



Support your hormonal balance naturally

\$36ea
60 capsules



Shatavari combined with maca extract, boron and vitamin D. This herbal and mineral combination supports hormonal balance making it an excellent supplement during menopause.

1-4 per day Anytime With or without food



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

- Complete mineral and vitamin blend
- All the benefits of CAA - Multi and the benefits of Bone Health in one capsule
- Great for lighter people and children

\$47ea 60 capsules

1-2 per day Anytime With food



Enhance energy and support fertility

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.

If pregnant, not recommended during the first trimester.

\$35ea 60 capsules

1-2 per day Anytime With or without food

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.

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

\$37ea
60 capsules



1 per day Morning With or without food

Colloidal Silver

Use our scientifically proven 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.

Historic Silver Facts



2000's

Silver-copper filters are used in many hospital's hot water systems to control bacterial risks.

\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



Measure the content of your homemade colloidal silver

\$108ea test meter



Make your own colloidal silver

\$133ea one year guarantee

\$48pair replacement silver rods



A natural moisturising and soothing cream

\$30ea 100ml tube



LOVE SOFT SMOOTH SKIN?

Treat yourself, or a friend to our new luxurious Coconut Body Butter.

The whipped body butter is enriched with all natural oils, has a subtle coconut fragrance and contains no nasty chemicals.

\$21ea 60g tub

DIRECTIONS: Apply to the skin morning and night or as needed.

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.

\$31ea 100ml tube

DIRECTIONS:

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



Joint, digestion and general health

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

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

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

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

\$41ea 60 capsules

\$99ea 180 capsules

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.



How to support joint health naturally

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

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

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

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

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

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

The glucosamine we use in Healthy Joints is a natural substance, derived from shellfish and is found in and around the cells of your joint cartilage and connective tissue. Glucosamine helps improve lubrication and nutrition to your joints and protects cartilage from wear and tear.

Our high quality chondroitin is extracted from commercial species shark cartilage, which is why it costs so much. (A cheaper less effective form can be obtained from cow, pig or chicken cartilage). Chondroitin is also found naturally in normal joints and helps the cartilage of your joints to retain water, elasticity, resist compression and aids the lubrication of the joints. Chondroitin is also a major source of the protein building blocks used in your joints and helps form new cartilage.

As we age, these building blocks become in short supply, but are important for elasticity, resilience and maintaining the shock absorbing properties of your cartilage.



400mg of Chondroitin and 400mg of Glucosamine

- 2-3 per day
- Anytime
- With or without food

\$70ea 90 capsules

\$104ea 180 capsules

MULTI BUY

\$93ea 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.



RealSalt Refill

\$23ea 737g pouch
283g shaker and refill combo

\$28ea **MULTI BUY**



RealSalt Shaker (original)

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

\$10ea 283g shaker



RealSalt Shaker (season)

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

\$16ea 234g shaker



RealSalt shaker (garlic)

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

\$16ea 234g shaker

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.

Turn Back Time cream contains powerful active ingredients in a natural moisturising base to soothe and improve your skin.

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

\$62ea

Purchase a Turn Back Time Combo for \$62 and save \$20 off the individual product prices.

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



Containing important ingredients to combat ageing

\$41ea 60 capsules

2 per day Anytime With food

If taking blood medication please discuss with your health professional.



A rich all natural moisturising cream with jojoba oil, cocoa butter, shea butter, vitamin E, marine collagen and CoQ10

\$41ea 50ml tube

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.

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

Independently tested

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

\$19ea 50ml tube **\$29ea** 100ml tube



pH Test Strips

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

\$15ea (five packs of 10)

Back by popular demand

Boost your immune system with colostrum antibodies

These antibodies mirror human antibodies and when the colostrum from hundreds of cows is combined, its effectiveness is multiplied dramatically.

NZ only, cannot be exported



\$39ea
100g



Colostrum contains many antibodies which support anti-aging, cell repair and natural weight management.

Regular takers of colostrum report that their skin appears more youthful, age spots disappear, they have support for optimum bone density and sexual function and their athletic endurance is enhanced. Many body builders

maintain that colostrum is the most effective muscle building supplement they have ever used.

Cow colostrum is over 10 times richer than human colostrum in antibodies. These antibodies are the same as human antibodies and support the immune system to protect you against thousands of common immune threats.

People who take colostrum also report they get less seasonal ills and chills.

We source our colostrum from La Belle, one of the top colostrum suppliers in the world.

DIRECTIONS: Adults: Mix one scoop (1.5g) into a small glass of milk or water or add to your smoothie/protein drink. For maximum health benefits take twice a day, at least 45 minutes before eating. Children: Half the adult dose. Not recommended for infants.



Bone Broth: Packed full of protein and amino acids. Made using quality NZ beef bones and NZ grown vegetables. 200g - 29 serves or 100g - 14.5 serves.

\$36ea 100g pouch

\$69ea 200g tub

Collagen Repair: Give your body the nutrition it needs to recover quickly, effectively and most importantly, naturally. 200g - 25 serves.

\$69ea 200g tub **OR**

\$59ea when buying two or more tubs of either Bone Broth or Collagen Repair



New Size

FOR MORE INFORMATION CHECK OUT WWW.HEALTHHOUSE.CO.NZ

Health House
Private Bag 12029,
Tauranga 3143, New Zealand

New Zealand
Permit No. 193050

Permit

Always read the label and only use as directed.

JULY/AUG 2019

ORDER FORM AND PRICE LIST

Prices valid until 31 August 2019

CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
5-HTP (90 capsules)	\$36		\$
7 - Day Iron (25 capsules)	\$31		\$
Aloe Vera Gel (50ml tube)	\$15		\$
Aloe Vera Gel (100ml tube)	\$21		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
Bone Health (60 capsules)	\$45		\$
Boron and Selenium (60 capsules)	\$41		\$
Cacao Tea (30 herbal tea bags)	\$20		\$
CAA - Multi (60 capsules)	\$47		\$
CAA - Multi Iron free (60 capsules)	\$47		\$
CAA - Multi Sulphur free (60 capsules)	\$47		\$
Carnitine (60 capsules)	\$30		\$
Coconut Body Butter (60g)	\$21		\$
Colloidal Silver Cream (100ml tube)	\$30		\$
Colloidal Silver Gel (250g tub)	\$41		\$
Colloidal Silver Gel (100ml tube)	\$26		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$36		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$30		\$
Colloidal Silver Liquid Spray (100ml)	\$16		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum Powder (100g) New (NZ only)	\$39		\$
Complete C (100g powder)	\$37		\$
Complete C Tablets (200 chewable tablets)	\$37		\$
CoQ10-Omega3 (60 capsules)	\$51		\$
Coral CAA (60 capsules)	\$47		\$
Cranberry (60 capsules)	\$35		\$
DHEA 7-Keto (60 capsules)	\$40		\$
Easy-Lax (100 capsules)	\$35		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
Eye Health (60 Capsules)	\$47		\$
Garcinia (60 capsules)	\$31		\$
Harmony (60 capsules)	\$36		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Healthy Joints (90 capsules)	\$70		\$
Healthy Joints (180 capsules)	\$104		\$
Healthy Joints (180 capsules) 2 OR MORE	\$93		\$
Immunity Support (60 capsules)	\$31		\$
Kelp (60 capsules)	\$31		\$
Liver Cleanse (60 capsules)	\$35		\$
Maca-X (60 capsules)	\$35		\$
Magnesium (60 capsules)	\$31		\$
Magnesium (180 capsules)	\$52		\$
Melrest (90ml)	\$32		\$
Melrest (240ml)	\$59		\$
Men's Boost (60 Capsules) New	\$42		\$
Mitchells Bone Broth (100g pouch)	\$36		\$
Mitchells Bone Broth (200g tub)	\$69		\$
Mitchells Collagen Repair (200g tub)	\$69		\$
Mitchells Products 2 OR MORE <input type="checkbox"/> Bone Broth <input type="checkbox"/> Collagen repair	\$59		\$
MSM Sulphur (180 capsules)	\$43		\$
Omega 3 Fish Oil (200 capsules)	\$31		\$
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	\$125		\$
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	\$118		\$
Pain-Eze (100ml tube)	\$31		\$
pH Test Strips (5 packs of 10)	\$15		\$
Potion No. 9 (60 capsules)	\$42		\$
Probiotic Multi 9 (60 capsules)	\$41		\$
Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$37		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Seasoned (234g)	\$16		\$
RealSalt wooden gift pack (White stocks last)	\$39		\$
Relax (60 capsules)	\$33		\$
Salicylic Acid Gel (50ml tube)	\$27		\$

PRODUCTS	PRICE/EACH	QUANTITY	TOTAL
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$41		\$
Silver Rods (pair)	\$48		\$
Sunscreen (50ml tube)	\$19		\$
Sunscreen (100ml tube)	\$29		\$
Skin Clear (120 capsules)	\$41		\$
Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (50ml) New glass bottle	\$29		\$
Turmeric (60 capsules)	\$41		\$
Turmeric (180 capsules)	\$99		\$
Turn Back Time Capsules (60 capsules)	\$41		\$
Turn Back Time Cream (50ml tube)	\$41		\$
Turn Back Time Combo (50ml cream and capsules)	\$62		\$
Ultimate Cleanse kit (410 capsules)	\$105		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
Vitamin B5 (90 capsules)	\$34		\$
Vitamin B Complex (60 capsules)	\$37		\$
Withania (60 capsules)	\$37		\$
Yerba Maté Tea (30 herbal tea bags)	\$20		\$
BOOKS	PRICE/EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$
Heal your Eye Problems	\$19		\$



FOUR OR MORE PRICING

Purchase four or more of any products with the blue icon  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.

BOOKS	PRICE/EACH	QUANTITY	TOTAL
Laugh with Health	\$24		\$
Laugh with Health Special 2 for \$40 (Normal RRP \$29ea)	\$20		\$
New Zealand's Greatest Doctor, Ulric Williams	\$17		\$
Should I take fish oil?	\$20		\$
Should I take...Probiotics?	\$19		\$
Stay Healthy by supplying what's lacking in your diet	\$25		\$
Stay Healthy by supplying what's lacking in your diet 2 FOR \$40	\$20		\$
Which Natural Therapies Should You Try?	\$21		\$



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.

Credit Card Number

Cheque Visa Mastercard Exp. date / Security code



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

HOW TO ORDER

FREE PHONE

NZ 0800 140 141 - AUS 1800 140 141

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

FAX NUMBER

0800 140 142 (NZ) International +64 7 530493

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:

Freeport Authority Number 206782
Health House, Private Bag 12029, Tauranga, 3143.
Include your cheque or credit card details.