

FREE DELIVERY IN NEW ZEALAND

AUG - OCT
2022

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HealthHouse
Quality, natural health products
NEW ZEALAND

100%
PROUDLY
NZ OWNED
& OPERATED

Relax and **REDUCE STRESS NATURALLY**

Why the minerals and vitamins in
CAA are low-priced health insurance

By David Coory - pages 4-5

Managing Stress
External Therapies

By Shaun - page 7

Time to
Relax

By Andrea - page 8

HERBS, VITAMINS AND MINERALS FOR STRESS

By Nadia - page 11

Magnesium Combo **NEW** - page 6

All our
products are
**GLUTEN
FREE**

0800 140 141

www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

PP9106

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In this issue

This catalogue is focussed on managing stress and relaxation, which is such an important topic considering all the pressures affecting everyone today and all the challenges we are currently facing.

Articles

We have asked our contributors to give us some of their thoughts on this topic and we have some great articles.

Shaun's article looks at ways of managing stress using external therapies. More of these therapies have very good science behind them than you would probably expect, see page 7.

Andrea has written about taking time out to relax and she asks the question "When was the last time you did nothing?" A great question we should ask of ourselves more often, see page 8.

Nadia has analysed the herbs, vitamins and minerals that work well for stress and you will find almost all these in various Health House products, see page 11.

David has done an article on CAA-Multi and why he considers it a low priced health insurance. There is also an interesting info-graphic showing the various minerals and vitamins and identifies each part of the body they benefit, see pages 4 and 5.



Product Changes

We have improved our Relax product by replacing the hops with a hops extract from Italy, making it now 4 times stronger. Using a hops extract means the active amount of hops is now 400mg per capsule, so the relaxing effects of the product should be even better.

On a sadder note we have decided to discontinue with our 250gram tubs of Colloidal Silver gel. Unfortunately the minimum amount we need to order of these tubs and lids is just way too high and the sales do not justify it. We are

sorry for those that love this product and will have to change to the 100ml Colloidal Silver gel tubes. The tubes are a more sanitary method of using the gel, but we have quite a few tubs and lids still in stock so they will be around for a little while longer.

SPECIAL

\$37ea

150 soft gel capsules



Hemp Seed Capsules

We are pleased to advise that due to popular demand we are bringing back the Hemp Seed Oil capsules. These capsules are made in NZ from NZ hemp, so a totally NZ product, which we love to support. We are expecting delivery any day now as this catalogue goes to print, so this should be back in stock by the time you are reading this.

Manufacturing delays

The global supply chain issues affect us as much as everyone else and I am grateful that we have our own New Zealand factory. Despite this there are some products that we don't make and we are still doing our best to make sure we have all ingredients on hand in our warehouse. We apologise about the missing or limited availability of products and are doing our best to minimise this, but our production team have done a great job catching up and there are only a couple of products causing us problems at the moment, which I hope to have resolved shortly.

Kind regards

Mike Coory

Managing Director

SUPPORT PERFORMANCE AND 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.

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

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.

\$44ea
60 capsules



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

Benefits

- ✓ Assists long term sexual vitality
- ✓ Supports healthy testosterone levels
- ✓ Supports normal prostate function in men
- ✓ Supports optimal sexual desire

1 per day Morning With food

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 |
| Vegetarian 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 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.

Why the minerals and vitamins in CAA-Multi are low-priced health insurance

Our top selling product by far has always been our multi-mineral-vitamin supplement CAA-Multi.

How CAA-Multi began and was greatly improved

CAA-Multi was inspired by a powder formulation of a 100-year-old Australian farmer Percy Weston. I've greatly improved and refined the CAA-Multi formula over many years of nutrition study, especially in the compiling of NZ's top selling health book 'Stay Healthy by supplying what's lacking in your diet'.

Hundreds of CAA-Multi testimonials

CAA-Multi is an extremely effective multi mineral and vitamin supplement. We've received hundreds of testimonials over the years from our Health House customers. This is because CAA-Multi has now supplied their bodies with minerals or vitamins they had been lacking.

Full nutrition provides health benefits to all areas of our body

As you can see from the accompanying human body chart, there are all manner of benefits from supplying our body with the nutrients it was designed to need.

Most of our NZ foods are lacking in important minerals. I see this plainly as I updated the editions of my Stay Healthy book using NZ Food and Crop research figures. The trend is continually downward for many important minerals, as soils steadily become exhausted.

Lacking diet minerals supplied

The most important minerals we lack are magnesium, zinc, iodine, boron, selenium, silica, chromium and copper. Vitamin B12 is also deficient in huge numbers of

New Zealanders, most often due to poor digestion. Poor digestion can also be due to lack of vitamin B5 in our diet, B5 is found in CAA-Multi.

CAA-Multi well priced for a high quality effective multi

CAA-Multi is well priced for the quality it provides and is formulated especially for New Zealanders and Australians. There are cheaper multis available, but they are often lacking in important ingredients or use inferior types of vitamins and minerals. CAA-Multi is manufactured right here in Tauranga in our own pharmaceutical grade factory.

Our Health House motto is 'Health products that work'. We never skimp on the quality and effectiveness of our ingredients, even when the ingredient cost is many times higher than less effective ingredients.

We highly recommended our Triple Pack

Many of us are limited in what we can spend on our health. However, if you can afford it, we do strongly recommend our Optimum Health Triple Pack for complete nutrition. The Triple Pack includes two other products besides CAA-Multi, COQ10 - Omega 3 fish oil and Bone Health.

CoQ10-Omega3 supplies you with the Coenzyme Q10 and Omega 3 fats that your mind, heart and gums require.

Bone Health supplies you with the calcium and magnesium your bones require for good density. It also includes the vitally important vitamin K2 and vitamin D for

proper absorption of both minerals, and to keep the calcium in your bones, not in your arteries.

Good nutrition is low-priced health insurance

I firmly believe that money spent on good nutrition more than pays for itself in life-long health. For good health bestows us with a clear mind and full energy, and allows us to work efficiently year after year and maintain an active lifestyle and career.

The Optimum Health Triple Pack currently works out as low as \$15 a week, and CAA-Multi as low as \$5 a week, both are couriered free to your door. True low-priced health insurance. Medical health insurance for a 50-year-old in NZ is around \$50-100 a week.

Satisfying for us to serve you

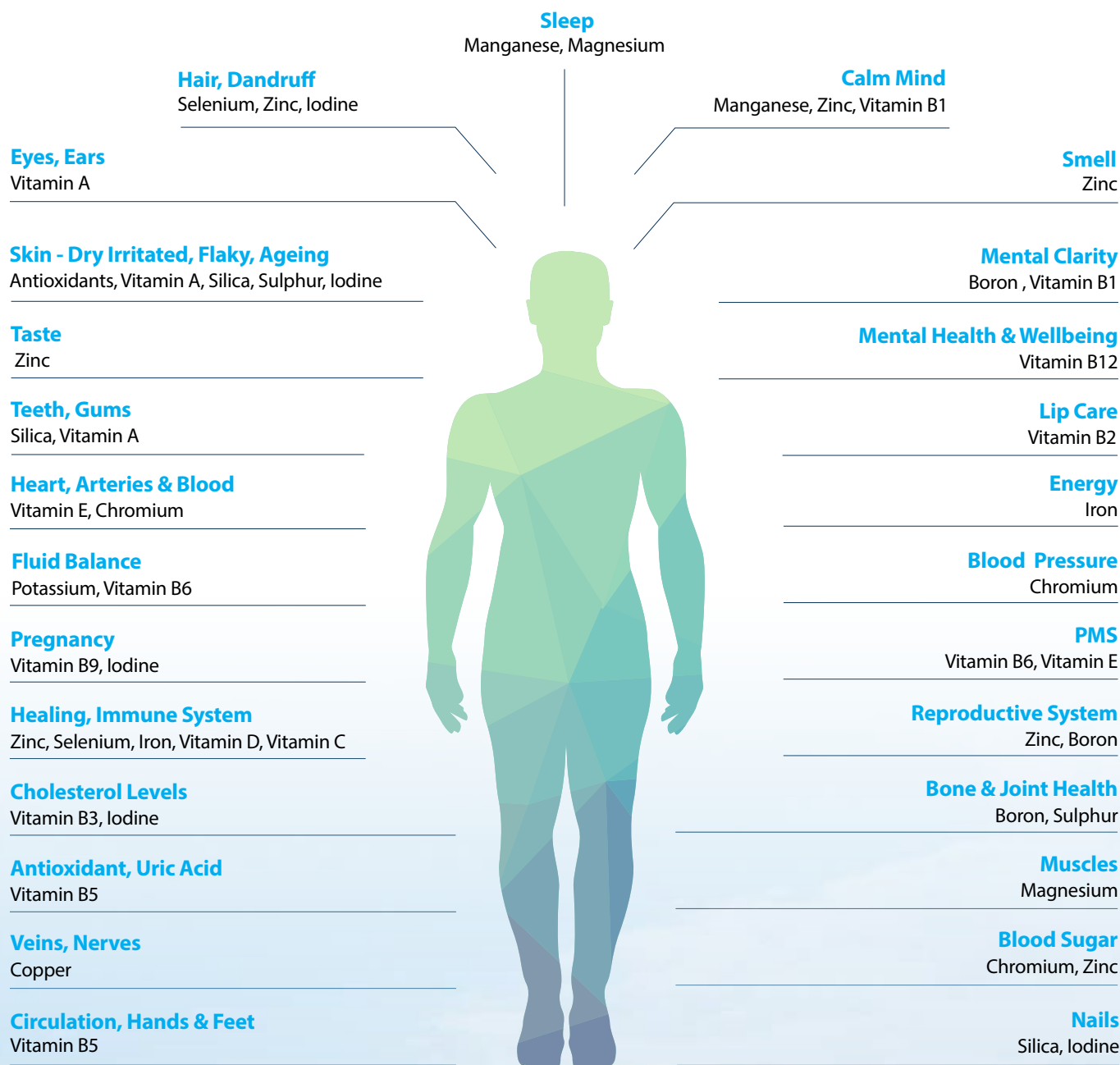
We as your Health House team, enjoy serving you. It's very satisfying to provide high quality, NZ-made supplements that improve the health of our customers.



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.

How minerals & vitamins benefit the body





Maintain Muscle AND JOINT COMFORT

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

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.

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

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

\$74ea 90 capsules

\$109ea 180 capsules

MULTI BUY

\$98ea

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






MSM Sulphur

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

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

\$45ea 180 capsules

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



Pain-Eze

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

\$33ea 100ml tube

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



Supports restful sleep and relaxation from the inside out

Magnesium helps relax your mind, 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.

\$80ea Magnesium Combo
100ml tube/180 capsules




MULTI BUY

Save \$10 off the individual product prices.

Magnesium is perhaps one of the most overlooked minerals. Without sufficient amounts your body simply cannot function.

\$55ea 180 capsules

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.

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

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

\$35ea 100ml tube

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

Managing STRESS

External Therapies

Stress is one of the worst things for our health. It puts up your blood pressure, your heart rate, breathing rate, harms mental health etc. And whilst doctors can be good at treating specific conditions such as high blood pressure or depression, they're not often great in helping a person deal with stress or suggesting therapies which can help with it.

In a previous article I've talked about supplements which can help with stress. These include lemon balm, B vitamins, kava kava, valerian root and passionflower. In fact, I've developed a formulation myself, Melrest, which includes honey, cherry extract to help with sleep, and magnesium and chamomile to help with stress.

But there are many natural therapies which can help with stress which do not involve ingesting a product. (Although there is no reason why you can't ingest something for stress and also use some of the other therapies I'll talk about briefly below.)

Some of my strongest suggestions for stress, which are worth trying and have good studies showing that they are safe and can be effective include:

Meditation - The Transcendental Meditation (TM) technique began in the 1950's when Maharishi Mahesh Yogi introduced it first in India. It is a type of mantra meditation that is practised for 15-20 minutes a day. Often, TM is taught by a certified teacher who will follow a set seven-step course of instruction.

Massage - Records from ancient civilisations living in places including China, Egypt and Rome have mentions of massage performed by servants from

as early as 2,700 B.C. Massage involves pressure and movement on your soft tissues such as muscles, tendons and ligaments. And you no longer need servants to do it, there are many good trained massage therapists!

Tai Chi - There are different types, but all forms involve movements which are slow, graceful and deliberate, and breathing is rhythmic and controlled. This relaxes the mind and the body, and is said to balance the forces of yin and yang. Practicing tai chi can lead to less tension in your body as well as decreasing depression, anger, and anxiety.

Aromatherapy - Essential oils are extracted from flowers, leaves, seed or fruit rinds and they can be effective treatments for many conditions including stress and anxiety. A study showed a 30% decrease in mental health symptoms and a better sense of well-being among people who used aromatherapy. Oils can be inhaled or applied to the skin. To inhale the scents effectively, you release them over steaming hot water and breathe deeply.

Exercise - Easy and free (apart from running shoes!), exercise is a great hobby to get into to reduce stress. Part of the benefit may be from having more exposure to sunlight. Walking is a great starting point for your exercise regime. It's

Practicing tai chi can lead to less tension in your body as well as decreasing depression, anger, and anxiety.

free, easy, has a low risk of injury and can be done almost anywhere.

Yoga - Yoga can be learnt at a local community centre, a gym, or a yoga studio. Each teacher will have a different style, so shop around a bit until you find one you like. Practicing at home between classes will help you see faster improvements in your stress levels.



ABOUT THE AUTHOR

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

Time to Relax

When was the last time you did nothing?

If the answer is “I can’t remember” then you are not alone.



Relaxation has become a skill many of us have lost touch with. Society has become overworked, overburdened, and overstimulated. In our spare time we have an urge to fill it with “something”. The average person spends several hours a day staring at their social media and email loaded smartphones.

Relaxation may feel like an indulgence but there is a very good reason why we should take time to relax – our health.

When we relax our parasympathetic nervous system (rest and digest mode) is activated and our sympathetic nervous system (fight and flight mode) is turned off. Relaxation lets your body know that you are ‘safe’. The results of this are rather impressive:

- Your heart rate and breathing slows
- Blood pressure goes down
- Muscles relax
- Digestion improves and your immune system works better
- Anxiety reduces and your memory improves
- Sleep improves

Spending time in nature is one of the most enriching and rejuvenating ways to deeply relax. Current research shows that being in nature or even viewing scenes of nature contributes to mental and physical wellbeing.

Nature also provides us with many herbs and plants that help aid relaxation.

These plants contain constituents that act as relaxants and mild sedatives to bring about a sense of calm to the mind and body, restoring balance.

Below are some well-studied and proven herbs that can help you to relax.

Chamomile

An official medicine in history, it is well known for its calming effect, reducing tension, and inducing sleep.

Kava

From the Pacific Islands, Kava is great for reducing tension and anxiety and improving sleep.

Lavender

Also known as English lavender, it has long been used to calm the nerves and promote sleep.

Lemon balm

Calming and gentle, it melts away tension and improves sleep.

Passionflower

A very safe herb that is particularly good for people who find it difficult to unwind and are plagued by an overactive mind.

Withania

A wonderful overall tonic with a mild sedative action to aid sleeplessness.

These herbs can be taken in different ways however I find the ritual of preparing and drinking a cup of medicinal tea is extremely therapeutic, and the results are well worth the effort.

To make a cup of herbal tea
- Put 1 teaspoon of dried or a few leaves of fresh herbs into a cup and infuse with boiling water for 5-10 minutes.

Magnesium

Magnesium is known as the relaxation mineral. It is superb at relaxing the muscles, calming the mind, and supporting sound sleep.

L-Theanine

L-Theanine is an amino acid naturally found in tea leaves. Taken as a supplement it quickly promotes relaxation and reduces stress.

There are many other ways to support relaxation including deep breathing exercises, meditation, massage, reading a book, Epsom salt baths, going for a walk or listening to music.

Choose something you enjoy and set aside time to relax!



ABOUT THE AUTHOR

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



Support energy and fertility

Extra Strength Maca extract from Peru

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

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

Maca is an adaptogen, which means it helps the body adapt to stress and supports functional balance.

\$37ea 60 capsules

1-2 per day

Anytime

With or without food

If pregnant, not recommended during the first trimester.



Natural energy support DHEA-7 Keto

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

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

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

\$42ea 60 capsules

1 per day or every 2 days

Morning

With or without food

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.



Are you concerned about your eyes?

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

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

Supports

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

\$49ea 60 capsules

1 per day

Anytime

With or without food

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

Improve your **Everyday health**

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



4+

\$49ea
60 capsules

 **1** per day  Anytime

 With food

The most effective multi-mineral-vitamin

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

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

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

Available in non-sulphur and non-iron versions



4+

\$54ea
60 capsules

 **1** per day  Morning

 With food

Supports heart, artery and brain health

CoQ10 is a powerful antioxidant which is vital for life long muscle energy and a healthy, alert old age. It supports blood health and mental clarity.

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

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



4+

\$47ea
60 capsules

 **1** per day  Anytime

 With food

Keep calcium in your bones with Bone Health

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

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

1 Triple Pack

Save \$19 off the individual product prices.

\$131ea

2 or more Triple Packs

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

\$124ea **MULTI BUY**

1 Triple Pack + 1 Probiotic

Save \$23 off the individual product prices.

\$170 **MULTI BUY**

2 Triple Packs + 2 Probiotics

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

\$306 **MULTI BUY**

Available in non-sulphur and non-iron versions

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

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



Herbs, vitamins and minerals for stress

The last two years have been stressful for everyone, and unfortunately it doesn't appear to be getting much easier.

Here are a few suggestions for herbs and minerals that can help to manage your stress levels and lower cortisol (the chronic stress hormone).

When your body is chronically stressed, it lowers your immune response making you more susceptible to illness, therefore maintaining low stress levels can help your immune system to fight any bacteria or viruses you may come across. Managing stress levels is one of the best ways to maintain an overall healthy lifestyle. You could eat everything right and exercise, however if your body is chronically stressed, your immune system will always be struggling to keep you healthy.

Withania

I've written extensively about withania in past catalogues, but it remains one of my favourite herbs to manage stress. Withania (also known as ashwagandha) is a herb native to India that is adaptogenic, meaning it helps the body adapt to all types of stress, including both physical, environmental and emotional stress. It also lifts your mood and can even help the body to absorb iron. It can also help the body to recover from illness, both chronic and acute.

Kava

Kava, used traditionally in the Pacific islands, is a brilliant herb for relaxation – it helps to manage stress and is one of the best herbs for sleep, anxiety and pain relief. Getting adequate sleep and rest means that cortisol and adrenaline levels are lowered, therefore leading to a less stressed state and a more efficient immune system.

Rhodiola

Rhodiola, also known as golden root, is an adaptogenic herb that can also increase energy and balance your moods, particularly if feeling depressed or anxious. It can also improve cognition and mental performance and assist with recovery from illness, particularly chronic illness.

B vitamins

The full spectrum of B vitamins are important for managing stress levels within the body. B5 (pantothenic acid) is the main B vitamin that helps to reduce stress levels, however taking all B vitamins helps to maintain balance within the body – taking a single B vitamin can sometimes be detrimental. Although each B vitamin has a different role in our health, they are all complementary to one another and all help with the overall reduction of stress and lowering of stress hormones. They help to support the nervous system, reduce anxiety and depression and can even help with anger. B vitamins should ideally be taken in the morning, because they can be stimulating.

Magnesium

Magnesium is the relaxation mineral. It can lower blood pressure, help with sleep and anxiety, and therefore reduce stress levels. Magnesium can also block certain stimulating neurotransmitters and bind to calm receptors in the brain, helping us to relax. Magnesium is best taken at night, as it will help to maintain consistent sleep, however if taken in the morning it will not make you feel tired.

All of the herbs, vitamins and minerals mentioned in this article are generally safe when taken according to safe dosage ranges, however it's always a good idea to speak to your natural medicine practitioner if you have any questions or concerns.



ABOUT THE AUTHOR

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

Healthy Reading

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

Which Natural Therapies Should You Try?
\$21ea

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

Colostrum - Life's First Food
\$20ea

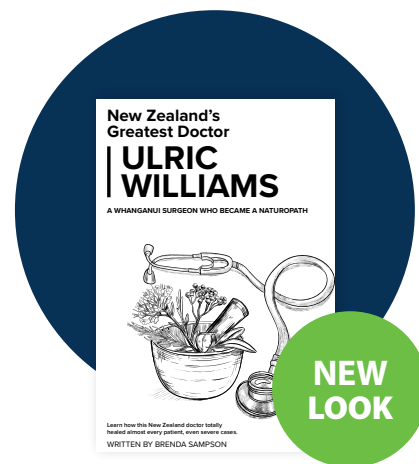
Heal Your Eye Problems
\$20ea

Should I take Probiotics?
\$15ea Special

Should I take fish oil?
\$20ea

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

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



REDUCE STRESS AND HELP MANAGE YOUR APPETITE

- ✓ Supports normal serotonin levels
- ✓ Supports normal sleep patterns
- ✓ Manage food cravings
- ✓ Assists feelings of wellbeing/mood balance

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

Best results occur when taken two to three hours after a meal (or on an empty stomach). But if you feel queasy, take with food. Do not exceed this dose without consulting your health professional.

\$38ea 90 capsules

2-4 per day Anytime With food



REDUCE STRESS LEVELS WITH WITHANIA

- ✓ Normalises energy and mood
- ✓ Builds vitality
- ✓ Immune system support
- ✓ Supports restful sleep
- ✓ Helpful during convalescence

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

\$39ea 60 capsules

1 per day Anytime With or without food



Stress Relax

A calm mind brings
and self-confidence
important for

THE NUTRIENT SUPERSTAR

- ✓ Natural muscle, artery and brain relaxant
- ✓ Assists absorption of Calcium and Vitamin D
- ✓ Supports a calm nervous system
- ✓ Supports a healthy heart

\$33ea 60 capsules **\$55ea** 180 capsules

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.

1-3 per day Anytime With or without food



Stress & Relaxation

Builds inner strength
and resilience, which is very
important for good health.



REDUCE STRESS BY EXPELLING HARMFUL TOXINS

- ✓ Supports cortisol balance
- ✓ Assists the body against the toxic effects of stress
- ✓ Important antioxidant

\$39ea 100g powder

🥄 1/4-1/2 tsp per day 🌙 Anytime 🍴 With or without food

\$39ea 200 chewable tablets

🍬 3 per day 🌙 Anytime 🍴 With or without food



ENERGY SUPPORT AND STRESS RELIEF

- ✓ Has a calming effect
- ✓ Supports energy
- ✓ Beneficial during times of stress
- ✓ Assist feelings of wellbeing
- ✓ Supports mental health

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

\$39ea 60 capsules

💊 1 per day 🌞 Morning 🍴 With or without food



REDUCE STRESS AND SUPPORT A DEEP RESTFUL SLEEP

- ✓ Supports restful sleep
- ✓ Soothes restless legs
- ✓ Support for nervous tension and worry
- ✓ Relaxing and calming effects

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

\$35ea 60 capsules

💊 2-3 per day 🌙 Evening 🍴 With food

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.

- ✔ Suitable for the whole family
- ✔ Odourless and non stinging
- ✔ Healthier ears, eyes and teeth
- ✔ Reduces bad breath
- ✔ Clearing pimple prone skin
- ✔ Less dry flaky scalp
- ✔ Less likely to get seasonal ills and chills
- ✔ Soothes dry scratchy throats
- ✔ Urinary tract health
- ✔ Restore fungal balance

Colloidal Silver Generator

Make your own Colloidal Silver

\$140^{ea} one year guarantee (includes silver rods)

\$50^{pair} replacement silver rods

Colloidal Silver Meter

Measure the content of your homemade colloidal silver

\$113^{ea} test meter

\$17^{ea} 100ml liquid spray

\$31^{ea} 100ml tube cream

\$28^{ea} 100ml tube gel

\$38^{ea} 500ml liquid

\$43^{ea} 250g tub

\$32^{ea} 4 or more 500ml bottles

MULTI BUY

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

Nurture the skin you're in

ALOE VERA GEL

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

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

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

\$22ea 100ml

ALOE VERA WITH COLLOIDAL SILVER GEL

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

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

\$18ea 50ml **\$25ea** 100ml

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.

Detox in Spring with **The Ultimate Cleanse**

This complete inner body cleanse is made from the purest herbs to refresh your mind and detoxify your body. The ultimate treat your body deserves.

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

What do I get in the kit

- Full bowel and intestine cleanse
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.

Supports

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

\$95ea **MULTI BUY**

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

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

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



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

60 DAY MONEY BACK GUARANTEE

Supports easy, regular bowel movements

Containing five herbs proven to be beneficial to the bowel.

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

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

Directions: Take one or two capsules daily with a large glass of water after your evening meal. Do not use if pregnant or while breast feeding.

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






\$37ea
100 capsules

Optimum Health begins in your bowel

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

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

Store in a cool dry place, no refrigeration needed.

 **1-2** per day  Anytime  Empty stomach



\$43ea
60 capsules

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

\$104ea 180 capsules **\$43ea** 60 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.



New stock coming soon

\$43ea
60 capsules

Give your liver a helping hand






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

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




With all the toxins and poisons that you absorb through your food and the atmosphere, it is important to help the liver do its job. Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

Milk thistle is the main ingredient in Liver Cleanse and works to support restoration of the liver from toxic damage, while also supporting liver regeneration.

Supports:

-  Supports liver regeneration
-  Cleanses the blood
-  Assists with detoxing
-  Supports protection to the liver from toxic damage
-  Restores electrolytes

\$37ea 60 capsules

 **1** per day
 Morning
 With food



Nature's best source of iodine

This rich sea herb, Kelp is harvested from nutritious New Zealand waters.

It is beneficial for your nails and hair and is especially rich in iodine for a healthy thyroid. It has all the trace colloidal minerals and elements (over 70) needed by your body and in a highly absorbable form.

An overall health tonic.

Supports

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

1 every 2 days

Morning

With or without food

Small size capsules each containing 1000mcg of Iodine.



Triple strength fish oil FOR BRAIN AND ARTERY HEALTH

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

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

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

1-2 per day

Anytime

With food



A blend of high quality Minerals and vitamins

Complete mineral and vitamin blend

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

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

1-2 per day

Anytime

With food

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



Support your EVERYDAY HEALTH

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

Zinc 10mg active

The latest NZ Health survey showed our soils and our adult nutrition was just as deficient in zinc as it was in selenium.

Selenium 150mcg active

Selenium is a powerful antioxidant that supports prostate health and can fade brown skin spots.

Boron 10mg active

Boron is an important mineral for bone and joint health, but is also lacking in our NZ soil. Most people can get sufficient boron from their diet along with our CAA-Multi (2.5mg), but some people may require more to support joint health and mobility.

 1 per day  Evening  With food

\$43ea
60 capsules



4+

High quality, easy to digest iron for increased energy

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

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

 1 per week
 Anytime
 Empty stomach

\$33ea
25 capsules







4+

Support your immune health

Four powerful herbs and two powerful nutrients.

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

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

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

\$33ea
60 capsules



4+

Alert Plus provides nutritional support for healthy brain function

Natural support for focus and mental clarity.

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

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.

Seek advice if taking blood thinning medication.

 1-2 per day
 Anytime
 With food

\$59ea
60 capsules






4+

Vitamin B5 for heart and artery health

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

Pantothenic acid (or Vitamin B5 as it is now commonly known) is found in human breast milk and nearly all foods, but mostly in only tiny amounts, although 100g of liver can supply one day's need.

 1-2 per day
 Morning
 With or without food

\$36ea
90 capsules



4+

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

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

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.

RealSalt Refill

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

\$24ea 737g pouch

283g shaker and refill combo

\$30ea **MULTI BUY**

RealSalt Shaker (seasoned)

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

\$17ea 234g Shaker

RealSalt Shaker (garlic)

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

\$17ea 234g Shaker

RealSalt Shaker (original)

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

\$11ea 284g Shaker



Natural sweetening, low calorie tablets for hot and cold drinks

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

Enjoy sweet drinks without worrying about your blood sugar levels.

One tablet = approx. one teaspoon of sugar

\$25ea
200 tablets



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)





Normal urinary flow and supports urinary tract health

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

An all natural, full spectrum cranberry powder, that supports normal prostate function in men and normal urinary flow/urinary tract health in both men and women.

As men age, lower urinary tract problems and prostate related issues can affect their quality of life. We have sourced a quality North American cranberry powder (*Vaccinium macrocarpon*) which is not only unique as it uses the entire cranberry plant, but also has a gold standard clinical study to support it.

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

Do not take with blood thinning medication.

\$37ea 60 capsules

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



Help your body burn calories

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

Carnitine's role in the body is to transport stored body fat to the cells to be burned for energy. Carnitine is a natural nutrient found in red meat, which is why high protein red meat diets (like the Atkins diet) work so well.

When you take Carnitine you will wake up in the morning warmer than normal because your body has been producing energy and burning calories while you sleep. When you exercise, it increases your energy as your stored fat is burned. Carnitine keeps you warmer both day and night.

Each capsule of Carnitine gives you 348mg a day. Maximum calorie burning is usually achieved at about 1750mg a day or five capsules. Maintenance dose is 348mg or one capsule a day. Carnitine is 100% natural, and has no side effects up to 3000mg per day.

\$32ea 60 capsules

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



Easy and convenient apple cider vinegar capsules

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

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

Our apple cider vinegar powder comes from Australian sourced, naturally fermented, apple cider vinegar and contains the "mother". The term "mother" is used to describe the part of the vinegar that contains enzymes and live cultures and is responsible for its various health benefits.

Taken regularly apple cider vinegar supports the digestive system and can support balanced blood sugar levels and pH levels in the body.

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

\$41ea 180 capsules

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

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

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.

\$59ea Marine Collagen

\$49ea Bovine Collagen

200g - 25 serves

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.

\$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

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.

Chocolate, Salted Caramel or Vanilla flavours

\$69ea

500g - 17 serves



A revolutionary inside-outside skin treatment for younger, smoother looking skin

Liquid CoQ10 and marine collagen for outside and water soluble CoQ10 and bioflavonoids for inside.

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

We have put together a capsule that contains the most important ingredients to combat the appearance of ageing skin.

Vitamin C, firms up wrinkling and sagging skin and is helpful for the production of collagen.

Coenzyme Q10 (ubiquinone), is the secret ingredient in a lot of anti-ageing products. As we age we make less of it, which contributes to our ageing appearance.

Free of parabens, paraffins, sodium lauryl sulphates and synthetic fragrances.

Supports

- ✓ Helps keep skin firm, supple and vibrant
- ✓ Reduces the appearance of wrinkles
- ✓ Anti-ageing
- ✓ Helps protect against collagen breakdown

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

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

\$43ea 50ml tube

Fragrance free Turn Back Time cream.

\$43ea 50ml tube

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

\$65ea Combo

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.



Beneficial for skin, hair and nails

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

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

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

 **2-3** per day  Anytime  With food

\$26ea
90 soft gel capsules



4+



\$30ea
50ml liquid

Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

Our Health House Throat Spray syrup is all natural and non-alcohol based. It tastes great and is suitable for the whole family. When those respiratory problems occur and a dry scratchy throat threatens to spoil your day, try our convenient 50ml bottle of Throat Spray.

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

Along with the antiseptic properties of echinacea to support your recovery and healing, we have also added colloidal silver, renowned for its antiseptic benefits, blackcurrant juice which contains high concentrations of anthocyanins, antioxidants and a high vitamin C content. Finally, a dash of peppermint oil to help clear your head and soothe your dry scratchy throat.

Directions: Spray as often as required, but it is recommended you do not exceed 20ml (80 sprays) per day.




The bottle contains about 200 sprays.

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

Support libido

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

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

 **1** per day  Morning
 With food

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






4+

\$44ea
60 capsules

Natural hormonal support

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

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

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



4+

\$38ea
60 capsules

THE NZ JOURNAL OF NATURAL MEDICINE

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

- David Coory

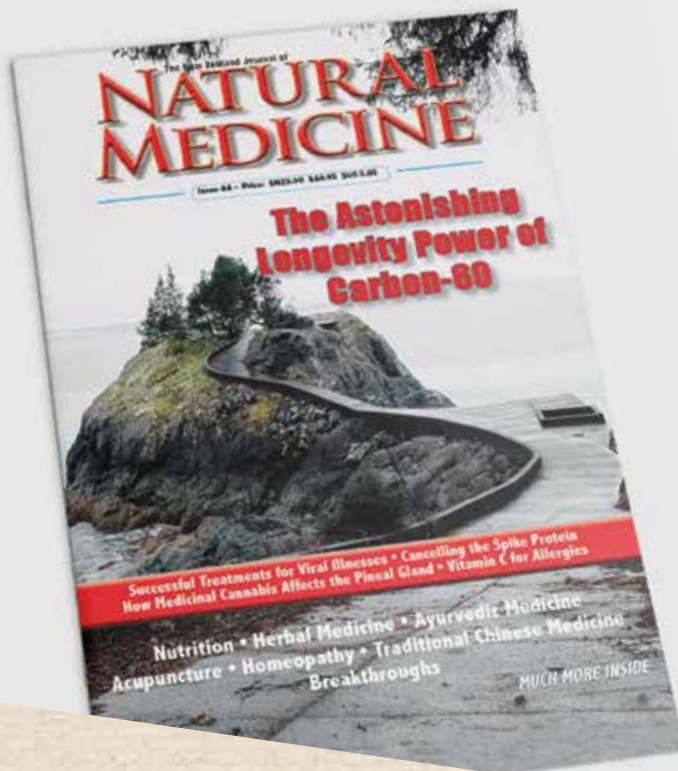
Health House has advertised in this magazine for over 10 years now. Editors Jon Eisen and Katherine Smith are passionate about natural health. They search the world over to bring you the latest health and nutrition findings.

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

How to subscribe

If you live in NZ, a subscription costs only \$40 a year.

Just visit www.naturalmedicine.net.nz and click on subscribe, or phone editor Katherine Smith on 09 439 4691



New Zealand GROWN HEMP SEED OIL CAPSULES

A healthy plant based source of omega oils

While hemp seed oil is not as high in omega levels as our Triple Strength Omega 3 Fish oil capsules it is a good alternative for those who prefer not to take fish oil.

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

We sent the capsules away to be independently tested and results are:

- ✓ Omega 3 - 192mg
- ✓ Omega 6 - 590mg
- ✓ Omega 9 - 96mg

Benefits

- ✓ Very high in vitamins, minerals and amino acids
- ✓ Supports cardiovascular health
- ✓ Supports healthy blood pressure and cholesterol levels
- ✓ Supports mental clarity and focus
- ✓ Great for skin, hair and nails
- ✓ Supports the immune system

2-6 per day

Anytime

With food

BACK BY
POPULAR
DEMAND



\$37ea
150 capsules

ORDER FORM AND PRICE LIST

Prices valid until 31 October 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 (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)	\$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		\$
Magnesium Cream (100ml tube) New	\$35		\$
Magnesium Cream & Magnesium (180 capsules) Combo - New	\$80		\$
4+ Men's Boost (60 Capsules)	\$44		\$
Mitchell's Bone Broth (100g pouch)	\$36		\$
Mitchell's Bone Broth (200g tub)	\$69		\$
Mitchell's Bone Broth Protein Powder (Vanilla flavour 500g)	\$69		\$
Mitchell's Bone Broth Protein Powder (Salted Caramel flavour 500g) New	\$69		\$
Mitchell's Bone Broth Protein Powder (Chocolate flavour 500g) New	\$69		\$
Mitchell's Collagen Peptides - Bovine (200g tub)	\$49		\$
Mitchell's Collagen Peptides - Marine (200g tub)	\$59		\$
Mitchell's 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) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$131		\$
4+ Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$124		\$
Pain-Eze (100ml tube)	\$33		\$
pH Test Strips (5 packs of 10)	\$16		\$
4+ Potion No. 9 (60 capsules)	\$44		\$
4+ Probiotic Multi 9 (60 capsules)	\$43		\$
4+ Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$39		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$30		\$
RealSalt Refill Pouch (737g)	\$24		\$
RealSalt Shaker Garlic (234g)	\$17		\$
RealSalt Shaker Original (284g)	\$11		\$
RealSalt Shaker Season (234g)	\$17		\$
4+ Relax (60 capsules)	\$35		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Salicylic Acid Gel (50ml tube)	\$29		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$
Silver Rods (pair)	\$50		\$
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		\$
4+ 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		\$
4+ Vitamin B5 (90 capsules)	\$36		\$
4+ Vitamin B Complex (60 capsules)	\$39		\$
4+ Withania (Ashwagandha) (60 capsules)	\$39		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
Heal your Eye Problems	\$20		\$

BOOKS	PRICE EACH	QUANTITY	TOTAL
Laugh with Health	\$25		\$
Laugh with Health Special 2 for \$40	\$20		\$
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 New	\$31		\$
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

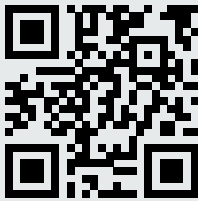


Your credit card details are fully protected by New Zealand's largest online credit card service.

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.



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

or simply visit www.healthhouse.co.nz

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 DEBIT BANKING

To set this up please

Call 0800 140 141

Mon - Fri 8.00 - 4.30.

The easy way to pay, now cheques are gone.

DIRECT BANKING

STEP 1: Call us to place your order.

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

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

VISIT OUR SHOP

1 Whakakake Street, Tauriko, Tauranga.

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

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Freepost Authority Number 206782

Health House, Private Bag 12029, Tauranga, 3143.

Include your credit card details or set up direct debit.