

FREE DELIVERY IN NEW ZEALAND

MAY - JUL  
2026

# EST. 1986 HealthHouse

Quality, natural health products

NEW ZEALAND



## Abundant Health

### New range

We are excited to announce Health House has combined with Abundant Health.

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60 DAY MONEY BACK GUARANTEE

PP5629

0800 140 141  
www.healthhouse.co.nz

## 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.

## FOUR EASY WAYS TO BUY

1. Free phone 0800 140 141 or 0800 423 559
2. Website [www.healthhouse.co.nz](http://www.healthhouse.co.nz)
3. Send in the order form (page 21)
4. Visit our shop - 1 Whakakake St, Tauriko, Tauranga

For more information refer to the order form on pages 21 and 22.

## PRODUCT ICONS

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

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

## Loyalty rewards

### Earn a 10% Discount

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

### Refer a friend

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

# In this issue

The biggest change this month is the combining of Abundant Health with Health House, so a big welcome to John, Janelle and Donna from Abundant Health.

Abundant Health was formed in 1998. John has been writing health columns, giving health advice and together John and Janelle have been selling quality natural health products since 1998, see more on pages 6-7.

What's great is that Health House and Abundant Health both have the same philosophy, you can see that in the product formulations – though they are not exactly the same, there are a lot of similarities. While some of the formulations overlap, they often take different approaches, so you will simply have more choice rather than products being discontinued.



*Cell eXtra and Bettaflex are the most popular Abundant Health products see more on pages 6-7.*

**Cell eXtra** is a multi-vitamin and multi-mineral similar to CAA-Multi, but it also includes a broad antioxidant component, making it closer to a combination of CAA-Multi and our Fruit Antioxidant. It requires 2 capsules per day unlike CAA -Multi which only requires one.

**Bettaflex** is a joint formula with similar ingredients to Healthy Joints. It contains glucosamine and chondroitin at the same levels as Healthy Joints but the chondroitin in Bettaflex is avian (bird) rather than the shark in Healthy Joints. I look forward to discussions about which is the better approach.

**Bone Plus** is similar to Bone Health, both have vitamin K2 and vitamin D3, but Bone Health uses magnesium citrate, while Bone Plus uses marine magnesium. The calcium in Bone Health is coral calcium from Okinawa Japan, while Bone Plus uses bovine bone extract from New Zealand for its calcium.

**Curcumin Plus** is a water soluble curcumin slightly different from the one we sell in powder (this is in capsules), and it has added grape seed extract. So now you can choose curcumin powder or capsules.

**CoQSol** is a USA CoQ10 using bran oil rather than fish oil (like our CoQ10), providing a good non-fish option.

**AntiOx Plus** and **MTQ10** are two unique products containing excellent formulas with many ingredients not found in any Health House products. AntiOx Plus includes pomegranate extract and resveratrol while MTQ10 has NAC, resveratrol, choline, inositol, biotin, PQQ, ALA and lots more.

**Magnesium Triple** although the level of elemental magnesium in this product is slightly lower than the Health House Magnesium, John's formulation is something that I was always planning to do. The Magnesium Triple contains three forms of magnesium, citrate (like our product) but along with glycinate and a marine magnesium. A great product if your stomach acid pH is low or you have trouble absorbing normal magnesium.

Over time we will look at the formulas and see what we do going forward, but in the meantime, there is no immediate change - you will simply see more options. John and David may come up with some improvements over time. John is excited that we have our own manufacturing factory as he has many great ideas to implement.

Kind regards

*Mike Coory*

Managing Director



# Creatine Monohydrate

## More than just a sports supplement

Creatine has long been known in the sports world, and research is now showing it may offer important benefits well beyond the gym. It is a natural part of the body's energy system and plays a key role in both muscle function and brain energy.

Used daily, creatine may support with strength, energy, mental clarity, and healthy ageing. Recent studies suggest it may be particularly helpful for supporting brain energy and performance when suffering from fatigue or sleep deprivation, with promising benefits for older adults.

We chose a pharmaceutical-grade creatine monohydrate made in India to an extremely high manufacturing standard, with strong quality control and batch testing. While some brands focus on expensive European sourcing with fancy marketing claims, or cheaper Chinese products where quality is not guaranteed, our focus is on purity, consistency, and quality you can trust.

In-house testing also showed that this product dissolves even better than others we tested, which either did not dissolve as well or remain partially in suspension.

### Supports:

- ✓ Brain energy and mental clarity
- ✓ Muscle strength and function
- ✓ Healthy ageing and active living
- ✓ Brain performance during fatigue
- ✓ Everyday energy production

A simple daily addition for people wanting to stay strong, sharp and active.

**\$49ea** 300 gram tub  
60 x 5g serve

- ✓ 5g per day
- 🌙 Evening
- 🍴 With or without food



New

## FRUIT ANTIOXIDANT

A Powerful fruit antioxidant, naturally extracted from New Zealand grown fruits.

These days, many of us don't consume enough antioxidants in our diet to counteract the damage being done by free radicals.

This natural Fruit Antioxidant has achieved very high antioxidant activity, containing over five times that of vitamin C and other antioxidant-rich foods.

**\$55ea** 60 capsules

- ✓ 1 per day
- 🌞 Morning
- 🍴 With or without food

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



## SATISFIED

A unique blend of two herbs with the added mineral chromium. Gymnema, saffron, and chromium are traditionally used to support wellbeing, appetite balance, and sugar metabolism.

Special

**\$69ea** 60 capsules  
**buy one get one free**

Best before 31 Dec 2026

- ✓ 1-2 per day
- 🌞 Anytime
- 🍴 With food

Weight management products should be used in conjunction with a balanced diet and exercise.

Not to be used in conjunction with aspirin, thyroid medication or diabetic medications or if you suffer liver problems.





# Abundant Health

I am John Arts, founder of Abundant Health and a qualified practitioner in Nutritional Medicine.

Abundant Health Ltd was established by Janelle and I in 1998, inspired by my own health journey which began at age 27 after contracting a severe viral illness that progressed to glandular fever, resulting in a prolonged period of poor health including chronic fatigue syndrome (CFS) and impaired respiratory function.

In 1996, I was introduced to an OPC-based antioxidant and mineral formula produced in the United States. Following three months of supplementation, I observed significant improvements in daily headaches and fatigue, with subsequent years bringing steady recovery in respiratory health and restored energy levels.

Abundant Health initially promoted this US supplement. Subsequently, through collaboration with industry experts, we developed our own range of supplements. From 2010 to 2013, I completed an Advanced Diploma of Nutritional Medicine at the Australasian College of Natural Therapies in Sydney, which included over 300 hours of clinical practice with clients. This expertise qualified me to directly formulate and then continually improve the range of Abundant Health supplements.

## Nutritional Medicine

Nutritional medicine is a health approach that uses diet, lifestyle modifications and supplements to support body systems stressed by

disease and even the aging process. The goal is to improve health, often addressing root causes of illness rather than just symptoms.

For example, Osteoarthritis is a common joint disease marked by cartilage loss, changes to the bones of the joint and inflammation within the joint capsule. The Nutritional Medicine approach is to slow the destruction of chondrocytes; these are the cells that secrete and maintain cartilage. We do this by adding various antioxidants, notably curcumin and trace minerals to reduce destructive enzymes and free radical damage. We then add compounds such as chondroitin sulphate, glucosamine and curcumin to improve joint support. The results will vary but I have spoken to thousands of people who found it supported their mobility.

My commitment to developing effective, research-backed supplements, mirrors that of David Coory and Health House. It is this shared ethos that has brought us together, allowing us to combine our expertise, resources, and research capabilities to offer you an even wider range of health advice and supplements.

Our collaboration began eighteen months ago when I approached Mike Coory to help manufacture several Abundant Health products. I was immediately impressed with Health House's manufacturing standards, and as our teams worked together, we

realised the benefits this partnership could bring to you, our customers.

Looking ahead, Janelle and I have reflected on our future and acknowledged that the demands of running Abundant Health are becoming unsustainable for us. By joining forces with Health House, I can continue my passion for helping people and advocating for natural health through my health columns while stepping back from the day-to-day administrative responsibilities.

This enables me to spend more time with my family and embrace a more relaxed pace of life while helping the now combined customers of both Health House and Abundant Health improve their health and quality of life.

I am grateful for your ongoing trust and support. Together with Health House I am confident that this new chapter will bring even greater benefits to all of our customers.



## ABOUT THE AUTHOR

John Arts (Adv.Dip.Nut. Med) is a nutritional medicine practitioner and founder of Abundant Health. For questions or advice contact John at [john@healthhouse.co.nz](mailto:john@healthhouse.co.nz)

# Back to normal again after my cancer scare

"To be in my 80th year and feeling back to 100% - especially after something as alarming as a cancer diagnosis three months ago - is no small thing."

Regaining my energy and maintaining a healthy weight again is a wonderful feeling. I can again do 50 push-ups and continue my three-hour bike rides. Moments like this tend to make you appreciate everyday things.

Achieving a dramatic reduction in my melanoma and the worrisome, enlarged lymph gland in my left armpit has all but vanished. I am now symptom-free which is a great result and a blessing.

My latest CT scan shows everything close to normal and all excess fluid in my abdomen has gone. Drinking a cup of cannabis tea every evening relaxed me during my early prognosis which in return helped me sleep. Now with more energy and on the way to total recovery I have finished drinking the cannabis tea and concentrating on my mind clarity and energy levels.

During this time, I stayed committed to my wholesome, low-sugar diet. Combined with my strong immune system and the immunotherapy transfusion (Keytruda) I received every

three weeks, I truly believe it all played a role in my speedy recovery.

During this time, I also:

- Continued to take Health House Optimum Health Triple Pack, 7-day Iron and Colloidal Silver.
- Received an iron infusion
- Drank pomegranate juice.

I was also blessed with healing prayers and the support of my family and friends.

Together, these steps have made a significant boost to my recovery.



## 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.

## Acknowledgments and thanks

### A message from HealthHouse and the Coory Family

We are deeply grateful for the oncologists, doctors and nurses who treated David and we are equally grateful for Keytruda (pembrolizumab), an immunotherapy treatment that made such a dramatic difference in his case.

We also want to acknowledge the New Zealanders who fought to get this treatment funded, especially Melanoma New Zealand and patient advocates such as Leisa Renwick, who kept pushing access for melanoma patients. That hard work gave families real hope and in David's case, the opportunity for a far faster recovery than many would have expected.

Immunotherapy works closely with the body's own immune system. Some cancers hide from the body's natural defences, and this treatment allows the immune system to recognise the cancer and fight back properly. It is a completely different approach from chemotherapy.

In David's case, it was very clear: once the cancer was exposed, his strong immune system did the rest and did so quickly. His lifelong focus on natural health mattered substantially as his strong immune system was able to fight as soon as it could see the enemy. The cannabis tea also helped by improving sleep, relaxation and appetite which helped him regain lost weight and strength. Good medical treatment was essential, but just as important was the condition of the person receiving it.

# Abundant Health

Experience the power of nature

Live Life to the fullest with Health House's new supplements designed to suit your needs.

## Cell eXtra

Cell eXtra is a daily supplement which contains a carefully balanced blend of vitamins, minerals, and antioxidants.

### Supports:

- ✔ Normal energy ✔ Circulation
- ✔ Immune system responses
- ✔ General wellbeing

**\$69.95ea** 120 capsules

**MULTI BUY**

3 pack **\$198.75** save \$11.10

🍬 2 per day 🌞 Morning

🍴 With food



## Bettaflex

Bettaflex is formulated with Chondroitin Sulphate, Glucosamine Sulphate, and BioSolve Curcumin extract (from turmeric).

These ingredients are included to support joint health and mobility. Bettaflex is suitable for individuals seeking nutritional support for their joints as part of their daily routine. Individual results may vary.

**\$36.50ea** 60 capsules

**MULTI BUY**

3 pack **\$99.95** save \$9.55

🍬 2 per day 🌙 Anytime

🍴 With or without food



## Magnesium Triple

Magnesium Triple offers a blend of Marine Magnesium, Magnesium Citrate and Magnesium Glycinate for rapid absorption.

### Supports

- ✔ Muscle function ✔ Nerve function
- ✔ Heart rhythm ✔ Restful sleep

**\$43.95ea** 120 capsules

**MULTI BUY**

2 pack **\$82.95** save \$4.95

🍬 1-2 per day 🌙 Anytime

🍴 With or without food



## CoQsol®

CoQsol® is a coenzyme Q10 supplement developed for those looking to support cardiovascular health and support energy metabolism.

CoQ10 is an antioxidant that occurs naturally in the body and plays a role in cellular energy production.

### A fish-free CoQ10 option.

**\$54.95ea** 60 capsules

**MULTI BUY**

3 pack **\$149.85** save \$15

🍬 1-2 per day 🌙 Anytime

🍴 With food





## Bone Plus

Bone Plus contains purified New Zealand bone extract (MCH Cal®), marine magnesium, vitamin D, and vitamin K2. These nutrients support mineralisation and normal bone development.

**\$54.95ea** 120 capsules

**MULTI BUY**

3 pack **\$149.85** save \$15

2 per day Evening

With or without food

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



## MTQ10

MTQ10 blends PQQ (Pyrroloquinoline quinone), Co enzyme Q10, B vitamins, and grape seed extract (OPC) to support cellular energy production.

**For energy and nerve support**

**\$84.95ea** 60 capsules

**MULTI BUY**

3 pack **\$239.85** save \$15

1 per day Morning

With food



## Antiox Plus

Antiox Plus is a multi-antioxidant supplement formulated to help protect cells from oxidative stress.

### Supports

- Normal cell aging
- General wellbeing
- Healthy circulation
- Respiratory function

**\$54.95ea** 60 capsules

**MULTI BUY**

3 pack **\$149.85** save \$15

1-2 per day Anytime

With or without food



## Curcumin Plus

Curcumin Plus contains a 95% water-soluble BioSolve® curcumin (from turmeric) and Oxifend NZ grape seed extract (OPC).

This supplement is intended to provide antioxidant support for the normal functioning of the immune system.

**\$44.95ea** 60 capsules

**MULTI BUY**

3 pack **\$124.95** save \$9.90

1-2 per day Anytime

With food



## THROAT SPRAY



### Soothe a dry Scratchy throat

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

**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).

Rinse nozzle under hot water if spray volume reduces.

## COLD SORE

### 100% Natural Kanuka Honey

HoneyLab Cold Sore formulation is created with pharmaceutical - grade Kanuka honey. Completely natural, it is a strong natural antiseptic and a deep moisturiser.

HoneyLab Cold Sore combines this activity with proven cold sore wound and lesion healing power.



# Colloidal SILVER



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

#### Colloidal Silver and Bacteria

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

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

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

#### Is it safe?

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

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

#### Make your own at home

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

#### Colloidal Silver Generator

Make your own Colloidal Silver

**\$165ea** one year guarantee (includes silver rods)

**\$75pair** replacement silver rods

#### Colloidal Silver liquid & gel

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

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

**\$38ea** 500ml liquid

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

#### Colloidal Silver Cream

This 100% natural, soothing and moisturising cream is enriched with colloidal silver, avocado oil, aloe vera, lavender essential oil, shea butter, cocoa butter, jojoba oil and calendula oil.

Its gentle, nutrient-rich formula is ideal for dry, sensitive, or easily irritated skin. Used as a daily moisturiser, to help calm, hydrate and nourish the skin.

**\$31ea** 100ml tube

#### Directions for Use:

Gently massage into clean, dry skin morning and night, or apply as needed for extra hydration and comfort.

# Support your everyday health

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



1 per day Morning  
With food

## Our best selling product

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

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

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

Also available in CAA-Multi Sensitive (no iron or sulphur added)

## Optimum Health Triple Pack

### 1 Triple Pack

Save \$17 off the individual product prices.

**\$135ea**

### 2 or more Triple Packs

Save \$44 off the individual product prices.

**\$130ea** **MULTI BUY**

### 1 Triple Pack + 1 Probiotic

Save \$21 off the individual product prices

**\$190** **MULTI BUY**

### 2 Triple Packs + 2 Probiotics

Save \$52 off the individual product prices.

**\$370** **MULTI BUY**

Save \$52 off the individual product prices.

Also available in CAA-Multi Sensitive (no iron or sulphur added)

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



1 per day Morning  
With food

## Supports heart, artery and brain health

CoQ10 is a powerful antioxidant which is vital for supporting lifelong muscle energy and a healthy, lively old age. It supports blood health and mental clarity.

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

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



1 per day Anytime  
With food

## Keep calcium in your bones with Bone Health

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

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

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





# Mediterranean Secrets to Sharp Aging

In some Greek Islands such as Ikaria, people age remarkably well. Cognitive decline is rare. Dementia rates are one-fifth of those in the rest of Europe.

Their example suggests that cognitive decline is not inevitable and that lifestyle and health choices can significantly influence how our brains age.

The good news is that at least 45% of all dementia cases worldwide are preventable by addressing modifiable risk factors, according to research published in *The Lancet*.

While there are no guarantees, there are many things that we can do to reduce the chances of developing dementia. These can be grouped into 4 categories:

## Optimise medical conditions which increase the risk of dementia

Several common medical conditions significantly increase dementia risk.

- High blood pressure during midlife increases risk by damaging the brain's 400 miles of blood vessels.
- High cholesterol forms plaques in cerebral arteries that narrow the brain's blood supply.
- Depression elevates dementia risk, creating a social withdrawal spiral that compounds cognitive decline.
- Type 2 diabetics have a 60-70% higher dementia risk.

- Hearing loss stands as one of the largest modifiable risk factors. Mild hearing loss doubles dementia risk.
- Visual impairment: Also associated with increased risk.

Managing these conditions, especially in midlife, has substantial long-term impact.

## Lifestyle changes that protect the brain

Small, consistent habits make a measurable difference.

**Exercise:** Just 150 minutes of moderate activity per week significantly lowers the risk of dementia. Social connection is equally crucial: Isolation increases dementia risk as every conversation provides a full-brain workout.

**Mental stimulation:** Learning new skills builds cognitive reserve, literally buying time before dementia symptoms appear. Speaking another language delays dementia onset by 4-5 years through constant mental juggling. Quality sleep, reducing stress, stopping smoking and avoiding excess alcohol are also essential.

## The Mediterranean diet

The Mediterranean diet has been supported by strong science for decades.

**It emphasizes:** Whole grains, legumes, nuts, herbs, spices, fruits, vegetables, and olive oil daily.

Also fish rich in omega-3 regularly, small amounts of eggs and dairy and very little red or processed meat. This approach is high in fiber, minimally processed, and rich in unsaturated fats, the opposite of many Western diets.

Coffee and tea consumption also have protective effects, likely due to caffeine and high antioxidant content.

## Targeted

When dietary intake is insufficient, supplements may help:

- Omega-3 is important, in our diet, or alternatively as a supplement.
- Vitamin D and some vitamin B's can be protective.

A quality multi-vitamin is the easiest way to achieve this. Supplements should complement-not replace a healthy diet.

## The highest-impact actions

It feels like a lot of information and things to do!

The highest impact changes are:

- Controlling blood pressure
- Getting hearing aids if needed
- Doing 150 minutes of weekly exercise
- Nurturing social connections
- Adopting a Mediterranean diet and supplementing omega-3 fatty acids, vitamin B's and vitamin D

## Reference

*Livingston, G et al (2024). Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission. The Lancet, 404(10452), 572-628. [https://doi.org/10.1016/s0140-6736\(24\)01296-0](https://doi.org/10.1016/s0140-6736(24)01296-0)*



## ABOUT THE AUTHOR





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

## DHEA 7-KETO

### Natural youth hormone

DHEA is a naturally occurring hormone that declines with age. Sourced from plant extracts, our supplement supports general wellbeing and helps maintain vitality as you age.

**\$42ea** 60 capsules

-  1 per day over 35 years of age
-  1 every 2 days from 25-35 years of age
-  Morning  With or without food

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.



## ALERT PLUS

### Brain function

Lion's Mane Mushroom, a traditional Chinese herb, supports brain function and clarity. Combined with Ginkgo Biloba and Ginseng extracts, it supports alertness and mental focus.

These ingredients also support general wellbeing, mood balance, and restful sleep, offering antioxidants for a calming effect on the body.

**\$59ea** 60 capsules

-  1-2 per day
-  Anytime
-  With food






## WITHANIA /ASHWAGANDHA

### Mood and vitality

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

Withania supports physical and mental energy and is revered for supporting health and wellness into the elder years.

Withania is an excellent choice when looking to support energy levels, lift mood, support restful sleep and help recover from any illness.

-  1 per day  Anytime
-  With or without food

**\$39ea** 60 capsules

If taking thyroid or any other prescription medication, please discuss this with your healthcare professional. Not recommended if pregnant or trying to conceive.



## 5-HTP

### Stress and appetite

5-HTP (5-Hydroxytryptophan) is a naturally occurring amino acid made from seeds of the plant Griffonia Simplicifolia, that supports the production of serotonin in the brain.

Serotonin is generally thought to be the contributor to feelings of wellbeing and happiness, along with supporting mood, appetite and sleep.

**\$38ea** 90 capsules

-  2-4 per day  Anytime
-  With food

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. Weight management products should be used in conjunction with a balanced diet and exercise.





## 7-DAY IRON *Energy*

High quality, easy to digest iron for increased energy. Our 7-Day Iron has remained very popular as our customers see real improvements in the iron levels of their blood, and conveniently **you only require one capsule per week.**

### Supports

- ✓ Alertness
- ✓ Natural weight management
- ✓ Strong bones and muscles
- ✓ High energy

**\$33ea** 25 capsules

- 🕒 1 per week
- 🌙 Anytime
- 🍴 Empty stomach



## HEMP SEED OIL *Omega oils*

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

New Zealand grown Hemp Seed Oil capsules. 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.

### Made in NZ

**\$39ea** 150 capsules

- 🕒 2-6 per day
- 🌙 Anytime
- 🍴 With food



## THE SUNSHINE VITAMIN *Vitamin D*

Vitamin D is produced by the body in response to exposure to the sun. Unfortunately, we don't get enough when UV levels are low in the colder months, or we are not getting outside enough.

### Supports

- ✓ Calcium absorption
- ✓ Emotional wellbeing
- ✓ Relaxed body and mind

The Sunshine vitamin

**Special**

2 for **\$34**

- 🕒 1 per day
- 🌙 Anytime
- 🍴 With food



**Vitamin D3 and K2**  
**\$29.95ea** 60 capsules

## CORAL CAA *Balance*

Coral CAA provides half the vitamins and minerals of CAA-Multi and half the ingredients of Bone Health, ideal for smaller-framed individuals or sensitive systems. Younger children's vitamin and mineral requirements are often less than adults and Coral CAA is a good alternative for them too.

Contains high quality coral calcium and a complete mineral and vitamin blend.

**\$49ea** 60 capsules

- 🕒 1-2 per day
- 🌙 Morning
- 🍴 With food

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



## New Zealand Kelp

Kelp, harvested from New Zealand's nutrient-rich waters, benefits nails, hair, and overall health. Rich in iodine, it supports thyroid health and helps protect against radiation damage.

### Supports

- ✓ As an overall health tonic
- ✓ Especially rich in iodine
- ✓ Healthy thyroid
- ✓ Thyroid gland and helps protect from radiation damage

**\$33ea** 60 capsules

1 every 2 days Morning With or without food

Small size capsules each containing 1000mcg of Iodine.



## Silver Rods

These 99.9% pure silver rods are replacements for the ones in our Health House Colloidal Silver Generator. Direct replacement and easy to use. 2mm gauge and 140mm in length. These rods will make hundreds of litres of Colloidal Silver Liquid.

- ✓ 99.9% silver
- ✓ Makes 100's of litres of Colloidal Silver
- ✓ Suitable for the whole family

**\$75ea** pair



## Relax

A blend of the world's three most relaxing and calming herbs - valerian, hops and kava, along with magnesium to promote a general sense of wellbeing and supports a peaceful relaxing sleep without chemicals.

If you are having trouble sleeping or there is stress in your life, this is a natural alternative to soothe tension and stress.

### Supports

- ✓ Relaxing and calming effects
- ✓ A deep restful sleep
- ✓ Stress and worry

**\$35ea** 60 capsules

2-3 per day Evening With food

May cause drowsiness. Take care when driving or operating machinery. This product contains Kava extract and Valerian which may interfere with prescription medication, especially for those being treated for liver or kidney malfunction or on psychotropic medication. Please discuss with your healthcare professional before use.



NZ's  
top selling  
Health Book



## Stay Healthy Book

Stay Healthy by supplying what's lacking in your diet.

Updated in 2021, this 11th edition is still New Zealand's most popular and easy to understand health book, Stay Healthy by supplying what's lacking in your diet (over 98,000 copies sold) is packed full of priceless health information and with international measurements.

This book shows you how to dramatically improve your health by making small but critical changes to your diet.

**Paperback**

**\$31ea** 420 pages

## Other books

Which Natural Therapies Should you Try **\$21ea**

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

Heal your Eye problems **\$20ea**

Should I take Probiotics? **\$19ea**

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

Medicinal Cannabis **\$35ea or 2 for \$60**

Natural Remedies That Really Work **\$29ea**

New Zealand's Greatest Doctor, Ulric Williams **\$18ea**

The Eczema Diet Book **\$29ea**

## 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

**Clearance Special**

**\$79ea** Best before 30 Sept 2026

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

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



## 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)



## PROBIOTIC MULTI-9

# Reset your gut health

A feeling of wellbeing obtained naturally and help with managing food cravings.

If any of the strains of bacteria are missing, various kinds of foods will not be digested properly. This causes gluten and dairy allergies and numerous other health or digestive problems.

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Once in your small intestine, these bacteria recolonise and multiply, just like plants in a garden. If any of these bacteria were missing, the effect on your health and ability to digest all types of foods can be dramatic.

### Supports

- ✓ Bowel and digestive health
- ✓ Digestion of food, soft, regular bowel movements
- ✓ Mineral and vitamin absorption
- ✓ Bowel bacteria after taking antibiotics

### Probiotic Multi-9 60 capsules

**Special**

**\$49ea** when you buy two or more  
Best before 30 Sept 2026

**\$59ea**

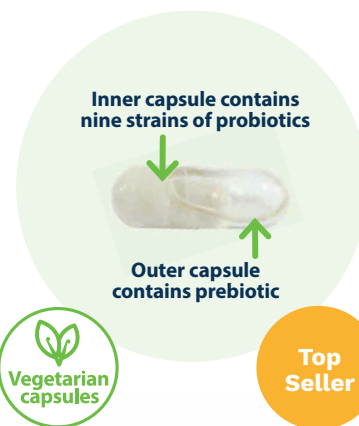
**New**  
**Probiotic Multi-9 Pouch**  
**10 caps now available**

**\$15ea** 10 capsules

Now available in a 10-capsule pouch designed for easy trial and added convenience when travelling.

If you haven't tried our Probiotic Multi-9 try our sample pouch. It is also great to take away on holiday.

- 🕒 1-2 per day
- 🌙 Anytime
- 👤 Empty stomach



## EASY-LAX

Easy-Lax is a gentle, herbal stool softener that supports regular, strain-free bowel movements without straining. It contains five herbs that have been proven to be beneficial to the bowel. Easy-Lax works gently over a twelve-hour period.

**\$37ea** 100 capsules

- 🕒 1-2 per day
- 🌙 Evening
- 🍽️ With or without food

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.





## CRANBERRY *Urinary tract health*

Our premium, all-natural, full-spectrum cranberry powder is specially formulated to support normal prostate function in men while also supporting healthy urinary flow and overall urinary tract health in both men and women.

This cranberry powder is unique as it uses the entire cranberry plant.

### Supports

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

**\$37ea** 60 capsules

- 📅 1 per day 🌙 Anytime
- 🍴 With or without food

Seek advice if taking blood thinning medication.



## LIVER CLEANSE *Liver health*

Powerful milk thistle combined with essential vitamins and electrolytes for your liver health. Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

### Supports

- ✓ Liver regeneration
- ✓ Cleansing the blood
- ✓ Detoxing
- ✓ Protecting and restoring the liver from toxic damage
- ✓ Restores electrolytes

**\$37ea** 60 capsules

- 📅 1 per day 🌞 Morning
- 🍴 With food



## CARNITINE *Energy to burn*

Carnitine's role in the body is to transport stored body fat to the cells to be burned for energy, even when you sleep. Each capsule of Carnitine gives you 348mg a day. Maximum support for calorie metabolism is usually achieved at about 1750mg a day or five capsules. Maintenance dose is 348mg or one capsule a day.

- ✓ 100% natural
- ✓ Has powerful antioxidant activity
- ✓ Supports normal fat metabolism
- ✓ Helps manage food cravings

**\$32ea** 60 capsules

- 📅 3-5 per day 🌞 Morning
- 🌙 Empty stomach

Seek advice if taking blood thinning medication



## APPLE CIDER VINEGAR CAPSULES *With no strong taste*

Enjoy our naturally fermented apple cider vinegar which contains the "mother". Each capsule provides the equivalent of one teaspoon of liquid apple cider vinegar; three capsules equal one tablespoon. A convenient option to support general wellbeing as part of a healthy lifestyle.

### Supports

- ✓ Digestive system
- ✓ pH levels in the body
- ✓ Balanced blood sugar levels.
- ✓ Cholesterol levels

**\$41ea** 180 capsules

- 📅 3 per day 🌙 Anytime
- 🍴 With or without food



## Rubeeven

Rubeeven™ combines capsaicin (cayenne) and bee venom for rapid joint stiffness relief. Made in New Zealand, it delivers bee venom through a chilli extract, warming muscles, bones, and joints. Used in Asia for over 2000 years, bee venom supports joint and muscle comfort.

**Ingredients:** Distilled Water, Cayenne Liquid Extract (Capsaicin), Coconut Wax, Extra Virgin Olive Oil, Benzoin Tincture, Bee Venom.

**Warning:** Do not use if allergic to bee products. May cause a temporary warming sensation to the area applied. If too hot, wash off and apply less.

**\$35ea**  
30ml pump



## Pain-Eze

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

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

**\$37ea**  
100ml tube

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



## CURCUMIN/TURMERIC General health

Curcumin is the active ingredient in turmeric, an ancient Indian spice with centuries of use in both Chinese and Hindu traditions.

This powerful antioxidant supports healthy circulation and provides support for joint health and mobility. It supports digestive function, bowel functions and provides protection from toxins and other health issues.

### Supports

- ✓ Healthy blood pressure
- ✓ Healthy cholesterol levels
- ✓ Liver detoxification
- ✓ Assists with bowel and digestive problems
- ✓ Mental clarity and focus
- ✓ Joint mobility

Made in New Zealand with premium Indian-sourced ingredients.

**\$99ea** 90g powder

✓ 1/3-2/3 tsp per day

🌙 Anytime 🍴 With food

**Directions:** Adults - recommended dosage is 500-1000mg per day (approximately 1/3 to 2/3 teaspoon). For best absorption, consume with meals. It can also be added to smoothies, juice or water.

**Precautions:** Do not use for two weeks prior to or following surgery. Avoid if you have gallbladder issues. Consult a healthcare professional if taking blood-thinning medication, or if pregnant or breastfeeding.



## Magnesium

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

### Magnesium Cream

**\$35ea** 100ml tube

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

### Magnesium Capsules

**\$33ea** 60 capsules

**\$55ea** 180 capsules

### Magnesium Combo

**\$85ea** 100ml tube/180 capsules

**COMBO** Save \$5.00

🌙 1-3 per day 🌙 Anytime

🍴 With or without food

### Directions

**Men:** two or three capsules per day,  
**Women:** one or two capsules per day,  
**Children over eight years of age:** one capsule per day, or as directed by your healthcare professional.



Available as capsules or a topical magnesium chloride cream

## BORON + SELENIUM

# General health

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

- ✔ Supports calcium absorption
- ✔ Supports magnesium absorption
- ✔ Supports men's sexual health

**\$43ea** 60 capsules

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



## HEALTHY JOINTS

# Glucosamine–chondroitin

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

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

**MULTI BUY**

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

- 📅 2-3 per day
- 🌙 Anytime
- 🍴 With food

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



## MSM SULPHUR

# Mobility

A highly bioavailable, non-allergenic source of sulphur. Sulphur is one of the most important nutrients in your body. Methylsulfonylmethane (MSM) is a sulphur compound that is naturally present in our body's system. Predominantly MSM is used for supporting joint health and mobility.

**\$45ea** 180 capsules

- 📅 1-6 per day
- 🌙 Anytime
- 🍴 With or without 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.



## TURN BACK TIME

# Anti-Ageing

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

Combat ageing inside and out with our powerful combo! Our cream blends liquid CoQ10 and marine collagen, while our capsules deliver water-soluble CoQ10 and bioflavonoids. Vitamin C boosts collagen and firms skin, while CoQ10, vital for youthful skin, declines with age. Free from parabens, paraffins, SLS, and synthetic fragrances.

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

**\$43ea** 50ml tube

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

**\$43ea** 60 capsules

- 📅 2 per day
- 🌙 Anytime
- 🍴 With food

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

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

**\$65ea** **COMBO**

50ml tube/60 capsules combo



## HARMONY

### Natural youth hormone

There are certain times in a woman's life when she needs extra support. We have specially designed Harmony by combining shatavari with maca extract, boron and vitamin D to give support during these times.

**\$40ea** 60 capsules

1-4 per day Anytime

With or without food

Seek advice if taking blood thinning medication

## MACA-X

### Extra strength

#### High quality minerals and vitamins

Maca is a stress support herb, which means it helps the body adapt to stress and supports a return back to its normal balance.

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

**\$37ea** 60 capsules

1-2 per day

Anytime

With food

If pregnant, not recommended during the first trimester.



## VITAMIN B5

### Overall wellbeing

Vitamin B5 (Pantothenic acid) is required by our immune system to support artery and blood health in the body.

Pantothenic acid is required by our immune system to support artery and blood health in the body. It also supports weight management, helps the body make better use of Omega 3 and helps protect the friendly probiotic bacteria in our intestines from damage by antibiotics.

#### Supports

- Artery and blood health
- Friendly probiotic bacteria in the intestines from damage by antibiotics
- Healthy cholesterol levels
- Ability to metabolise macronutrients

**\$36ea** 90 capsules

1-2 per day Morning With or without food



## MEN'S BOOST

### Energy and vitality

Whether you are young or old, men can always do with a bit of assistance. Men's Boost is a blend of herbal extracts and key minerals that supports energy, vitality, and normal testosterone levels. It also supports the maintenance of prostate health and overall wellbeing.

**\$44ea** 60 capsules

1 per day Morning With food



## VITAMIN B COMPLEX

### Daily Function

B vitamins are water-soluble, meaning your body doesn't store them like other nutrients. Levels can vary daily depending on your diet. When you're stressed or overworked, your body uses more B vitamins. Additionally, alcohol, sugar, and caffeine can further deplete them.

**\$39ea** 60 capsules

1 per day Morning With or without food

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



# Dry eye relief

No more eye drops

**Try our easy to use castor oil rollerball, a topical application for dry eye relief.**

Formulated to alleviate symptoms of blepharitis and itchy eyes.

Blepharitis is a common eye condition that makes your eyelids red, swollen, irritated and itchy. It can cause crusty dandruff-like flakes on our eyelashes. Blepharitis can be uncomfortable but isn't contagious and usually doesn't cause any lasting damage to your eyes.

Always consult your doctor about what is causing your blepharitis and the best ways to manage it.

Castor oil forms a protective layer on the skin surface which locks in moisture by penetrating the skin barrier. Applying Dry Eye Relief to your eyelids allows oil to penetrate the skin which supports improved dryness in your ocular surface (eyeball). This can dramatically reduce symptoms of dry eye disease. These symptoms can be stinging or burning sensations, a feeling of having something in your eye, redness, sensitivity to light and blurred vision.

Our Dry Eye Relief is made with pharmaceutical grade, cold pressed castor oil and is preservative free.

### Benefits

- ✔ Supports dry, irritated eyes
- ✔ 100% natural
- ✔ Easy rollerball applicator
- ✔ Gentle on sensitive skin
- ✔ Pharmaceutical grade castor oil

**\$34ea** 10ml rollerball

Apply a thin layer twice daily to both the upper and lower eyelids.

Remove contact lenses before applying. Avoid direct eye contact.

For external use only. Discard unused content four weeks after opening.



## PREMIUM FISH OIL

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

### Supports

- ✔ Joint mobility
- ✔ Emotional wellbeing
- ✔ Mental focus
- ✔ Healthy skin
- ✔ Heart and artery health

**\$34ea**

150 soft gel capsules

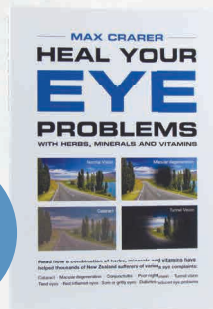
- ✔ 1-2 per day
- ✔ Anytime
- ✔ With food



## HEAL YOUR EYE PROBLEMS

This highly interesting New Zealand book Heal your Eye Problems with Herbs, Minerals and Vitamins was written by retired farmer Max Crarer of Wairoa while in his mid-70s.

Following his own healing, Max researched other natural eye healings from eye researchers all over the world. Through his own experience and personal experiences of others, including his Radio Pacific listeners, he discovered combinations of herbs, minerals and vitamins that have helped thousands of New Zealand sufferers of various eye complaints.



**\$20ea**  
109 pages

## EYE HEALTH

# Good eye health naturally

Supporting good eye health. Eye Health is a comprehensive blend of herbs, vitamins, and minerals specifically formulated to support and maintain healthy eyes.

The minerals zinc and copper are important eye nutrients and play a significant role in defending against free radical damage in the macular region, retina and lens of the eye. Eye Health is a comprehensive natural product for your eyes.

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

**\$49ea** 60 capsules

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



## NATURAL SUNSCREEN

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

**\$30ea**  
100ml tube

**Directions** Shake well. Apply generously to clean, dry skin at least 20 minutes prior to sun exposure. Reapply frequently and after swimming, exercise or towelling dry.



## SKIN CLEAR

Skin Clear contains vitamin B5 and carnitine to support the body's natural oil balance and overall skin health. It works from within, an ideal companion to topical skincare. Supports clear unblemished skin.

2-4 per day Anytime

With food

**\$43ea**  
120 capsules

**Green vegetarian capsules**

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



## ROSACEA

Honevo Rosacea is a topical formulation made with pharmaceutical-grade Kanuka honey. Used twice daily, it helps support skin hydration and provides natural antibacterial properties. Gentle and 100% natural.

**\$35ea**  
50ml tube



## MANUKA OIL CREAM

Natural support suitable for dry, reddened, sensitive and irritated skin.

### Supports

- Natural relief to irritated skin
- Calming sensitive skin
- Soothing reddened, flaky skin
- Customers favourite

**\$43ea** 100ml tube

**Not recommended for children under 2 years.**

**Directions:** Apply gently onto the affected area two or three times a day or as required.



## ALOE VERA GEL

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

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

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

**\$22ea** 100ml tube



## ALOE VERA WITH COLLOIDAL SILVER GEL

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

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

**\$18ea** 50ml tube

**\$25ea** 100ml tube



## SALICYLIC ACID GEL

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

**\$29ea** 50ml tube

**COMBO**

**\$43ea** Salicylic Acid Gel 50ml and Aloe Vera Gel 100ml combo Save \$8





# Order form and price list

Prices valid until 31 July 2026

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
11	5-HTP (90 capsules)	\$38		\$
12	7 - Day Iron (25 capsules)	\$33		\$
11	Alert Plus (60 capsules)	\$59		\$
20	Aloe Vera Gel (100ml tube)	\$22		\$
20	Aloe Vera Gel with Colloidal Silver (50ml tube)	\$18		\$
20	Aloe Vera Gel with Colloidal Silver (100ml tube)	\$25		\$
15	Apple Cider Vinegar (180 capsules)	\$41		\$
9	Bone Health (60 capsules)	\$47		\$
17	Boron and Selenium (60 capsules)	\$43		\$
9	CAA - Multi (60 capsules)	\$51		\$
9	CAA - Sensitive (60 capsules)	\$51		\$
15	Carnitine (60 capsules)	\$32		\$
8	Cold Sore (10gms)	\$35		\$
8	Colloidal Silver Cream (100ml tube)	\$31		\$
8	Colloidal Silver Gel (100ml tube)	\$28		\$
8	Colloidal Silver Generator	\$165		\$
8	Colloidal Silver Liquid (500ml)	\$38		\$
8	Colloidal Silver Liquid Spray (100ml)	\$17		\$
24	Complete C (200 chewable tablets)	\$39		\$
24	Complete C Powder (100g powder) <b>While stocks last</b>	\$39		\$
9	CoQ10-Omega3 (60 gel capsules)	\$54		\$
12	Coral CAA (60 capsules)	\$49		\$
15	Cranberry (60 capsules)	\$37		\$
3	Creatine Monohydrate (300g) <b>New</b>	\$49		\$
16	Curcumin 95% (90g powder) <b>New</b>	\$99		\$
11	DHEA 7-Keto (60 capsules)	\$42		\$
19	Dry Eye Relief (10ml rollerball)	\$34		\$
14	Easy-Lax (100 capsules)	\$37		\$
19	Eye Health (60 Capsules)	\$49		\$
3	Fruit Antioxidant (60 capsules)	\$55		\$
18	Harmony (60 capsules)	\$40		\$
17	Healthy Joints (90 capsules)	\$74		\$
17	Healthy Joints (180 capsules)	\$109		\$
17	Healthy Joints (180 capsules) <b>2 OR MORE</b>	\$98		\$
12	Hemp Seed Oil (150 gel capsules)	\$39		\$
24	Immune Support (60 capsules)	\$33		\$
13	Kelp (60 capsules)	\$33		\$
15	Liver Cleanse (60 capsules)	\$37		\$

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
18	Maca-X (60 capsules)	\$37		\$
16	Magnesium (60 capsules)	\$33		\$
16	Magnesium (180 capsules)	\$55		\$
16	Magnesium Cream (100ml tube)	\$35		\$
16	Magnesium Cream & Magnesium Combo (100ml tube/180capsules)	\$85		\$
20	Manuka Oil Cream (100ml tube)	\$43		\$
18	Men's Boost (60 Capsules)	\$44		\$
23	Mitchells Bone Broth (200g tub)	\$74		\$
23	Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$79		\$
17	MSM Sulphur (180 capsules)	\$45		\$
20	Natural Sunscreen (100ml tube)	\$30		\$
9	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA-Multi Sensitive (no iron or sulphur added)	\$135		\$
9	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <b>2 OR MORE</b> <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA-Multi Sensitive (no iron or sulphur added)	\$130		\$
16	Pain-Eze (100ml tube)	\$37		\$
14	pH Test Strips (5 packs of 10)	\$16		\$
24	Premium Collagen (240g tub)	\$39		\$
19	Premium Fish Oil (150 gel capsules)	\$34		\$
14	Probiotic Multi 9 (60 capsules)	\$59		\$
14	Probiotic Multi 9 (60 capsules) <b>Special with Optimum Health Triple Pack</b>	\$55		\$
14	Probiotic Multi 9 (60 capsules) <b>Special \$49ea for 2 or more</b>	\$49		\$
14	Probiotic Multi 9 Pouch (10)	\$15		\$
23	RealSalt Coarse Grind Combo (Coarse Salt Grinder 135g/Coarse Salt Pouch 454g)	\$39		\$
23	RealSalt Coarse Refill Pouch 454g	\$25		\$
23	RealSalt Coarse Grinder 135g	\$19		\$
23	RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$41		\$
23	RealSalt Fine Refill Pouch (737g)	\$29		\$
23	RealSalt Fine Refill Pouch (454g) <b>Budget Pack Size</b>	\$19		\$
23	RealSalt Fine Shaker Original (284g)	\$17		\$
23	RealSalt Organic Seasoned Shaker (234g)	\$25		\$
13	Relax (60 capsules)	\$35		\$
20	Rosacea (50ml tube)	\$35		\$
16	Rubeeven (30ml tub)	\$35		\$
3	Satisfied (60 capsules) <b>2 for 1 Special</b>	\$69		\$
20	Salicylic Acid Gel (50ml tube)	\$29		\$
20	Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$
13	Silver Rods (pair)	\$75		\$
20	Skin Clear (120 vege capsules)	\$43		\$

## FREEPOST

### Fill out this order form and send to:

Freepost Authority Number 206782 Health House,  
Private Bag 12029, Tauranga, 3143.

Include your credit card details or call us to set up direct debit.

## EMAIL

enquiries@healthhouse.co.nz

**0800 140 141**

AUS call free on **1800 140 141**  
Other countries call **+64 7 543 0491**

## HOW TO ORDER

### Direct Debit Banking

To set this up please  
call us on 0800 140 141  
Mon - Fri 8:00am - 4:30pm

### Online Banking

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.

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
24	Super C Powder (120g powder)	\$45		\$
12	The Sunshine Vitamin (60 capsules) <b>Special 2 for 1 \$34</b>	\$34		\$
8	Throat Spray (50ml) <b>Glass bottle</b>	\$35		\$
17	Turn Back Time Capsules (60 capsules)	\$43		\$
17	Turn Back Time Cream (50ml tube)	\$43		\$
17	Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
14	Ultimate Cleanse kit (410 capsules) <b>Clearance Special</b> (Best before 30 Sept 2026)	\$79		\$
18	Vitamin B5 (90 capsules)	\$36		\$
18	Vitamin B Complex (60 capsules)	\$39		\$
11	Withania (Ashwagandha) (60 capsules)	\$39		\$
PAGE NO.	ABUNDANT HEALTH PRODUCTS	PRICE EA	QTY.	TOTAL
6	Abundant Health Bettaflex (60 capsules) <b>New</b>	\$36.50		\$
6	Abundant Health Bettaflex (60 capsules) <b>3 pack New</b>	\$99.95		\$
7	Abundant Health Bone Plus (120 capsules) <b>New</b>	\$54.95		\$
7	Abundant Health Bone Plus (120 capsules) <b>3 pack New</b>	\$149.85		\$
6	Abundant Health Cell eXtra (120 capsules) <b>New</b>	\$69.95		\$
6	Abundant Health Cell eXtra (120 capsules) <b>3 pack New</b>	\$198.75		\$
6	Abundant Health CoQsol (60 capsules) <b>New</b>	\$54.95		\$
6	Abundant Health CoQsol (60 capsules) <b>New 3 pack</b>	\$149.85		\$
7	Abundant Health Curcumin Plus (60 capsules) <b>New</b>	\$44.95		\$
7	Abundant Health Curcumin Plus (60 capsules) <b>New 3 pack</b>	\$124.95		\$
6	Abundant Health Magnesium Triple (120 capsules) <b>New</b>	\$43.95		\$
6	Abundant Health Magnesium Triple (120 capsules) <b>Twin Pack New</b>	\$82.95		\$
7	Abundant Health MTQ10 (60 capsules) <b>New</b>	\$84.95		\$
7	Abundant Health MTQ10 (60 capsules) <b>New 3 pack</b>	\$239.85		\$
7	Abundant Health Antiox Plus (60 capsules) <b>New</b>	\$54.95		\$
7	Abundant Health Antiox Plus (60 capsules) <b>New 3 pack</b>	\$149.85		\$
12	Abundant Health Vitamin D3/K2 (120 capsules) <b>New</b>	\$29.95		\$
PAGE NO.	BOOKS	PRICE EA	QTY.	TOTAL
13	Colostrum - Life's first food	\$20		\$
13	Heal your Eye Problems (Limited stock levels)	\$20		\$
13	Medicinal Cannabis a simple guide for New Zealanders <b>New - Second Edition</b>	\$35		\$
13	Medicinal Cannabis a simple guide for New Zealanders <b>2 FOR \$60</b>	\$60		\$
13	Natural Remedies that really work	\$29		\$
13	New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
13	Should I take fish oil?	\$20		\$
13	Should I take...Probiotics?	\$19		\$
13	Stay Healthy by supplying what's lacking in your diet <b>Best Seller</b>	\$31		\$
13	The Eczema Diet (Fully revised and updated)	\$29		\$
13	Which Natural Therapies Should You Try?	\$21		\$

Deduct any loyalty rewards shown on your last invoice \$

Customer ID

TOTAL \$

Please tick your preference  No signature required  Signature required (Sorry, not rural delivery)

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

Visa  Mastercard  Exp. date

Security code





# REALSALT

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

Exactly as nature made it - and mined in Redmond, Utah. Just two hours south of Salt Lake City.

### Health benefits of RealSalt

RealSalt is unrefined, ancient sea salt sourced from a pure Jurassic sea in Utah. It contains over 60 naturally occurring trace minerals that are essential for health and vitality.

Unlike regular table salt, which is heavily processed and stripped of nutrients, RealSalt keeps its full mineral profile, including natural iodine that the body absorbs more effectively than synthetic forms. These minerals help support hydration, electrolyte balance, and overall wellbeing, making RealSalt a clean, nourishing alternative to refined salt.

### Original Fine Refill Pouch & Shaker

#### RealSalt Fine Refill Pouch

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

**\$29ea** 737g pouch

**\$19ea** 454g pouch **Budget pack**

#### RealSalt Shaker (original)

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

**\$17ea** 284g Shaker

#### RealSalt Fine Combo

Fine Salt Shaker (original) 284g with Fine Salt Refill Pouch 737g

**\$41ea** **COMBO**  
Save \$5

#### RealSalt Fine Organic Season Shaker

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

**\$25ea** 234g Shaker

#### Refill Pouch and Grinder

Coarse Salt - the biggest grain size typically used in a grinder

#### RealSalt Coarse Refill Pouch

For everyday use, ancient coarse sea salt

**\$25ea** 454g pouch

#### RealSalt Coarse Grinder

Gives a dramatic salty flavour

**\$19ea** 135g Grinder

#### RealSalt Coarse Combo

Coarse Salt Grinder 135g with Coarse Salt Refill Pouch 454g

**\$39ea** **COMBO**  
Save \$5



## Mitchells Range

Made for all ages and stages of life.

### Bone Broth Protein Powder

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

Our best-selling, multi-functional 100% Grass-Fed Bone Broth Protein Powder. Bone broth is the most natural and easily digestible source of protein. Boosted with naturally occurring collagen, think of it as a total body support for joints, bones, muscles, skin, hair, and nails - ideal for any age at any stage.

The Natural Vanilla flavour is gluten-free, dairy-free, contains just 3 natural ingredients and is packed with 27g of protein per serve.

**\$79ea** 500g Vanilla flavour

### Bone Broth Powder

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

The original Bone Broth Powder that started Mitchell's Nutrition. Bone Broth is something they got totally right back in the day. It's a simple, natural, and traditional way of getting all the nutrition from ingredients into your body. Supporting gut health, joint support and essential nutrition in every meal. To put simply, it's old school but all good.

**\$74ea** 200g tub






# Super C Powder

The next generation of Vitamin C from Health House, with three forms of Vitamin C plus a Super Fruit Blend

At the heart of Super C Powder is a blend of three complementary forms of vitamin C: calcium ascorbate, sodium ascorbate, and ascorbic acid. Each form dissolves and absorbs slightly differently, supporting different absorption rates while remaining gentle on the stomach. This mixed-form approach has been a hallmark of our vitamin C products for years, and Super C Powder continues that with a cleaner taste and improved dissolvability.

Where Super C Powder is a step up is the premium Australian sourced Super Fruit Powder. This is produced using a low-temperature drying process to help retain colour, flavour, and nutrients. It combines blackcurrant, blueberry, pomegranate, raspberry, strawberry, cranberry, elderberry with açai.

The Super Fruit Powder delivers the characteristic berry colour and aroma you would expect, along with an extra ORAC (antioxidant) value of 31,200 µmol per tub adding a natural fruit flavour and colour to each serving.

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

**\$45ea**  
120g powder






# Premium collagen

Collagen helps maintain youthful skin and supports digestive wellness

This premium collagen is free from added flavors and sweeteners, making it a versatile addition to your daily routine. Simply mix it into beverages, smoothies, or sprinkle it over food for an easy way to nourish your body from within.

**Storage:** Store below 30°C away from direct sunlight, heat and humidity.

Ingredient imported from Europe and packed in New Zealand.

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

**\$39ea**  
240 gram tub - 24 x 10g serves






## COMPLETE C Winter health

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

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




### Complete C Powder

**\$39ea** 100g powder

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

### Complete C chewable tablets

**\$39ea** 200 chewable tablets

-  3 per day
-  Anytime
-  With or without food



## IMMUNE SUPPORT Immune health

This formula includes olive leaf extract, echinacea, astragalus, garlic, zinc, and vitamin C which provide support for ills and chills.

Take at the first sign of discomfort as a preventative measure. Not for long-term use.

**\$33ea** 60 capsules

-  1-6 per day
-  3-6 When unwell
-  With food
-  Anytime



Always read the label and only use as directed. If symptoms persist, see your healthcare professional.

MAY - JUL 2026

**Free delivery**  
NEW ZEALAND

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