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HealthHouse
Quality, natural health products
NEW ZEALAND



CAA-Multi Sensitive

with Iron and Sulphur removed

page 4

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60 DAY MONEY BACK GUARANTEE

PP4477

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
2. Website 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.



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

I was beginning to wonder if I would ever write an article about finally achieving our goals in respect of our medicinal cannabis project, but here I am doing just that.

To say it has been a challenging project is a big understatement. I still remember when Dr Shaun Holt and I discussed it in December 2016 (yes, that is over 8 years ago). *"He told me it would be difficult"*, I said *"I am sure it would be easy"*, how wrong was I.

I got my first experience of the challenges and the bureaucracy in May 2017, when I tried to import a book called *"The Cannabis Encyclopedia"*, a guide to cultivation of medicinal cannabis. I was very surprised when the book was impounded by Customs and deemed to be objectionable reading material. I am quite determined and a bit obstinate at times, so I decided to object.

So after

- A total delay of 128 days
- Sending 24 emails
- Preparing two submissions (over 2000 words)
- Completing two Government forms
- Agreeing to three time-frame extensions
- Incurring four freight charges
- Dealing with at least two government departments and five different government employees (plus their legal advisors and superiors)
- Paying government fees of \$25.50
- Receiving a seven-page legal ruling, probably paid for by your tax dollars

The Cannabis Encyclopaedia was finally classified as R18+, deemed not objectionable and delivered to us only slightly worse for wear.

That is all in the past, and we are now looking forward to the future.

This medicinal cannabis project has involved our entire team, and special thanks go to the family (especially David and Marie), Scott our Grow Manager, Louisa and Paige our Quality Team, Kristin, Zara and the entire Production Team, and Deidre our Financial Controller. Along with numerous consultants, contractors,

laboratories and special thanks to the team at the Biotron at Lincoln University who helped with Research and Development in the early stages.

Our Health House Sales Team has fielded numerous enquiries and kept the business on track while a lot of time and effort was spent on this project. It was great to finally crack open a bottle or three of champagne with the team and celebrate.

However, the advertising rules for medicinal cannabis are very strict, and we are not allowed to advertise any medicinal cannabis products. **We cannot supply to the public** only to Doctors, pharmacies or clinics and only when prescribed.

What we can tell you is that

We are in the business of cultivating, developing, manufacturing and supplying medicinal cannabis products, as permitted under the medicinal cannabis regulations. We operate according to the quality and safety requirements laid down in the relevant requirements. If you feel you may benefit from our product, please see your medical practitioner, and if they want to prescribe a product to you, we will happily provide them with full information or if they are local we can organise a tour of our facilities.

We are putting together a video tour of our facilities so you can see the steps that go into cultivating medicinal cannabis, and I will post a link to that when it is ready.

Kind regards

Mike Coory

Managing Director

CAA-Multi Sensitive

Why we've introduced our new multi-mineral-vitamin

Our Health House top selling product has always been CAA-Multi mineral and vitamin capsules, which we carefully blend in our factory here in Tauranga.

As the founder of Health House, I first formulated CAA 22 years ago in 2003. I did this to improve my own and my readers' health with our NZ conditions and soils in mind.

This was a follow-on from years of intensive research when writing my nutrition book "Stay Healthy by Supplying What's Lacking in Your Diet" which has now become NZ's top-selling health book (98,000 copies sold).

NZ farmers inspired the formula

In my research, useful knowledge came from our NZ farmers, many of who naturally became skilled in nutrition while caring for their animals.

Farmers have also told me how they have experimented on themselves after seeing their livestock return to glowing health by supplementing their diet with key minerals. These key minerals are zinc, selenium, copper, boron, cobalt (a source of vitamin B12), magnesium and iodine. These important minerals are lacking in many NZ soils, but all of them are found in our CAA-Multi, in high-quality, bio-available forms.

I'm satisfied we now have the balance and quality of the minerals and vitamins in our CAA-Multi just right for New Zealanders. I take a capsule every morning and would not be without it. In my 79th year, I feel I have as much energy as I've ever had in my life, and sleep just as well.

Hundreds of health-improved customer testimonials

In my home office, I have files of hundreds of letters and emails from happy, health-improved CAA-Multi customers, which inspire me.

Regulations prevent us from making medical claims about CAA-Multi, however the feedback we receive from our customers speaks for itself. You would be amazed at what our customers have to say.

Iron-free and sulphur-free CAA-Multi now combined into CAA-Multi Sensitive

CAA-Multi is crammed full of quality essential minerals and vitamins and is generally, very well tolerated, but we have heard, on occasion, of a customer who tries a capsule for the first time and has a mild stomach reaction or lightheadedness. These typically disappear within a few days of use, but if these symptoms persist the other approach would be to take one every second day until your body gets used to it then increase your dosage.

Also, if you are light framed we have a product called Coral CAA which contains a half serving of the minerals and vitamins found in our popular CAA-Multi and also contains a half strength of the highly absorbable minerals and vitamins found in our Bone Health.

The iron in CAA-Multi is heme iron, which is the natural organic form found in foods, and the sulphur in CAA-Multi is MSM sulphur – also the same as found naturally in foods. They are very different from the inorganic forms.

For our customers who cannot take these ingredients, we have, for many years now, made CAA-Multi without iron, and CAA-Multi without sulphur.

Due to the requirement for smaller production runs, when manufacturing non-iron and non-sulphur CAA-Multi, costs are much higher per bottle compared to larger production runs of our regular CAA-Multi. We have always absorbed these costs to date.

In today's business climate of ever-rising production costs, and in order to maintain our reasonable prices, we have decided to streamline non-



sulphur and non-iron CAA-Multi to just one version called CAA-Multi Sensitive. It will be the same as regular CAA-Multi, but won't contain iron or sulphur.

CAA-Multi Sensitive will still be slightly costlier for us to make, however we will maintain the same price as for regular CAA-Multi.

Our regular CAA-Multi will remain the same tried and successful formula that has been popular for years.

Also, both organic heme iron and MSM sulphur are available as separate Health House products, 7-Day Iron and MSM Sulphur.

Our 7-Day Iron is a particularly effective supplement to raise iron levels and our MSM Sulphur supports joint cartilage, collagen, skin, nails and hair.

Thank you for your loyal support

In closing, our Health House motto has always been 'Health products that work,' and we remain committed to offering you high-quality products at a reasonable price despite ever-increasing material and production costs.

Thank you so much for your loyal support in these challenging financial times, it means the world to us.



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.

Optimum Health Triple Pack - Sensitive

(no iron or sulphur added)

1 Triple Pack

Save \$17 off the individual product prices.

\$135ea

2 or more Triple Packs

Save \$44 off the individual product prices. Available in non-sulphur and non-iron CAA - Multi versions.

\$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**

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



CAA-Multi Sensitive

We now have CAA-Multi Sensitive for our customers who don't want to add sulphur or iron to their diets.

Health House has always manufactured CAA-Multi with no iron and CAA-Multi with no sulphur as two separate products. However, we have now combined these two products into one.

We have decided to streamline CAA non-sulphur and CAA-Multi non-iron into just one version called CAA-Multi Sensitive. It will be the same as regular CAA-Multi but won't contain iron or sulphur.

We receive many questions about why we have had versions of CAA-Multi with these two minerals removed.

Some of our customers have high iron stores which, if they get too high, can be dangerous. Some customers also suffer from hemochromatosis, which is a condition where your body stores too much iron, so taking an iron supplement would only exacerbate this issue.

Additionally, some people may be sensitive to sulphur, experiencing symptoms like diarrhoea or gut inflammation. Also, some medications advise you to avoid supplementing sulphur.

If you are avoiding iron and still want to supplement sulphur, we do have MSM sulphur available as a stand-alone product (page 5). If you are just avoiding supplementing sulphur but need to support your iron levels, we also have 7-day Iron available to our customers (page 5).

Our standard CAA-Multi formulation has not changed. This change only affects customers who purchase CAA-Multi No Iron and CAA-Multi No Sulphur.

The CAA-Multi Sensitive is also available in our Optimum Health Triple Pack, which also includes CoQ10-Omega 3 and Bone Health.

\$51ea 60 capsules

- 1** per day
- Morning
- With food





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.

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

MSM sulphur is readily available from food but you would need to eat a diet high in raw foods to obtain a decent amount of MSM through diet alone, especially as we age.

Supports

- ✓ Healthy, youthful feeling and comfortable joints
- ✓ Fast growing, less brittle fingernails
- ✓ Expelling of waste and toxins from the body
- ✓ Soft, hydrated skin - less wrinkles with age
- ✓ Recovery for stiff muscles and tendons

\$45ea 180 capsules

1-6 per day

Anytime

With or without food



7-DAY IRON *Energy*

High quality, easy to digest iron for increased energy.

Iron-containing red blood cells, carry energy-giving oxygen to every part of our body. Yet iron deficiency is the world's most common nutritional disorder. Approximately 25% of the world's population is iron deficient. This is a major cause of low energy. We formulated 7-Day Iron to overcome this deficiency.

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

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

Supports

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

\$33ea 25 capsules

1 per week

Anytime

Empty stomach



IMMUNE SUPPORT

Immune health

Support your immune health year-round with a blend of four potent herbs and two key nutrients.

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
-  Anytime
-  With food

THROAT SPRAY

Throat tonic

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.

\$35ea 50ml bottle



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.

To ensure your levels are optimal it is recommended you take a supplement daily. Vitamin D is a powerful nutrient required for optimum health and is known to support emotional wellbeing.

\$34ea 60 capsules

-  **1** per day
-  Anytime
-  With food





Fruit Antioxidants

A SUPERFOOD SMOOTHIE IN A CAPSULE

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

It is important that we include a variety of antioxidant-rich foods to ensure we live a long, healthy life. Achieving this can be a challenge with the busy lives we lead.

Our totally New Zealand sourced antioxidant is a fruit complex extracted from New Zealand grown fruit.

Grapes (sauvignon blanc and pinot noir) contain high potency water-soluble polyphenols which support increased antioxidant capacity.

Blackcurrants are rich in Anthocyanins which can assist in protection against oxidative stress.

Boysenberries supply a unique superfood containing polyphenols.

Kiwifruit contains choline, lutein, and zeaxanthin which are rich sources of antioxidants that assist in the elimination of 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.

Supports:

- ✓ Reduction of free radicals
- ✓ Protecting cells from damage caused by free radicals
- ✓ Mental clarity
- ✓ Aging and skin health
- ✓ Healthy cell replication
- ✓ Cardiovascular health
- ✓ Circulation

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

\$55ea 60 capsules

1 per day Morning

With or without food



COLD SORE

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.

Benefits

- ✓ Creates an environment on the skin that supports healing.

\$29ea 10 gram tube



Withania

Withania (Ashwagandha) is a traditional herb long used in Ayurvedic practice to support energy levels, relaxation, and overall wellbeing. Renowned for its stress supporting properties, it helps the body manage stress more effectively. Ashwagandha is especially valued for its ability to maintain vitality, support mental clarity, and encourage a sense of balance as we age.

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.





Stay Healthy Book

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**
(Limited stock)

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

Should I take fish oil? **\$19ea**

Medical Cannabis **\$30ea**

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

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

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

Why some people can't take iron or sulphur

While minerals are necessary for all people to consume regularly, there are a few that some people need to avoid.

Iron

Iron overload is a condition where the body absorbs too much iron from food. It causes iron to accumulate in areas of the body such as the heart, liver, joints and pancreas, which in turn can lead to heart problems, liver disease, arthritis, diabetes and can increase the risk of cancer. Iron overload usually happens as a result of genetic conditions such as hereditary haemochromatosis, however, it also may come about from severe thalassemia, due to the requirement of multiple regular blood transfusions.

If you suffer from hereditary haemochromatosis, iron slowly builds up in your body over the years, because the body doesn't have an effective way to eliminate excess iron. It is caused by a mutation in the HFE gene, which controls the absorption of iron from the intestine. Symptoms may include fatigue, weight loss, weakness, joint pain and arthritis, erectile dysfunction, irregular periods, brain fog, mood swings, depression and anxiety.

Thalassemia is a blood disorder where the body produces less haemoglobin than usual, leading to anaemia. It can vary in severity, with symptoms such as fatigue, weakness, pale skin, shortness of breath and heart problems. In severe cases, the treatment is regular blood transfusions which can result in iron overload requiring chelation therapy. For this reason, people that have thalassemia and are currently being treated for it with blood transfusions will probably be told to avoid iron supplementation.

Diagnosis for haemochromatosis and thalassemia can be obtained through blood tests from your GP or specialist.



Sulphur

Sulphur is a vital mineral found abundantly in muscles, skin and bones. Our bodies require a constant stream of sulphate in order to create protein in cells, tissues, hormones, enzymes and antibodies. Some people suffer from a sensitivity to sulphur – this may manifest in digestive issues, respiratory issues, hives and other skin reactions, headaches, brain fog, dizziness, flushing, fatigue, high or low blood pressure and anxiety. Usually, a sulphur intolerance is as a result of having too much stored sulphur in the body due to poor metabolism of sulphur to sulphate. Treatment for sulphur intolerance is simply avoiding food, supplements and medications that may contain sulphur or sulphites, while also embarking on a gut repair protocol with the help of a natural health professional.

Generally, if you need to avoid consuming iron or sulphur you will likely already know about it and know why you're avoiding it. If you have any of the above symptoms and are concerned that you may be suffering from haemochromatosis or a sulphur intolerance, see your health professional for testing.



ABOUT THE AUTHOR

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

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.



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 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. Available in non-sulphur and non-iron CAA - Multi versions.

\$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 Sensitive (no iron or sulphur added)

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



Supports heart, artery and brain health

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

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

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

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.





HELPFUL OR HARMFUL

Histamine Breakdown

Various roles of histamine

When we hear the word histamine we often think of allergies. However, histamine also has other roles in the body. Histamine is a chemical messenger primarily involved in immune responses, regulation of stomach acid, and modulation of the sleep-wake cycle. Histamine also plays roles in regulating body temperature and mediating skin healing. There are four types of histamine receptors throughout the body, with H1 receptors being most closely linked to allergic reactions.

The importance of diamine oxidase (DAO)

The primary enzyme involved in breaking down histamine is called diamine oxidase (DAO) which is made in the lining of the intestines and then released into the blood stream. DAO enzyme activity is influenced by various factors, including nutrient levels, gut health, and certain medications. For instance, deficiencies in nutrients such as vitamin B6 and B12, vitamin C, copper, zinc, magnesium, can impair DAO enzyme function, leading to increased histamine levels in the body. Additionally, conditions like gut dysbiosis (imbalance of gut bacteria) or intestinal permeability (commonly referred to as "leaky gut") can compromise the intestinal barrier, allowing histamine to enter the bloodstream more readily and exacerbate symptoms of histamine related symptoms.

To visualize the intestinal lining, interlace your fingers firmly together and open your palms—this represents tight junctions within the intestinal lining. Now, if you loosely interlace your fingers, you will see gaps, which is what can occur with 'leaky gut,' where there are gaps in the intestinal lining. In this compromised state, proteins that would not usually pass through the tight junctions can enter the bloodstream, triggering inflammation and an immune response that leads to histamine release.

Histamine intolerance

Histamine intolerance arises when the body struggles to break down histamine, leading to a build-up and subsequent symptoms. These can include headaches, migraines, anxiety, dizziness, bloating, nausea, diarrhoea, skin itching or rashes, and nasal congestion. The wide range of symptoms occur because histamine receptors are present right throughout the body.

Histamine and the diet

Certain foods and beverages are known to have high histamine levels and can exacerbate symptoms. These include fermented foods, alcohol, kombucha, smoked or cured meats, citrus fruits, shellfish, canned meat and fish, strawberries, tomatoes, spinach, nuts, cacao, seafood and left-over food.

Implementing a low-histamine diet involves removing these foods for a period, while focusing on healing the gut lining and ensuring adequate intake of nutrients mentioned prior as

well as glutamine, and probiotics. After a designated period, these foods can be reintroduced gradually to assess tolerance.

It's important to note that the foods mentioned are not to be permanently eliminated, especially seafood and fermented foods. The goal is to address the root cause, allowing the body to better breakdown histamine and reintroduce these foods without adverse effects.

Lifestyle factors

Other factors that can help manage histamine levels include adequate sleep to support the immune system overall and regulate histamine levels. Managing stress levels is important as chronic stress can exacerbate symptoms by increasing histamine release. Another important factor is exercise as it helps enhance DAO enzyme activity and improve gut health.

Addressing histamine related symptoms can be challenging due to overlapping symptoms with other conditions. Working with a naturopath is recommended for accurate diagnosis and management.



ABOUT THE AUTHOR

Megan Amrein -
BNatMed. Registered
Naturopath and
Medical Herbalist.

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.

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

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

\$165^{ea} one year guarantee (includes silver rods)

\$75^{pair} replacement silver rods

\$17^{ea} 100ml liquid spray

\$28^{ea} 100ml tube gel

\$31^{ea} 100ml tube cream

\$38^{ea} 500ml liquid

CORAL CAA

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.

\$49^{ea} 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.

\$33^{ea} 60 capsules

1 every 2 days

Morning

With or without food

Small size capsules each containing 1000mcg of Iodine.



Spring is in the air

PROBIOTIC MULTI-9

Reset your gut health

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

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

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Once in your small intestine, these bacteria recolonise and multiply, just like plants in a garden. If any of these bacteria were missing, the 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

Inner capsule contains nine strains of probiotics



Top Seller

\$59ea 60 capsules

1-2 per day

Anytime

Empty stomach



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.

SPRING DETOX

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

Supports

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

MULTI BUY

\$135ea

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

\$125ea

Buy two (or more) of The Ultimate Cleanse Kits and save \$10 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.





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.



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.

\$37ea 60 capsules

- 1 per day Morning
- With food



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 alkalising your body.

Contains

- ✓ Pine bark extract (pycogenol)
- ✓ Grape seed extract
- ✓ Rosehips
- ✓ Rutin
- ✓ Hesperidin
- ✓ Quercetin
- ✓ Bioflavonoids

\$39ea 100g powder

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



APPLE CIDER VINEGAR CAPSULES

Digestion health

Enjoy the traditional benefits of apple cider vinegar without the strong taste. 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.

Taken regularly apple cider vinegar supports:

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

\$41ea 180 capsules

- 3 per day Anytime
- With or without food



FACTS ABOUT THE USE OF *Medical Cannabis*

Around half of us have chronic (meaning long-term) medical conditions. These conditions are often associated with symptoms such as pain, problems with sleeping, and mental health problems such as anxiety and depression. There is now a great deal of data to show that for many people with these symptoms, medical cannabis can be a safe and effective treatment. Much of my recent book, "Medical Cannabis, A Brief Guide for New Zealanders", discusses the evidence for the effectiveness of medical cannabis.

Now, adding to this, recently published data from a huge Australian study confirms that the real-world effects of prescribed medical cannabis mirror the results found in smaller clinical research studies.

The data from Australia is from the QUEST Initiative, a 12-month follow-up observational study. In Australia, patients have been able to access medical cannabis from clinicians since 2016 and since then over 1 million people have received medical cannabis prescriptions for over 200 health conditions.

The QUEST initiative is a huge study that assessed patients with chronic health conditions who were prescribed medical cannabis. Data was collected from over 2,300 patients, during and after 12 months of treatment, in the form of a series of health questionnaires, covering symptoms including pain, fatigue, sleep disturbance, anxiety, depression, and overall Health-Related Quality of Life (HRQL).

In this study 69% of participants were receiving medical cannabis for pain, 23% for insomnia, 22% for anxiety and 11% for combined anxiety and depression. Interestingly, half of the patients had been prescribed medical cannabis for more than one condition.

In terms of overall Health-Related Quality of Life (HRQL), on average there was a very good improvement seen at 3 months of treatment, and this was maintained at 12 months. Similar improvements were found in patients with chronic pain, sleep disturbance for participants with insomnia and, for both depression and anxiety scores in patients with mental health issues.

Evidence to support the use of any medical treatments is stronger if the same or similar results are found in multiple studies, and the researchers in Australia point out that the results found in their study correlate closely with those from similar studies which have been undertaken in the UK, Canada and Israel.

There are different types of medical cannabis products of course, and one of the findings from this study was that the degree of improvement in fatigue, insomnia, anxiety, and depression symptoms did vary depending on the ratio of CBD and THC in the prescribed products.

On average products with more THC than CBD were associated with greater chances of the patient having an improvement in depression, sleep, and fatigue.

Products with more CBD than THC were associated with greater chances

of the patient having an improvement in anxiety.

For musculoskeletal pain, headache pain and cancer-related pain, products with more CBD than THC were better than balanced or CBD-only products.

For patients whose daily activity was affected by pain, improvements occurred irrelevant of the cannabinoid ratios.

Overall, this very large, important study, undertaken in the country closest to New Zealand, confirmed that medical cannabis can be very helpful for many patients who experience problems with pain, sleep and mental health as a result of common chronic medical conditions.

Dr. Shaun Holt's book "Medical Cannabis, a brief guide for New Zealanders" is being updated presently.



ABOUT THE AUTHOR

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

HEMP SEED OIL

New Zealand grown Hemp Seed Oil capsules

Made in NZ

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

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

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

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

\$39ea 150 capsules

2-6 per day **Anytime**

With food



PREMIUM FISH OIL

Brain and artery health

Not all fish oil is created equal. The source, type of fish and how it is processed makes a big difference.

The best fish oil is made from small fish sourced from clean oceans. Having a fish oil manufacturer that has a good fishing conservation programme and high standards justifies the cost for a premium quality product.

Health House Premium Fish Oil is imported from the United Kingdom from fish sourced principally from the Pacific and Atlantic Ocean, using wild sources of small fish (anchovy/sardines) and operating within global standards (IFFO). They use the latest refining technology to ensure much lower fat and calories than regular fish oil.

Supports

- ✓ Joint mobility
- ✓ Emotional well-being
- ✓ Mental focus
- ✓ Healthy skin
- ✓ Heart and artery health

\$34ea 150 soft gel capsules

1-2 per day

Anytime

With food



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.



ALERT PLUS

Support 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





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

GLUCOSAMINE-CHONDROITIN Healthy Joints

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

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

MULTI BUY

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

2-3 per day Anytime With food

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



TURMERIC General health

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

\$75ea 180 capsules

\$35ea 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.



Magnesium

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

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

Magnesium helps relax your mind and supports healthy blood pressure and a sound sleep. It is also vital for a healthy heart. This extremely important mineral is lacking in the average New Zealand diet and is essential to support cardiovascular health.

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

Capsules

The complex we use is a blend of mainly magnesium citrate with a small amount of magnesium oxide to give the maximum absorbable amount of elemental magnesium we can fit in each capsule.

Although citrate is one of the most expensive of all the magnesiums, it absorbs well and provides a high amount of elemental magnesium, with a low risk of stomach and bowel upsets.

Benefits

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



Available as capsules or a topical cream

Magnesium Cream

\$35ea 100ml tube

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

Magnesium Capsules

\$33ea 60 capsules

\$55ea 180 capsules

Magnesium Combo

\$85ea 100ml tube/180 capsules

COMBO 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.

Rubeeven

Rubeeven™ combines capsaicin (cayenne) and bee venom for rapid joint stiffness relief. Made in New Zealand, it delivers bee venom through a chili 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.



NURTURE THE Skin you're in

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

Back in stock



ALOE VERA GEL

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

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

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

\$22ea 100ml tube

ALOE VERA WITH COLLOIDAL SILVER GEL

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

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

\$18ea 50ml tube

\$25ea 100ml tube

SALICYLIC ACID GEL

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

\$29ea 50ml tube

COMBO

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



PREMIUM Collagen

Collagen helps maintain youthful skin and supports digestive wellness

Collagen is one of the most important proteins in the body, providing strength and structure to the skin, bones, muscles, tendons, ligaments, and even the intestinal lining. However, as we age, our natural collagen production declines, leading to weaker skin, joints, and connective tissues. Supplementing with high-quality collagen can help support the body's structural integrity and overall well-being.

Health House Premium Bovine Collagen is sourced from Rousselot, a world-leading collagen producer with over a century of expertise. Through a process called hydrolysis, the collagen is broken down into short-chain amino acids, known as peptides, making it easier for the body to absorb and utilize. These peptides help maintain skin elasticity, support joint and tendon health, and contribute to a stronger, healthier body.

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.

100%
Hydrolysed
Bovine Collagen
Peptides


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

Ingredient imported from France and packed in New Zealand.

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

 **2** tsp 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.



NEW ZEALAND 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

Not recommended for children under 2 years.

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

\$43ea
100ml tube



TURN BACK TIME Anti-Ageing

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



Combat aging 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



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.

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

\$42ea 60 capsules

Do not take if pregnant or breastfeeding without first seeking advice from your healthcare professional. Professional athletes should be aware that this substance is listed by the World Doping Agency.



Carnitine

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. Carnitine is 100% natural.

\$32ea 60 capsules

-  3-5 per day
-  Morning  Empty stomach

Seek advice if taking blood thinning medication



Satisfied

With Gymnema, Saffron, and Chromium traditionally used to support wellbeing, appetite balance, and sugar metabolism.

\$69ea 60 capsules

-  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.



Men's Boost

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 helps maintain prostate health and overall wellbeing.




\$44ea 60 capsules

-  1 per day
-  Morning  With food



Cranberry

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.

-  1 per day
-  Anytime
-  With or without food

\$37ea 60 capsules




Seek advice if taking blood thinning medication.



Relax

Valerian, hops and kava, along with magnesium supports a general sense of wellbeing and a peaceful relaxing sleep naturally.

\$35ea 60 capsules

-  2-3 per day
-  Evening
-  With food




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



Vitamin B5

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

\$36ea 90 capsules

-  1-2 per day
-  Morning
-  With or without food





Harmony


Natural Hormone Support

There are certain times in a woman's life when she needs extra support.

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

 **1-4** per day

 Anytime

 With or without food

\$40ea
60 capsules



Maca-X

High quality minerals and vitamins

Maca-X is rich in essential minerals, especially selenium, calcium, magnesium, iron.

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.



Order form and price list

EST. 1986
HealthHouse
NEW ZEALAND

Prices valid until 31 Oct 2025

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
15	5-HTP (90 capsules)	\$38		\$
5	7 - Day Iron (25 capsules)	\$33		\$
15	Alert Plus (60 capsules)	\$59		\$
18	Aloe Vera Gel (100ml tube)	\$22		\$
18	Aloe Vera Gel with Colloidal Silver (50ml tube)	\$18		\$
18	Aloe Vera Gel with Colloidal Silver (100ml tube)	\$25		\$
13	Apple Cider Vinegar (180 capsules)	\$41		\$
9	Bone Health (60 capsules)	\$47		\$
16	Boron and Selenium (60 capsules)	\$43		\$
9	CAA - Multi (60 capsules)	\$51		\$
4	CAA - Sensitive (60 capsules) New	\$51		\$
20	Carnitine (60 capsules)	\$32		\$
7	Cold Sore (10gm)	\$29		\$
11	Colloidal Silver Cream (100ml tube)	\$31		\$
11	Colloidal Silver Gel (100ml tube)	\$28		\$
11	Colloidal Silver Generator	\$165		\$
11	Colloidal Silver Liquid (500ml)	\$38		\$
11	Colloidal Silver Liquid Spray (100ml)	\$17		\$
13	Complete C (100g powder)	\$39		\$
9	CoQ10-Omega3 (60 gel capsules)	\$54		\$
11	Coral CAA (60 capsules)	\$49		\$
20	Cranberry (60 capsules)	\$37		\$
20	DHEA 7-Keto (60 capsules)	\$42		\$
24	Dry Eye Relief (10ml rollerball) New	\$34		\$
23	Easy-Lax (100 capsules)	\$37		\$
24	Eye Health (60 Capsules)	\$49		\$
7	Fruit Antioxidant (60 capsules)	\$55		\$
21	Harmony (60 capsules)	\$40		\$
16	Healthy Joints (90 capsules)	\$74		\$
16	Healthy Joints (180 capsules)	\$109		\$
16	Healthy Joints (180 capsules) 2 OR MORE	\$98		\$
15	Hemp Seed Oil (150 gel capsules)	\$39		\$
6	Immune Support (60 capsules)	\$33		\$
11	Kelp (60 capsules)	\$33		\$
13	Liver Cleanse (60 capsules)	\$37		\$
21	Maca-X (60 capsules)	\$37		\$
17	Magnesium (60 capsules)	\$33		\$
17	Magnesium (180 capsules)	\$55		\$
17	Magnesium Cream (100ml tube)	\$35		\$
17	Magnesium Cream & Magnesium Combo (100ml tube/180Capsules)	\$85		\$
19	Manuka Oil Cream (100ml tube)	\$43		\$
20	Men's Boost (60 Capsules)	\$44		\$
22	Mitchells Bone Broth (200g tub)	\$74		\$
22	Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$79		\$
5	MSM Sulphur (180 capsules)	\$45		\$
4/9	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) New	\$135		\$
4/9	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA-Multi Sensitive (no iron or sulphur added) New	\$130		\$
17	Pain-Eze (100ml tube)	\$37		\$
23	pH Test Strips (5 packs of 10)	\$16		\$
19	Premium Collagen (240g tub)	\$39		\$
15	Premium Fish Oil (150 gel capsules)	\$34		\$

More products over page

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
12	Probiotic Multi 9 (60 capsules)	\$59		\$
9	Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$55		\$
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 Shaker Original (284g)	\$17		\$
23	RealSalt Organic Season Shaker (234g)	\$25		\$
20	Relax (60 capsules)	\$35		\$
18	Rosacea (50ml tube)	\$35		\$
17	Rubeeven (30ml tub)	\$35		\$
20	Satisfied (60 capsules)	\$69		\$
18	Salicylic Acid Gel (50ml tube)	\$29		\$
18	Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$
11	Silver Rods (pair)	\$75		\$
18	Skin Clear (120 vege capsules)	\$43		\$
6	The Sunshine Vitamin (60 capsules)	\$34		\$
6	Throat Spray (50ml) Glass bottle	\$35		\$
16	Turmeric (60 capsules)	\$35		\$
16	Turmeric (180 capsules)	\$75		\$
19	Turn Back Time Capsules (60 capsules)	\$43		\$
19	Turn Back Time Cream (50ml tube)	\$43		\$
19	Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
12	Ultimate Cleanse kit (410 capsules)	\$135		\$
12	Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$125		\$
20	Vitamin B5 (90 capsules)	\$36		\$
13	Vitamin B Complex (60 capsules)	\$39		\$
7	Withania (Ashwagandha) (60 capsules)	\$39		\$

PAGE NO.	BOOKS	PRICE EA	QTY.	TOTAL
8	Colostrum - Life's first food	\$20		\$
8	Heal your Eye Problems (Limited stock levels)	\$20		\$
8	Medical Cannabis a brief guide for New Zealanders (New version soon)	\$30		\$
8	Natural Remedies that really work	\$29		\$
8	New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
8	Should I take fish oil?	\$20		\$
8	Should I take...Probiotics?	\$19		\$
8	Stay Healthy by supplying what's lacking in your diet	\$31		\$
8	The Eczema Diet (Fully revised and updated)	\$29		\$
8	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.

Visa ☐ Mastercard ☐ Exp. date / Security code



MITCHELLS RANGE General health

Bone Broth Protein Powder

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

\$79ea 500g Vanilla flavour

Bone Broth Powder

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

\$74ea 200g tub



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

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.

0800 140 141

AUS call free on 1800 140 141

Other countries call +64 7 543 0491

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 exactly as nature made it. Redmond call it "Nature's First Sea Salt®," which contains over 60 naturally-occurring trace minerals, and it's never processed or chemically treated.

Sourced from an ancient, unpolluted Jurassic sea in Utah, RealSalt is unrefined and rich in over 60 natural, colloidal trace minerals essential for health.

Unlike refined table salt, which loses its minerals during processing, RealSalt retains its full mineral profile including natural iodine, which the body absorbs and retains more effectively than synthetic forms.

Salt is vital for maintaining proper electrolyte and fluid balance, and health enthusiasts value unrefined salt for its superior nutritional benefits.

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

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

Save \$5

COMBO

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



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.

These are

- ✓ Psyllium seed
- ✓ Wormwood
- ✓ Cascara sagrada
- ✓ Fennel seed
- ✓ Slippery elm

To be effective, you need to increase your intake of water when using Easy-Lax.

1-2 per day Evening

With or without food

\$37ea 100 capsules

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.

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)



Dry eye Relief

No more eye drops

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

Formulated to alleviate symptoms of blepharitis and itchy eyes.

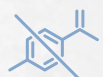
Blepharitis is a common eye condition that makes your eyelids red, swollen, irritated and itchy. It can cause crusty dandruff-like flakes on our eyelashes. Blepharitis can be uncomfortable but isn't contagious and usually doesn't cause any lasting damage to your eyes.

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.



Gentle on Sensitive Skin



Preservative Free



Pharmaceutical Grade Castor Oil



100% Pure Cold Pressed Castor Oil



New Zealand Owned and Operated



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.



Eye Health

Supporting good eye health



Do you experience eye strain or fatigue?


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

This powerful formula includes key nutrients identified in international studies for their vital role in supporting eye health such as lutein and zeaxanthin (from specially grown marigold flowers) to protect the macula and combat free radical damage. We've also added high-potency bilberry extract, equivalent to 12 grams of dried bilberries per capsule, sourced from European-grown plants and extracted in the USA.

To further support eye structure and function, Eye Health includes vitamin C, vitamin E, beta-carotene, and bioflavonoids, which help maintain connective tissues in the cornea and capillaries in the retina. Zinc and copper play a crucial role in protecting the macula, retina, and lens from oxidative stress.

Whether you're dealing with daily screen time or general eye fatigue, Eye Health offers targeted, natural support for long-term vision and eye comfort.

 **1** per day  Anytime

 With or without food

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



\$49ea
60 capsules

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

AUG-OCT 2025

Free delivery
IN NEW ZEALAND

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