

FREE DELIVERY IN NEW ZEALAND



FEB - APR
2026



Super C Powder

The Next Generation of Vitamin C

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All our
products are
**GLUTEN
FREE**

All our
products are
**SOY
FREE**

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60 DAY MONEY BACK GUARANTEE

PP5268

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.

 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

We've packed a lot into this catalogue, and one of the things that means the most is being able to include David's article about what he's been navigating health wise. His recovery is really gathering strength, and it's genuinely great to see him progressing well.

Articles

We have a new contributor this time Keith Michaels from FoodSafe. Keith is our Food Safety Trainer for our factory staff. I thought the training topic on food poisoning would be of interest, so I asked him to write an article. A big thanks to Keith for this. If you enjoyed his article let us know and I will see if he wants to do more in the future. Also, if you are in the food business and need staff training, I cannot recommend him highly enough.

Megan also writes about how to deal with, and recover from digestive system issues.

In the meantime, we are running a two or more special on the current batch of probiotics. This batch does not expire until Sept 2026, save money while you can. All probiotic products are on page 9. We are also running a clearance special on The Ultimate Cleanse Kit for \$79 each, also on page 9.

Super C Powder

You will see from the cover (and page 3) that we have bought out a new vitamin C powder. This is a significant improvement over the original Complete C Powder. Better dissolving, better tasting, and the same important levels of Vitamin C but with the advantage of higher antioxidant levels.



Curcumin/Turmeric

We have also decided to bring out turmeric powder. Turmeric capsules are a challenge when you have a spotless white factory, and the cleaning times are crazy. We are trialing supplying the powder in a tub. This makes it easier to add to smoothies or food, and the tub contains the equivalent of 200 capsules. This turmeric extract contains 95% curcumin so use it sparingly, it is over thirty times stronger than food grade turmeric.

Kind regards

Mike Coory
Managing Director



Super C Powder

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

Super C Powder is the next step in HealthHouse's commitment to offering a high-quality vitamin C formulation.

Starting with the key components of Complete C Powder, our new Super C Powder delivers the same blend of vitamin C types but is now enhanced with a super-fruit powder for better taste and an extra, natural source of vitamin C.

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.

Many people are not aware that vitamin C is a natural antioxidant and adding the super fruit powder boosts its overall antioxidant profile.

You'll notice the better taste straight away. The berry flavour takes the edge off the natural sharpness of vitamin C, making the powder pleasant in water, smoothies, or juice.

Each tub contains 20g of calcium ascorbate, 20g of ascorbic acid, and 20g of sodium ascorbate, along with 60g of super fruit powder. The product is made by us in New Zealand from imported and local ingredients, with all manufacturing carried out to our usual high standards.

If you enjoyed Complete C Powder, you'll love Super C Powder's fresher flavour. It's a simple, convenient choice for those seeking a high-quality vitamin C supplement with a naturally pleasant taste.

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



COMPLETE C Autumn 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 alkalinising your body.

Contains

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

Complete C Powder

\$39ea 100g powder

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

Convenient chewable tablets

\$39ea 200 chewable tablets

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



How a cancer diagnosis changed my perspective



I'm writing this in December 2025 and am grateful to be greatly improving in health.

However, just seven weeks ago while sitting in my doctor's office, he showed and discussed with me graphs of my last three blood test results and warned, "Life-threatening, if this trend continues, we must seriously consider the possibility of death within a few months." Not very reassuring words.

I try to follow all the teachings of Jesus, and during a moment of self-reflection I asked God, 'What thoughts do I entertain, that offend You the most? These exact words flowed into my mind, 'Judging the poor health of others, attributing it to their weaknesses'.

For 78 years I'd enjoyed excellent health and had always credited it to my own habits, while blaming other people's lifestyles for their own illness. But clearly, we should not judge others, so I resolved to do so no longer. However soon after, I developed a persistent cough, then a lump under my arm.

Diagnosis

My health then declined rapidly: night sweats, loss of appetite, muscle wasting, stomach fluid retention, and chronic fatigue. From being able to do 50 push-ups, I couldn't even do one and I lost 9kgs.

Fortnightly blood tests resulted in the grim prognosis by my doctor, showing dangerously high white blood cells low red blood cells and severe inflammation. Iron stores were normal, but the iron was not being used by my

body, hence the chronic fatigue. I was also referred to a team of oncologists who concluded it was melanoma.

While not fearing death, I was worried about leaving my beloved wife Marie and unfinished work with my books. Through it all, I was humbled by the support of numerous relatives and friends along with their prayers for my recovery.

Treatment

I maintained my very healthy diet and took our Optimum Health Triple Pack and The Sunshine Vitamin (vitamin D) capsules and developed a craving for pomegranate juice. I also started drinking a cup of Medicinal Cannabis Tea in the evenings. I've received an iron infusion and began an immunotherapy course. Immunotherapy is done at three weekly intervals, and I had my second one last week.

I was pleasantly surprised that cannabis tea was easily prescribed by my doctor, and my oncologist was comfortable with its use alongside immunotherapy. I saw it as something that might help the strain my body was under at the time.

I believe that part of my recovery may have been the role cannabis tea played, but it is difficult to separate the effects of any one treatment.

What I can say is that I slept more deeply, woke feeling less anxious, and was noticeably calmer during

the day. Over time, this coincided with a reduction in fluid retention and an improvement in how I felt and functioned. A good night's sleep and freedom from anxiety are vitally important when the body is under stress.

Conclusion

Since the iron infusion, immunotherapy, cannabis tea and supplements and numerous prayers, there has been an impressive turnaround in my health. My annoying cough is finally gone and the lump under my arm has shrunk to almost nothing.

My energy has returned and this morning I did my normal amount of push-ups, instead of one. I'm still 5kg under my normal weight, but confident this will continue to improve.

Most importantly, I've learned compassion: never judge others for their struggles. That role belongs to God alone and I thank Him for teaching me this.



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.

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.



\$51ea
60 capsules

1 per day Morning
With food



\$54ea
60 capsules

1 per day Morning
With food



\$47ea
60 capsules

1 per day Anytime
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.

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.



FRUIT ANTIOXIDANT Superfood capsules

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.

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.



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.

\$33ea 60 capsules

1 every 2 days
Morning
With or without food

Small size capsules each containing 1000mcg of Iodine.



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.

Careful research was undertaken prior to sourcing our Curcumin 95% supplement. While turmeric spice is readily available in supermarkets, you would require over a tablespoon of spice every day to get any benefit and even then, the low level of curcumin (less than 5% of the spice) is not easily absorbed.

To overcome this, we have sourced a highly concentrated, easily absorbed 95% curcumin.

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.



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.

\$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.



PREMIUM COLLAGEN

Collagen helps maintain youthful skin and supports digestive wellness

Collagen is one of the most important proteins in the body. 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 a world-leading European collagen producer with over a century of expertise.

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.

\$39ea

240 gram tub - 24 x 10g serves

 2 tsp per day

 Anytime

 With or without food



100%
Hydrolysed
Bovine Collagen
Peptides

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.

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

\$37ea 60 capsules

 1 per day  Anytime

 With or without food

Seek advice if taking blood thinning medication.



LIVER CLEANSE

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



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.



Blame it on lunch? Not so fast

The science of delayed food poisoning

Have you ever pointed the finger at last night's dinner for an upset stomach, without thinking about what you ate earlier in the week?

Food poisoning isn't always caused by your last meal; some bacteria play the long game!

We often think that the last meal we had is the culprit when we feel unwell, but some bacteria are quite clever and can take their time before making us sick. Many foodborne pathogens don't show their effects straight away. Take *Listeria monocytogenes* for instance, a bacterium often associated with ready-to-eat meats, coleslaw-type salads, and unpasteurised dairy products. It has an incubation period that can range from 1 to 70 days! This means that symptoms like fever, muscle pain, or stomach issues can crop up long after we've consumed the contaminated food, which makes pinpointing the source quite tricky.

On the other hand, pathogens such as *Salmonella* and *Campylobacter* typically show symptoms within a window of 6 to 72 hours post-ingestion. This delay in onset can lead to confusion where people misidentify the cause of their illness, often blaming the wrong meal or even pointing fingers at the wrong place entirely, while the real source stays hidden.

This misdirection isn't merely an academic issue; it has genuine implications for food safety systems and public health monitoring. Wrong assumptions create gaps in traceability and postpone necessary corrective measures.

Now that you are aware of this, how can you apply this knowledge to keep 'food safe'?

If you are responsible for food safety, encourage your team to adopt a detective mindset rather than making assumptions.



Safe Practices at Home

Cook It Right

- Poultry and meat should reach at least 70°C for 15 seconds to be safe to eat. Using a meat thermometer is the most reliable way to ensure the food has reached the correct temperature. If you do not have a thermometer, cook the meat until any juices run clear and piping hot.

Reheat Once

Bacteria can increase each time food is allowed to cool and is then reheated so avoid reheating leftovers multiple times.

That delicious chicken tikka in your favourite butter chicken curry might have already gone through a pre-cook/reheat in sauce, process (for quicker service times) at the restaurant before you even bought it. Therefore, it is wise not to refrigerate such takeaways for too long.

Refrigerate / Be Cautious with Ready-to-Eat Foods

Enjoy them fresh & don't forget to wash your lettuce!

Understand "Use By" and "Best Before" Dates

- "Use by/Expiry" means it is time to toss it for safety. Don't eat after that date.
- "Best before" is about quality attributes (e.g. colour, flavour, texture, and freshness)

Report Suspected Illnesses Promptly

If you suspect food poisoning, don't hesitate to contact your local health

unit. Genome sequencing is helpful for public health investigations.

Nurture Your Gut Microbiome with Probiotics

A healthy gut microbiome is vital for protecting against harmful bacteria.

- Incorporate probiotic-rich foods or supplements into your diet & nourish it with prebiotic fibre.
- If you have taken antibiotics, it is a good idea to restore your gut flora with fermented foods or supplements.
- Remember: it is wise to consult your GP before starting any supplements if you're immunocompromised.

Transparency note: This publication is not sponsored. Food Safe upholds a professional training partnership with ZHM and Health House, reflecting our mutual dedication to GMP & ongoing food safety education.

References: MPI Fact Sheet; CDC, 2023; Cornell CALS.



ABOUT THE AUTHOR

Keith Michael,
Director, Food
Safe Ltd



PROBIOTIC MULTI-9

Reset your gut health

A feeling of well-being 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

Inner capsule contains nine strains of probiotics



Top Seller



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

THE ULTIMATE CLEANSE

Autumn Detox

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.





\$33ea
60 capsules

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.

1-6 per day

With food

3-6 When unwell

Anytime

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.

1 per day Anytime With food



\$34ea
60 capsules



\$35ea
50ml bottle

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.

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.



\$35ea
10 gram
tube



\$33ea
25 capsules

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**.

1 per week Anytime Empty stomach

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.

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.



\$39ea
60 capsules



\$36ea
90 capsules

VITAMIN B5 *Overall wellbeing*

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

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

1-2 per day Morning With or without food

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.

1-2 per day Anytime With food



\$59ea
60 capsules

Food poisoning effects, recovery and healing

The digestive system is the foundation of our health. When illness disrupts it, the effects can be widespread and long-lasting.



Hydration and diet during initial phase

During the initial phase of illness, adequate hydration is crucial to replace fluids and electrolytes lost through vomiting and diarrhoea. Adding unrefined salt to water - 1/4 tsp per 4 cups during illness, or 1/8 – 1/4 tsp per litre for general hydration; helps restore lost electrolytes.

It's important to choose foods that are gentle on the inflamed digestive system, such as rice, bananas, chicken or vegetable broth, toast and plain scrambled eggs. Once initial symptoms have eased, a gradual reintroduction of usual foods is advisable; to observe how the digestive system responds.

The long-term effects

Microbial imbalances

Once initial symptoms have subsided, underlying disruption in the digestive system can persist. Inflammation in the intestines creates an environment that is unfavourable for beneficial bacteria, while harmful bacteria can thrive. This can lead to an imbalance in the gut microbiome, where populations of good bacteria decrease. Because beneficial bacteria support the immune system and help keep harmful bacteria in check, their reduction weakens this line of defence, further allowing harmful bacteria to multiply.

Nutrient Deficiencies

Another long-term effect that can occur post gastrointestinal illness are nutrient deficiencies, due to pathogens competing with beneficial bacteria for nutrients. This causes harm in two ways: first, the good bacteria receive fewer nutrients and their numbers

decline; second, fewer nutrients remain available for the digestive system to absorb and for the body to utilise. Over time, this can contribute to common nutrient deficiencies such as low iron, B12, folate and zinc.

Leaky Gut (Intestinal Hyperpermeability) and Inflammation

Inflammation from infection can also damage the intestinal lining, leading to "leaky gut," which can contribute to or worsen conditions such as eczema, acne, histamine intolerance, migraines, bloating, irregular bowel movements, gout, joint pain, reduced immune function, brain fog, fatigue, and hormonal imbalances.

Post illness healing

Probiotics

Recovery time after illness can range from weeks to months, depending on the severity. Taking a high-quality probiotic is important to help restore beneficial bacteria and suppress pathogens. Good bacteria support gut health by creating an unfavourable pH for pathogens, producing antimicrobial compounds, enhancing immune function, and occupying space and nutrients, effectively leaving "no vacancy" for pathogens.

Nutrients and Herbs

Supporting healing of the intestinal lining involves nutrients such as glutamine, zinc, and vitamin D. Glutamine can be obtained through specific supplementation, bone broth, or collagen. Aloe vera juice may help reduce inflammation, promote healing, and promote regular bowel movements. Psyllium husk can be a

helpful addition and acts as a prebiotic to feed beneficial bacteria, while also promoting regular bowel function. Adequate water intake is essential when using psyllium husk. Herbal teas such as chamomile, peppermint, fennel, and ginger can provide soothing effects for gut healing.

Diet

Diet plays a key role in healing the digestive system, reducing inflammation and supporting beneficial bacteria by providing prebiotics (food for good bacteria). Eating nutrient-dense, anti-inflammatory food promotes recovery. Diets like the Mediterranean diet, along with fermented foods such as sauerkraut, kefir, kimchi, and yoghurt, can be especially beneficial to focus on during this period.

Stomach illnesses can be complex, ongoing symptoms may persist without proper testing, support and treatment. Contact your local naturopath for targeted guidance if symptoms continue. However, seek medical attention promptly if you experience diarrhoea lasting longer than three days, blood in your stool, an inability to keep liquids down, or signs of dehydration such as dry mouth, infrequent urination, or dizziness.



ABOUT THE AUTHOR

Megan Amrein - BNatMed. Registered Naturopath and Medical Herbalist.



SATISFIED

Appetite and balance

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.



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



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.





PROTECT YOUR SKIN 100% NATURAL SUNSCREEN

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

SPF 25, water resistant, easy to apply and most importantly, uncompromisingly 100% natural.

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

Independently Tested

Our sunscreen has been independently tested by the Dermatest Laboratory in Australia and meets the current NZ/AUS standards.

- No preservatives
- No allergens
- No parabens
- No nanoparticles

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

Tip: Avoid prolonged sun exposure and wear protective clothing, hats and eye wear to further reduce risk.

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.

\$30ea
100ml tube



Back
in stock

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
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
Save \$5





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

\$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.

MACA-X

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.



COLLOIDAL SILVER CREAM

Give your skin the gentle daily care it deserves.

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.



Directions for Use:

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

\$31ea
100ml tube

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.



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

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 more expensive of all the magnetics, 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 magnesium chloride 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.



60 DAY MONEY BACK GUARANTEE



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.



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.



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, 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



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.



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.

Supports

- ✓ Emotional well being
- ✓ Libido and female reproductive health
- ✓ Hormonal balance
- ✓ PMS and menopause

\$40ea 60 capsules

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

Seek advice if taking blood thinning medication



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 helps maintain prostate health and overall wellbeing.

\$44ea 60 capsules

- 1 per day
- Morning
- 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.



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.

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.



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



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

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



60 DAY MONEY BACK GUARANTEE

Order form and price list

Prices valid until 30 Apr 2026

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.

Eye health

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

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)



PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
13	5-HTP (90 capsules)	\$38		\$
11	7 - Day Iron (25 capsules)	\$33		\$
11	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		\$
5	Bone Health (60 capsules)	\$47		\$
17	Boron and Selenium (60 capsules)	\$43		\$
5	CAA - Multi (60 capsules)	\$51		\$
5	CAA - Sensitive (60 capsules) New	\$51		\$
13	Carnitine (60 capsules)	\$32		\$
10	Cold Sore (10gm)	\$35		\$
15	Colloidal Silver Cream (100ml tube)	\$31		\$
15	Colloidal Silver Gel (100ml tube)	\$28		\$
15	Colloidal Silver Generator	\$165		\$
15	Colloidal Silver Liquid (500ml)	\$38		\$
15	Colloidal Silver Liquid Spray (100ml)	\$17		\$
3	Complete C (200 chewable tablets) Back in stock	\$39		\$
3	Complete C Original (100g powder) While stocks last	\$39		\$
5	CoQ10-Omega3 (60 gel capsules)	\$54		\$
6	Coral CAA (60 capsules)	\$49		\$
7	Cranberry (60 capsules)	\$37		\$
6	Curcumin 95% (90g powder) New	\$99		\$
19	DHEA 7-Keto (60 capsules)	\$42		\$
20	Dry Eye Relief (10ml rollerball)	\$34		\$
7	Easy-Lax (100 capsules)	\$37		\$
21	Eye Health (60 Capsules)	\$49		\$
6	Fruit Antioxidant (60 capsules)	\$55		\$
19	Harmony (60 capsules)	\$40		\$
17	Healthy Joints (90 capsules)	\$74		\$
17	Healthy Joints (180 capsules)	\$109		\$
17	Healthy Joints (180 capsules) 2 OR MORE	\$98		\$
23	Hemp Seed Oil (150 gel capsules)	\$39		\$
10	Immune Support (60 capsules)	\$33		\$
6	Kelp (60 capsules)	\$33		\$
7	Liver Cleanse (60 capsules)	\$37		\$
15	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		\$
19	Men's Boost (60 Capsules)	\$44		\$
22	Mitchells Bone Broth (200g tub)	\$74		\$
22	Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$79		\$
17	MSM Sulphur (180 capsules)	\$45		\$
14	Natural Sunscreen (100ml tube) Back in stock	\$30		\$
5	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		\$
5	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)	\$130		\$
16	Pain-Eze (100ml tube)	\$37		\$
21	pH Test Strips (5 packs of 10)	\$16		\$
7	Premium Collagen (240g tub)	\$39		\$



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.

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

0800 140 141

AUS call free on 1800 140 141

Other countries call +64 7 543 0491

HEMP SEED OIL

New Zealand grown Hemp Seed Oil capsules

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.

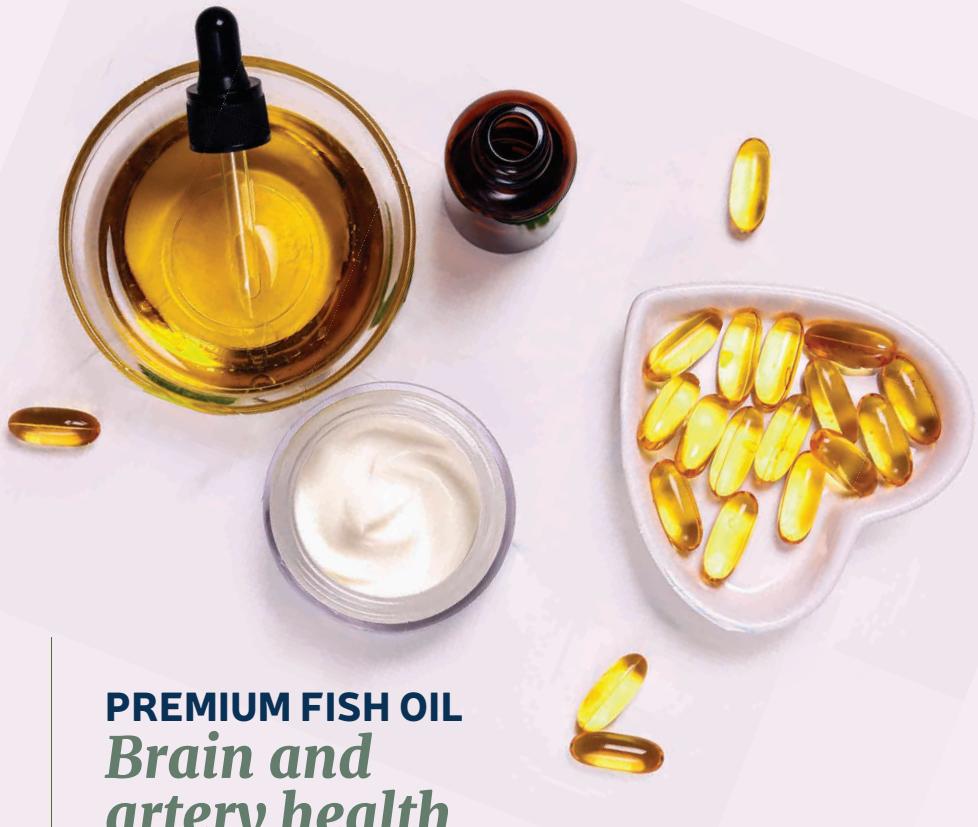
While hemp seed oil is not as high in omega levels as our Premium Fish Oil capsules it is a good alternative for those who prefer not to take fish oil.

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

Made
in NZ



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.

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 well-being
-  Mental focus
-  Healthy skin
-  Heart and artery health

\$34ea 150 soft gel capsules

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



Second Edition of the Medicinal Cannabis book

A simple guide for New Zealanders

Medicinal cannabis is rapidly moving from the fringes of medicine to the centre of scientific and public debate. In this second edition of Medicinal Cannabis: A Brief Guide for New Zealanders, Professor Shaun Holt doctor, researcher, and trusted medical commentator combines clear, evidence-based analysis in an engaging, easy-to-read style.

You'll explore the plant's complex chemistry, its potential medical benefits, and its risks all explained in plain language but grounded in rigorous science.

The book examines the latest research and real-world applications, offering a balanced view for patients, clinicians, and the interested observer alike. Informative yet approachable, this is the essential handbook for anyone seeking to understand the facts about medicinal cannabis today.



What's new in this edition?

- ✓ **Complete redesign**
 - Full colour with photos
- ✓ **Medicinal Cannabis use**
 - People over the age of 50
 - Children
 - Chronic Neuropathic Pain
- ✓ **The Green Fairy phenomenon**
- ✓ **Cannabis Tea as a dose form**
- ✓ **Review of recent studies**
 - QUEST (2,300 patient, 12 month)
 - Hypertension
 - Urinary Incontinence
 - Migraines
 - Pruritus
 - Rheumatoid Arthritis
 - Autism Spectrum Disorder
- ✓ **NZ GP knowledge and expectations survey**
- ✓ **Foreword by Marta Rychert (PhD)**

\$35ea or two for \$60

149 pages



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**

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**

FEB - APR 2026

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