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Quality, natural health products
NEW ZEALAND



Save on immunity products
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MAINTAIN A STRONG IMMUNE SYSTEM WITH VITAMIN C

Products for immunity - pages 3, 12 & 13

Latest Covid-19 news and preventions

By David Coory - pages 4 & 5

IMMUNITY FROM VIRUSES By Shaun - page 7

Summer Skin By Nadia - page 8

BOOK REVIEW MEDICAL CANNABIS By Denise - page 10

0800 140 141

www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

PP6992

WHAT'S NEW OLD

Well it turns out cheques are "old" and from 25 June 2021, our bank will no longer be accepting them.

Many of our customers are now changing to online payments or using debit or credit cards. Rest assured we are here to help. Just call our friendly call centre staff and they will be able to guide you through the options available.

You can also be confident that your card security is a top priority for us, we do not store your credit card information, what we use is a system called Windcave (formerly called Payment Express). This system is used by companies around the world.

Windcave was set up by the four big NZ banks and is registered with all the main credit card companies. They keep your information secure and we (or our website) are just given a special token so you don't have to keep giving us your card number. Our team can only see the first six and last two digits of your card so they can confirm it is the right card. However, if you would prefer we can remove this information from our system and re-enter your card each time, just ask us when placing your order.

If you do not have a credit card or a computer, you can pay money into our account at your local bank. We also ask that you do not post us cash, as it is a prohibited item to send in the mail and if lost there is no insurance.

If you live locally (Tauranga) then our shop is happy to take cash and we will accept cheques until the 22 June. Sorry we are also unable to accept foreign cheques anymore.

Kind regards

Mike Coory

Managing Director

Products

- 20 5-HTP
- 8 7-Day Iron
- 9 Aloe Vera Gel
- 9 Aloe Vera with Colloidal Silver Gel
- 18 Apple Cider Vinegar
- 14 Bone Health
- 16 Boron and Selenium
- 14 CAA - Multi
- 18 Carnitine
- 12 Colloidal Silver Cream
- 3/12 Colloidal Silver Products
- 3/13 Complete C Powder/ Tablets
- 14 CoQ10-Omega 3
- 23 Coral CAA
- 18 Cranberry
- 20 DHEA 7-Keto
- 4 Easy-Lax
- 19 Evening Primrose and Flaxseed Oil
- 19 Eye Health
- 19 Harmony
- 21 Healthy Joints 90/180
- 26 Hemp Seed Oil
- 3/13 Immunity Support
- 15 Kelp
- 17 Liver Cleanse
- 4 Maca-X
- 17 Magnesium 60/180
- 6 Men's Boost
- 23 Mitchells Bone Broth
- 23 Mitchells Collagen Peptides Bovine



Optimum health begins in your bowel

Capsule in a Capsule technology. No refrigeration required.



- 23 Mitchells Collagen Peptides Marine
- 23 Mitchells Collagen Repair
- 16 MSM Sulphur
- 11 Omega 3 Fish Oil
- 15 Optimum Health Triple Pack
- 21 Pain-Eze
- 5 pH Test Strips
- 19 Potion No. 9
- 6 Probiotic Multi 9
- 22 RealSalt Products
- 21 Relax
- 9 Salicylic Acid Gel
- 22 Skin Clear
- 26 Sunscreen
- 23 Sweet Stevia Tablets
- 11 The Ultimate Cleanse Kit
- 16 Throat Spray
- 17 Turmeric 60/180
- 22 Turn Back Time Cream
- 22 Turn Back Time Capsules
- 6 Vegan Boost
- 9 Vitamin B Complex
- 9 Vitamin B5
- 20 Withania



Healthy Reading

Everything you need to know about Colloidal Silver **\$19**

Stay Healthy by supplying what's lacking in your diet **currently out of stock - 11th edition coming soon**

New Zealand's Greatest Doctor, Ulric Williams **\$17**

Which Natural Therapies Should You Try? **\$21**

Laugh with Health **\$24** or two for **\$40**

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

Easy Way To Stop Smoking **\$18 Special**

Heal Your Eye Problems **\$19**

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

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

Medical Cannabis **\$30**



Maintain your immunity levels using our immune boosting range



Help safe guard yourself this busy summer by boosting your immune system and maintaining optimum health during the busy summer months while also preparing for the cooler change of seasons that lie ahead with our Immunity Support.

Colloidal Silver Liquid prevents the spread of bacteria and supports the body's immune system to heal the body. Vitamin C supports the body's

response to allergens and assists the body to expel waste and toxins which is sometimes required during the busy holiday season.

Complete C Powder

1/4-1/2 tsp per day

Anytime

With or without food

\$37ea 100g powder

Complete C Tablets

3 per day

Anytime

With or without food

\$37ea 200 chewable tablets

Immunity Support

1-2 Maintenance dose

3-6 When unwell

Anytime

With food

\$31ea 60 capsules

Colloidal Silver Range

\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



OUR PROMISE TO YOU

If you are unhappy in any way, let us know and we will do everything we can to put it right. If you are dissatisfied, return your purchase within 60 days for a refund or exchange.

FIVE EASY WAYS TO BUY

1. Free phone 0800 140 141
2. Website www.healthhouse.co.nz
3. Direct banking
03-1548-0039888-00
4. Send in the order form (page 24)
5. Visit our shop - 1 Whakakake St, Tauriko, Tauranga

For more information refer to the order form at the back.

PRODUCT ICONS

We have made a few updates to our icons. These are now also on our website.

- | | |
|-------------------|---------------------------|
| Four or more icon | Take in the morning |
| Capsules | Take anytime |
| Vegan capsule | Take in the evening |
| Tablet | Take with food |
| Powder | Take with or without food |
| | Take on an empty stomach |

LOYALTY REWARDS

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

4+ 4 OR MORE

Purchase four or more of any product with this blue icon and you will automatically save \$20 off your current order.

REFER A FRIEND

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

Latest Covid-19 news and preventions

Some interesting facts are emerging as I keep my finger on the pulse of the latest findings of this pandemic.

On the bright side, NZ flu cases dropped dramatically during our lock down – by 90% according to one official report. And deaths from all flu infections during our 2020 winter dropped by an estimated 1500 according to Professor Michael Baker. Economic and mental health damage has of course been considerable for many.

How the virus is most likely to be caught

According to extensive Chinese research, 80% of Covid cases are spread within home conditions. It apparently takes some time for most people to receive a sufficient dose of the virus to overwhelm their basic immunity – usually several minutes of breathing somebody else's virus-laden air in poor ventilated indoor locations. Socialising while drinking appears to be particularly risky.

There's little evidence of the virus being spread in outdoor conditions, where there's good air movement. Nor from contaminated surfaces, or human touch. So social distancing would appear to be important in poorly ventilated indoor conditions, or tightly packed outdoor crowds.

Following are some of the nutrients that play an important role in the prevention and cure of Covid-19.

Vitamin D is strongly associated with Covid death rates

It is now apparent that vitamin D has an enormous influence on Covid-19 death rates. See the graph on page 5.

Data of 780 Indonesian Covid cases shows that the majority of cases (older men with pre-existing conditions) with deficient Vitamin D levels died. A vitamin D level of 19 ng/ml or less equals a death rate of 100%, while vitamin D levels of 34 ng/ml or higher equals a 0% death rate (survival) from Covid-19.

Ensuring that populations have high vitamin D levels would appear to be very effective and have numerous other benefits as well. The second wave of the virus afflicting the northern hemisphere countries during their current winter would appear to confirm that lack of vitamin D plays a significant role.

Ideally our optimum vitamin D blood level should be as high as 120 nmol/L (48 ng/mL). Most New Zealanders and other developed nations have blood levels far below this.

According to the Centre for Disease Control and Protection, in the USA

87% of adults and 95% of children are deficient in vitamin D

There is little reason to think we're much better here in NZ. A vitamin D blood test costs about \$50 if you pay for it privately, or can be free if your doctor requests it.

Intravenous vitamin C

Japanese intravenous therapy expert Dr Atsuo Yanagisawa recommends that Covid-19 be treated with high amounts of intravenous vitamin C (usually the ascorbic acid type). Dosage, according to severity of illness, is from 50 to 200 mg per kg body weight per day (typically about 7 grams in total). This can be very effective in the latter stages when infection sets into the lungs.

Our body requires enormous amounts of vitamin C to fight severe infections and results can be spectacular when vitamin C is administered in sufficiently large amounts. Ascorbic acid is highly acidic with a pH of about 2.5 and needs to be alkalined to a neutral pH of about 7.0 using sodium bicarbonate before injection.

Boosting our glutathione levels

Glutathione is an immune protein compound made by our liver. It's our body's main defence against bacteria and viral infections. Youthful supply is high, which is why children show high resistance to Covid-19, but as we age past 30, our liver makes less and less.

Enhance energy and support fertility

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

If pregnant, not recommended during the first trimester.

\$35ea 60 capsules



1-2 per day Anytime With or without food

Promotes easy, regular bowel movements

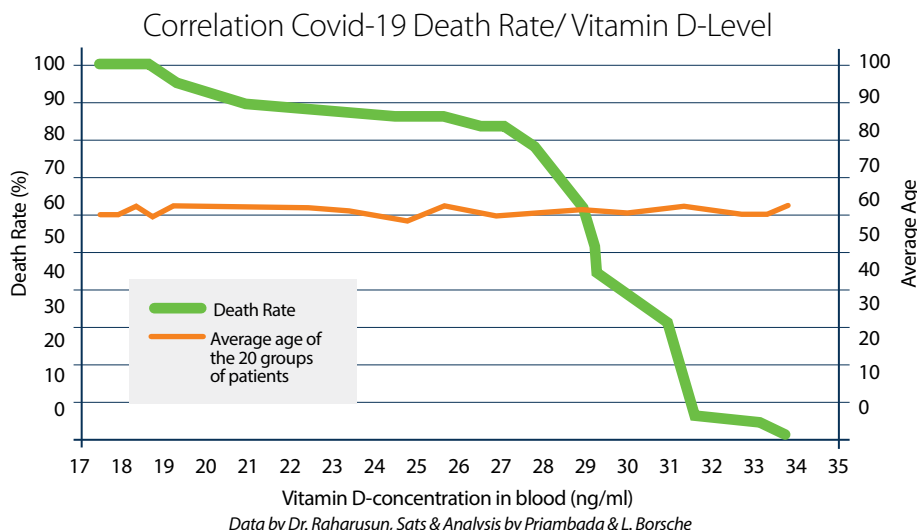
Containing five herbs proven to be beneficial to the bowel. Easy-Lax works gently over a 12 hour period reducing wind, lubricating the colon and promoting a softer more regular motion.

\$35ea 100 capsules

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.



2-4 per day Anytime With food



Supplementing with glutathione does not work, as the proteins are broken down by our digestive system. However, our body's natural production can be boosted by sulphur-rich foods such as broccoli, onions, cabbage, whey protein, eggs, fish, unprocessed meat and also vigorous exercise.

Sufficient vitamin C is also needed to keep glutathione levels high. In one study of adults with low levels of vitamin C, taking 500 mg of vitamin C daily for 13 weeks increased the glutathione in their blood cells by an average 47%.

Other studies show that lack of sleep lowers glutathione levels, and heavy alcohol use lowers it as much as 80%.

Exercise raises glutathione

A study of 80 healthy but sedentary volunteers, produced significant increases in glutathione levels compared to controls by combining

both aerobic and weight training in a gym setting. They trained for 40 minutes, three days a week for six weeks.

Selenium also raises glutathione

Selenium is another critical nutrient – one study showed significant increases in glutathione in 45 adults after supplementing with 200 mcg of selenium for 12 weeks.

Zinc critical to our immune system

Chinese health authorities now recommend zinc in the treatment and prevention of Covid-19 infections. This is not new – in a 1998 study of 609 children, using a 10 mg daily zinc supplement dropped recurring lung infections from 44% down to 12%.

If our sense of smell or taste ever begins to drop off, it can be a sign we're lacking zinc. Loss of smell is a recognised symptom among Covid 19 patients.

How David maintains his immunity

"Most days I spray my throat and under my tongue with liquid colloidal silver. I ensure my zinc and selenium intake is high by taking a CAA-multi-mineral-vitamin every day. I sun bathe during summer to maintain good vitamin D levels and eat at least an apple and other fruit every day."

"Should I sense a whiff of illness beginning, I immediately take two capsules of an immune support containing echinacea, garlic, olive leaf, astragalus, vitamin C and zinc. I carry on taking two of these every few hours, for a day, or perhaps two days, until all symptoms vanish."

David Coory.



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.

You need New Zealand's top selling health book coming soon

This is an invaluable health reference book for your home.

David is in the final stages of updating this book. We hope to have it ready soon.

11th edition pre-orders available now!



pH Test Strips

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

\$15ea
(five packs of 10)





Optimum health begins in your bowel

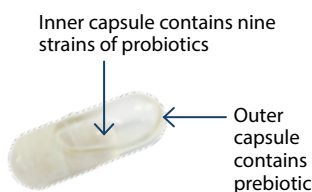
Healthy, live, probiotic bacteria in your small intestine are absolutely essential for optimum health.

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

1-2 per day Anytime Empty stomach

Benefits

- ✓ Optimal immune support and less food allergies
- ✓ Assists with bowel and digestive problems
- ✓ Improved digestion of food, softer bowel movements
- ✓ Improved mineral and vitamin absorption
- ✓ Restore bowel bacteria after taking antibiotics



Store in a cool dry place, no refrigeration needed.

\$41ea
60 Capsules



Nutrient support for a vegan lifestyle

Vegan Boost is designed especially for our customers or their family who choose a vegan lifestyle.

Benefits

- ✓ Supports your immune system
- ✓ Increases energy levels
- ✓ Promotes general well being
- ✓ Contains vitamin B12

\$31ea 60 vegetarian capsules

- 1 per day
- Anytime
- With food



Supercharge performance and support your prostate health

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

Benefits

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

\$42ea 60 capsules

- 1 per day
- Morning
- With food



Immunity from viruses

Not surprisingly, many people are wanting to reduce their chances of suffering from respiratory viruses at the moment.

Having a robust immune system should help with this and our immune systems are definitely assisted by generally living healthily, eating well, exercising, etc. But is it possible to boost your immune system so that it is even more effective at fighting off respiratory viruses?

There are three supplements that have good evidence that they can help reduce the chances of catching respiratory viruses, and of having fewer symptoms and better outcomes if you do catch them. And there is emerging evidence that they may even help to protect against Covid-19.

Vitamin C

Everyone knows that vitamin C can help to prevent and treat the common cold. In a Cochrane review on this subject, 29 placebo-controlled trials involving over 11,000 participants found that regular ingestion of vitamin C had no effect on common cold incidence. However there was a modest but consistent effect in reducing the duration of common cold symptoms. In trials in which participants were exposed to short periods of extreme physical stress (e.g. marathon runners and skiers) vitamin C was more effective and approximately halved the risk of getting a cold. There was no evidence of any additional advantage from taking huge doses and doses used in the studies were around 1,000 mg per day.

Over 200 viruses are known to cause the common cold, particularly rhinoviruses. But around 15-20% of colds are caused by....coronaviruses. While no studies have shown that vitamin C can prevent or treat Covid-19, a recently published paper made the case that there are several good lines of evidence to suggest that it should. In New Zealand and many places overseas, sales of oranges, kiwifruit and other fruits high in vitamin C have surged.

Zinc

Zinc is increasingly becoming recognised as the most effective

supplement for reducing the severity and duration of the common cold and other respiratory viruses. It works in several ways including directly inhibiting virus binding and replication in the nasal mucosa and suppressing inflammation. The Cochrane review on this topic concluded that "*zinc (lozenges or syrup) is beneficial in reducing the duration and severity of the common cold in healthy people, when taken within 24 hours of onset of symptoms*". Could zinc have a role to play with respect to Covid-19? Researchers increasingly think so. Studies have found that zinc deficiency is associated with more severe Covid-19 symptoms and that adding zinc to other treatments for people suffering from Covid-19 and being treated in hospital lowered the chances of dying.

Vitamin D

It has long been known and accepted that vitamin D supplementation can prevent acute respiratory tract infections, especially in the winter, and many GP's now prescribe it for this reason. In the absence of a Covid-19 cure or vaccine, scientists are investigating whether vitamin D can reduce the risk of Covid-19 infection or the severity of the disease. Recently published studies suggest that it does. For example, a study found that the risk of Covid-19 infection in people with vitamin D deficiency was nearly double that of people with sufficient levels of the vitamin and another study found that hospitalised Covid-19 patients had higher rates of vitamin D deficiency than a control group of patients who didn't have Covid-19. As a result, the UK government and others are looking at whether vitamin D should be widely distributed during the pandemic.



ABOUT THE AUTHOR

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

Summer reading

Popular titles written by Professor Shaun Holt.

Should I take Probiotics?

This easy to read and understand book tells you what probiotics are and shows you what to look for when choosing a product. It also tells you what all the research means in terms of health benefits for you.

\$19ea

82 pages

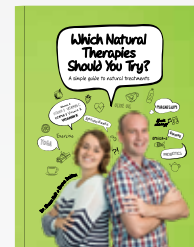


Which Natural Therapies Should You Try?

There are literally thousands of natural therapies and it's hard to get reliable information from the media and the Internet. This book gives an overview of those natural therapies with the most scientific evidence that can help your health.

\$21ea

135 pages



Should I take fish oil?

We all know that fish oil and omega-3 fatty acids are good for us. But what are the differences between all the different products you see on the shelves?

This book is an easy to read guide to omega-3 and fish oils.

\$20ea

84 pages



Summer Skin

It's so nice to get out in the sun and feel the rays on our skin! We need to be careful though and protect our skin, and not just from the sun.

Dry skin

With the dryer air, chlorine and extra sun exposure it's common to get dry skin during summer. An obvious remedy for this is of course staying well hydrated with plenty of water. Another simple tip is to lower the temperature and length of your showers because the hot water can strip oils from your skin, whereas cooler water is more protective of your skin, leaving it more hydrated.

Regular exfoliation is a great way to remove the layers of dry, dead skin. Take advantage of beach trips and use the sand and salty water to rub gently over your skin, or use a dry skin brush at home at least once a week. You can also make your own body scrub using pantry items such as sugar, ground nuts, salt and oils. There are lots of different recipes available online to try.

Regular moisturising is important, and body oil applied straight after a shower (even before you dry off) is a great way to lock in moisture and keep your skin supple.

If you do happen to get sunburnt, apply aloe vera gel regularly to your skin as this will cool and soothe it, as well as rehydrating and helping to heal the burn.

Over indulgence

It's common over the summer months, and especially during December and January, to overindulge in alcohol and food, which can also have a detrimental effect on our skin. Alcohol is particularly dehydrating, which can make your wrinkles and pores more prominent.

Reducing alcohol intake, increasing fruit and vegetables, adding lemon water to your daily routine and introducing extra vitamin C and collagen to your diet can go a long way to restoring skin elasticity and hydration. Any stress on the liver is going to negatively affect your skin, so it's important to include liver support to ensure that your skin is in optimal shape.

Sunscreen

Most importantly, to protect your skin this summer make sure to use a good quality, natural SPF sunscreen. Use one that does not contain nano zinc, because while this rubs easily into your skin it can make its way into your blood stream. Non nano zinc oxide can leave a pale blue tint on your skin for a little while after application, but it does fade and is much safer because the particles are too large to penetrate the skin. While lapping up the vitamin D is important, make sure that when possible you also reapply sunscreen regularly, cover up, wear a wide brimmed hat and make use of the shade when you can to protect your skin from the harsh rays of the sun, particularly in the middle of the day.



ABOUT THE AUTHOR

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

High quality, easy to digest iron for increased energy

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

Supports:

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

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

\$31ea 25 capsules





Vitamin B5 for heart and artery health

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

\$34ea 90 capsules

🌿 1-2 per day 🌞 Morning 🍽️ With or without food



Energy boost and stress relief

B vitamins are water soluble so your body does not retain them in your fat stores like minerals and other vitamins. When your body is stressed or working hard it uses a greater amount of B vitamins. Alcohol, sugar and caffeine also deplete your B vitamins.

\$37ea 60 capsules

🌿 1 per day 🌞 Morning 🍽️ With or without food



Summer Skin Care

Aloe Vera

Use our Aloe Vera gel for sunburn relief and soothing skin irritations

\$15ea 50ml

\$21ea 100ml

Aloe Vera with Colloidal Silver Gel

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

\$17ea 50ml

\$24ea 100ml

Salicylic Acid Gel

Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**



Book Review: Medical Cannabis

A brief guide for New Zealanders

If you want to understand the difference between cannabis and hemp, and the different active constituents of them both, then this is the book for you. It was an ideal book for many to read prior to the referendum and is helpful for lay people and medical professionals alike. This book is not written to sway someone's beliefs one way or the other but educational in an easy to read manner. It will help you understand the terms used, details on product safety and explanations of 18 medical conditions that medical cannabis has been shown to help in some way. It is based on what little recent research is available.

Current research is based predominantly on isolated constituents of the plant mainly because you cannot patent a natural product. Pharmaceutical companies will isolate a particular part, or a process of preparation, to isolate a component (in cannabis's case an individual cannabinoid) so they are able to patent it. A plant, being a natural living organism, is quite variable in its active components, this makes it difficult to comply with standard pharmaceutical methodology.

A lot of the testing is based on isolated components extracted from the plant, rather than a 'whole of plant' product. Being a naturopath I would expect much better results from a more natural 'wide spectrum' plant based product.

Cannabis was only made illegal in New Zealand in 1927 with the passing of the Dangerous Drugs Act, and it remains a controlled substance only available by prescription under the Misuse of Drugs Act 1975, which makes unauthorised possession of any amount of non-medically manufactured cannabis illegal. Medical cannabis has been legal in New Zealand since April 2020 and hopefully will soon become easier to access through our health system.

On the first page of this book it states that when Sir Richard Branson visited New Zealand in 2017, he urged New Zealand to become leaders in cannabis production. He said *"You should legalise it, grow it, tax it and regulate it"* - and went on to say how profitable it could be for our farmers. This could have been a big earner for our government, but at what cost?

Our recent referendum nearly made recreational cannabis legal, with 50.7% voting no and 48.4% voting yes - there were only 70,000 votes between yes and no - perhaps the drafters of the legislation just asked for too much. New Zealand had an opportunity to create a regulated environment, or at the least it could have been decriminalised but that question was not asked, who knows what the result would have been if it was.

The book is a great read as it takes you through the history and chemistry of cannabis - a remedy used in many ways. The cannabis plant naturally

occurs in Central and Southern Asia and found its way to Britain in 1842 with William Brook O'Shaughnessy who brought it back after his role as a medical officer in India. During his posting he studied it after becoming convinced of its therapeutic applications. On his return to England he showed its effectiveness for relieving pain with rheumatism and painful muscle spasms. It is unclear in what way he administered the cannabis, it appears to be by way of cannabis tincture.

There are strong opinions both for and against the use of cannabis, whether for medical or recreational use. Scientific evidence and research on medical cannabis is ongoing and improving all the time around the world, but it really has only just begun.

If you want to know more about the current scientific evidence then this book will provide you with this information in an easy to read format.



BOOK REVIEW BY:

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

Not sure what medical cannabis is?

A plain english explanation of what medical cannabis is and a summary of what the latest research shows about the use of cannabis as a medicine, and its potential benefits and risks.

This book does not take a position on this issue, but allows the reader to make their own informed decision. It is essential reading for anyone interested in this extremely topical subject.

MULTI BUY

Buy two for \$50ea

\$30ea
133 pages

Written by
Dr Shaun
Holt



Summer detox with The Ultimate Cleanse

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



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

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

\$105ea

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

\$90ea **MULTI BUY**

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

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

Triple strength fish oil for brain and artery health

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

The highly concentrated soft gel fish oil capsules come from responsibly sourced fish stocks, with the fish oil suppliers operating within the global standards (IFFO).

Importantly, the level of omega 6 is low, 60mg, making this an excellent supplement to raise your omega 3 levels and improve your crucial omega 3/omega 6 ratio.

- ✓ 1000mg capsules
- ✓ Omega 3 total 570mg
 - ✓ EPA 300
 - ✓ DHA 200
 - ✓ Other 70mg
- ✓ Omega 6 60mg

🍬 1-2 per day 🌙 Anytime 🍴 With food

\$31ea
200 soft gel capsules



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

Always read the label and only use as directed.

Colloidal Silver

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

Colloidal silver and bacteria

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

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

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

Is it safe?

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

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

Home generating tip

During the generation process we recommend that every 20 to 30 minutes you switch the generator off, remove the silver rod assembly from the water and wipe the rods down with a clean paper towel and swap the clips over for better results.

\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



Measure the content of your homemade colloidal silver

\$108ea test meter



Make your own colloidal silver

\$133ea one year guarantee

\$48pair replacement silver rods



A natural moisturising and soothing cream

\$30ea 100ml tube

Protect yourself all year round with powerful nutrients, herbs and antioxidants

Maintain your immunity levels with our range of products containing vitamin C

COMBO SPECIAL

Buy all three products for **\$90** saving **\$15**



Immunity Support

Immunity Support, supports the immune system and the body's defences making it less likely to get seasonal ills and chills and promotes faster recovery by supplying the body with a potent immunity support with antioxidant properties. Immunity Support can also be taken regularly as a preventative measure. It contains four powerful herbs and two powerful supplements.

- ✓ Astragalus
- ✓ Echinacea
- ✓ Olive Leaf
- ✓ Garlic
- ✓ Vitamin C and Zinc

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

Complete C Powder and Tablets

Complete C is available in chewable tablets and dissolvable powder. Both have a tangy orange flavour and contain three different forms of 100% absorbable vitamin C, each designed to complement the others and avoid stomach irritation.

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

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

- ✓ Pine bark extract (Pycnogenol)
- ✓ Grape seed extract
- ✓ Bioflavonoids

- ✓ Rosehips
- ✓ Rutin
- ✓ Hesperidin
- ✓ Quercetin

Both Immunity Support and Complete C support the immune system and body's defences.

Complete C Powder

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

Complete C Tablets

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

Supports heart, artery and brain health

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

Supports:

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

\$51ea 60 capsules

If taking Warfarin or any other blood thinning medication please discuss this with your health professional.
EPA 270mg / DHA 190mg / Omega 3 (other) 40mg

 **1** per day  Morning  With food



The most effective multi-mineral-vitamin

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

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

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

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

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

Supports:

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

\$47ea 60 capsules

 **1** per day  Anytime  With food



Keep calcium in your bones

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

\$45ea 60 capsules

 **1** per day  Anytime  With food

Improve your everyday health

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



Available in
non-sulphur
and non-iron
versions

CAA – Multi - a New Zealand formulation of minerals and vitamins. **Bone Health** - a calcium supplement that won't build up in your arteries. **CoQ10-Omega3** - an energy boost with support for heart and artery health.

1 Triple Pack

Save \$18 off the individual product prices.

\$125ea

2 or more Triple Packs

Save \$50 off the individual product prices. Available with non-sulphur and non-iron CAA - Multi versions.

\$118ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162

MULTI BUY

2 Triple Packs + 2 Probiotics

Save \$78 off the individual product prices (multi buy price already includes the 4+ product discount).

\$290

MULTI BUY

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

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

1 per day of each Morning With food

Nature's best source of iodine

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

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

Small size capsules each containing 1000mcg of Iodine.

- An overall health tonic
- Especially rich in iodine
- Supports a healthy thyroid

\$31ea 60 capsules

1 every 2 days Morning With or without food

Certified
organic from
Rangiora



Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

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

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

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

DIRECTIONS:

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

The bottle contains about 300 sprays.

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



\$29ea
50ml liquid

A high quality chelated mineral blend of boron, selenium and zinc

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

New Formula - In this formula we have returned back to our original chelated selenium product, while the yeast had some good claims behind it the smell was very unpleasant. In hindsight we believe the chelated selenium is just as effective and it is better to have a product that people want to take.

Zinc 10mg active - As we were reformulating, we took the opportunity to add zinc to the formula. The latest NZ Health survey showed our soils and our adult nutrition was just as deficient in zinc as it was in selenium.

Grains are the main source of zinc in our diet, yet 66% of zinc is lost from wheat during milling and refining. The next best source is beef but NZ meats are not high in zinc.

Selenium 150mcg active - Selenium is a powerful antioxidant that supports prostate health and fades brown skin spots. This essential trace mineral is good for your health and may help protect the body from the poisonous effects of heavy metals and other harmful substances.

Most people will be fine with the amount of selenium (125mcg) in our CAA - Multi, but if you are looking for a higher more comprehensive selenium supplement then this is the product for you.

Boron 10mg active

Boron is an important mineral for bone and joint health, but is also lacking in our New Zealand soil. Most people can get sufficient boron from their diet along with our CAA - Multi (2.5mg), but some people may require more, sometimes up to 9mg a day to support joint health and mobility. So for an extra boron boost this is the product.

- 1 per day
- Evening
- With food

\$41ea
60 capsules



Research shows nearly 50 separate health benefits

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

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

\$43ea 180 capsules

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

272mg of active sulphur (methylsulfonylmethane)



The nutrient superstar



\$52ea 180 capsules **\$31ea** 60 capsules

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

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:** one capsule per day, or as directed by your healthcare professional.



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

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

\$35ea 60 capsules

1 per day Morning With food



Joint digestion and general health

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

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

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

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

\$41ea 60 capsules

\$99ea 180 capsules

1-3 per day
 Anytime
 With food

DIRECTIONS: Do not use for two weeks prior to or following surgery. Do not use if you have gallbladder problems. Seek advice if on blood thinning medication or if pregnant or breastfeeding.



Easy and convenient apple cider vinegar capsules

These apple cider vinegar capsules have no taste and are easy and convenient to take with you to work or when travelling.

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

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

Taken regularly apple cider vinegar supports the digestive system and can support balanced blood sugar levels and pH levels in the body. It has been known to support normal blood pressure and cholesterol levels.

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

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

one capsule =
one teaspoon

\$39ea 180 capsules

 **3** per day

 Anytime

 With or without food



600mg of L-carnitine fumarate

Help your body burn calories

When you take Carnitine you will wake up in the morning warmer than normal because your body has been producing energy and burning calories while you sleep.

When you exercise, it increases your energy as your stored fat is burned.

\$30ea 60 capsules

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

Normal urinary flow and supports urinary tract health

Researchers believe that cranberries discourage bacteria from sticking to the urinary tract walls. While this specific cranberry ingredient has been optimised for men's prostate health, the benefits to the urinary tract for both men and women from cranberry, is well proven.

\$35ea 60 capsules

Do not take with blood thinning medication.

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

Are you concerned about your eyes?



\$47ea
60 capsules

As we age our eye health can begin to deteriorate. Our Eye Health formulation can help you. We identified the vitamins and minerals vital for good eye health and combined them with lutein, zeaxanthin and bilberry.

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

1 per day Anytime With or without food



Enhance both male and female libido

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

\$42ea 60 capsules

1 per day Morning With food



Beneficial for skin, hair and nails

We all know how good omega oils are for the skin. Evening primrose oil has been called the most sensational discovery since vitamin C. If you have cracked heels and rough feet, then this is for you. It makes your skin soft and your hair shiny and manageable.

\$32ea 90 soft gel capsules

2-3 per day Anytime With food

If pregnant, not recommended during first trimester.

Support your hormonal balance naturally



\$36ea
60 capsules

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

1-4 per day Anytime With or without food

Supports physical and mental rejuvenation and optimum health



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

1 per day Anytime With or without food

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



Natural youth hormone

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

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

Our pure DHEA is made from a natural plant extract. A natural extract from the Mexican yam plant is modified to produce an exact copy of natural DHEA.

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

- ✓ Natural youth hormone
- ✓ Enjoy better health as you age
- ✓ Feel full of vigour and enthusiasm
- ✓ Supports cognitive function

\$40ea 60 capsules

1 per day or every 2 days
Morning
With or without food

Not generally required for people under 25 years of age. Do not take if pregnant or breastfeeding without first seeking advice from your healthcare professional. Professional athletes should be aware that this substance is listed by the World Doping Agency.



Reduce stress and manage your appetite

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

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

2-4 per day Anytime With food

How to support joint health naturally



\$70ea 90 capsules **\$104ea** 180 capsules

MULTI BUY

\$93ea Buy two or more Healthy Joints 180 and save \$22

2-3 per day Anytime With or without food

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



Valerian,
magnesium,
hops and kava

Reduce stress and support a deep restful sleep

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

\$33ea 60 capsules

2-3 per day Evening With food

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

An all natural, warming cream with powerful essential oils and potent extracts

Pain-Eze contains 11 active ingredients.

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

- | | |
|---------------------------|-------------------------|
| Comfrey infused oil | Turmeric liquid extract |
| Wintergreen essential oil | Clove essential oil |
| Arnica liquid extract | Tincture of benzoin |
| Lavender essential oil | Camphor essential oil |
| Peppermint essential oil | |
| Cayenne liquid extract | |
| Ginger liquid extract | |

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



\$31ea
100ml tube



RealSalt

RealSalt is salt exactly as nature made it – and the best selling sea salt in America's health food stores.

RealSalt Refill

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

\$23ea 737g pouch

283g shaker and refill combo

\$28ea **MULTI BUY**

RealSalt Shaker (season)

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

\$16ea 234g Shaker

RealSalt Shaker (garlic)

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

\$16ea 234g Shaker
Temporarily out of stock

RealSalt Shaker (original)

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

\$10ea 283g Shaker

Turn Back Time: ANTI-AGEING

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

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

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

\$41ea 50ml tube

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

4+ **\$41ea** 60 capsules

Take one morning and night with food.

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

\$62ea Combo

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



\$62ea
combo
save \$20

Clear skin starts from within

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

Skin Clear gives the body the tools it needs to deal with this excess oil in the form of pantothenic acid (vitamin B5) and carnitine. Vitamin B5 converts the excess oil to Coenzyme A, a natural enzyme that deals with fatty acids. The role of carnitine is to take this excess oil to the cells so that the excess oil is burned off as energy.

2-4 per day **Anytime** **With food**

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



\$41ea
120 capsules

Mitchells[®]



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

\$69ea 200g tub **\$36ea** 100g Pouch



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

\$69ea 200g tub



Collagen: For skin, hair, nails and joint support. Available in either bovine collagen (blue) or marine collagen (pink). 200g - 25 serves.

\$59ea 200g tub Marine **\$49ea** 200g tub Bovine



One tablet =
approximately
one teaspoon
of sugar



Low calorie,
natural sweetening
tablets for hot and cold drinks

These healthy, all natural tablets are a much better alternative to artificial sweeteners or sugar. Enjoy sweet drinks without worrying about your blood sugar levels.

\$24ea 200 tablets

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

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

\$47ea 60 capsules

- 1 per day
- Anytime
- With food



New Zealand grown HEMP SEED OIL CAPSULES

A healthy plant based source of omega oils

Just down the road from us there is a Hemp Factory. The owners popped in one day to introduce themselves and enquire whether we would like to add hemp seed oil capsules to our range of products.

We loved the fact that their hemp is grown in New Zealand, and it would mean we were supporting local business. We are pleased to add this product to our range.

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

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

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

2-6 per day Anytime With food

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

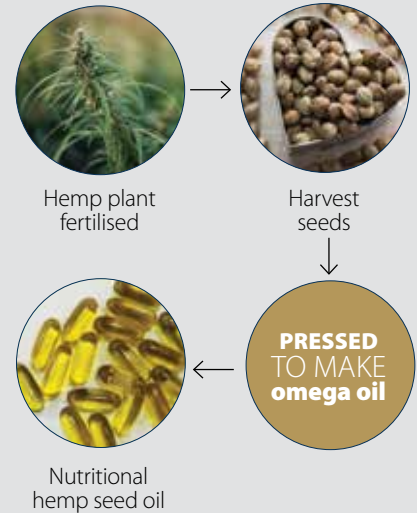
Benefits

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

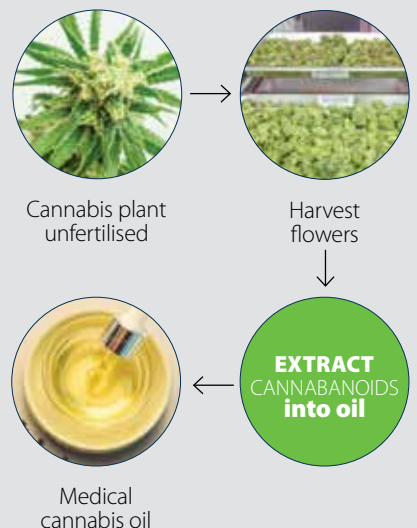


The difference between Hemp Seed Oil and Cannabis Oil

Hemp Seed Oil



Cannabis Oil



PROTECT YOUR SKIN WITH OUR 100% NATURAL SUNSCREEN

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

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

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

Our sunscreen has been independently tested by the Dermatest Laboratory in

Australia and meets the latest NZ/AUS standards.

Ingredients: Sweet almond oil, zinc oxide, coconut oil, macadamia nut oil, shea butter, silica, natural fragrance, vitamin E.

Independently Tested

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



Always read the label and only use as directed.

JAN/FEB 2021

ORDER FORM AND PRICE LIST

Prices valid until 28 February 2021



CUSTOMER ID

PRODUCTS		PRICE EACH	QUANTITY	TOTAL
4+	5-HTP (90 capsules)	\$36		\$
4+	7 - Day Iron (25 capsules)	\$31		\$
	Aloe Vera Gel (50ml tube)	\$15		\$
	Aloe Vera Gel (100ml tube)	\$21		\$
	Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
	Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
4+	Apple Cider Vinegar (180 capsules)	\$39		\$
4+	Bone Health (60 capsules)	\$45		\$
4+	Boron and Selenium (60 capsules)	\$41		\$
4+	CAA - Multi (60 capsules)	\$47		\$
4+	CAA - Multi Iron free (60 capsules)	\$47		\$
4+	CAA - Multi Sulphur free (60 capsules)	\$47		\$
4+	Carnitine (60 capsules)	\$30		\$
	Coconut Body Butter (60g) Out of stock - new packaging coming soon			\$
	Colloidal Silver Cream (100ml tube)	\$30		\$
	Colloidal Silver Gel (250g tub)	\$41		\$
	Colloidal Silver Gel (100ml tube)	\$26		\$
	Colloidal Silver Generator	\$133		\$
	Colloidal Silver Liquid (500ml)	\$36		\$
	Colloidal Silver Liquid (500ml) 4 OR MORE	\$30		\$
	Colloidal Silver Liquid Spray (100ml)	\$16		\$
	Colloidal Silver Test Meter	\$108		\$
	Complete C (100g powder)	\$37		\$
4+	Complete C Tablets (200 chewable tablets)	\$37		\$
4+	CoQ10-Omega3 (60 capsules)	\$51		\$
4+	Coral CAA (60 capsules)	\$47		\$
4+	Cranberry (60 capsules)	\$35		\$
4+	DHEA 7-Keto (60 capsules)	\$40		\$
	Dude's Face Cream (60g) While stocks last	\$21		\$
4+	Easy-Lax (100 capsules)	\$35		\$
4+	Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
4+	Eye Health (60 Capsules)	\$47		\$
	Geezer's Face Cream (60g) While stocks last	\$21		\$
4+	Harmony (60 capsules)	\$36		\$

PRODUCTS		PRICE EACH	QUANTITY	TOTAL
4+	Healthy Joints (90 capsules)	\$70		\$
4+	Healthy Joints (180 capsules)	\$104		\$
4+	Healthy Joints (180 capsules) 2 OR MORE	\$93		\$
4+	Hemp Seed Oil (150 capsules)	\$36		\$
4+	Immunity Support (60 capsules)	\$31		\$
	Immunity Support Combo Special (Complete C powder - Complete C Tablets - Immunity Support)	\$90		\$
4+	Kelp (60 capsules)	\$31		\$
4+	Liver Cleanse (60 capsules)	\$35		\$
4+	Maca-X (60 capsules)	\$35		\$
4+	Magnesium (60 capsules)	\$31		\$
4+	Magnesium (180 capsules)	\$52		\$
4+	Men's Boost (60 Capsules)	\$42		\$
	Mitchells Bone Broth (100g pouch)	\$36		\$
	Mitchells Bone Broth (200g tub)	\$69		\$
	Mitchells Collagen Peptides - Bovine (200g tub)	\$49		\$
	Mitchells Collagen Peptides - Marine (200g tub)	\$59		\$
	Mitchells Collagen Repair (200g tub)	\$69		\$
	MSM Sulphur (180 capsules)	\$43		\$
4+	Omega 3 Fish Oil (200 capsules)	\$31		\$
4+	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$125		\$
4+	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$118		\$
	Pain-Eze (100ml tube)	\$31		\$
	pH Test Strips (5 packs of 10)	\$15		\$
4+	Potion No. 9 (60 capsules)	\$42		\$
4+	Probiotic Multi 9 (60 capsules)	\$41		\$
4+	Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$37		\$
	RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
	RealSalt Refill Pouch (737g)	\$23		\$
	RealSalt Shaker Garlic (234g) Currently out of stock	\$16		\$
	RealSalt Shaker Original (283g)	\$10		\$
	RealSalt Shaker Season (234g)	\$16		\$
	RealSalt gift pack Limited stock	\$39		\$

PRODUCTS		PRICE EACH	QUANTITY	TOTAL
4+	Relax (60 capsules)	\$33		\$
	Salicylic Acid Gel (50ml tube)	\$27		\$
	Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$41		\$
	Silver Rods (pair)	\$48		\$
4+	Skin Clear (120 capsules)	\$41		\$
	Sunscreen (50ml tube)	\$19		\$
	Sunscreen (100ml tube)	\$29		\$
4+	Sweet Stevia Tablets (200 tablets)	\$24		\$
	Throat Spray (50ml) Glass bottle	\$29		\$
4+	Turmeric (60 capsules)	\$41		\$
4+	Turmeric (180 capsules)	\$99		\$
4+	Turn Back Time Capsules (60 capsules)	\$41		\$
	Turn Back Time Cream (50ml tube)	\$41		\$
	Turn Back Time Combo (50ml cream and capsules)	\$62		\$
	Ultimate Cleanse kit (410 capsules)	\$105		\$
	Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
4+	Vegan Boost (60 capsules)	\$31		\$
4+	Vitamin B5 (90 capsules)	\$34		\$
4+	Vitamin B Complex (60 capsules)	\$37		\$
4+	Withania (Ashwagandha) (60 capsules)	\$37		\$
BOOKS		PRICE EACH	QUANTITY	TOTAL
	Colostrum - Life's first food	\$20		\$
	Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
	Everything you need to know about Colloidal Silver	\$19		\$

4+ FOUR OR MORE PRICING

Purchase four or more of any products with the blue icon 4+ and you will automatically save \$20. You can pick or choose, they do not all need to be the same product. If purchasing via the web, the discount will be automatically applied to your order. Please note an Optimum Health Triple Pack counts as a single item towards the four or more discount.

HOW TO ORDER

FREE PHONE

NZ 0800 140 141 - AUS 1800 140 141
Other countries call +64 7 543 0491
Operators available 24/7 – 365 days

FAX NUMBER

0800 140 142 (NZ) International +64 7 543 0493

[VISIT OUR WEBSITE](#)
www.healthhouse.co.nz

BOOKS		PRICE EACH	QUANTITY	TOTAL
	Heal your Eye Problems	\$19		\$
	Laugh with Health	\$24		\$
	Laugh with Health Special 2 for \$40	\$20		\$
	Medical Cannabis a brief guide for New Zealanders	\$30		\$
	Medical Cannabis a brief guide for New Zealanders MULTI BUY 2 FOR	\$50		\$
	New Zealand's Greatest Doctor, Ulric Williams	\$17		\$
	Should I take fish oil?	\$20		\$
	Should I take...Probiotics?	\$19		\$
	Stay Healthy by supplying what's lacking in your diet Out of Stock 11th edition coming soon	TBA		\$
	Which Natural Therapies Should You Try?	\$21		\$

4+ ☐ I have bought four or more of the icon products **- \$20**

☐ Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

☐ No signature required

☐ Signature required (Sorry, not rural delivery)

CUSTOMER ID

Name

Address

Phone Post code

Email We will send you an email to let you know when your order is dispatched.

Credit Card Number

Cheque ☐ Visa ☐ Mastercard ☐ Exp. date / Security code



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

DIRECT BANKING

STEP 1: Call us to place your order.
STEP 2: Deposit payment into Westpac bank account 03 1548 0039888 00.

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

VISIT OUR SHOP

1 Whakakake Street, Tauriko, Tauranga.
OPEN FIVE DAYS A WEEK Mon - Fri 8.30am - 4.30pm.

FREEPOST

Fill out this order form and send to:
Freepost Authority Number 206782
Health House, Private Bag 12029, Tauranga, 3143.
Include your cheque or credit card details.