

FREE DELIVERY IN NEW ZEALAND

JUL/AUG
2020

EST. 1986
HealthHouse
Quality, natural health products
NEW ZEALAND

100%
PROUDLY
NZ OWNED
& OPERATED

Buy local, support New Zealand

Health House is locally
owned and supports local
businesses

See pages 3 & 6



0800 140 141

www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

PP5923

THE FOUNDING OF HEALTH HOUSE

By David Coory - pages 4-5

New Zealand Native Herbs

By Nadia - page 10

GLOBAL HEALTH BRANDS

By Mike Coory - page 6

Wise words from Dr Ulric still

valid today By Denise - page 12

COVID-19 VACCINE

IS THERE ONE COMING SOON?

By Shaun - page 8

WHAT'S NEW

Well this catalogue is shamelessly promoting the fact that Health House is a proudly NZ owned and managed company. We are a bit of a rare thing these days and we talk a bit more about this on page six.

We always try to use New Zealand suppliers whenever we can, but it is a bit disappointing that high quality New Zealand ingredient manufacturers are a bit light on the ground.

You will see on page three that our Evening Primrose & Flaxseed Oil product and our Kelp product are both 100% New Zealand made with 100% New Zealand grown ingredients.

On pages four and five, David talks about how he founded Health House and a bit of history on how our business came about.

Shaun gives us some insight into his opinion on a COVID-19 vaccine on page 8, which makes sobering reading.

On a lighter note, Nadia shares some of her favourite native herbs on page 10 which you can find freely available for harvest in a number of public reserves and bush walks in New Zealand.

On page 12 Denise does a review on the book about Dr Ulric, New Zealand's Greatest Doctor. We have just reprinted this book, so there is plenty of stock if you have not read about his philosophy before.

I do a quick follow up on our medical cannabis project on page 17 covering our R & D pre-production batches, some of the recent lab testing and a quick update on our construction project.

Kind regards

Mike Coory

Director

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Made in New Zealand

NZ Kelp and Evening Primrose & Flaxseed Oil



- 20 Mitchells Collagen Peptides
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Healthy Reading

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

Stay Healthy by supplying what's lacking in your diet **\$25** or two for **\$20ea**

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**

The DHEA Breakthrough **\$25**

Medical Cannabis **\$30**



Limited Stock

Stay Healthy Book 10th Edition

100% New Zealand Made

While it is difficult to get every single ingredient from only New Zealand suppliers, Evening Primrose & Flaxseed Oil uses two top quality New Zealand ingredients.

Extracted from flaxseed (*Linum usitatissimum*) grown in the Canterbury region of New Zealand and extracted in Ashburton.

Cold pressed refined oil extracted from evening primrose plant (*Oenothera biennis*) is also grown in the Canterbury region and extracted in the same Ashburton factory.

This company do not use any heat, chemicals or solvents, and only cold press all oils with passion, care and attention. The cold-pressed oils are cholesterol free, unrefined and unprocessed, do not contain harmful solvent residues, and contain natural antioxidants and nutrients that are beneficial for the body, just as nature intended.

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.

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

If pregnant, not recommended during first trimester.

\$32ea 90 soft gel capsules



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.









Nature's best source of iodine

Sourced from New Zealand waters

This rich sea herb is beneficial for your nails and hair and is especially rich in iodine for a healthy thyroid.

It has all the trace colloidal minerals and elements (over 70) needed by your body and in a highly absorbable form.

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

-  **1** every 2 days
-  Morning
-  With or without food

Certified
organic from
Rangiora

\$31ea
60 capsules



LOYALTY REWARDS

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

4 OR MORE

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

REFER A FRIEND

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



How I founded Health House New Zealand

The event that aroused my interest in natural health

My interest in natural health was suddenly aroused when I was about age 39 – my retired 66 year old father, who lived in Palmerston North, was hospitalised with a serious heart attack. Dad survived this attack (in fact he lived to be 96) but it was a wakeup call for me, I was eating the same foods and living the same lifestyle as him – and so began my passion for natural health.

Over the next four years, I researched all aspects of health, at the same time experimenting extensively with my own health.

How my Stay Healthy book came about

There was so much interest in my health and diet findings among men my own age that in 1988 I published a do-it-yourself book on everyday nutrition called “NZ Nutrition and Your Health.” The book instantly sold well, probably because it was timely and easy to follow. Ideas for improving the book flowed in from readers and so I published an improved second edition. This time I called it “Stay Healthy by Supplying What’s Lacking in Your Diet.”

The book continued to sell strongly year after year and has become (I

believe) NZ’s top selling health book, and I’ve been updating and improving it constantly. It’s now in its 10th edition with over 90,000 copies sold. I believe it is still highly relevant and I’m now working on the 11th edition.

How NZ farmers helped me realise the importance of minerals

I spent many years in my youth helping my Dad on the Lower Hutt dairy farm he managed, so I have a lot of respect for the hard working farmer. I was greatly helped by farmers in researching the Stay Healthy book and also with the eventual formulation of CAA-Multi.

CAA-Multi came about after I read 97 year old farmer Percy Weston’s great book “Cancer: Cause and Cure.” I recognised the importance of his findings and the health problems caused by depleted soil minerals.

Many of our Health House customers are farmers – no doubt because farmers know the importance of animal nutrition and see the wisdom in looking after their own nutrition. When somebody expresses doubt that we need to supplement our diet with minerals like magnesium, zinc, boron, selenium or iodine, I tell them to go talk to a NZ farmer and ask him if he can farm effectively without providing supplementary minerals for his stock.

How my supplement business got started

Back in the days when I first wrote my book, supplements sold in NZ were mostly Australian. Readers would contact me asking where they could buy supplements to provide the diet minerals they clearly lacked. This was especially so for selenium and boron, two important minerals lacking in the NZ diet, but these were limited, or not permitted in Australia. I was also concerned about obtaining these same minerals for my own health needs. It soon became obvious that a multi-mineral/vitamin supplement supplying our NZ needs did not exist.

So I began importing a tablet from Australia containing magnesium, potassium, iron, zinc and manganese. It was similar to Percy Weston’s original mineral formula that he’d refined over a 50 year period and called ‘Percy’s Powders’ but did not contain the full formula of ‘Percy’s Powders’ – it lacked cobalt, sulphur and sodium. However no testimonials of the effectiveness of these tablets came back from my customers, and nor did I feel any different myself.

Shortly after this, the factory making the tablets in Australia was closed down, meaning I was no longer able to supply to my customers.

How CAA-Multi came about

This turned out to be a blessing in disguise. I had been concerned that these Australian tablets did not contain important minerals we were lacking here in NZ, especially selenium, boron, iodine and copper. I thought, "Why not make them here in NZ and add the missing minerals."

So in 2004, I arranged for a nutritional company in Christchurch to manufacture the formula, this time in capsule form and also with the addition of the minerals known to be lacking in NZ soils – selenium, boron, iodine, copper, cobalt, sulphur, plus a full range of vitamins, including vitamin B12 and D.

Later on, plant silica, bioflavonoids, antioxidants and sea kelp were added, providing more than 25 other minor trace minerals.

Exceeded all my expectations

The effectiveness of the CAA-Multi exceeded all my expectations, testimonials and positive feedback just flooded in from my readers. This was because people's immune systems were now working as nature intended, being provided with the minerals and vitamins that were previously lacking in their diet. My own health also greatly improved. I cannot remember a day in bed with sickness since taking my first capsule.

Setting up my own manufacturing

As the number of customers grew, it became apparent that to ensure the quality of CAA-Multi and some other companion products I had formulated,



Evolution of the 'Stay Healthy' book written by David Coory

we needed to have closer control over the manufacturing process. So we moved the manufacturing back to Tauranga and in 2008 Zealand Health Manufacturing (our own supplement manufacturing factory) took over the manufacturing of CAA-Multi and most of the other Health House products. We also received Government food safety certification and began contract manufacturing for other health companies as well. This was all done in leased premises and although they were up to acceptable standards we thought they could be better.

Brand new factory, shop and offices built in Tauranga

So in 2014 we built a brand new, purpose-built factory, shop and offices in Tauranga. The factory has 13 temperature and humidity controlled production rooms which are regularly audited for compliance with NZ Food Safety Standards. In 2018 we added new medicinal cannabis grow rooms for research and are currently building commercial medicinal cannabis

growing and processing rooms due for completion in August.

Over the past few years we've obtained even higher standards of certification, including Cosmetic GMP and are in the last stages of Pharmaceutical GMP.

We're proud to be operating in New Zealand in the lovely Bay of Plenty and now have over 20 employees and support as many local suppliers as possible. All profits stay local and my wife Marie is active in supporting local charities.



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

This is an invaluable health reference book for your home.

It shows how to prevent or heal just about any diet related health problem, by making small but critical changes to your diet.

\$25ea 288 pages

\$20ea **MULTI BUY**

Buy two books and save \$10

Limited Stock.
New edition
due 2021



pH Test Strips

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

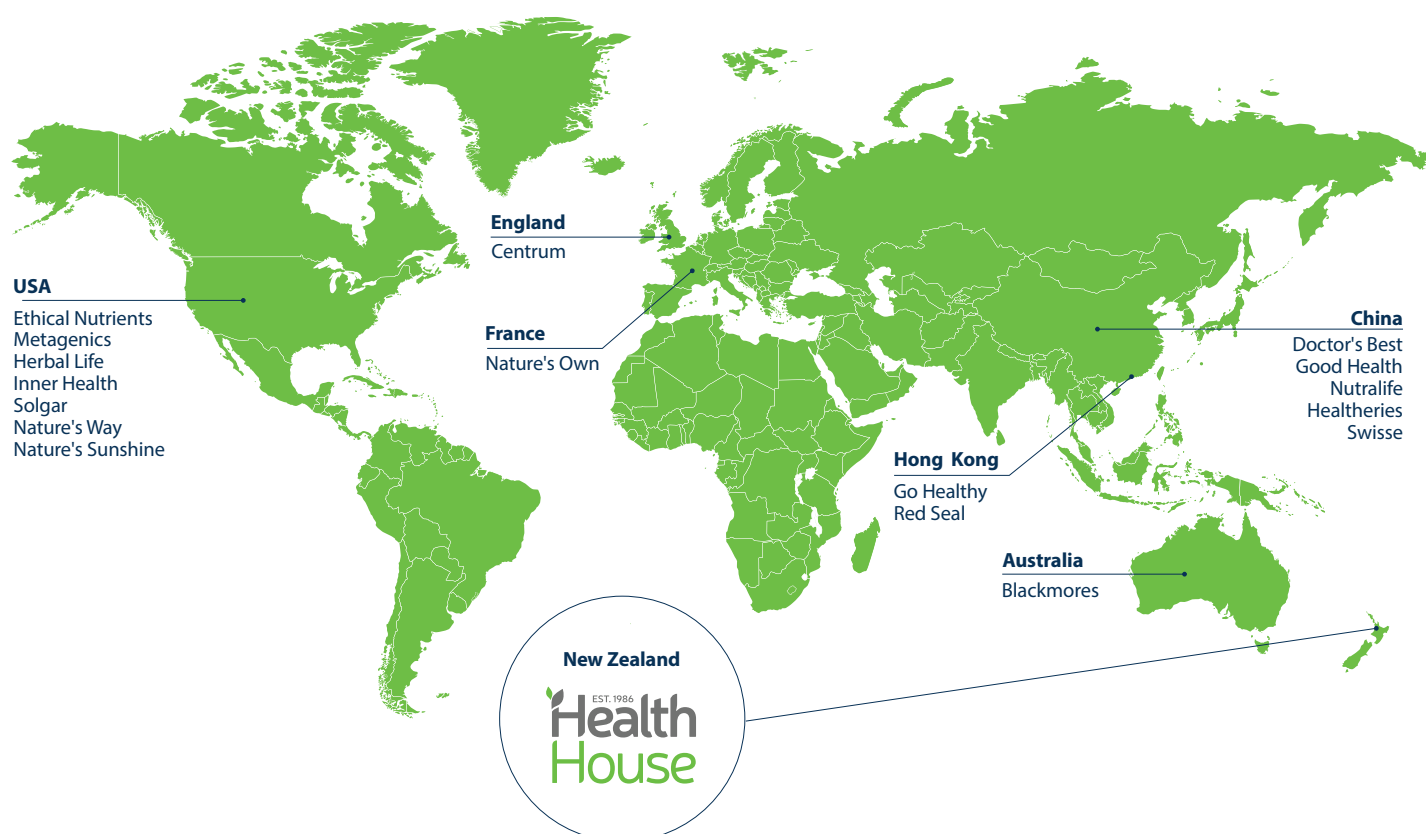
\$15ea

(five packs of 10)



Now is a great time to support locally owned companies to keep profits and jobs here in New Zealand

The below map shows the country of ownership for some common natural health brands being sold in New Zealand.



In the past few years we have seen many familiar brands being sold to overseas buyers. The sad reality of the consumer world is that many of the things we buy are made in factories in faraway countries. Unfortunately a decent amount of the profit from the sale of natural health products ends up offshore.

Health House is a family owned and operated business started by David and Marie Coory in 1986. Surprisingly, local ownership is no longer a common theme within our industry.

With the current global situation a desire to support New Zealand products is on the rise and now is the perfect

time to celebrate kiwi ingenuity and local businesses. When you buy from a local business or manufacturer you are also supporting all the other small business that supply to them.

We are not saying that overseas ownership is necessarily a negative, however, knowing that Kiwis are looking after your interests, paying tax in New Zealand and investing in jobs for our future, surely is a good thing.

Please note we have done our best to be as current and accurate as possible and trace back to the ultimate ownership. However, this was not easy and we apologise for any errors.

Blackmores a publically listed Australian nutraceutical company; Ethical Nutrients, Inner Health, Metagenics, Herbal Life owned by Aticor (who own Amway); Good Health owned by Nanjing Sinolife United Company Limited; Go Healthy 80% owned by Ora Hong Kong Limited; Nutralife, Healtheries owned by Shanghai Pharmaceuticals Holding Co; Nature's Own owned by Sanofi an international pharmaceutical Co; Nature's Sunshine a publically listed US nutraceutical company; Nature's Way part of the Schwabe Pharmaceuticals Group; Red Seal mainly owned by Zuellig Pharma Asia Pacific; Solgar owned by global investment firm Carlyle Group; Swisse owned by Biostime Pharmaceuticals (China) Limited; Centrum owned by Glaxo Smith Kline; Doctor's Best owned by Xiamen Kingdon Way Group Limited.

Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

- ✓ Fewer ills and chills and faster recovery
- ✓ Supports the production of collagen
- ✓ Assists the body to expel waste and toxins

\$37ea 100g powder

- 🥄 $\frac{1}{4}$ – $\frac{1}{2}$ tsp per day
- 🌙 Anytime
- 🍴 With or without food



222mg of Vitamin C per tablet

Convenient chewable tablets

Made from our Complete C Powder, these tangy orange flavoured tablets contain three different forms of 100% absorbable vitamin C, each designed to complement the others and avoid stomach irritation.

\$37ea 200 chewable tablets

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



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.

Boost your immunity

Four powerful herbs and two powerful nutrients

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

- ✓ Defence against seasonal ills
- ✓ Potent immune support and antioxidant properties
- ✓ Support for faster recovery

\$31ea 60 capsules

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

Seasonal Defence



COVID-19 Vaccine

Is there one coming soon?

Politicians and policy makers have talked about a Covid-19 vaccine being key to life getting back to normal.

The New Zealand Prime Minister has said that border restrictions would probably last until a vaccine is developed, and scientists have said that a vaccine is the only clear exit strategy that will allow New Zealand to return to normality. Similar statements have been made in other countries including the UK and USA.

However, if this is the case then our borders may never open and life will not return to normal any time soon as there is no guarantee that a vaccine will be developed within the next year or two, or even at all.

COVID-19 is one of many coronaviruses. These are common viruses that cause an infection in the nose, sinuses, or upper throat. Most coronaviruses are not particularly dangerous - many common colds are caused by coronaviruses. COVID-19 is definitely more dangerous of course and, at the time of writing, over 50 studies have shown it to be around 3 times more deadly than influenza.

We have many vaccines for viral diseases including influenza, polio,

chickenpox, yellow fever, hepatitis A, tetanus, measles, mumps and diphtheria and so it seems obvious that we will soon have one for COVID-19, especially as a huge global research effort is underway. Around 100 different potential vaccines have already been developed and tested to some degree.

Most researchers think that the quickest time frame for a COVID-19 vaccine to be developed is 12-18 months. Most of this time is spent on the large clinical trials that have to be done in order to prove that it is effective and safe. Safety is actually more important here - if the vaccine is to be given to hundreds of millions of people it has to be incredibly safe. And even if developed within 12-18 months, it could still be many months later until the required hundreds of millions of vaccine doses are produced, and longer still for health systems to administer the vaccine to the public.

It is too technical to go into here, but it will be very hard to make a COVID-19 vaccine. This is illustrated by the fact that scientists have not previously been able to make vaccines for any coronaviruses,

including more severe ones such as SARS and MERS.

And even if a vaccine is developed, it may not be 100% effective. For example, the influenza vaccine varies each year and is usually around 50% effective.

I do not want to talk about Government policy too much, but I would not base any policies on having a COVID-19 vaccine any time soon. And even though I am a huge advocate of vaccination, I would be nervous of having a rushed vaccine, particularly as the chance of death in younger and healthier people from COVID-19 is negligible.



ABOUT THE AUTHOR

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



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.



\$30ea 133 pages



Check out the other titles by Professor Shaun Holt

See the price list for more information

60 DAY MONEY BACK GUARANTEE

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 health professional.

Research shows nearly 50 separate health benefits



\$43ea
180 capsules

272mg
of active
sulphur

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.

1-6 per day Anytime With or without 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.



New Zealand Native Herbs

We are so lucky to live in New Zealand for many reasons, just one of those being the access we have to native herbs, plants and trees and the knowledge of their use in Rongoā Māori (traditional Māori medicine).

Kawakawa

Also known as New Zealand peppertree, kawakawa is botanically related to kava and is an important component of Rongoā Māori. It is reasonably easy to find in New Zealand, likes to grow in cool dark places away from the sun, so you will often see it on bush walks. It is commonly believed that the best leaves to use are those with holes in them – it is said that if bugs have begun to eat the leaves, the kawakawa secretes a substance to deter the bugs, becoming more medicinally valuable.

Traditionally, the leaves would either be chewed or brewed into a tea, and also used topically. It can be used to treat stomach ailments, is anti-inflammatory, works as a pain reliever (both topically and internally), to treat kidney or bladder troubles due to its diuretic properties, to stimulate circulation and is widely used topically for eczema and other skin ailments. In a pinch, you can even rub the leaves on your skin as a mosquito deterrent.

Kūmerahou

Kūmerahou has a long history of being used for respiratory ailments including asthma, tuberculosis and bronchitis.

It was also used to purify the blood, as a kidney tonic, sedative and for conditions such as rheumatoid arthritis. Typically, kūmerahou was used as a vulnerary to aid wound healing, and even used as a soothing soap substitute.

Mānuka

Mānuka is probably one of the best known native New Zealand herbs, mainly due to the prized mānuka honey. While being from the same family as the Australian tea tree, there are actually a number of distinctions and different actions in these plants, with mānuka of course being far superior!

Mānuka has strong antimicrobial effects, whether used as an essential oil (topically only), a tea or infusion, or an alcohol extract. Its most common use is as a topical application for wounds, cuts, sores and various skin conditions. Also an anti-inflammatory, it can help to reduce a fever, anxiety, and even has diuretic and sedative effects.

Kānuka

Kānuka has many similarities to mānuka – the easiest way to tell the difference is that when you feel the leaves, mānuka is mean (spiky and sharp feeling) and kānuka is kind (much softer to touch).

Horopito

This is my favourite anti-fungal herb – it works quickly and effectively to treat a number of both internal and external fungal infections. Horopito also helps to stimulate circulation, helps with respiratory conditions and is anti-inflammatory. Traditionally it was also chewed to relieve toothache.

Pukatea

The bark of the pukatea tree is known as nature's morphine, providing strong pain relief for conditions such as toothache, neuralgia, migraines and topically for wounds such as ulcers.

You will find many of these trees and plants freely available for harvest in a number of public reserves and bush walks in New Zealand. There are some great books available to help you identify and use the New Zealand natives right on our doorstep.



ABOUT THE AUTHOR

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

Natural youth hormone

Naturally produced, DHEA declines as you age. DHEA will support your youthful vigour, mental focus and clarity of mind.

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.

\$40ea 60 capsules

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



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.

\$36ea 90 capsules

2-4 per day Anytime With food





Support your hormonal balance naturally

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

\$36ea 60 capsules

1-4 per day Anytime With or without food

Are you concerned about your eyes?



\$47ea
60 capsules

Many of us spend far too much time staring at our computers or phones and our eyes are suffering. 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 health professional.

1 per day Anytime With or without food



Love soft smooth skin?

Treat yourself, or a friend to our luxurious Coconut Body Butter.

The whipped body butter is enriched with all natural oils, has a subtle coconut fragrance and contains no nasty chemicals.

\$21ea 60g tub

DIRECTIONS: Apply to the skin morning and night or as needed.



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

Wise words from Dr Ulric still valid today

A Wanganui surgeon who became a Naturopath

I thoroughly enjoyed reading this book and felt it came at the right time for me as it may for you. We are all living in quite frightening times with so much unrest all over the world. Ulric's words spread some hope and wonderful beliefs that many of us forget under stress.

Ulric said: *"The world is a beautiful place. If you don't see it that way you are looking at it upside down"* - *"Anything you say with belief and conviction will come true"*. He was a great believer in positive thought - He said *"You are what you think. You become what you think. To be healthy you must think in the right way. You have to think healthy. You don't look for wrong things to happen, you expect right things to happen. Thoughts have a way of attracting to you what you think about"*. Wow, don't we all need reminding of this.

Ulric Williams was born on May 22nd 1890, the third son and fourth child of Reverend and Mrs Williams. He studied at Cambridge and Edinburgh universities and then practised medicine in Wanganui as an obstetrician and surgeon. Ulric had concerns with his religious beliefs because he found it difficult to understand the loving kindness of the Creator when there was so much suffering. He came to the conclusion

that as sickness could not be sent by a Creator, it must be the result of human folly and ignorance in the use of natural resources. Over the next few years he completed a detailed study of natural foods, soil health, diet and over-eating and the effect of our mental state on body health. His practice then took a big change as he was appalled that so many patients after surgery did not restore to good health. He resolved to do no more surgery and stressed the value of unrefined foods, fresh fruit, raw salads and conservative cooking of others i.e. steaming vegetables. He believed that excess chemical pesticides and fertilisers were endangering human health. The words *"You are what you eat"* may not have come from Ulric but he certainly believed it and shared it with all his patients.

There are many pearls of wisdom in this book. I have always been astounded, that for many to restore wellness, it is often what they need to stop, rather than what they need to add. Ulric explains it well - *"You don't have to do anything to get better, all you need is to stop doing what is wrong. If you really want to know what that is, your divine intelligence will tell you. Your body has a healing power that will heal you when you stop making yourself sick"*.

What a special clever man, sadly the medical profession knocked and

ridiculed him and his beliefs. You have to question has much changed when our government deemed naturopaths, herbalists, and nutritionists as non-essential through the lockdown. Quite horrifying when you see and hear about all the stress because of changed circumstances. Natural remedies are of course the support that could lessen the likelihood of needing anti-depressants down the track. Our government has a lot to learn about healing and wellness.

If you need an emotional pick up, or some needed learning, read this book. It will reinforce to you that we do make our own path, and we need to choose which path to follow if we want to experience wellness. Share your loving smile and it will be returned. Ulric was a wise and honourable man with knowledge that one day the medical profession will have to see.



ABOUT THE AUTHOR

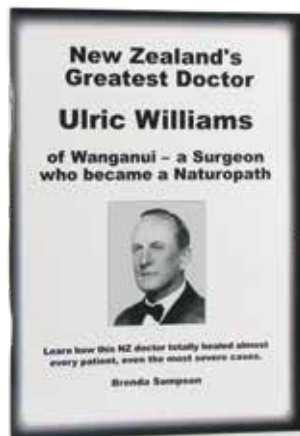
Denise Elliott - N.D., Dip. Herb. Med., B.H.Sc. (Comp.Med.) Cert. Beauty Therapy. She is a Naturopath, Medical Herbalist and Beauty Therapist.

Looking for something to read?

Doctor Ulric Williams reveals the simple methods he used to heal his patients after he became dissatisfied with surgery as a means of healing.

- ✓ Easy to read
- ✓ Useful and interesting
- ✓ Patient testimonials

\$17ea 96 pages



Help your body burn calories

- ✓ Supports the body's process of converting fat to energy
- ✓ Helps manage food cravings
- ✓ Can greatly increase overall daily energy

- 3-5 per day
- Morning
- Empty stomach

\$30ea
60 capsules



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



Supercharge your performance and support your prostate health

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

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

\$42ea 60 capsules

-  1 per day
-  Morning
-  With food



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



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.

- ✓ 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.

- ✓ 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.



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

 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 health professional.




 **1** per day of each  Morning  With food

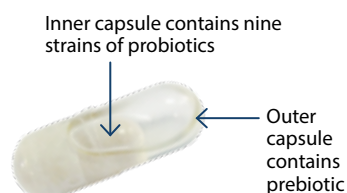
Optimum health begins in your bowel

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.

\$41ea 60 capsules

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



Store in a cool dry place, no refrigeration needed.



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.

Historic Silver Facts

1978

The Science Digest publishes an article claiming silver could be recognised as our mightiest germ fighter.



\$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



New Look

A natural moisturising and soothing cream

\$30ea 100ml tube

Cannabis Update – R & D Production, Testing and Construction

R & D Production Trials

We are running R & D and pre-production trials.

Drying

A key component for a quality product and the first stage in good manufacturing processes is to get the product correctly dried. This enables consistent levels of cannabinoids and means the water activity level is correct. This is what guarantees that yeasts, moulds and other microbes can't grow.

Milling

The next important stage is milling the product. This enables it to be made into a product such as oil or capsules.

Controlling the size of the milled cannabis also ensures that you get consistent cannabinoids in the oil and the same amount of cannabis in each capsule.

Infusion or Capsulation

When you start off with a consistent product, infusing it into oil is much easier. We use a cold infusion process, it is full spectrum and undamaged with no harsh chemicals used. We also capsule without any further processing, except an inert filler to obtain the different dosage levels we want.

Testing, Testing and more Testing

Testing is the most critical part of Pharmaceutical Certification and to make sure the product meets the NZ Medical Cannabis Quality Standard.

Cannabinoid Testing

We test the levels of the cannabinoids at all stages to make sure they are all unchanged. We have also been testing the effect of stomach acid on cannabis and what it does to cannabinoids and terpene levels.

Micro Testing

We recently received our first micro testing confirming no yeasts, moulds and other microbes. Growing indoors in pristine growing rooms, in inert grow medium means no bugs.

Shelf Life Testing

We have just received the results from our six month testing of oils and it shows a consistent level of cannabinoids, even though stored at room temperature. So it should result in a nice easy to handle product.

Construction

We are making good progress on our construction, COVID did set us back a month or so, but we are all back on track.

Plumbing and Irrigation

The grow rooms require some rather complicated plumbing and irrigation. This enables us to let the building management system control all the watering and give a consistent fertiliser feed every time.

Electronics

The electricians have been hard at work putting in all the wiring and there are kilometres of cables and wires.

Each room has been wired for lighting, irrigation, fans, security, sensors and many other features.

HVAC

HVAC stands for Heating, Ventilation and Air Conditioning and this is the most critical part of the facility.

Large units manage each room individually and special units are used for the drying room.



Production trial



Testing



Construction

Winter Detox

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

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.



RealSalt Refill

\$23ea 737g pouch
283g shaker and refill combo

\$28ea **MULTI BUY**



RealSalt Shaker (original)

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

\$10ea 283g shaker



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

Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE



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



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

1-2 per day
 Evening
 With or without food

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



Triple strength fish oil for brain and artery health

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

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

\$31ea
200 soft gel capsules

1-2 per day
 Anytime
 With food



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



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.

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



\$31ea
100ml tube

How to support joint health naturally

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

Choosing the right ingredients for your joint product is more important than many realise.

Research has shown that when sulphur-based marine glucosamine is combined in equal parts with chondroitin, extracted from shark cartilage, it is much more effective.

Due to the very high price of chondroitin derived from shark cartilage, it is rare to find a product on the New Zealand market with enough chondroitin to be fully effective. Both glucosamine and chondroitin are natural parts of our cartilage and our joint lubrication fluid.

Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of the highest quality chondroitin sulphate, plus we have added three nutrients - boron, organic silica and natural vitamin D.

We have also included MSM (methylsulfonylmethane), a very safe but vital component in joint care. It works with chondroitin to maintain the integrity of the cartilage and supports joint comfort.

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

\$70ea 90 capsules

\$104ea 180 capsules

MULTI BUY

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

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



Mitchells Products

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.

Collagen Peptides: Bovine collagen for skin, hair, nails and joint support. 200g - 25 serves.

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



\$69ea
200g tub

\$36ea
100g pouch

\$49ea
200g tub

\$69ea
200g tub



Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE

Supports physical and mental rejuvenation and optimum health

\$37ea
60 capsules



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

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

450mg
Pantothenic
acid, 40mg
Calcium

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

\$34ea
90 capsules



Want a deep, restful and healing sleep?

You can, with this improved Melrest formula.

Containing tart cherry extract, chamomile extract and magnesium, all known for their ability to support sleep.

\$49ea 240ml



Directions: 16ml (one tablespoon or around three teaspoons), 30 minutes before bedtime. Not recommended during pregnancy, or for children under 12.



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



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

\$15ea 50ml

\$21ea 100ml



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

\$17ea 50ml

\$24ea 100ml



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**

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.

\$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 health 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 excess oil. It also contains the full range of B vitamins and vitamin C to support the healing of the skin.

\$41ea 120 capsules

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

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

One months treatment,
two months maintenance



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

\$47^{ea} 60 capsules

- 1 per day
- Anytime
- With food



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.

\$35^{ea} 60 capsules

Do not take with blood thinning medication.

- 1 per day
- Anytime
- With or without food



One tablet = approximately one teaspoon

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.

\$24^{ea} 200 tablets

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%.

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

- 1 per week
- Anytime
- Empty stomach

\$31^{ea} 25 capsules



Nutrient support for a **VEGAN** LIFESTYLE

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

It is important to maintain a well-balanced diet and with veganism this can be more of a challenge to achieve.

To make this easier we have designed a supplement to support your nutritional balance and well being.

With our Vegan Boost we have formulated a product to supply essential nutrients that may not be readily available on a vegan diet. We have included vitamin D3, vitamin B12, iron and calcium which are normally readily available from meat, dairy products, seafood and poultry.

Vitamin K2 and vitamin D3 work with the calcium to support stronger and more flexible bones. Zinc and vitamin C aid nutrient absorption, along with supporting your immune system.

What we wanted to achieve when designing Vegan Boost is to optimise




energy levels, maintain strong healthy bones and to support general good health.

We believe with our Vegan Boost nutritional supplement, combined with a well-balanced diet and exercise, excellent health can be achieved.

Benefits

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

\$31^{ea} 60 capsules

-  1 per day
-  Anytime
-  With food

Vegetarian
Capsules



New

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.

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.

-  3 per day
-  Anytime
-  With or without food

one capsule =
one teaspoon






































\$39^{ea}
180 capsules

ORDER FORM AND PRICE LIST

Prices valid until 31 August 2020

CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 5-HTP (90 capsules)	\$36		\$
 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		\$
 Apple Cider Vinegar (180 capsules)	\$39		\$
 Bone Health (60 capsules)	\$45		\$
 Boron and Selenium (60 capsules)	\$41		\$
 CAA - Multi (60 capsules)	\$47		\$
 CAA - Multi Iron free (60 capsules)	\$47		\$
 CAA - Multi Sulphur free (60 capsules)	\$47		\$
 Carnitine (60 capsules)	\$30		\$
Coconut Body Butter (60g)	\$21		\$
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		\$
 Complete C Tablets (200 chewable tablets)	\$37		\$
 CoQ10-Omega3 (60 capsules)	\$51		\$
 Coral CAA (60 capsules)	\$47		\$
 Cranberry (60 capsules)	\$35		\$
 DHEA 7-Keto (60 capsules) Sorry stocks are low, awaiting ingredients. Limit 2 per customer	\$40		\$
Dude's Face Cream (60g) While stocks last	\$21		\$
 Easy-Lax (100 capsules)	\$35		\$
 Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
 Eye Health (60 Capsules)	\$47		\$
Geezer's Face Cream (60g) While stocks last	\$21		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 Harmony (60 capsules)	\$36		\$
Healthy Joints (90 capsules)	\$70		\$
Healthy Joints (180 capsules)	\$104		\$
 Healthy Joints (180 capsules) 2 OR MORE	\$93		\$
 Immunity Support (60 capsules)	\$31		\$
 Kelp (60 capsules)	\$31		\$
 Liver Cleanse (60 capsules)	\$35		\$
 Maca-X (60 capsules)	\$35		\$
 Magnesium (60 capsules)	\$31		\$
 Magnesium (180 capsules)	\$52		\$
 Melrest (240ml) Special	\$49		\$
 Men's Boost (60 Capsules)	\$42		\$
Mitchells Bone Broth (100g pouch)	\$36		\$
Mitchells Bone Broth (200g tub)	\$69		\$
Mitchells Collagen Peptides (200g tub)	\$49		\$
Mitchells Collagen Repair (200g tub)	\$69		\$
 MSM Sulphur (180 capsules)	\$43		\$
 Omega 3 Fish Oil (200 capsules)	\$31		\$
 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		\$
 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		\$
 Potion No. 9 (60 capsules)	\$42		\$
 Probiotic Multi 9 (60 capsules)	\$41		\$
 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)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Season (234g)	\$16		\$
RealSalt wooden gift pack While stocks last	\$39		\$
 Relax (60 capsules)	\$33		\$
Salicylic Acid Gel (50ml tube)	\$27		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$41		\$
Silver Rods (pair)	\$48		\$
Sunscreen (50ml tube)	\$19		\$
Sunscreen (100ml tube)	\$29		\$
Skin Clear (120 capsules)	\$41		\$
Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (50ml) Glass bottle	\$29		\$
Turmeric (60 capsules)	\$41		\$
Turmeric (180 capsules)	\$99		\$
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		\$
Vegan Boost (60 capsules)	\$31		\$
Vitamin B5 (90 capsules)	\$34		\$
Vitamin B Complex (60 capsules)	\$37		\$
Withania (60 capsules)	\$37		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$
Heal your Eye Problems	\$19		\$



FOUR OR MORE PRICING

Purchase four or more of any products with the blue icon 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.

BOOKS	PRICE EACH	QUANTITY	TOTAL
Laugh with Health	\$24		\$
Laugh with Health Special 2 for \$40	\$20		\$
Medical Cannabis a brief guide for New Zealanders	\$30		\$
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	\$25		\$
Stay Healthy by supplying what's lacking in your diet 2 FOR \$40	\$20		\$
Which Natural Therapies Should You Try?	\$21		\$

☐ 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

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.

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

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.