

FREE DELIVERY IN NEW ZEALAND

JUL/AUG
2021

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HealthHouse
Quality, natural health products
NEW ZEALAND

100%
PROUDLY
NZ OWNED
& OPERATED

Natures ancient WELLNESS AID

Colloidal Silver winter special - page 9

Cheques are gone but
we have a simple solution
See page 3

Omega 3 test report

By David Coory - pages 4-5

FLUORIDATION OF WATER

By Nadia - page 6

Does silver turn you blue?

By Shaun - page 8

SPECIAL OFFER

Purchase our 500ml
Colloidal Silver Liquid
and receive a 100ml
Colloidal Silver
Spray free.

All our
products are
**GLUTEN
FREE**



0800 140 141

www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

PP7612

WHAT'S NEW

Sometimes it's good to be the boss!

Take for example our Turn Back Time Cream, I love this product and use it as an aftershave, but the rose oil fragrance is not really my cup of tea. So, I asked my team to make a version without the fragrance. They said it wouldn't work, it will smell like 'play dough', I said "can you do it anyway".

Well the samples came out and there is no smell at all, it still has all the good ingredients in it, just no rose fragrance. We will be putting out a fragrance free version of Turn Back Time Cream in the next catalogue. For those that love the rose smell don't worry, the original version will still be available.

But then, sometimes it not so good being the boss. Having to harass your father to finish the Stay Healthy Book and then when he finally does finish it, you realise it needs to be reviewed, designed and printed. These jobs are now well under way and we are planning (fingers crossed) to have the book ready for the Nov/Dec catalogue. It is looking fantastic and would make a great Christmas gift.

The other hard decision that has to be made is in respect to pricing. It is unbelievable how many of the key things we buy have just gone up dramatically. Most consumables have gone up and are very difficult to source. Wages for all our staff went up in April and postage increased, also local freight is going up again next month. I don't want to even mention the international supply chain at the moment.

We have not increased our prices since the 1st of September 2018 and inflation since then has been 5%.

So, it is with regret that we will have a 5% price increase on all products from the 1st of September 2021.

Kind regards

Mike Coory

Managing Director

Products

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



Pain-Eze

An all natural warming cream with powerful essential oils and potent extracts to soothe tired and stiff muscles.

P22

P8

- 26 Mitchells Collagen Peptides Bovine
- 26 Mitchells Collagen Peptides Marine
- 26 Mitchells Collagen Repair
- 10 MSM Sulphur
- 13 Omega 3 Fish Oil
- 14 Optimum Health Triple Pack
- 22 Pain-Eze
- 5 pH Test Strips
- 17 Potion No. 9
- 14 Probiotic Multi 9
- 23 RealSalt Products
- 22 Relax
- 21 Salicylic Acid Gel
- 20 Skin Clear
- 23 Sweet Stevia Tablets
- 19 The Ultimate Cleanse Kit
- 8 Throat Spray
- 17 Turmeric 60/180
- 20 Turn Back Time Cream
- 20 Turn Back Time Capsules
- 16 Vegan Boost
- 7 Vitamin B Complex
- 7 Vitamin B5
- 7 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**

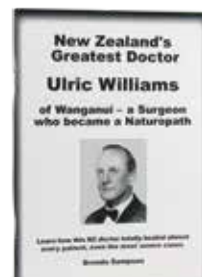
Easy Way To Stop Smoking **\$18 Special**

Heal Your Eye Problems **\$19**

Should I take Probiotics? **\$15 Special**

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

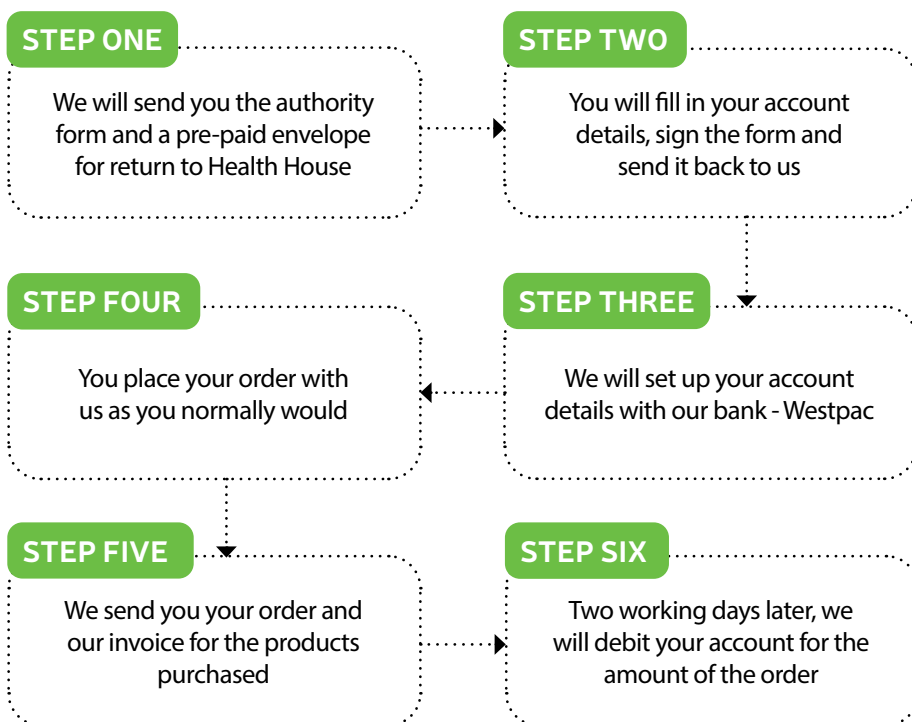
Medical Cannabis **\$30**



Cheques are gone

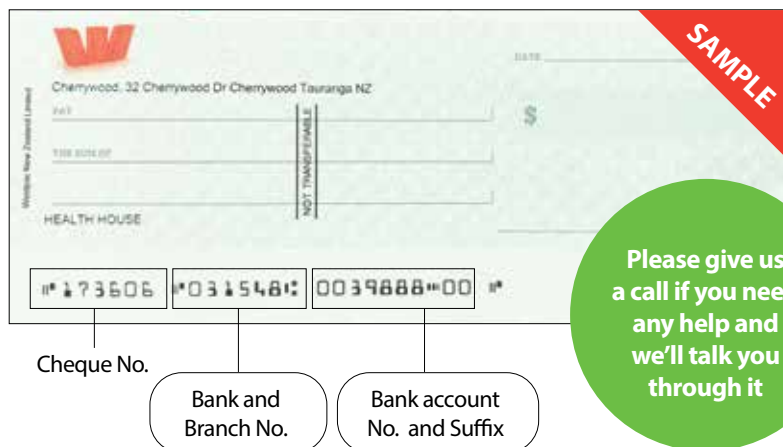
BUT HEALTH HOUSE HAS A SIMPLE SOLUTION

For our loyal existing customers – we have applied to our bank and have been given approval to become a direct debit initiator. This means we will be able to debit your chosen bank account when you purchase from us. You may already use this process to pay your power and phone bills.



IT'S THAT EASY

The bank account details you need to supply us with are all on the cheques you currently send us. See our cheque below and what details we will need from you.



The account numbers we require are your bank and branch number, and your bank account number and suffix.

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.

- | | |
|----------------------|-----------------------------|
| 4+ Four or more icon | ☀ Take in the morning |
| 🍯 Capsules | 🌙 Take anytime |
| 🌱 Vegan capsules | 🌙 Take in the evening |
| 🍽 Tablets | 🍴 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.



We retest the critical Omega 6 to Omega 3 ratios of our staff

HOW OUR QUALITY MANAGER BLEW US ALL OUT OF THE WATER WITH HER RESULTS

Our regular customers may recall that two years ago we tested myself and all our office staff on the critical Omega 6 to Omega 3 fat blood ratio. This is measuring the ratio of omega 6 oil in our blood, compared to omega 3 oil. Omega 3 is health promoting, whereas too much omega 6 is potentially harmful.



Mike having his blood sample taken for the Omega 3 ratio testing

The ideal ratio is 4 parts omega 6, to 1 part (or more) omega 3 oil. This 4 to 1 ratio can be difficult to achieve with our modern diet. NZ levels are claimed to be as high as 16 to 1. These figures are alarming, for when our omega 6 to omega 3 ratio exceeds 9 to 1, inflammation begins to occur, diabetes and heart disease becomes common and our immune system begins to shut down allowing cancers to take hold. On the other hand, high omega 3 protects us against these disorders and greatly reduces the risk of dementia later in life.

So 12 of our Health House staff members agreed to be tested to see what our ratios were. When the results came back from the reputable American laboratory, fortunately none of us were anywhere near the dangerous 9 to 1 ratio, I was a little smug seeing my name at the top of the list as the only one to achieve the 4 to 1 ratio or lower (actually 3.6 to 1). But I shouldn't have been too smug, nutrition experts recommend a 2 to 1 ratio of omega 6 to 3 for truly superior health. Our other staff member's ratios varied from 4.2 to 1, up to 7 to 1. Most were around 6 to 1 which is still good.

My superior result was no doubt due to my taking one CoQ10-Omega 3 and one Omega 3 Fish Oil capsule daily and also one Evening Primrose/Flaxseed oil capsule and having one or two small cans of salmon per week.

So we all agreed to pay a little more attention to increasing our omega 3 intake and to do a follow up test at a later date. I decided to take one extra Omega 3 Fish Oil capsule, making two a day, which I've taken ever since.

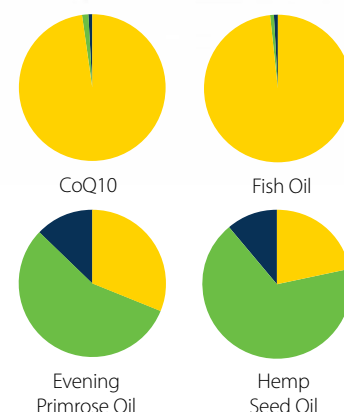
We did our follow-up blood tests early this year in March. For a month prior to the test, I also took one of our new Hemp Seed Oil capsules daily, thinking that should improve results further.

However, when results came back this time, instead of improving my pole position of 3.6 to 1, I was actually worse at 4.2 to 1. Louisa, our quality manager, who was runner up last test with a reading of 4.2 to 1, blew us all out of the water with a reading as low as 2.8 to 1.

The rest of our staff were similar to last time, still averaging around 6 to 1.

I couldn't understand why I'd dropped and thought the laboratory might have made a mistake. It was only when I examined our lab test results for Hemp Seed Oil that I realised the reason. I had the impression that Hemp Seed Oil was high in omega 3, and so it is, but it's also 3 times higher in omega 6 than omega 3. 1 to 3 is an excellent ratio in itself for any food, but in this case, the high level of omega 6 was working against me.

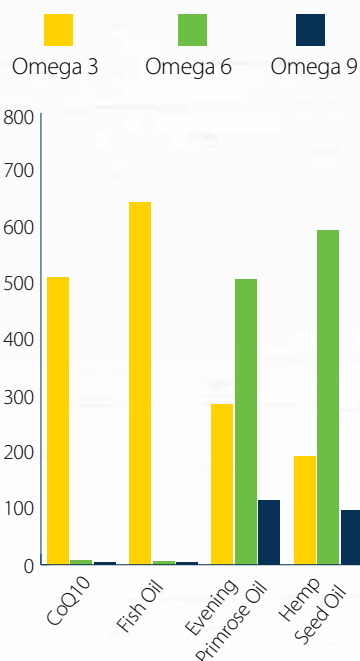
Omega Levels Comparison



By contrast, Omega 3 Fish Oil is 10 to 1 omega 3 to omega 6 – 30 times better than Hemp Seed Oil at boosting omega 3 levels. Mind you, Hemp Seed Oil has the non-harmful kind of omega 6 (GLA) and also has a high quality omega 3. It's one of the world's healthiest foods, and I'm probably healthier for taking it, despite the minor drop in ratio.



Omega Levels Comparison



Naturally, we all couldn't wait to ask Louisa her secret in having such a healthy ratio. She explained to us, "After our initial testing (when I was taking one Omega 3 Fish Oil and one CoQ10-Omega 3) I increased my Omega 3 Fish oil by one. So have been taking two Omega 3 Fish Oil and one CoQ10 Omega 3 daily since Feb 2019."

So Louisa did what I did, but did not take the high omega 6 Hemp Seed Oil. Well done Louisa. A valuable lesson for us all.



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.

Stay Healthy Book Update

- ✓ Writing all done
- ✓ Editing and layout in progress

11th edition pre-ordering available now!



11th Edition

Supercharge performance and support your prostate health

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

Supports

- ✓ Long term sexual vitality
- ✓ Healthy testosterone levels
- ✓ Normal prostate function in men
- ✓ Optimal sexual desire and enhanced libido

1 per day Morning With food

\$42ea
60 capsules



pH Test Strips

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

\$15ea
(five packs of 10)



60 DAY MONEY BACK GUARANTEE

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

QUALITY NATURAL HEALTH PRODUCTS SINCE 1986

FREE DELIVERY in New Zealand

5



Fluoridation of water

Adding fluoride to our water has always been in the hands of local DHB's, but a new proposed law is suggesting the decision on water fluoridation be turned over to the Director General of Health.

Unfortunately, having it in our water supply means mass medication – when a majority of the population don't need the additional fluoride to prevent any tooth decay.

Excess fluoride can have a very negative impact on our health – the most obvious is fluorosis, which presents as white spots or discolouration on the teeth. In an area with fluoridated water this is frequently seen in children that were formula fed, due to fluoridated water being used to prepare their bottles. It can have a permanent effect on their teeth due to the excess fluoride consumed damaging the cells that form the teeth. According to The Lancet, it can also damage the developing brain, causing learning deficits and other problems.

The Lancet published, in 2014, that fluoride had been classified as a neurotoxin, and a recent (2016) study carried out in New Zealand found that there was no difference in tooth decay rates of children regardless of whether or not they have a fluoridated water supply. Unfortunately, the Ministry of Health still refers to an older oral health survey from 2009 for their information.

Fluoride is an endocrine disruptor and can affect the thyroid, metabolism and even moods. It can also increase the risk of bone fractures and even bone cancer.

Iodine is an important addition to your diet to counteract the negative effects of excess fluoride, particularly if you live in an area that has it in the water supply, which soon could be the whole country.

Fluoride is a non-essential nutrient that is naturally occurring in food such as spinach, grapes (including raisins and wine!), black tea (it is found in the leaf itself), eggs, milk and potatoes.

Dental researchers have admitted that oral ingestion of fluoride does not prevent tooth decay – topical application on the teeth is the only way it can have any benefit. The best way to prevent tooth decay is through regular, thorough oral hygiene practices and a whole food diet high in essential nutrients and low in processed food. Weston A. Price was a dentist who formulated a diet and lifestyle that could both prevent and reverse tooth decay – there are many resources available if this is something that interests you.

98% of Europe is not fluoridated and only eight countries in the world have more than 50% of the population on fluoridated water; USA, Australia, Ireland, Singapore, Chile, Brunei, Chile and Malaysia.

Fluoride is difficult to filter out of your water supply once it has been

added, and generally requires a reverse osmosis system or an advanced distillation system.

For more information concerning fluoridated water supply please go to fluoridefree.org.nz.

Recommended Safety Levels



The Ministry of Health has supplied information on how many glasses of fluoridated water we can drink before it starts to hit low toxic levels.

- Adults 15 and over - 40 glasses per day
- 5-6yrs - 8.3 glasses per day
- 7-12 months - 3.6 glasses per day
- 0-6months - 2.8 glasses per day

For more information visit www.nfis.org.nz



ABOUT THE AUTHOR

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

Boost your immune support

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

1-2 Maintenance dose Anytime

3-6 When unwell With food

\$31ea
60 capsules

Seasonal Defence



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

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.


So although you might get more than enough B vitamins one day you might be low the next day, depending on your diet.

When your body is stressed or working hard (or over working) it uses a greater amount of B vitamins. Alcohol, sugar and caffeine also deplete the B vitamins from your body.

\$37ea 60 capsules

 **1** per day

 Morning

 With or without food



Reduce your stress LEVELS WITH WITHANIA

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

Its well-kept "secret" is a group of natural substances known as adaptogens. Adaptogens (or tonics) help the body adapt to the changes and stress of everyday life. Like a thermostat, they fine tune your body to keep it in balance.

Withania/Ashwagandha is an Indian (Ayurvedic) herb traditionally used as a calming and rejuvenating tonic and is one of the best adaptogenic herbs.


Commonly referred to as the chief Ayurvedic remedy of India, there are written records about Withania that date back thousands of years. Its unique and powerful properties have earned its reputation as one of the best herbs for dealing with stress. It has a calming effect on an overworked nervous system and also supports energy levels without being overstimulating.

Benefits

- ✓ Beneficial during times of stress
- ✓ Helpful during convalescence
- ✓ Normalises energy and mood
- ✓ Supports a restful sleep
- ✓ Immune system support
- ✓ Builds vitality

\$37ea 60 capsules

 **1** per day  Anytime

 With or without food

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






Pantothenic acid

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

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 200 sprays.

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



Does silver turn you BLUE?

When Mike and I were discussing colloidal silver a long time ago, I joked that having too much could make a person turn a blue colour forever, like a smurf.

He didn't quite find it as funny as I did and gets annoyed when I regularly mention this, especially as I often try to do so at inappropriate times. Is there any truth in what I said though?

Silver has no biological role in the body but it does have strong antibacterial effects and has been used medically for centuries. Silver vessels were used to preserve food and water in ancient times, silver foils and sutures were used to prevent wound infection in the 1800s.

Silver has been used in many formats, most notably colloids (fine particles). In fact, until the discovery and introduction of antibiotics in the 1940s, colloidal silver was considered to be the main antimicrobial therapy.

But does it make you go blue? Yes it can, in excess, and this has been recorded for centuries. For example, during plagues, it was observed that some people seemed to have a blue colour and they seemed to be less susceptible to the disease. It is now known that the silver that they took helped keep them alive but caused this side effect. More recently, wealthy families who used silver eating utensils sometimes developed a blue skin discolouration and were known as "blue bloods".

Skin blueness caused by silver is known as argyria. It is a rare condition caused by a build-up of silver in the body over a long time. It is easily diagnosed as the skin, particularly where it is exposed to the sun, and the eyes, develop a blue-gray colour. Internal organs also develop the discolouration. Interestingly, the change in colour, unlike something like jaundice, is permanent. There are no good treatments either. Laser therapy or micro dermabrasion may help a little bit, but otherwise all a person can do is cover it with makeup.

As well as getting too much silver from silver-containing medicines and dietary supplements, argyria can also occur in people who work with silver, such as in mining, who may breathe in a lot of particles.

For people who take the recommended dose of colloidal silver, there is little to no risk - it only occurs when high doses are consumed for a long period of time.

This principle applies to almost all dietary supplements. Something may be good for us, but it does not follow that taking a massive dose of it will be really good for us. Usually it is the opposite and it is harmful.

For those of you taking colloidal silver, if you think it helps then there is no need to be concerned, just don't overdo it.



ABOUT THE AUTHOR

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

Mike's comments

The two most "famous" cases of argyria were dubbed by the media the Blue Man and the Blue Woman. The Blue Man drank large amounts of high strength incorrectly made colloidal silver product every day and also applied a special silver solution to his skin to try and treat dermatitis. The Blue Woman got her condition from silver nose drops prescribed by her physician when young.

The NZ Ministry of Health limits the silver content of colloidal silver to 0.001% or 10ppm (parts per million). While prescription silver nitrate solutions range from 0.5% to 75% ((5,000 to 750,000ppm) silver.

Colloidal Silver

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

SPECIAL OFFER

Purchase our 500ml Colloidal Silver Liquid and receive a 100ml Colloidal Silver Spray free.



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.

\$16ea 100ml liquid spray

\$26ea 100ml tube gel

\$30ea 100ml tube cream

\$36ea 500ml liquid

Free 100ml Spray - Nov 2021 expiry

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY

Free offer not included

Colloidal Silver Generator

Make your own colloidal Silver

\$133ea one year guarantee

\$48pair replacement silver rods

Colloidal Silver Meter

Measure the content of your homemade colloidal silver

\$108ea
test meter



Make
your own
at home

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

The NUTRIENT SUPERSTAR

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

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

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

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

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

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

Benefits

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

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.



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?



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. It also promotes the health and vigour of good probiotic bacteria in your intestines.

- ✓ A high bioavailable, non-allergenic source of sulphur
- ✓ Healthier, younger feeling, more comfortable joints
- ✓ Soft, hydrated skin and less wrinkles with age
- ✓ Quick recovery from stiff muscles and tendons

1-6 per day



Anytime



With or without 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



Natural energy boost

DHEA is a natural 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 DHEA 7-Keto is made from a natural plant extract from the Mexican yam plant and 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 - energy, enthusiasm, clarity of mind and mental focus.

Support for

- ✓ Metabolism and energy
- ✓ Boosting the immune system
- ✓ General well being
- ✓ Mental 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.



\$35ea 60 capsules

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.

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



New Zealand grown Hemp Seed oil Capsules

A healthy plant based source of omega oils

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.

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

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

2-6 per day

Anytime

With food



Vitamin C

AND MUCH MORE

Three forms of vitamin C and six powerful antioxidants.

Complete C is a world renowned blend of vitamin C, as a dissolvable powder that makes a tasty, tangy drink. It contains 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 also contains six powerful antioxidants and bioflavonoids, all proven excellent for maintaining health and alkalising your body.

These are Pine bark extract (Pycnogenol), Grape seed extract, Bioflavonoids, Rosehips, Rutin, Hesperidin and Quercetin.

Grape seed and Pine bark extracts assist by strengthening and protecting the collagen in the skin, slowing the rate of collagen breakdown and keeping the skin firm, supple and vibrant by maintaining its integrity and elasticity.

Rutin and Hesperidin are two flavonoids found in plentiful supply in grapefruit, mandarins, lemons, oranges and other citrus fruits. They are the most active of the citrus flavonoids also contributing to the integrity of blood vessels, capillaries, and collagen and to help protect from bruising.

One quarter teaspoon of Complete C mixed with water will give you approx 750mg of vitamin C.

Available in powder or chewable tablets.

Complete C Powder

✓ 1/4 - 1/2 tsp per day

Anytime

With or without food

\$37ea 100g powder

Convenient chewable tablets

3 per day

Anytime

With or without food

\$37ea 200 chewable tablets



100%

New Zealand Made

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.

\$25ea

SPECIAL

90 soft gel capsules

2-3 per day

Anytime

With food

If pregnant, this product is not recommended during the first trimester.



\$31ea
200 soft gel capsules



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.

The ratio of omega 6 to omega 3 is important. For good health we should ideally have equal parts omega 6 to omega 3. However the current New Zealand average is estimated to be around 18 parts omega 6 to one part omega 3.

This is because omega 6 is readily available in our food, whereas omega 3 is much harder to obtain from our diet.

✓ 1000mg capsules

✓ Omega 3 total 570mg

✓ EPA 300mg

✓ DHA 200mg

✓ Other 70mg

✓ Omega 6 60mg

1-2 per day

Anytime

With 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.

2-4 per day

Anytime

With food



\$36ea
90 capsules

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

Optimum health begins in your bowel

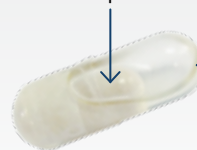
Healthy, live, probiotic bacteria in your small intestine are absolutely essential for optimum health.

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

Inner capsule contains nine strains of probiotics



Outer capsule contains prebiotic

Store in a cool dry place, no refrigeration needed.



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

Supports heart, artery and brain health

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

Supports:

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

\$51^{ea} 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

\$47^{ea} 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.

\$45^{ea} 60 capsules

 **1** per day  Anytime  With food

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 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.

\$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.

 **2-3** per day

 Anytime

 With or without food






Nutrient support for a vegan lifestyle

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

With our Vegan Boost we have formulated a product to optimise energy levels, maintain strong healthy bones and support general good health.

\$25ea 60 vegetarian capsules

 **1** per day  Anytime  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.

Are you concerned about your eyes?



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.

1 per day Morning With food

Always read the label and use only as directed. Do not take if pregnant or breastfeeding.

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

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



Supports 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 and lubricating the colon for 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.



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

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

\$35ea 60 capsules

1 per day

Morning

With food

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 revitalised
- ✓ Supports digestive secretions
- ✓ Normalise bowel transit time
- ✓ Optimise 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.

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%.

Our 7-Day Iron has remained very popular as our customers see real improvements in the iron levels of their blood.

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

Supports:

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

\$31ea 25 capsules

1 per week Anytime Empty stomach



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



Support your hormonal balance naturally

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

This herbal and mineral combination supports hormonal balance making it an excellent supplement during menopause. Shatavari specifically helps avoid temperature imbalance. In a study more than 80% of participants reported positive effects including support for better sleep and normal temperature.

Boron is an especially important mineral during this time, being an all natural alternative to support hormone balance. Many people are looking for natural support as an alternative to conventional medicines.

Not only is Harmony good for support during menopause, it also helps promote libido and supports optimal sexual desire, making it an excellent supplement when trying to conceive.

\$36ea 60 capsules

1-4 per day

Anytime

With or without food

If pregnant, not recommended during first trimester.

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

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.

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.

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

2-4 per day Anytime With food



\$41ea
120 capsules

A blend of high quality minerals and vitamins

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

- 1-2 per day
- Anytime
- With food

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



Nurture THE SKIN YOU'RE IN

ALOE VERA

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

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

\$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.

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

\$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**



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

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

Pain-Eze 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**
-  **Wintergreen essential oil**
-  **Arnica liquid extract**
-  **Lavender essential oil**
-  **Peppermint essential oil**
-  **Cayenne liquid extract**
-  **Ginger liquid extract**
-  **Turmeric liquid extract**
-  **Clove essential oil**
-  **Tincture of benzoin**
-  **Camphor essential oil**

Directions:

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



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.




\$41ea 60 capsules

-  **1** per day
-  Evening
-  With food



Reduce stress and support a deep restful sleep

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

-  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.

Valerian,
magnesium,
hops and kava





\$35ea
60 capsules

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.

Do not take with blood thinning medication.

1 per day Anytime With or without food



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.

One tablet is equal to approximately one teaspoon of sugar

\$24ea 200 tablets

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

RealSalt Shaker (original)

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

\$10ea 283g Shaker



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

SHOP THE ENTIRE NEW LOOK

MITCHELLS RANGE



COLLAGEN

Collagen is the glue that holds us together, it's one of the most important proteins in the human body, but as we age our bodies produce less and less of it.

Available in either bovine collagen or marine collagen.
200g - 25 serves.

BONE BROTH PROTEIN POWDER

Bone Broth Protein Powder is a natural way to give your body all the support it needs to stay active. This product is packed full of essential amino acids - the 'building blocks' our body needs to survive and thrive. Natural vanilla and monk fruit for pleasant flavour. 500g powder - 17 serves

COLLAGEN REPAIR

Throughout our lives we put a lot of strain on our bodies – particularly when we're exercising. Essentially, over time we're doing damage to our joints, our muscles, our skin, our organs and even our brains. When it comes to repairing that damage, our bodies know best. We just need to give them the right fuel. 200g - 25 serves.

BONE BROTH

Bone broth is a simple, natural, traditional way of extracting all the nutrition you can out of ingredients and getting that goodness into your body. 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.

**Get in
quick while
stocks last**



OLD PACKAGING SPECIALS

The Mitchell's range is now in new packaging. There are some Collagen Peptides and Marine Collagen Peptides left in the older plastic pots and as we package these products for Mitchell's we have been given the opportunity to arrange a special discount for you, our customers. So, the same product with the same expiry date just in the older packaging at a discounted rate.

\$39ea Save \$20 on Marine Collagen Peptides
and \$10 on Bovine Collagen Peptides

ORDER FORM AND PRICE LIST

Prices valid until 31 August 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		\$
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) Plus 1 free Colloidal Silver Spray (100ml)	\$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		\$
4+ Easy-Lax (100 capsules)	\$35		\$
4+ Evening Primrose & Flaxseed Oil (90 gel capsules) Special	\$25		\$
4+ Eye Health (60 Capsules)	\$47		\$
4+ Harmony (60 capsules)	\$36		\$
4+ Healthy Joints (90 capsules)	\$70		\$
4+ Healthy Joints (180 capsules)	\$104		\$
4+ Healthy Joints (180 capsules) 2 OR MORE	\$93		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ Hemp Seed Oil (150 capsules)	\$36		\$
4+ Immune Support (60 capsules)	\$31		\$
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 Bone Broth Protein Powder (Vanilla flavour 500g) New	\$69		\$
Mitchells Collagen Peptides - Bovine (200g tub)	\$49		\$
Mitchells Collagen Peptides - Bovine (200g tub) Old Packaging Special	\$39		\$
Mitchells Collagen Peptides - Marine (200g tub)	\$59		\$
Mitchells Collagen Peptides - Marine (200g tub) Old Packaging Special	\$39		\$
Mitchells Collagen Repair (200g tub)	\$69		\$
4+ MSM Sulphur (180 capsules)	\$43		\$
4+ 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		\$
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)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Season (234g)	\$16		\$
RealSalt gift pack	\$39		\$
4+ 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		\$
4+ Skin Clear (120 capsules)	\$41		\$
Sunsreen (50ml tube) No longer available			
Sunsreen (100ml tube) No longer available			
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) Special - limited time	\$25		\$
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.

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		\$
New Zealand's Greatest Doctor, Ulric Williams	\$17		\$
Should I take fish oil?	\$20		\$
Should I take...Probiotics? Special	\$15		\$
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 \$

Please tick your preference

☐

No signature required

☐

Signature required (Sorry, not rural delivery)

CUSTOMER ID

TOTAL \$

Name

Address

Phone

Post code

Email

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

Credit Card Number

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

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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

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