

# SHOWING YOU THE PATH TO OPTIMUM HEALTH



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a healthy drink any time.



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Dr Shaun Holt's  
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price.

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# WHAT'S NEW AT HEALTH HOUSE

Proudly New Zealand Owned

Dear Customers

Some of you may have noticed our new graphic on the front cover stating "Proudly 100% New Zealand Owned". One of our customers suggested that we promote this fact and we took their advice.

Over the past few years I heard that some of our competitors have been sold to overseas purchasers. I also knew that a lot of international nutraceutical companies were run by big pharmaceutical companies.

However, I still thought that there were many New Zealand owned nutraceutical companies. So I did some digging and what I found may surprise you. For more information refer to page 6.

Kind regards

*Mike Coory*

Director

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## Healthy Reading

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

The DHEA Breakthrough **\$25**



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# 4 OR MORE PRICING

Purchase four or more of any product 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.

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# Boost your antioxidant levels

Our new Cacao Tea contains high levels of antioxidants and barely a trace of caffeine so it won't keep you awake.

From one of the most unspoilt environments in the Pacific Islands, this cacao is grown in the nutrient rich soil of the Solomon Islands, then gently ground and bagged here in New Zealand.

As one of the highest food sources of antioxidants and with barely a trace of caffeine, it is a great drink for anytime of the day or night.

The cacao is single origin and dairy free, nut free, gluten free, soy free, GMO free and refined sugar free. Free of everything but a wonderful aroma,

health benefits and a great taste. Cacao is also vegan and kosher friendly.

## Rich in proanthocyanidins

These are very powerful antioxidants that remove harmful free oxygen radicals from cells. Studies indicate that proanthocyanidin levels are 20 times higher than that of vitamin C and 50 times higher than vitamin E.

## Low in caffeine

With barely a trace of caffeine (0.1%) it makes a great bedtime drink. Green tea (and other teas) have higher levels of caffeine, more than you may realise.



\$19<sup>ea</sup>  
30 tea bags

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### REFER A FRIEND

In appreciation of you telling your friends about Health House, we would like to reward you for your referral. When your friend registers to become a new Health House customer and buys something from us, you will receive a \$10 credit.

All we ask is that you let your friend know what your Customer ID number is, so when they register we know that you have referred them. After they make their first purchase, you will receive a \$10 credit on your account which you can use towards your next order.



### LOYALTY REWARD

We appreciate you choosing Health House and as a thank you we will give you a \$30 credit. This credit is automatically applied to your next order after you have spent a total of \$300 with us.

No need for loyalty cards or anything complicated, it will be automatically done for you. We will let you know how close you are towards your discount on your invoice, or on our website.

*Our loyalty rewards do not expire and apply to purchases from May 2015*

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2. Website [www.healthhouse.co.nz](http://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, Tauranga

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

## OUR PROMISES 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.



# Fishing for the truth about fish oils



One of life's frustrations for a natural health researcher like me, is the steady stream of misleading or false media reports on health issues.

Whenever a new scientific study comes out with a finding that's at odds with previously accepted scientific findings, whether the new finding is true or not (often not) it becomes 'hot news' and gets reported widely and uncritically in the media.

## Controversial New Zealand fish oil study

Not all media reports are false, but sometimes they can be confusing. For example, in 2015 media all around the world reported on a scientific study of 32 fish oil products on sale in NZ conducted by the Liggins Institute of the University of Auckland. This study found that only three met their label claims of omega 3 content (see Chart 1) and many were oxidised which is thought to commonly occur during the deodorisation process.

However, I found it hard to believe that so many manufacturers, both overseas and here in NZ were marketing such an inferior product. Had it not been for the fact that three manufacturer's products tested OK, I would have assumed there was something clearly amiss in the study.

## Australian TGA orders a re-test of the fish oils

I wasn't alone in my concerns about the results of the study. The Australian Therapeutic Goods Association (TGA) who strictly oversee the quality of health products in Australia, ordered the federal government agency for scientific research in Australia (CSIRO) to analyse the same fish oils, many of which were Australian, using the widely accepted British Pharmacopoeia (BP) standard. They tested 15 Australian fish oils (out of all the products on the market) but did not report the results publicly. They said the results are acceptable if they fall within 90% of the label claim.

However, the Australian Omega-3 Centre (an organisation that promotes fish oil) were critical of the methods used in the Auckland study and claimed that testing the oxidation of fish oils is complicated, and that while three of the products tested by the University of Auckland may have given a good result, the presence of flavourings may have interfered with the oxidation test results. They then went on to test for themselves, using

their own preferred testing method, 10 Australian brands of fish oil (although there are about 40 brands on the market). They reported that the omega 3 content in all 10 exceeded the label claim and that none were oxidised. The average omega 3 content they said was 109% above the label claim. See Chart 2.

## Some doubt the claimed results

This Omega-3 Centre report seemed a little too good to be true to cynical observers, especially because of the small sample reported on. I suspect that only the results of the best tested brands were reported and I note that other independent fish oil tests around the world (especially in Canada) have also raised concerns about label claims and fish oil quality.

There has been much discussion worldwide about the test methods used in the NZ and Canadian studies and the fact that the results were not peer reviewed. However, the Auckland University vigorously stand by their findings.

Clearly, there's still a lot of doubt about the quality of many fish oils, so the Global Organization for EPA and DHA

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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.

New Zealand's most popular and easy to understand health book (over 88,000 copies sold)

**\$25ea**



## The most effective multi-mineral-vitamin

This absorbable New Zealand mineral-vitamin supplement CAA - Multi contains all the minerals and vitamins required for optimum health and in the correct balance for our New Zealand conditions.

We believe that this is the most complete mineral-vitamin supplement on the market. All ingredients are the best quality and the most bioavailable for your optimum health. We constantly monitor and when necessary revise the formula to ensure it is as good as we can make it.

**\$45ea** 60 capsules

Available in non-sulphur and non-iron versions.



(GOED) and the Council for Responsible Nutrition have begun a detailed study on the effectiveness of methods used to test fish oils for omega 3 levels and oxidation.

### Health House Omega 3 Fish Oil capsules were not included in the NZ study

As far as we know, our own premium quality Health House Omega 3 Fish Oil capsules were not included in the original NZ study, and we do have independent tests done from time to time using reputable NZ testing laboratories. When we changed to double strength fish oil the laboratory found the total omega 3 levels to be 112% of label claim and both DHA and EPA 114%. They also tested for mercury and could find no detectable amount. We did not ask them to test for

oxidation and are currently getting a new range of tests for both our fish and CoQ10 Omega 3 oil capsules.

We have confidence in our own Omega 3 Fish Oil capsules as we source our fish oil from a reputable producer in the UK. And as with all our Health House products, we insist on the highest possible standards.



### 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.



### Sunburn relief and soothes skin irritations

**\$14ea** 50ml

**\$20ea** 100ml



### Repairs irritations and revitalises your skin

**\$16ea** 50ml

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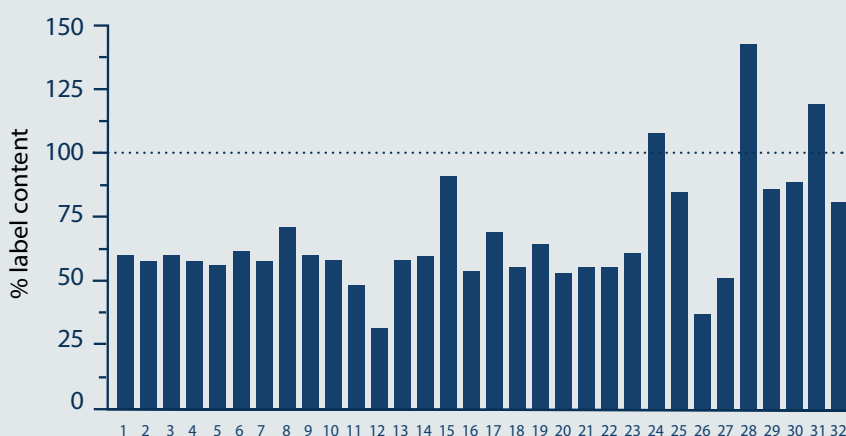


### Manage common sun spots

**\$25ea** 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

**\$39ea** **MULTI BUY**



**CHART 1** Omega 3 levels found by the University of Auckland scientific study of 32 fish oil products on sale in New Zealand (percent of label claim)



**CHART 2** Omega 3 levels reported by the Australian Omega-3 Centre study of 10 fish oil products out of the approx 40 on the market (percent of label claim)



# Is your New Zealand vitamin brand really New Zealand owned?

Health House (Zealand Publishing House Limited) and our manufacturing company Zealand Health Manufacturing Limited are both proudly 100% New Zealand owned.

David and Marie Coory and their family own the business and have since they started in 1986.

We are proud to have three generations of family working in the company and recently, David and Marie's grandson started work in the manufacturing plant.

What may surprise you is that this is no longer a common situation in our industry. There have been many overseas purchases of our New Zealand brands over the past few years.

We are not saying that overseas ownership is necessarily bad, but knowing that Kiwis are looking after your interests, paying tax in NZ and investing in NZ surely is a good thing.

An exercise to investigate who owns what brands has turned up some interesting information.

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.

BRAND	OWNER	NOTES
Blackmores	Australia	A publicly listed Australian nutraceutical company
Clinicians	NZ	Owned by Douglas Pharmaceuticals
Ethical Nutrients/Inner Health	USA	Owned by Aticor (who own Amway/Metagenics)
Good Health	China	Owned by Nanjing Sinolife United Company Limited
Go Healthy	Hong Kong	80% owned by Ora Hong Kong Limited
Health House	NZ	100% proudly family owned NZ company
Lifestream	NZ	Owned by Pioneer a private equity company
Nutralife, Healtheries, Vitaco	China	Owned by Shanghai Pharmaceuticals Holding Co.
Nature's Own	France	Owned by Sanofi an international pharmaceutical Co.
Nature's Sunshine	USA	A publicly listed US nutraceutical company
Nature's Way	USA	Part of the Schwabe Pharmaceuticals Group
Red Seal	Asia	Mainly owned by Zuellig Pharma Asia Pacific
Sandersons	NZ	100% family owned NZ company
Solgar/Nature's Bounty	USA	Owned by global investment firm Carlyle Group
Swisse	China	Owned by Biostime Pharmaceuticals (China) Limited
Thompsons/Mediherb	NZ	Owned by Oil and Gas Company Todd Corporation

# Intro to vitamin series

Millions of people take multivitamins, around 1/3 of people in Western countries, and billions of dollars worth are bought each year.



Vitamins are usually combined with dietary minerals and so a more accurate name would be a "multivitamin/mineral supplement".

They provide "nutritional insurance" by topping up almost anything important that we may be missing in our diet, and if some of the components are not needed, we can easily excrete them.

Despite having a good diet, many New Zealanders are low in a number of important nutrients such as vitamin D, particularly in the winter, and selenium, due to the low levels in our soil and therefore our food. We could take many separate supplements but it is much simpler (and cheaper) to take a multivitamin each day.

There are often 30-40 vitamins and minerals in a good multivitamin/mineral supplement and my next articles will cover all the main components.

Many wonder how the vitamins got their names and why there are missing letters and numbers... we have vitamins B6 and B12, but what happened to B7 to B11? We have vitamins E and K, but where are vitamins F to J?

Vitamins were discovered only around 100 years ago, when scientists including Cornelius Pekelharing and Frederick Hopkins described the important influence of certain dietary constituents on the processes of growth, nutrition and maintenance of health. Around this time a scientist called Casimir Funk was studying beri-beri (which we now know is a disease caused by vitamin B1 deficiency) and he coined the name 'vitamines' for these important dietary constituents essential for life (vital) and were organic bases (amines).

But as not all of these constituents were amines, Jack Drummond suggested the name be changed to 'vitamin' and the substances be given an alphabetical name (vitamins A, B, C etc.).

The five first vitamins were discovered between 1910 and 1920 and were logically named A, B, C, D and E. Then a vitamin was discovered in 1920 which had similar properties to vitamin B (thiamine) and so both were renamed, to B1 (thiamine) and B2 (riboflavin). More B vitamins were added as they were discovered and 12 were discovered in total. Then it was realised that some of them were not vitamins

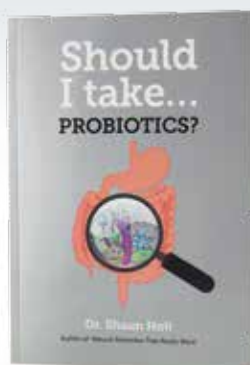
at all and so they were removed. This is why we see the gaps in the numbering of the B vitamins (there are eight - B1, B2, B3, B5, B6, B7, B9 and B12.)

Similarly, other "vitamins" were allocated a letter and then declassified once they were found not to be vitamins. This is why there are gaps from vitamin E to K. Vitamin F is today known as the essential fatty acids (omega 3 and 6), vitamin G was reclassified as vitamin B2 (riboflavin), and vitamin H is now vitamin B7 (biotin). All the vitamins were discovered during the 28 year period from 1913 to 1941, the last one being vitamin B9 (folic acid), but it is certainly possible that more will be discovered in the future.



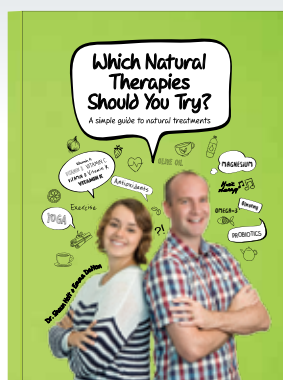
## ABOUT THE AUTHOR

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



**Make an informed choice on whether you should take probiotics, written by Dr Shaun Holt.**

**\$19ea** 82 pages



**A simple guide to the best natural therapies.**

**\$21ea** 136 pages



**Buy these two books "Should I take Probiotics?" and Which Natural Therapies Should You Try?**

**for \$25**

**Special**

# Beautiful skin – ageing gracefully

Sadly, ageing gracefully is not as easy as it sounds - it actually takes a bit of work.

Healthy looking skin requires regular care to retain hydration and support the ageing tissue. Without a doubt, too much exposure to UV rays is extremely ageing on the skin, so sun protection is vital. Clear fluids are also a must, so ensure a generous intake of water.

Our skin cells need to be well functioning and nourished to retain beautiful skin. It's not just about using amazing creams (preferably not mineral oil based) but also the food we eat. Ideally we need a variety in our diet so eat whole and fresh food to make sure you are getting a full array of nutrients. Our skin will not shine with health if we eat mainly highly refined food, this is because many vitamins and nutrients have been removed during processing.

Choosing foods high in antioxidants is important to support and strengthen the collagen network in our skin. Collagen is the primary protein involved in all our connective tissue. Skin, arteries and our bones are all types of connective tissue.

While plant antioxidants are important, cellular protectors are required for correct collagen production. Vitamin C is one vital cellular protector and easily destroyed by heat and light. So a meal cooked with excessive heat will not

provide enough vitamin C. Adding raw ingredients to each meal means you obtain more vitamin C for skin health and fibre for your bowels. Constipation will only add to congestion in the skin, so for a healthy bowel function it is a simple recipe - fibre, water, exercise and maybe a probiotic.

Antioxidants are present in highly coloured fruit and vegetables – berries, kumara with the skin on, bright capsicums, etc. Some antioxidants offer more protection than others to our skin.

Lycopene is a carotenoid that is particularly high in cooked tomatoes that offers the skin protection from exposure to UV rays and supports the skin integrity. Though it is present in raw tomatoes (unlike vitamin C) cooking increases the lycopene concentration and improves absorption.

As we age our skin cells take longer to renew so exfoliation is important. Ideally a couple of times a week to help shed those top cells and allow new fresher cells to surface. This is a role that our skin performs anyway as there are five upper skin layers (our epidermis) and then two more layers underneath (our dermis). These cells are constantly moving up and off - renew, shed, renew. So to gently enhance this process with

exfoliation is a simple way of keeping a youthful brightness to our skin.

There are a number of products and methods on the market and is best to seek guidance for the best product and type for you. Natural 'chemical' exfoliation is increasingly common in beauty therapy clinics - these use naturally sourced fruit acids and/or glycolic acid that gently exfoliate the top layers off. These are best used with professional advice.

A positive attitude (the glass is full type thinking), shared smiles and laughter all make for beautiful skin. Our circulation improves with a good belly laugh and all that extra blood flow brings nutrients to our skin cells. A grumpy face produces more wrinkles than a happy one.



## ABOUT THE AUTHOR

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

## 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 medicine.

The key active 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.

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.

**\$39ea**  
60 capsules



# Nature's source of good omega oils

New Zealand sourced evening primrose and flaxseed oils are extracted using 'cold pressing', to preserve the nutrients.

The oil extracted from the evening primrose seeds is rich in the good form of omega 6 known as GLA. Flaxseed oil has high values of omega 3, especially helpful if you are allergic to fish.

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, your feet like new and your hair shiny and manageable.

The gamma-linoleic-acid (GLA) and other nutrients are essential for cell health and maintaining the elasticity of the skin. Both oils have proven excellent in addressing dry skin conditions and pimple prone skin. Primrose has also been known to support hormonal balance during PMS.

The omega fatty acids in these oils are particularly important as the body

cannot produce them. The oils work throughout the body protecting cell membranes and heart and artery health. This helps you to maintain healthy cholesterol levels and triglyceride (blood fat) levels.

**\$31ea**  
90 capsules



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

**\$39ea** 60 capsules

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



**A rich all natural moisturising cream with jojoba oil, cocoa butter, shea butter, vitamin E, marine collagen and CoQ10.**

**\$39ea** 50ml

## 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.

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

Purchase a Turn Back Time Combo for \$59 and save \$19 off the individual product prices.



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

## SOOTHE A DRY SCRATCHY THROAT

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100ml liquid

Our all natural pleasant tasting honey based spray. Being non alcohol based it is great for both adults and children.

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- ✓ Supports artery and blood health
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- ✓ Supports healthy cholesterol levels



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**DIRECTIONS:** Take one or two capsules per day.

## 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
- ✓ Helps keep your skin supple and elastic
- ✓ Assists the body to expel waste and toxins

**\$35ea**  
100g powder



## 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.

**\$35ea** 200 tablets

# 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 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.

**\$15ea** 100ml liquid spray

**\$21ea** 50ml tube

**\$24ea** 100ml tube

**\$35ea** 500ml liquid

**\$39ea** 250g tub

**\$28ea** 4 or more 500ml bottles

**MULTI BUY**



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



### 500BC

The Phoenicians used silver vessels to keep water, wine, oils and vinegar pure on voyages.



### 1990's

FDA (USA) and Pharmac (NZ) both approve silver coated medical dressings.



## Silver Meter

Measure the content of your homemade silver.

**\$108ea** test meter



## Colloidal Silver Generator

**\$133ea** one year guarantee

**\$48pair** replacement silver rods



## A natural moisturising and soothing cream

**\$18ea** 100ml **Save \$10**

**SPECIAL**

Aug 18 expiry date



# Herbs for sleep

## Herbal sleep remedies and the traditional Chinese Organ Clock

There are so many reasons, both physically and emotionally that can get in the way of a good sleep, and herbal remedies are able to provide solutions to a large number of them.

### Withania

Also known as ashwaghandha, this Ayurvedic herb is well known as an adaptogen that can regulate stress hormones and works well as a relaxant and sedative, helping to promote a restful sleep.

### Californian Poppy

This herb is traditionally used to help with insomnia and also works as an analgesic, so is a particularly good remedy for those that have pain that prevents a restorative sleep. The Californian poppy is distantly related to the opium poppy, however does not contain opium.

### Valerian

Valerian has a long history of benefiting those that are unable to sleep well, but it can also benefit people that suffer from anxiety and restless legs.

### Hops

Yes, Hops is what they use to make beer! It also has wonderful therapeutic properties, including help with sleep and anxiety. When coupled with valerian, it has an even better effect on sleep patterns.

### Kava

Kava is traditionally used in the Pacific Islands, and is well known for making

you feel relaxed and sleepy. It also works wonders for nerve and tooth pain and reduces anxiety.

### Zizyphus

This versatile herb covers a range of conditions including insomnia, stress, anxiety and can even help with night sweats, excessive sweating, hypertension and heart palpitations.

Herbs that are used for sleep and anxiety may have interactions with various medications, please speak to your naturopath or herbalist before undertaking a course of herbal treatment if you are taking pharmaceutical medicines.

### Traditional Chinese Organ Body Clock

In Traditional Chinese Medicine (TCM) it is believed that throughout a 24 hour cycle each organ in the body has a point of lowest and highest energy. If there is a certain time of night that you often wake, it may be that the organ related to that time of day is suffering and needs support, or that there are emotional issues related to that organ that need to be resolved.

### 11pm-1am Gall Bladder

During this time of night your body should be at rest if you want to wake feeling energised, and is an important time for regeneration and cellular repair.

The gall bladder can be related to feelings of bitterness and resentment.

### 1-3am Liver

This is a time when you should be sleeping, as toxins are released from the body and fresh new blood is being made. If you regularly wake around this time, you may have problems with your

liver or detoxification pathways. A daily supplement of herbs for liver support, such as milk thistle, could help with this and therefore encourage a more restful sleep.

The liver is associated with feelings of anger, frustration and rage, so working through these feelings may also help your sleep.

### 3-5am Lungs

If you wake at this time, particularly if you are coughing, your lungs may be trying to expel waste. You should try to keep warm so that the lungs can replenish the body with oxygen. The lungs are responsible for moving qi (energy) throughout the meridians of the body and providing immune protection. Try breathing exercises, such as breathing in through your nose for a count of 5 and out through your nose for a count of 5, in order to relax your body and lungs and go back to sleep.

This time of the morning can also relate to feelings of grief and sadness.

There are a huge variety of reasons that you may be suffering from poor sleep. If you are unsure which herb may be right for you, see your naturopath or herbalist for a consultation and they will be able to provide a personalised remedy to get you sleeping well again.



## ABOUT THE AUTHOR

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

**Supports physical and mental rejuvenation and is revered for bringing optimum health into the elder years**



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



## 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.

**\$34ea** 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.

**\$33ea** 60 capsules

If pregnant, not recommended during the first trimester.

## Are you concerned about your eyes?



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.

# 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.

**\$119ea**

## 2 or more Triple Packs

Save \$48 off the individual product prices. Available with non-sulphur and non-iron CAA - Multi versions.

**\$113ea**

**MULTI BUY**

## 1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

**\$154**

**MULTI BUY**

## 2 Triple Packs + 2 Probiotics

Save \$76 off the individual product prices (multi buy price already includes the 4+ product discount).

**\$276**

**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.

Always read the label and only use as directed. If taking Warfarin or any other blood thinning medication please discuss this with your health professional.

**Free 7 day capsule case available by request.**

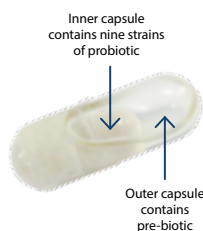
## Optimum health begins in your bowel

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.

**Store in a cool dry place - no refrigeration needed.**



**\$39ea**  
60 capsules



Always read the label and only use as directed.

**60 DAY MONEY BACK GUARANTEE**

# Triple strength Omega 3 Fish Oil for brain and artery health



- ✓ Healthy cholesterol levels
- ✓ Heart and artery health
- ✓ Joint health and mobility
- ✓ Emotional well being

Our Omega 3 Fish Oil capsules contain 570mg of responsibly sourced omega 3 oil. For those that like the technical information that is at least 300mg of EPA, 200mg of DHA and 70mg of the other omega 3 oils.

The highly concentrated soft gel fish oil capsules come from responsibly sourced fish stocks, with the fish oil suppliers

operating within global standards (IFFO). They use the latest refining technology to ensure much lower fat and calorie levels than regular fish oil.

Importantly, the level of omega 6 is low, less than 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 less than nine parts omega 6 to one part omega 3. However, the current New Zealand average is estimated to be around 16 parts omega 6 to one part omega 3. This is because omega 6 is found in a lot of food whereas omega 3 is much harder to obtain from our diet.

## 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 contains the full range of B vitamins and vitamin C to support the healing of the skin.

**\$39ea** 120 capsules

**DIRECTIONS:** Take two capsules in the morning and two capsules each night, preferably with food.



## Natures richest source of iodine

This rich sea herb 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.

**\$29ea** 60 capsules



# Stocktake Specials

VALID MAR/APR 2018 - WHILE STOCKS LAST



**Restore**  
100 capsules  
**\$32ea**  
+ 1 free



**Prepare**  
100 capsules  
**\$32ea**  
+ 1 free



**Colostrum Powder**  
100 grams  
**\$49ea** + 1 free  
Jun 18 expiry date  
NZ orders only, cannot be exported



**Sustain Fruit + Protein**  
**\$35ea** 200g +1 free  
**\$21ea** 80g +1 free



**Sustain Veggie + Protein**  
**\$35ea** 200g +1 free  
**\$21ea** 80g +1 free



**The DHEA Breakthrough**  
**\$25ea** 348 pages  
+ 1 free



**Poop like a Trooper**  
**\$20ea** 30 capsules  
+ 1 free



**My Jeans Have Shrunk**  
**\$20ea** 30 capsules  
+ 1 free



**Heal Your Eye Problems**  
**\$19ea** 109 pages  
+ 1 free

**BUY 1  
GET 1  
FREE**



**Colloidal Silver Book**  
**\$19ea** 79 pages  
+ 1 free



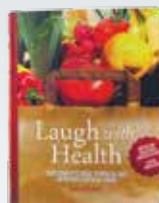
**Colostrum Book**  
**\$20ea** 72 pages  
+ 1 free

## SPECIAL DEALS

VALID MAR/APR 18 WHILE STOCKS LAST



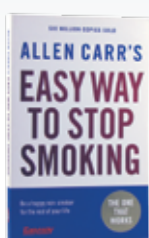
**Women's Range Starter Kit**  
**\$79ea** OR Two for **\$69ea**



**Laugh with Health Book**  
**Two for \$40** 224 pages



**Colloidal Silver Cream**  
**\$18ea** 100ml  
**Save \$10**  
Aug 18 expiry date



**Stop Smoking Book**  
**\$18** 215 pages  
**Save \$18**



**Rubeeven**  
**\$25** 30ml pump  
**Save \$10**

# Absorb calcium into your bones not your arteries with vitamin K2

Bone Health uses the power of vitamin K2 and vitamin D3 to obtain optimum bone absorption of calcium.

It is really important to have the proper balance between the four bone nutrients (calcium, vitamin D3, vitamin K2 and magnesium).

Bone Health provides the correct balance of these four nutrients to keep calcium in your bones and out of your arteries.

An imbalance of these four nutrients is why some calcium supplements were associated with an increased risk of heart attacks and strokes.

**\$43ea** 60 capsules

- ✓ Raises your cell pH levels to protect against common health problems
- ✓ Water soluble for better absorption
- ✓ Stronger more flexible bones



# Supports your 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.

We also include cod liver oil, which has 360IU's of all natural vitamin A and 25IU's of all natural vitamin D3. The traditional evidence of the benefits of cod liver oil is well known and respected.

We looked for a well researched fish oil, with the highest levels of omega 3 we could find. (The concentration process not only increases the omega levels, it also removes unpleasant odours).

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

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

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

**\$49ea** 60 capsules





## 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.

**\$34<sup>ea</sup>** 90 capsules

Do not take if you are currently on medication for depression, a neurological condition, or if you are pregnant.



## 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

**\$45<sup>ea</sup>**  
60 capsules



## Reduce stress and support a deep restful sleep

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

**\$31<sup>ea</sup>**  
60 capsules



## 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.

**\$40<sup>ea</sup>** 60 capsules

# 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.

Our Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of highest quality chondroitin sulphate.

This is the correct balance and is further supported by adding boron, organic silica, natural vitamin D and MSM Sulphur.

This delivers a complete combination of minerals and vitamins to provide lubrication and nutrition to your joints and the building blocks used in your joints to help form new cartilage.

The glucosamine is derived from shellfish and our high quality chondroitin is extracted from commercial species shark cartilage, which is why it is so expensive. (We do not use shark fin).

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

**\$66ea** 90 capsules

**\$99ea** 180 capsules

**\$89ea** **MULTI BUY**

Buy two or more Healthy Joints 180 and save \$20

**DIRECTIONS: Adults:** Take three capsules a day. When joints are more comfortable, reduce to two capsules per day. **Children:** Take only on medical advice.



The power of capsaicin (cayenne) and bee venom is harnessed to support joint movement.

**\$25ea** 30ml pump

**SPECIAL**



Research shows nearly 50 separate health benefits, including maintenance of your joint cartilage.

**\$42ea** 180 capsules

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

Pain-Eze contains 11 active ingredients. These are: five essential plant oils, four liquid plant extracts, a plant based preservative, and a natural healthy coconut base. It is an all natural product containing no additives or chemicals.

**\$21ea** 50ml

**\$29ea** 100ml



When your body is stressed or working hard, it uses a greater amount of B vitamins.

**\$35ea** 60 capsules

60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

# A spring clean and detox for your insides

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

**\$99ea**

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

**\$85ea**

Buy two (or more) of The Ultimate Cleanse Kits and save \$14 per kit.

**MULTI BUY**



**A refreshing, rejuvenating tea**

Yerba Maté tea contains vitamins, minerals, amino acids and beneficial antioxidants.

**\$19ea** 30 tea bags

## 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

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



Always read the label and only use as directed.

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

# Help manage your appetite and food cravings

- ✓ The key active ingredient is Hydroxycitric Acid (HCA 50%-60)
- ✓ The recommended dose of garcinia for weight management is between 3000mg and 6000mg per day
- ✓ Each capsule contains 2760mg active Garcinia Cambogia

**\$29ea**  
60 capsules



**DIRECTIONS:** Take one or two capsules per day. Garcinia is best absorbed when taken on an empty stomach, one hour prior to eating.



# Help your body burn calories

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

**\$28ea** 60 capsules



# 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 blood sugar levels.

**\$22ea** 200 tablets

# Give your liver a helping hand with milk thistle and vitamins



**\$33ea**  
60 capsules

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

## A high quality, organic chelated mineral blend of Boron and Selenium



**\$39ea**  
60 capsules

Boron is an important mineral for bone and joint health, but is lacking in our New Zealand soil. Selenium is a powerful antioxidant that also neutralises mercury toxicity in the body, supports prostate health and fades brown skin spots.

**DIRECTIONS:** Take one daily, preferably with an evening meal.

## NORMAL PROSTATE HEALTH AND URINARY FLOW

- ✓ Assists in normal urinary flow/urinary tract health in both men and women
- ✓ Supports normal prostate function in men

**\$35ea**  
60 capsules



**DIRECTIONS:** Take one capsule per day. Always read the label and use only as directed. Do not take with blood thinning medication.

## EASY TO DIGEST IRON

For increased energy



**\$29ea**  
25 capsules

This high quality, chelated iron, gives you a net 24mg of energy producing iron, plus 60mg of vitamin C, to boost absorption by up to 300%.



## Natural Youth Hormone

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

**\$39ea** 60 capsules

**DIRECTIONS:** 25 to 35 years of age, one capsule every second day. Over 35 years of age, one capsule daily. 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.

# Unlike any salt on earth

Use this ancient, unrefined sea salt from the USA every day and taste and feel the difference.

## What's in your Salt?

A quick glance at the ingredients of most salts might surprise you! Some contain anti-caking agents, sugar and some have been stripped of their natural trace minerals. RealSalt is unrefined and full of minerals and flavour.

## Where does it come from?

RealSalt is an all natural sea salt that comes from an underground salt deposit in Central Utah. The deposit was left there by the pristine ancient sea that covered much of North America, millions of years ago.

Visit the Redmond Salt Mine online at:

<https://realsalt.com/mine/>

**\$28ea**

RealSalt refill pouch and 283g original RealSalt shaker

**MULTI BUY**

## Benefits

- Rich in colloidal minerals
- Award winning taste
- Imported direct from Utah, USA
- Unrefined, mineral rich sea salt
- Vital for optimum health

**\$23ea**

737g pouch



## RealSalt shaker (Garlic)

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

**\$16ea** 234g shaker



## RealSalt shaker (Seasoned)

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

**\$16ea** 234g shaker

# The nutrient superstar

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.

**\$29ea** 60 capsules

**\$49ea** 180 capsules

**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.



## PH Strips

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

**\$15ea** (five packs of 10)

# Immunity Support

Four powerful herbs and two powerful supplements

**Astragalus** has been used medicinally for over 2000 years for a broad range of conditions, with a particular focus on immunity and stress.

**Echinacea** supports the immune system and the body's defences.

**Olive leaf** contains compounds that have demonstrated potent immune supporting and antioxidant properties.

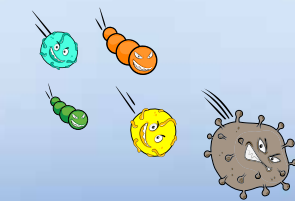
**Garlic**, a trial conducted in the UK showed that people who received a garlic supplement were less likely to get ill and chills and recovered faster if they did.

**Vitamin C** and **zinc** have both been proven to support recovery.

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

**\$29ea** 60 capsules

**DIRECTIONS:** For immunity maintenance take one to two capsules per day with food. If unwell take two capsules, three times per day.



**OLD FORMULATION ON SPECIAL - TWO FOR \$50**

**WHILE STOCKS LAST**



## SOOTHE A DRY SCRATCHY THROAT

A pleasant tasting cough reliever, suitable for adults and children over two years old.

All natural and alcohol free with a blackcurrant taste everyone loves.

**\$29ea**  
100ml liquid



FOR MORE INFORMATION CHECK OUT [WWW.HEALTHHOUSE.CO.NZ](http://WWW.HEALTHHOUSE.CO.NZ)

Health House  
Private Bag 12029,  
Tauranga 3143, New Zealand

New Zealand  
Permit No. 193050






















Permit
















Always read the label and only use as directed.

MAR/APR 2018

# ORDER FORM AND PRICE LIST

Prices valid until 30 April 2018


PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 5-HTP (90 capsules)	\$34		\$
 7 – Day Iron (25 capsules)	\$29		\$
Aloe Vera Gel (50ml tube)	\$14		\$
Aloe Vera Gel (100ml tube)	\$20		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$16		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$22		\$
 Bone Health (60 capsules)	\$43		\$
 Boron and Selenium (60 capsules)	\$39		\$
Cacao Tea (30 herbal tea bags) <b>New</b>	\$19		
 CAA – Multi (60 capsules)	\$45		\$
 CAA – Multi Iron free (60 capsules)	\$45		\$
 CAA – Multi Sulphur free (60 capsules)	\$45		\$
 Carnitine (60 capsules)	\$28		\$
Colloidal Silver Cream (100ml tube) <b>Special</b>	\$18		\$
Colloidal Silver Gel (250g tub)	\$39		\$
Colloidal Silver Gel (50ml tube)	\$21		\$
Colloidal Silver Gel (100ml tube)	\$24		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$35		\$
Colloidal Silver Liquid (500ml) <b>4 OR MORE</b>	\$28		\$
Colloidal Silver Liquid Spray (100ml)	\$15		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum Powder (100g tub) <b>(NZ Only) Buy 1 get 1 free</b>	\$49		\$
Complete C (100g powder)	\$35		\$
 Complete C Tablets (200 chewable tablets)	\$35		\$
 CoQ10- Omega3 (60 capsules)	\$49		\$
 Coral CAA (60 capsules)	\$45		\$
 Cranberry (60 capsules)	\$35		\$
 DHEA 7-Keto (60 capsules)	\$39		\$
 Easy-Lax (100 capsules)	\$35		\$
 Evening Primrose & Flaxseed Oil (90 gel capsules)	\$31		\$
 Eye Health (60 Capsules)	\$45		\$
 Garcinia (60 capsules)	\$29		\$
 Harmony (60 capsules)	\$34		\$
 Healthy Joints (90 capsules)	\$66		\$
 Healthy Joints (180 capsules)	\$99		\$
 Healthy Joints (180 capsules) <b>2 OR MORE</b>	\$89		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Helpfee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helpfee - My Jeans have Shrunk (30 capsules) <b>Buy 1 get 1 free</b>	\$20		\$
Helpfee - Poop like a Trooper (30 capsules) <b>Buy 1 get 1 free</b>	\$20		\$
Helpfee - What Happened Last Night? (30 capsules)	\$20		\$
 Immunity Support (60 capsules) - <b>New formulation</b>	\$29		\$
Immunity Support (60 capsules) - <b>Old formulation - Special 2 for \$50</b>	\$50		\$
 Kelp (60 capsules)	\$29		\$
 Liver Cleanse (60 capsules)	\$33		\$
 Maca-X (60 capsules)	\$33		\$
 Magnesium (60 capsules)	\$29		\$
 Magnesium (180 capsules)	\$49		\$
 MSM Sulphur (180 capsules)	\$42		\$
 Omega 3 Fish Oil (200 capsules)	\$29		\$
 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	\$119		\$
 Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <b>2 OR MORE</b> <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$113		\$
Pain-Eze (50ml tube)	\$21		\$
Pain-Eze (100ml tube)	\$29		\$
pH Test Strips (5 packs of 10)	\$15		\$
 Potion No. 9 (60 capsules)	\$40		\$
Prepare (100 capsules) <b>Buy 1 get 1 free</b>	\$32		\$
 Probiotic Multi 9 (60 capsules)	\$39		\$
 Probiotic Multi 9 (60 capsules) <b>Special with Optimum Health Triple Pack</b>	\$35		\$
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 Seasoned (234g)	\$16		\$
RealSalt Wooden Gift Box <b>Special - limited stock left</b>	\$29		\$
 Relax (60 capsules)	\$31		\$
Restore (100 capsules) <b>Buy 1 get 1 free</b>	\$32		\$
Rubeeven (30ml pump) <b>Special</b>	\$25		\$
Salicylic Acid Gel (50ml tube)	\$25		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$39		\$
Silver Rods (pair)	\$48		\$
 Skin Clear (120 capsules)	\$39		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Sunscreen (50ml tube) <b>Special - May 18 expiry - while stocks last - nearly all gone</b>	\$14		\$
Sunscreen (100ml tube) <b>Temporarily out of stock</b>	\$21		\$
Sustain Fruit + Protein (80g) <b>Buy 1 get 1 free</b>	\$21		\$
Sustain Fruit + Protein (200g) <b>Buy 1 get 1 free</b>	\$35		\$
Sustain Veggie + Protein (80g) <b>Buy 1 get 1 free</b>	\$21		\$
Sustain Veggie + Protein (200g) <b>Buy 1 get 1 free</b>	\$35		\$
Sweet Stevia Tablets (200 tablets)	\$22		\$
The Ultimate Workout Range for Women Starter Kit <b>Special</b>	\$79		\$
The Ultimate Workout Range for Women Starter Kit <b>Special 2 OR MORE</b>	\$69		\$
Throat Spray (100ml)	\$29		\$
Turneric (60 capsules)	\$39		\$
Turn Back Time Capsules (60 capsules)	\$39		\$
Turn Back Time Cream (50ml tube)	\$39		\$
Turn Back Time Combo (50ml cream and capsules)	\$59		\$
Ultimate Cleanse kit (410 capsules)	\$99		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$85		\$
Vitamin B5 (90 capsules)	\$33		\$
Vitamin B Complex (60 capsules)	\$35		\$
Withania (60 capsules)	\$35		\$
Yerba Maté Tea (30 herbal tea bags)	\$19		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food <b>Buy 1 get 1 free</b>	\$20		\$
DHEA Breakthrough <b>Buy 1 get 1 free</b>	\$25		\$



## 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.

Easy Way to Stop Smoking <b>Clearance special while stocks last</b>	\$18	\$
Everything you need to know about Colloidal Silver <b>Buy 1 get 1 free</b>	\$19	\$
Heal your Eye Problems <b>Buy 1 get 1 free</b>	\$19	\$
Laugh with Health	\$24	\$
Laugh with Health <b>Special 2 for \$40</b>	\$20	\$
New Zealand's Greatest Doctor, Ulric Williams	\$17	\$
Should I take...Probiotics?	\$19	\$
Stay Healthy by supplying what's lacking in your diet	\$25	\$
Which Natural Therapies Should You Try?	\$21	\$
Which Natural Therapies Should You Try? & Should I take...Probiotics? <b>Special - Buy both for \$25</b>	\$25	\$



☐ 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)

TOTAL \$

CUSTOMER ID

Name

Address

Phone

Post code

Email

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

Credit Card Number

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



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

## 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 Fax +64 7 530493

### 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 St, 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.