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Try our new nourishing
Coconut Body Butter
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TAPS PP3504

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60 DAY MONEY BACK GUARANTEE



WHAT'S NEW

Omega ratios

Our last catalogue articles about the omega 3 - omega 6 ratio, raised some interesting questions, so I asked David Coory and Dr Shaun Holt to comment.

The best ratio is 1:1 - equal amounts of omega 3 and omega 6. But this is difficult to achieve (some say impossible) with our modern diet.

A realistic goal is 1:4 - four times the amount omega 6 to omega 3. You should definitely try to stay under 1:9 as problems start to occur over this level.

There are only a fixed number of liver enzymes that can convert omega oils into the form your body can use. Having too much omega 6 means the enzymes in your body will be so busy converting the omega 6, that the omega 3 will barely get a look in.

Health House's fish oil is great for helping the ratio, as it has nine times the amount of omega 3 compared to omega 6 a 9:1 ratio.

But what is the NZ ratio? How much fish oil is needed to fix it? Some say the NZ ratio is 1:18, others say it's between 1:10 to 1:30.

So we have decided to test our Health House teams' omega levels to find their average ratio and will report the results in our next catalogue.

Kind regards

Mike Coory

Director

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Protect yourself with our 100% Natural Sunscreen

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



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LOYALTY REWARDS

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

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

Healthy Reading

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

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

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

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

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

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

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

Heal Your Eye Problems **\$19**

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

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

The DHEA Breakthrough **\$25**



NEW!

LOVE SOFT SMOOTH SKIN?

Then you will adore our brand new all over skin product. Treat yourself, or a friend to our new luxurious Coconut Body Butter.

Developed after two of our management team were brainstorming for a new product – something that was missing from our product range. The result was a new gorgeous smelling Coconut Body Butter that feels beautiful on your skin. After approval from the directors, off they went.

The whipped body butter is enriched with all natural oils, has a subtle coconut fragrance and contains no nasty chemicals. Suitable for all ages and skin types, it will leave your skin feeling nourished and soft.

Coconut Body Butter is full of the skin loving ingredients, coconut oil, shea butter, macadamia nut oil, sweet almond oil, vitamin E and more. Designed especially for arms, hands, legs and feet, all those areas we tend to forget about that need moisturising too!

We have had amazing feedback from everyone who tried this new body butter and we are excited to bring it to you.

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



\$21^{ea}
60g

"Feels silky and nourishing, a small amount goes a long way."

Stacey

"Absolutely love this product! It is not sticky or heavy and leaves the skin smooth and moisturised. One of the best I have used!"

Ann

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, Tauranga

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

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.



What you need to know to avoid or reverse Alzheimers?

A former neighbour of mine suffered from Alzheimer's for 10 years and recently died of the disease. Like myself, he was only in his early 70's. I remember him in his 40's and 50's when he was alert and vigorous, a self-employed man with all his marbles, but in recent years he'd become just a living shell. How did this happen?

Dementia is increasing exponentially and is now the third most common cause of death in developed countries (after cancer and cardiovascular disease). Dementia is not a disease in itself – it's a 'catch-all' medical term for a relentless decline in short term memory and cognition, mostly caused by Alzheimer's.

Here is a new and terrifying statistic I had difficulty believing – according to the 2018 World Alzheimer Report, dementia is now the number one cause of death in England.

Medical researchers claim our brain is better able to heal itself than any other

body organ, yet Alzheimer's has long been held to be incurable.

No longer incurable

But great news – this may no longer be true. We are now hearing testimonials of dramatic reversals from early and mid-stage dementia by a new approach called the Bredesen Protocol. Even better still, it's natural and mostly nutritional. It is being pioneered by an American neuroscientist, Professor Dale Bredesen and promoted here by a New Zealand doctor, Dave Jenkins. Professor Bredesen's reversal protocol first identifies which of the three types of dementia the patient is suffering from:



NZ doctor Dave Jenkins who practices the Bredesen Protocol.

The three types of dementia

Short term memory loss with brain inflammation. This is believed to be caused by a bacterial infection (chlamydia) in the brain and the inflammation is due to the immune system's efforts to destroy the bacteria.

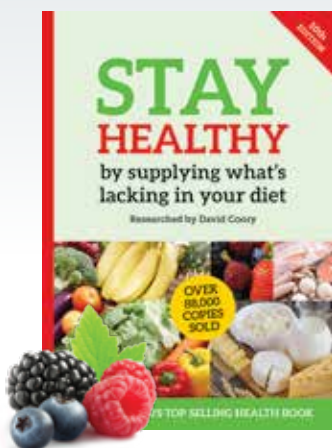
You need New Zealand's top selling health book

This is an invaluable health reference book for your home. It shows how to prevent or heal just about any diet related health problem, by making small but critical changes to your diet.

\$25ea 288 pages

\$20ea **MULTI BUY**

Buy two books and save \$10



The most effective multi-mineral-vitamin

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

\$47ea 60 capsules

1 per day Anytime With food



Available in non-sulphur and non-iron versions

Insulin resistance and diabetes are often found along with this type of dementia and typically also have a deficiency of zinc, magnesium, vitamin B12, vitamin D and low thyroid activity. Often mercury and aluminium levels are high.

Short term memory loss without brain inflammation. In this type of dementia extensive destruction of brain cells is found and the cause is usually from free glutamate excitotoxins like MSG and aspartame. This destruction is generally due to deficiencies in the protective minerals of zinc and magnesium and vitamin B12 and vitamin D. Sex hormones are also generally low or unbalanced with ovary removal being a risk factor in women.

Short term memory is OK, but with the loss of mental skills such as math, speech, writing and decision making. This type of dementia is more often found in younger men and women with the causes being extreme stress, alcohol or drug abuse or the side effects of stomach acid or cholesterol lowering medications. Also frequently found is insulin resistance, diabetes, sleep apnea, high homocysteine levels, and again, deficiencies of zinc, magnesium and vitamin B12.

How the Bredesen Protocol treatment works

The Bredesen reversal treatment can be extensive, but is relatively simple. It is to identify and treat every abnormal factor and bring it back to a normal reading. So if zinc is low, as it normally is, this would be treated with a zinc supplement and likewise for other nutritional deficiencies – typically magnesium, iodine, vitamin B12, folate and vitamin D. Intake of omega 3 and vitamin C is increased.

The patient's daily diet is closely looked at, and processed meat and burnt protein (ie barbecued meats) are avoided or cut back on with a heavy emphasis placed on vegetables. Free glutamate containing foods (MSG and aspartame) are removed as are statin and proton pump inhibitor medications. Blood, digestion disorders and insulin resistance are treated naturally and sleep apnea addressed. Sugar, white flour and supermarket seed oils are also heavily reduced, and so forth.

This multi-faceted, natural health approach appears to work. The standard medical treatment is acetylcholine drug treatment, which is of limited effect, has unpleasant side effects and at best just temporarily alleviates the mental symptoms of the disease.

Testimonials of recoveries

You can watch some video testimonials of dementia reversal by typing 'end Alzheimers nz' into Google, or go to the website <https://endalzheimers.com.au/>

Symptoms of advanced Alzheimer's

- No longer aware of the year or day of the week
- Inability to count backwards from 20, or to draw a clock face
- No longer able to operate complex electronic appliances
- Getting lost in familiar surroundings

The causes of Alzheimer's

There is an easy to understand chapter in my book "Stay Healthy by supplying what's lacking in your diet" named 'Avoiding Alzheimer's' which reveals the surprising causes of dementia (you walk past most of the causes as you shop in your local supermarket) and the simple steps you can take to avoid it. I strongly recommend you read this chapter as there is so much you can do right now, and it goes right along with the Bredesen Protocol. You can order the book from this catalogue.

Alzheimer's rare in some countries

Interestingly, although it is a major problem in most of the Western world, Alzheimer's is virtually non-existent in some sunny countries, where the people walk outdoors a lot (high vitamin D levels help) and have a natural, mostly unprocessed diet, or diets high in fish. The World Health Organisation has reported less than 1% Alzheimer deaths in Fiji, Singapore and many Middle Eastern countries.



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.

Follow up article

The 10 best ways to avoid cancer

Following my recent article on 'The 10 best ways to avoid cancer' one of our customers asked why 'quitting smoking' was not on the list.

Yes, smoking does cause 80% of the cases of lung cancer, it also weakens our immune system and is linked to other diseases such as blood clots (the principle cause of heart attacks and strokes) and clearly should be avoided.

The sole reason it did not appear in the top 10 is only due to mathematical reasons:

1. Lung cancer is the only type of cancer clearly linked to smoking, though it increases the risk for oral cancers.
2. 90% of life-long smokers do not get lung cancer.
3. 87% of cancers are not lung cancer.
4. 80% of people do not smoke (only 16% of NZ'ers now smoke down from 25%)

So yes, stop smoking (or better still don't start smoking) to avoid cancer, but do not ignore the other important ways as well.



Escape the nightmare of nicotine addiction

\$18ea 215 pages

SPECIAL

WHILE STOCKS LAST

Tooth and gum health

Commercial toothpaste and mouthwash often contain a lot of chemicals and unnecessary ingredients – there is a reason you're not supposed to swallow it! There are many more natural alternatives that don't contain dangerous additives and work just as well (if not better) at maintaining healthy teeth and gums.

Activated charcoal

Activated charcoal is a highly absorbent substance – it is even used in hospitals in cases of poisoning. Toxins adhere to the surface of charcoal, and as the body does not absorb charcoal, those toxins can then easily be flushed out.

Brushing your teeth with charcoal has the same effect – it removes toxins and surface stains from your mouth, and when used regularly is effective as a tooth whitener.

Charcoal can also be beneficial in adjusting the pH and health of the mouth, preventing cavities, tooth decay and bad bacteria from proliferating.

Supplements that remineralise your teeth

It is possible to heal cavities that have formed in teeth by eating a healthy, specific diet minimising sugar and phytic acid and supplementing with minerals and vitamins, specifically the fat soluble vitamins A, D, E and K.

Phytic acid is largely responsible for preventing the absorption of vitamins and minerals, so it stands to reason that minimising this in your diet means that you will absorb many more vitamins and minerals, and therefore your overall health will improve, not just your mouth health.

Dr. Weston A. Price (a dentist) spent many years researching this very topic

and has written books detailing how to achieve optimum oral health.

Herbs for tooth and gum health

Manuka: Using manuka as a mouthwash works by killing bacteria that causes bad breath, as well as helping to fight infections in the mouth.

Myrrh: A tincture of myrrh is an excellent pain reliever for toothache. It can also cure bleeding gums and fight bacteria.

Echinacea: Echinacea reduces inflammation, modulates the immune system and fights infection in the mouth.

Goldenseal: This strong herb is antiviral, antibacterial, antifungal and anti-inflammatory. I find that it is incredibly helpful for particularly stubborn infections that are difficult to get on top of through other means.

Oil pulling

Oil pulling is an ancient ayurvedic remedy used to clean and detoxify the mouth while also whitening teeth.

Swish 1-2 teaspoons of coconut oil or sesame oil around in your mouth for 20 minutes (you may need practice to build up to this length of time). When finished, spit the oil out and rinse your mouth with warm water. The oil draws toxins and bacteria out of the teeth and gums so it's important that you don't

swallow the oil when you're finished. This technique also works really well if you have a toothache or infection in your mouth and can produce pretty miraculous results.

Remember, you should always opt to use a soft toothbrush – using a firm toothbrush can actually exacerbate gum and tooth issues, because the hard bristles can irritate and cause receding gums and wear away the enamel on your teeth. A soft brush with flexible bristles actually works much better to clean harder to reach areas of your mouth.

The foam produced by commercial toothpastes is not necessary for cleaning your teeth – this foam is created by nasty additives such as sodium lauryl sulphate (SLS) which are actually very harmful to your health.

Using some of the alternatives I've mentioned, or other natural toothpastes will be beneficial to your teeth, gums and your overall health.



ABOUT THE AUTHOR


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


High quality, easy to digest iron for increased energy

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

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

 1 per week

 Anytime

 Empty stomach

\$31ea 25 capsules





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 large glass of water after your evening meal. Do not use if pregnant or while breast feeding.



Enhance both male and female libido

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

\$42ea 60 capsules

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Convenient chewable tablets

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

\$37ea 200 chewable tablets

3 per day Anytime With or without food

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

\$37ea 100g powder

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

Chromium

Chromium is an essential trace element, meaning that the human body needs it in very small amounts.

Pure chromium has a shiny silver colour, its name comes from the Greek word chroma, meaning 'colours'. Emeralds derive their green colour from the small amount of chromium they contain.

Only around 0.4% to 2.5% of chromium is absorbed from the intestinal tract but the level of absorption is enhanced by vitamin C and the B vitamin niacin. When absorbed it is stored in the liver, spleen, soft tissue, and bone. Diets high in simple sugars can increase chromium excretion in the urine leading to low levels in the body, as can infection, too much exercise, pregnancy, lactation, and stress from any cause.

Chromium supplements, or multivitamin supplements with chromium may be useful for several conditions as well as for correcting any chromium deficiency.

Diabetes - Several studies have found that chromium supplements may improve diabetes control. But a review of randomised controlled clinical trials found overall, chromium supplementation had little effect on glucose or insulin concentrations in people without diabetes nor did it reduce these levels in people with diabetes except in one study. Therefore overall the value of

chromium supplements for diabetes is inconclusive.

High cholesterol - Chromium supplementation may improve blood lipid levels. Some studies are negative but some are positive, including a double blind, placebo controlled 4-week study which found that taking a chromium supplement significantly decreased levels of LDL cholesterol and slightly increased levels of HDL cholesterol compared to a placebo.

Weight loss - this is more promising with several studies finding that this mineral can enhance the action of insulin leading to a lower appetite and burning off more calories thereby promoting weight loss. A review found chromium to be one of the most effective dietary supplements with the 10 double-blind studies of chromium picolinate showing an average reduction of 1.1–1.2 kg during the intervention period of 6–14 weeks.

Atypical depression - finally, chromium supplementation may be of benefit for a completely different condition. Atypical depression is a form of the disease characterised by excessive sleeping, increased appetite, quick mood changes and being hypersensitive to rejection. A small study found 70% of patients



taking the chromium had a significant improvement whereas no one in the placebo group did. The mechanism by which it may help depression is not known.

For most people, sufficient amounts of chromium are relatively easy to obtain from a healthy diet as it is present in many foods such as potatoes, broccoli, green beans, brown bread, pasta, rice and many fruits. However supplements would likely be needed to reach the higher doses required to help with the conditions listed above.

There is no established safe upper limit for chromium supplementation but in studies it has been safely used by adults in doses of up to 1000mcg per day for periods of up to six months, much higher than the daily recommended intake of around 50mcg for teenagers and 200mcg for adults.



ABOUT THE AUTHOR

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

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 spray bottle of Throat Spray.

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

Along with the antiseptic properties of echinacea to support your recovery

and healing we 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 400 sprays.

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

\$31^{ea}

100ml liquid



Melrest sleep and stress support now improved and available again

Would you like a deep, restful and healing sleep?

You can with this improved Melrest formula. Now with higher levels of chamomile, more honey and an even better taste.

It is now easier to use, just pour onto a teaspoon (take 3) or a tablespoon (take 1).

This new Melrest formula is part of the continuous research and development we do with Dr Shaun Holt and Honeylab. We are always looking to improve the products whenever possible.

It contains three natural active ingredients for supporting sleep.

Tart Cherry Extract: over 13kgs of fresh tart cherries are used to make 1kg of BerryShield™ Tart Cherry from Denmark. Berryshield™ test for the cherries' naturally occurring anthocyanin levels.

Chamomile Powdered Extract: chamomile tea is great for supporting sleep, so we have added a more powerful organic 4:1 powdered extract from France.

Magnesium: deficiency of this important dietary component is common especially as we get older. Magnesium helps relax your mind and supports normal sleep patterns.

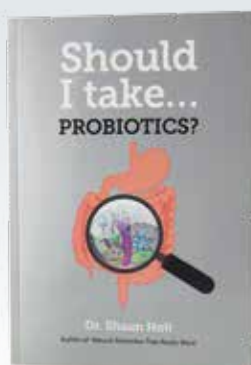
Melrest also contains honey and a natural cherry flavour, so enjoying a deep, restful healing sleep is not only easy but can also taste great.

DIRECTIONS: 16ml (1 tablespoon or around 3 teaspoons), 30 minutes before bedtime. Not recommended during pregnancy, or for children under 12.

\$59ea 240ml

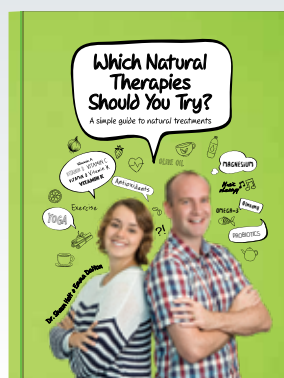
\$32ea 90ml

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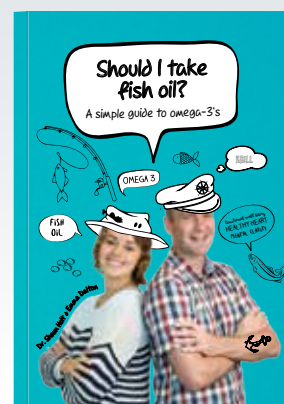
**Make an informed choice
on whether you should take
probiotics, written by
Dr Shaun Holt**

\$19ea 82 pages



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

\$21ea 136 pages



**An easy to read guide to
omega-3 and other fish oils**

\$20 85 pages

Moisturise your body



There are so many options out there for your body. But to really nourish your skin, mineral oil is not the ideal choice, especially while there are so many other goodies to choose from.

To help retain moisture and enhance your skin function you might want to consider the following:

Shea butter from the nut of the African Shea Tree (*Vitellaria paradoxa*), is known as the "Tree of Life" because of the oil it produces for cooking, skin and hair care products. The tree nut looks like a plum. The flesh is peeled away and the kernel is washed, dried, roasted then kneaded and broken down into a semi-solid product. The Shea nut contains different fractions in the kernel which provide not only moisturising but also healing properties.

Thousands of years ago, Cleopatra, Queen of Egypt knew of its healing properties and caravans brought it to her to trade. Now it is exported worldwide for use in cosmetics and body and hair moisturising products.

Cocoa butter, which is also known as theobroma oil, is an edible fat extracted from the cocoa bean, grown throughout

Central and South America. The bean is prepared by cleaning, roasting and pressing. It is an excellent hydrator and moisturiser of our skin and provides antioxidants that offer a mild anti-inflammatory action.

Coconut oil is the "in" natural product currently, with articles on ingesting it for Alzheimers through to cleaning your teeth. Coconut oil from the nut of the coconut palm provides a type of fat called medium chain triglycerides, including lauric acid, capric and caprylic acid. These may offer an anti-fungal and anti-bacterial action.

You only need to visit the Cook Islands and see the women with long luxurious hair and clear shining skin, which speaks for itself as they only use coconut oil.

There are many that believe in the positive quality of life changes with ingesting coconut oil and some believe that it may also help with mental clarity. However, you would be best advised

to check with your health professional before using any dramatic dosing levels for internal use.

We all need to take care of our skin and allow it to age gracefully. A well moisturised skin, is a strong functioning skin. A dried out skin is more likely to break or tear, dramatically increasing the risk of infection. Broken or torn skin in advanced years can be extremely problematic as it takes so much longer to heal.




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.

Help manage your appetite and food cravings

Containing Hydroxycitric Acid (HCA), Garcinia encourages your body to use fat as an energy source. It also supports healthy serotonin levels, promoting feelings of wellbeing.

 **1-2** per day

 Anytime

 Empty stomach

\$31ea
60 capsules



Use in conjunction with a balanced diet and exercise. Consult your healthcare professional before taking, if on any medication


Help your body burn calories

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

\$30ea 60 capsules

 **3-5** per day

 Morning

 Empty stomach





Reduce stress and manage your appetite

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

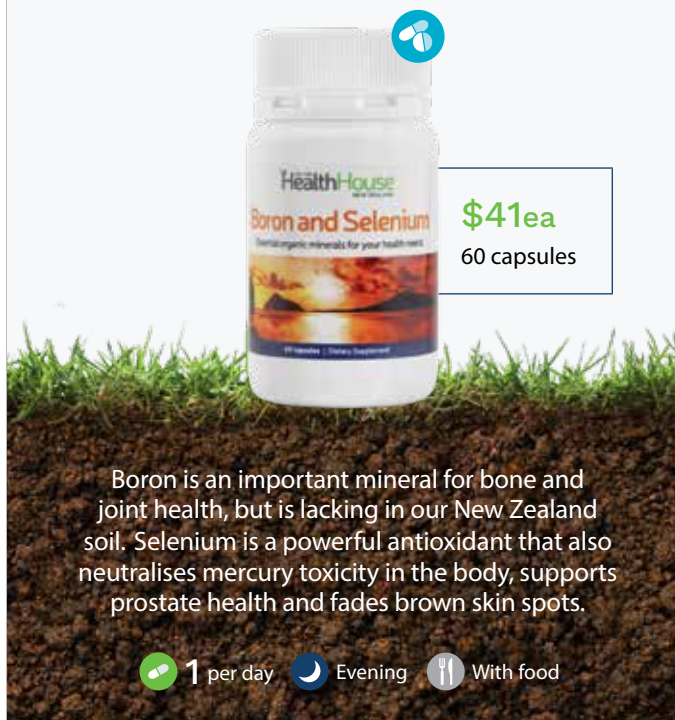
Do not take if you are currently on medication for depression, a neurological condition or if you are pregnant. Use in conjunction with a balanced diet and exercise.

\$36ea 90 capsules

2-4 per day Anytime With food



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



\$41ea
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.

1 per day Evening With food



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.

\$43ea 180 capsules

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Energy boost and stress relief

B vitamins are water soluble so your body does not retain them in your fat stores like minerals and other vitamins.

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

\$37ea
60 capsules



1 per day Morning With or without food

Improve your everyday health

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



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

1 Triple Pack

Save \$18 off the individual product prices.

\$125ea

2 or more Triple Packs

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

\$118ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162


MULTI BUY

2 Triple Packs + 2 Probiotics

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

\$290

MULTI BUY

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

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.




 1 per day of each  Morning  With food

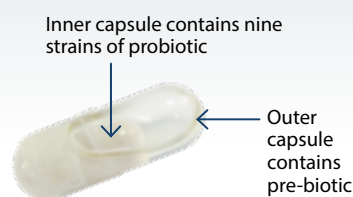
Optimum health begins in your bowel

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

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

\$41ea 60 capsules

 1-2 per day  Anytime  Empty stomach



Store in a cool dry place - no refrigeration needed.



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.

Supports heart, artery and brain health

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

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

\$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



Available in
non-sulphur
and non-iron
versions

The most effective multi-mineral-vitamin

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

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

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

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

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

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

\$47^{ea} 60 capsules

1 per day Anytime With food

Phone in and
ask us about
our clearance
CAA - Multi



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

Triple strength fish oil for brain and artery health

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

Omega 6 60mg



Omega 3 570mg

\$31ea

200 soft gel capsules



- ✓ Healthy cholesterol levels
- ✓ Heart and artery health
- ✓ Joint health and mobility
- ✓ Emotional well being
- ✓ 1000mg capsules
 - ✓ Omega 3 570mg
 - ✓ EPA 300mg
 - ✓ DHA 200mg
 - ✓ Other 70mg
 - ✓ Omega 6 60mg

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.

- 1-2 per day
- Anytime
- With food

The nutrient superstar

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?

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. Unfortunately, this essential nutrient is lacking in most New Zealand diets.

Magnesium helps relax your mind, supports healthy blood pressure and contributes to a sound sleep.

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

\$31ea 60 capsules

\$52ea 180 capsules

- 1-3 per day
- Anytime
- With or without food



Colloidal Silver

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

Colloidal silver and bacteria

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

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

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

Is it safe?

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

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

Historic Silver Facts



1988

UCLA's School of Medicine showed that bacteria, virus and fungi died within minutes of contact with silver

\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



Silver Meter

Measure the content of your homemade colloidal silver.

\$108ea test meter



Colloidal Silver Generator

\$133ea one year guarantee

\$48pair replacement silver rods



A natural moisturising and soothing cream

\$30ea 100ml tube



Beneficial for skin, hair and nails

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

\$32ea 90 soft gel capsules

2-3 per day Anytime With food



Enhance energy and support fertility

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

If pregnant, not recommended during the first trimester.

\$35ea 60 capsules

1-2 per day Anytime With or without food



Are you concerned about your eyes?

Many of us are spending 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.

We have also included vitamin C, bioflavonoids, vitamin E and beta carotene, all powerful antioxidants to help maintain the connective tissue found in the cornea of the eye, the capillaries in the retina and to support healthy eyesight.

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

\$47ea 60 capsules

1 per day Anytime With or without food



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.

\$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.

A refreshing and rejuvenating tea

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

It has been called 'the healthy alternative to coffee' due to its ability to stimulate the mind without the negative side effects of caffeine.



\$20ea

30 tea bags

Boost your antioxidant levels

Our Cacao Tea contains high levels of antioxidants and with barely a trace of caffeine it's 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.



\$20ea

30 tea bags

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

Always read the label and only use as directed.

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.

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

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

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




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

The glucosamine we use in Healthy Joints is a natural substance, derived from shellfish and is found in and around the cells of your joint cartilage and connective tissue. Glucosamine helps improve lubrication and nutrition to your joints and protects cartilage from wear and tear.

Our high quality chondroitin is extracted from commercial species shark cartilage, which is why it costs so much. (A cheaper less effective form can be obtained from cow, pig or chicken cartilage). Chondroitin is also found naturally in normal joints and helps the cartilage of your joints to retain water, elasticity, resist compression and aids the lubrication of the joints. Chondroitin is also a major source of the protein building-blocks used in your joints and helps form new cartilage.

As we age, these building blocks become in short supply, but are important for elasticity, resilience and maintaining the shock-absorbing properties of your cartilage.



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

\$70ea 90 capsules

\$104ea 180 capsules

MULTI BUY

\$93ea Buy 2 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.



**Sunburn relief
and soothes skin
irritations**

\$15ea 50ml

\$21ea 100ml



**Repairs irritations
and revitalises your
skin**

\$17ea 50ml

\$24ea 100ml



**All natural, warming cream
with powerful essential
oils and potent extracts**

\$31ea 100ml tube

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.

1 per day Anytime With or without food

Support your hormonal balance naturally



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

1-4 per day Anytime With or without food

Joint, digestion and general health

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

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

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.





Containing important ingredients to combat ageing

\$41ea 60 capsules

2 per day Anytime With food

If taking blood medication please discuss with your health professional.



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

\$41ea 50ml tube



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**

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.

\$62ea

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

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



Clear skin starts from within

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

Skin Clear gives the body the tools it needs to deal with excess oil. It also contains the full range of B vitamins and vitamin C to support the healing of the skin.

\$41ea 120 capsules

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

2-4 per day Anytime With food



Nature's best source of iodine

- ✓ An overall health tonic
- ✓ Especially rich in iodine
- ✓ Supports a healthy thyroid
- ✓ Sourced from NZ waters

\$31ea 60 capsules

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



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

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

\$47ea 60 capsules

- 1 per day
- Anytime
- With food



Natural youth hormone

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

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

\$40ea 60 capsules

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



Reduce stress and support a deep restful sleep

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

\$33ea 60 capsules



- 2-3 per day
- Evening
- With food



Normal prostate health and urinary flow

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

\$35ea
60 capsules



1 per day Anytime With or without food

Do not take with blood thinning medication.



Low calorie, natural sweetening tablets for hot and cold drinks

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

\$24ea 200 tablets

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

\$35ea
60 capsules



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

1 per day Morning With food

Vitamin B5 for heart and artery health

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

1-2 per day
 Morning
 With or without food



\$34ea 90 capsules

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.

\$23ea 737g pouch

283g shaker and refill combo

\$28ea **MULTI BUY**



Benefits

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



RealSalt shaker (garlic)

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

\$16ea 234g shaker



RealSalt shaker (season)

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

\$16ea 234g shaker

Protect your skin with our 100% Natural Sunscreen

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

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

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

TIP: Check the expiry date on the tube crimp seal. Sunscreen past this date won't be effective.

\$19ea 50ml tube

\$29ea 100ml tube



pH Test 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 ills and chills and recovered faster if they did.

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

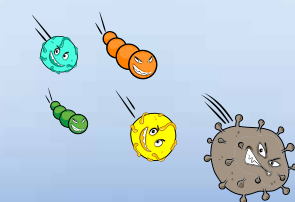
✓ Defence against seasonal ills

✓ Potent immune support and antioxidant properties

✓ Support for faster recovery

\$31ea 60 capsules

1-6 per day Anytime With food



Throat Spray

Try our pleasant tasting throat spray, suitable for adults and children over two years old.

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



Mitchells Products

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

Bone Broth: Packed full of protein and amino acids. Made using quality NZ beef bones and NZ grown vegetables.

\$69ea



FOR MORE INFORMATION CHECK OUT 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 2019

ORDER FORM AND PRICE LIST

Prices valid until 30 April 2019

CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 5-HTP (90 capsules)	\$36		\$
 7 - Day Iron (25 capsules)	\$31		\$
Aloe Vera Gel (50ml tube)	\$15		\$
Aloe Vera Gel (100ml tube)	\$21		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
 Bone Health (60 capsules)	\$45		\$
 Boron and Selenium (60 capsules)	\$41		\$
Cacao Tea (30 herbal tea bags)	\$20		\$
 CAA - Multi (60 capsules)	\$47		\$
 CAA - Multi Iron free (60 capsules)	\$47		\$
 CAA - Multi Sulphur free (60 capsules)	\$47		\$
 Carnitine (60 capsules)	\$30		\$
Coconut Body Butter (60g) New	\$21		\$
Colloidal Silver Cream (100ml tube)	\$30		\$
Colloidal Silver Gel (250g tub)	\$41		\$
Colloidal Silver Gel (100ml tube)	\$26		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$36		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$30		\$
Colloidal Silver Liquid Spray (100ml)	\$16		\$
Colloidal Silver Test Meter	\$108		\$
Complete C (100g powder)	\$37		\$
 Complete C Tablets (200 chewable tablets)	\$37		\$
 CoQ10-Omega3 (60 capsules)	\$51		\$
 Coral CAA (60 capsules)	\$47		\$
 Cranberry (60 capsules)	\$35		\$
 DHEA 7-Keto (60 capsules)	\$40		\$
 Easy-Lax (100 capsules)	\$35		\$
 Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
 Eye Health (60 Capsules)	\$47		\$
 Garcinia (60 capsules)	\$31		\$
 Harmony (60 capsules)	\$36		\$
 Healthy Joints (90 capsules)	\$70		\$
 Healthy Joints (180 capsules)	\$104		\$
 Healthy Joints (180 capsules) 2 OR MORE	\$93		\$


PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Helfee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helfee - What Happened Last Night? (30 capsules)	\$20		\$
Immunity Support (60 capsules)	\$31		\$
 Kelp (60 capsules)	\$31		\$
 Liver Cleanse (60 capsules)	\$35		\$
 Maca-X (60 capsules)	\$35		\$
 Magnesium (60 capsules)	\$31		\$
 Magnesium (180 capsules)	\$52		\$
 Melrest (240ml) New Formula	\$59		\$
Melrest (90ml) New Formula	\$32		\$
Mitchells Bone Broth	\$69		\$
Mitchells Collagen Repair	\$69		\$
MSM Sulphur (180 capsules)	\$43		\$
 Omega 3 Fish Oil (200 capsules)	\$31		\$
 Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-Iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$125		\$
 Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-Iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$118		\$
Pain-Eze (100ml tube)	\$31		\$
pH Test Strips (5 packs of 10)	\$15		\$
 Potion No. 9 (60 capsules)	\$42		\$
 Probiotic Multi 9 (60 capsules)	\$41		\$
 Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$37		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Seasoned (234g)	\$16		\$
RealSalt wooden gift pack (While stocks last)	\$39		\$
 Relax (60 capsules)	\$33		\$
Rubeeven (30ml pump) Special	\$25		\$
Salicylic Acid Gel (50ml tube)	\$27		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$41		\$
Silver Rods (pair)	\$48		\$
Sunscreen (50ml tube)	\$19		\$
Sunscreen (100ml tube)	\$29		\$

MORE PRODUCTS OVER PAGE

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 Skin Clear (120 capsules)	\$41		\$
 Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (100ml)	\$31		\$
 Turmeric (60 capsules)	\$41		\$
 Turmeric (180 capsules)	\$99		\$
 Turn Back Time Capsules (60 capsules)	\$41		\$
Turn Back Time Cream (50ml tube)	\$41		\$
Turn Back Time Combo (50ml cream and capsules)	\$62		\$
Ultimate Cleanse kit (410 capsules)	\$105		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
 Vitamin B5 (90 capsules)	\$34		\$
 Vitamin B Complex (60 capsules)	\$37		\$
 Withania (60 capsules)	\$37		\$
Yerba Maté Tea (30 herbal tea bags)	\$20		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$
Heal your Eye Problems	\$19		\$
Laugh with Health	\$24		\$



FOUR OR MORE PRICING

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

BOOKS	PRICE EACH	QUANTITY	TOTAL
Laugh with Health Special 2 for \$40 (Normal RRP \$29ea)	\$20		\$
New Zealand's Greatest Doctor, Ulric Williams	\$17		\$
Should I take fish oil? New	\$20		\$
Should I take...Probiotics?	\$19		\$
Stay Healthy by supplying what's lacking in your diet	\$25		\$
Stay Healthy by supplying what's lacking in your diet 2 FOR \$40	\$20		\$
Which Natural Therapies Should You Try?	\$21		\$



☐ I have bought four or more of the icon products

- \$20

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

☐ No signature required

☐ Signature required (Sorry, not rural delivery)

CUSTOMER ID

Name

Address

Phone

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 +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 Street, Tauriko, Tauranga.

OPEN FIVE DAYS A WEEK Mon - Fri 8.30am - 4.30pm.

FREEPOST

Fill out this order form and send to:

Freepost Authority Number 206782

Health House, Private Bag 12029, Tauranga, 3143.

Include your cheque or credit card details.