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100%

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Evening Primrose
and Flaxseed Oil**

Refer to page 3 for
special pricing.



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60 DAY MONEY BACK GUARANTEE

PP7244

**NEW ZEALAND GROWN AND
MANUFACTURED MEDICAL CANNABIS**

Another large step closer - pages 6,7

Gluten sensitivity – new findings By David Coory - pages 4,5

MEMORY By Shaun - page 9

WHAT'S NEW

First a small apology, we had hoped to have the new 11th edition of the Stay Healthy Book ready for this catalogue, but unfortunately that is not the case.

It is taking a bit longer than David planned and despite both mine and Marie's constant badgering, there is still a little more work to be done.

Please bear with us, we are confident that the result will be worth it. There is a lot of new information being published and it is great to see that studies are still being conducted on natural products.

I won't make any promises about when it will be ready but it is both David's and our top priority.

This catalogue also contains an update on our Medical Cannabis project. A lot of progress has been made since our last update and it was great to get our first commercial crop planted just before the Christmas break.

Due to the space required for the cannabis update, we will not have an article from Nadia or Denise but they will both be back next time with interesting and thought-provoking articles.

Shaun's article is about natural products for assisting with memory (which is timely as we are currently working on a new product to support brain function).

David's article covers his latest research and thoughts about gluten sensitivity.

This is also a great opportunity to take advantage of our special on Evening Primrose and Flaxseed Oil, made from all New Zealand ingredients right here in New Zealand.

Kind regards

Mike Coory

Managing Director

Products

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



Optimum health begins in your bowel

Unique capsule in a capsule technology. No refrigeration required.



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



Healthy Reading

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

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

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

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

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

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

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

Heal Your Eye Problems **\$19**

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

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

Medical Cannabis **\$30**





100% New Zealand Made

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

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

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

The company does not use heat, chemicals or solvents, and only cold press both oils with passion, care and attention. The cold-pressed oils are cholesterol free, unrefined and unprocessed. They contain natural antioxidants and nutrients that are beneficial for the body, just as nature intended.

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

Supports

- ✓ Beneficial for skin, hair and nails
- ✓ Non fish sourced omega 3,6 and 9
- ✓ Support for PMS and menopause
- ✓ Heart and artery health

\$25ea 90 soft gel capsules

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

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



OUR PROMISE TO YOU

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

FIVE EASY WAYS TO BUY

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

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

PRODUCT ICONS

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

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

LOYALTY REWARDS

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

4 OR MORE

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

REFER A FRIEND

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

Gluten sensitivity

Gluten is an elastic type of protein found in wheat, barley and rye that traps gases released from baking powder or yeast and allows dough to rise. Bakers and millers regularly add extra gluten to flour to increase this rising, especially when making bread.

Some people (about one in 100) lack the necessary probiotics (gut bacteria) to digest gluten, this is referred to as celiac disease. There's currently no cure for celiac disease, most people follow a strict gluten-free diet to help them manage symptoms.

However, a far more common disorder is 'gluten sensitivity'. Huge numbers of people feel unwell after eating foods containing gluten, yet don't have celiac disease. This is why so many gluten-free foods are on sale everywhere.

Australian research into gluten sensitivity – a surprising find

Researchers have long suspected it's not gluten, but the multiple sugars in wheat causing the problem of sensitivity. Some studies found that when gluten sensitive people are secretly given gluten-containing foods, symptoms did not appear.

An Australian research group in Melbourne, led by gastroenterologist Prof. Peter Gibson put gluten sensitive

subjects on a diet free of both gluten and wheat fodmap sugars (fructans) until they felt better.

Later on when they gave some of these same subjects some gluten, they found that they did not react at all. When they then gave them wheat fodmap sugars the symptoms returned. This indicated that the problem was the fodmap sugars and not the gluten.

What are Fodmap sugars

Fodmap is an acronym for 'fermentable oligosaccharides, disaccharides, monosaccharides and polyols'. These are carbohydrates and sugar alcohols that the body struggles to absorb.

Undigested fodmap sugars can cause fermentation in the gut, causing gas, bloating and often symptoms of irritable bowel such as abdominal pain, diarrhoea, headaches, fatigue, rashes and joint pain.

Lack of the correct gut prebiotics and probiotics to digest the sugars (and

probably also gluten) appear to be the problem.

According to Prof. Gibson, the fermentation by probiotic bacteria during a sourdough bread-rising process, reduces fodmap sugar levels. He estimates about 35% of Australians have intolerances to one or more fodmap sugars, and believes that thousands are on gluten-free diets without good reason.

Both prebiotics and probiotics needed for proper food digestion

Cures for celiac disease and gluten sensitivity have long eluded doctors, however, new promising research is now homing in on probiotics and prebiotics. A prebiotic is a food that probiotic bacteria feed on in our gut – mostly food fibre and sugars from fruit, vegetables and whole grains.

Eight probiotics have now been identified as necessary to digest gluten in the gut, these are – B. breve,

New Zealand's top selling health book coming soon

This is an invaluable health reference book for your home.

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

11th edition pre-ordering available now!



pH Test Strips

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

\$15ea
(five packs of 10)





B. longum, *B. infantis*, *L. plantarum*,
L. acidophilus, *L. casei*, *L. bulgaricus*,
and *S. thermophilus*.

I personally find this very interesting, because of the numerous reports from our customers who have previously suffered from gluten and other food allergies, prior to taking probiotics.

When taking a probiotic, it is very important that the sensitive probiotics are protected from the stomach acid as only a few can make it through the low pH level of the stomach. A common way to maximise the level of probiotics that reach the gut unscathed is to enteric coat the capsule. But the more modern approach is to use a capsule of probiotics, suspended inside another capsule filled with prebiotics. This outer capsule protects the probiotics and provides a perfect food source for the probiotics when the inner capsule opens in the small intestine.

“I would bet that if you took a dozen people who claimed gluten intolerance and you gave them sourdough bread, they’d be fine.”

Michael Pollan Nutritional journalist



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.

Fake news, now fake studies

In my article in our last catalogue on Covid-19 prevention, I included an impressive graph showing the results of a study in a major Indonesian hospital, claiming no deaths at all in a study of 60-65 year old Covid patients who had high levels of vitamin D in their blood, and a correspondingly high death rate for those with low levels.

When I first saw the graph my instinct kicked in saying 'too good to be true.' But the study had been quoted by the British Medical Journal and many other reliable sources so I included the graph in the article.

However, one of our customers also thought it 'too good to be true' and found info that cast suspicion on the validity of the study and advised me accordingly.

The Indonesian study was downloaded more than 17,000 times, mentioned in social media over 8,000 times and referenced nine times in other studies including one published in the British Medical Journal.

We have now concluded that it is not genuine and apologise to our readers that this was not picked up earlier.

The Indonesian hospital where the study was said to have taken place, denies all knowledge of the study and the doctors referred to in it are not registered or traceable. We are puzzled as to why someone would go to such efforts to produce such a comprehensive fake study. However we are confident (based on numerous other reputable studies) that vitamin D is an important vitamin for COVID immunity.

Research for the new 11th edition of my Stay Healthy book has involved lots of detailed research and it is vitally important to sort fact from fiction, which is getting more and more difficult.

Nutrient support for a vegan lifestyle

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

With our Vegan Boost we have formulated a product to supply essential nutrients that may not be readily available on a vegan or vegetarian diet.

Supports

- ✓ Your immune system
- ✓ Energy levels
- ✓ General well being

\$31ea 60 vegetarian capsules

🕒 1 per day 🕒 Anytime 🍴 With food



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed. Supplementary to a balanced diet.

Another large step closer

It has been twelve months since our last Medical Cannabis update and we are making great progress to become one of New Zealand's first certified medicinal cannabis producers.

Since our last update in March 2020 we have been working very hard, with the main focus being on running multiple batches of crops through our research and development (R & D) grow rooms, gathering plant material for the testing and refining of the manufacturing processes.

Stringent testing and the high importance of a perfectly controlled environment meant the lessons learnt from the R & D rooms to be incorporated into the design and build of our commercial grow rooms.

Licensing

December 2019 saw the beginning of the transformation of the warehouse into four commercial grow rooms. The December 2020 completion of the state of the art grow rooms meant we could have the Ministry of Health (MOH) inspection, which in turn saw us gain the commercial licenses required to cultivate and manufacture medical cannabis. This was a great achievement to have gained just prior to last Christmas.



Setting up the first commercial grow room



Part of the air conditioning and irrigation control

Technology

State of the art technology ensures the grow rooms are fully automated. The building management computer controls the lighting, temperature, humidity and watering systems. It monitors the electricity and water used and is fully generator backed up.

The key aspect to keeping the plants in their best condition is air conditioning. The units have been tested by an independent firm commenting that the "air quality was good enough for surgery, well not brain surgery but normal surgery". It doesn't stop at air conditioners however; the entire ceiling space is full of fans, humidifiers and four types of filters along with four large outdoor units so the growing conditions are kept at optimal levels all year round. This means the plants grow consistently every time and are guaranteed to always be of the same high quality.

The right nutrients and pure water are critical components. The programmable watering system monitors the level of minerals that each plant receives. Every room has four separate irrigation areas so we can set different watering cycles and fertiliser recipes if needed, allowing us to compare which works the best.

Any excess water that the plants don't use is treated before being sent to the sewerage treatment plant. This allows us to monitor our water flow and conserve as much as possible. The waste water treatment system ensuring any waste complies with Council and MPI regulations.

Once the plants are harvested they are trimmed and sent to the drying room

Drying is the first stage in the manufacture of the medicine so it is critical that the process is done perfectly. We have designed our own drying room which has built in scales enabling us to measure the drop in weight of each trolley of material. Monitoring the perfect time to finish drying and start the testing that is required, before it goes to the next stages of milling, blending and then manufacture.

Next month's issue discusses the process from drying to the finished product.

Nursery / Flowering Rooms

The R & D rooms have now been converted into the nursery. The plants spend about a month in the nursery getting to the stage where they are ready to move to the flowering rooms. There they will spend about two months before being harvested.

Commercial Grow Rooms

Adjusting from a R & D license to a commercial license meant that we could only carry over a certain number of plants. So our first commercial room is unfortunately only half full, but the second commercial room has both levels full of plants.

Having perfect control over lighting, temperature and nutrients means the plants are pampered and grow at their maximum rate and produce the same level of cannabinoids and terpenes every crop.

We ensured the flowering rooms and supporting areas were built to medical grade, the same high standard as the rest of our Health House (Zealand Health Manufacturing) facility.

Clever design features such as the layout of the facility means the plants can move from the nursery to the grow rooms and then to the drying rooms, all without leaving the secure facility or the controlled environment.



Drying room getting checked ready for testing



The R&D room converted to a nursery



Our first single level crop nearing harvest



Our second double level crop ready for flowering



Reduce your stress **LEVELS** WITH WITHANIA

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

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

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

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

Benefits

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

\$37ea 60 capsules

- 1 per day
- Anytime
- With or without food

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



Reduce stress and manage your appetite

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

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

- 2-4 per day
- Anytime
- With food

New Zealand grown Hemp Seed Oil capsules



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

- 2-6 per day
- Anytime
- With food

Memory

As we get older it is perfectly normal to experience some degree of memory problems and a small decline in other thinking skills is a common part of the aging process. This normal age-related memory loss does not prevent a person from living a full and productive life to any substantial degree, and might for example involve occasionally forgetting a person's name or misplacing possessions. Memory loss or cognitive impairment that does significantly affect a person's life may be due to a medical condition. Some of these conditions are not reversible, such as dementia or Alzheimer's disease. However, some of the causes of the memory and/or thinking problems may be reversible, such as:

- Medications - including some sleeping pills, benzodiazepines, some painkillers
- Head injury
- Depression - or other mental health problems including stress and anxiety
- Vitamin B12 deficiency
- Hypothyroidism
- Brain tumours - in very rare situations

The word "dementia" describes a group of symptoms, including impairment in memory, reasoning, judgment, language and other thinking skills, confusion and changes in personality and mood. It almost always begins gradually and worsens over time. Memory loss is usually one of the first signs and other early signs can include asking the same questions repeatedly; forgetting common words when speaking, mixing words up, taking longer to complete familiar tasks, and getting lost despite being in familiar places.

This is evidence that some lifestyle modifications might help to keep memory sharp, including staying mentally active (e.g. crossword puzzles, learning to play a musical instrument), socializing, sleeping well, eating healthily, and keeping physically fit.

With an ageing population it is not surprising that there is a lot of interest in medicines and supplements that can

prevent or help with memory issues. Currently, prescription medications for dementia and memory loss are very expensive, have limited effectiveness and only during a short window of time and so people are increasingly turning to natural products.

There are three natural products in particular that are associated with helping memory loss and have been studied in clinical research.

Ginkgo biloba

This is one of the best-researched and biggest selling herbal medicines. It is extracted from the leaves of the ginkgo tree, which is native to China, Japan and Korea. As with many herbal medicines, it has been used in the East for thousands of years but has only recently been 'discovered' in Western countries. It is thought to improve memory and concentration by stimulating blood circulation (and therefore oxygen delivery) to the brain.

It is generally safe, but an important interaction to be aware of is that it can impact the effects of blood-thinning medications and should be stopped before surgery or dental procedures.

Ginseng

The main active ingredients are called "ginsenosides" which have neuroprotective effects. Overall, studies are promising and suggest that taking it can lead to improvements in some aspects of cognitive function, behavior and quality of life, but more trials are needed in people with dementia.

Omega-3

Finally, omega-3 fatty acids are widely thought to improve brain functioning, both in children's developing brains and also in the elderly. Studies have found benefits for patients with milder forms of cognitive impairment in terms of memory, attention and processing speed, but these improvements were not found in healthy subjects or those with Alzheimer's Disease.



ABOUT THE AUTHOR

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

Informative reading

Popular titles written by Professor Shaun Holt.

Medical Cannabis

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

\$30ea 133 pages

Buy two for **\$50ea**

MULTI BUY

Should I Take Probiotics?

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

\$19ea 82 pages

Which Natural Therapies Should You Try?

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

\$21ea 135 pages

Should I Take Fish Oil?

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

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

\$20ea 84 pages





Energy boost and stress relief

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

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

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

When do I need a B vitamin top up?

- ✓ In times of stress or tension
- ✓ When feeling low in energy
- ✓ When needing extra energy especially for sports
- ✓ When overworked or doing heavy physical labour

\$37ea 60 capsules

- 1 per day
- Morning
- With or without food



Research shows nearly 50 separate health benefits

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

\$43ea
180 capsules



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

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



Pantothenic acid

Vitamin B5 for heart and artery health

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

\$34ea 90 capsules

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





4+

600mg of L-carnitine fumarate

Help your body burn calories

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

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

\$30ea 60 capsules

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

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



4+

\$35ea 60 capsules

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

 **1** per day  Morning  With food

Autumn Skin Care

Aloe Vera

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

\$15ea 50ml
\$21ea 100ml

Aloe Vera with Colloidal Silver Gel

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

\$17ea 50ml
\$24ea 100ml

Salicylic Acid Gel

Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo
\$41ea **MULTI BUY**



Supports heart, artery and brain health

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

Supports:

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

\$51ea 60 capsules

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

 **1** per day  Morning  With food



The most effective multi-mineral-vitamin

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

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

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

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

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

Supports:

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

\$47ea 60 capsules

 **1** per day  Anytime  With food



Keep calcium in your bones

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

\$45ea 60 capsules

 **1** per day  Anytime  With food

Improve your everyday health

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



Available in non-sulphur and non-iron versions

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

1 Triple Pack

Save \$18 off the individual product prices.

\$125ea

2 or more Triple Packs

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

\$118ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162

MULTI BUY

2 Triple Packs + 2 Probiotics

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

\$290

MULTI BUY

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

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

1 per day of each Morning With food

Nature's best source of iodine

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

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

Small size capsules each containing 1000mcg of Iodine.

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

\$31ea 60 capsules

1 every 2 days Morning With or without food

Organically grown in Rangiora



Supercharge performance and support your prostate health

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

Are you going to the gym, wanting a boost with your exercising or just feeling the natural decrease in testosterone that affects all men as they age, then Men's Boost is right for you, or for the man in your life.

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

Supports

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

- 🍋 1 per day
- ☀ Morning
- 🍴 With food

\$42ea
60 capsules



4+

Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

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

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

These are pine bark extract (pycnogenol), grape seed extract, bioflavonoids, rosehips, rutin, hesperidin and quercetin. Available in powder or chewable tablets.

Complete C Powder

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

\$37ea 100g powder

Convenient chewable tablets

- 🍋 3 per day
- ⌚ Anytime
- 🍴 With or without food

\$37ea 200 chewable tablets



Boost your immunity

Four powerful herbs and two powerful nutrients.

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

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

\$31ea 60 capsules

- 🍋 1-2 Maintenance dose
- 🍋 3-6 When unwell
- ⌚ Anytime
- 🍴 With food

Seasonal Defence



Detox with The Ultimate Cleanse

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



- ✓ An internal spring clean and detox
- ✓ Liver and kidneys are cleansed and revitalised
- ✓ Supports digestive secretions
- ✓ Normalise bowel transit time
- ✓ Optimise your metabolism
- ✓ Total body flush out
- ✓ Support weight management

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

\$105ea

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

\$90ea **MULTI BUY**

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

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

High quality, easy to digest iron for increased energy

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

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

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

Supports:

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

\$31ea 25 capsules

1 per week Anytime Empty stomach



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed. Supplementary to a balanced diet.

Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

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

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

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

DIRECTIONS:

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

The bottle contains about 200 sprays.

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



\$29ea
50ml liquid

Triple strength fish oil for brain and artery health

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

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

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

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

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

\$31ea 200 soft gel capsules

1-2 per day

Anytime

With food



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

Enhance energy and support fertility

With our organic Maca extract sourced from Peru

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.

Maca is an adaptogen, which means it helps the body adapt to stress and helps to return a dysfunctioning system back to its normal balance

\$35ea 60 capsules

If pregnant, not recommended during the first trimester.

1-2 per day

Anytime

With or without food




Organic Maca extract 3000mg



Supports easy, regular bowel movements

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

\$35ea
100 capsules

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

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



Optimum health begins in your bowel

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

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

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

Benefits

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

Inner capsule contains nine strains of probiotics



Store in a cool dry place, no refrigeration needed.

\$41ea
60 capsules



Boron 10mg
Selenium 150mcg
Zinc 10mg

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

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












\$41ea 60 capsules

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

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

Pain-Eze contains 11 active ingredients.

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

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

Directions:

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



Turn Back Time: ANTI-AGEING

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

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

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

\$41ea 50ml tube

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

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

Take one morning and night with food.

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




\$62ea Combo

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



A blend of high quality minerals and vitamins

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

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

\$47ea 60 capsules

 **1-2** per day  Anytime  With food

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



Are you concerned about your eyes?



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

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

1 per day Anytime With or without food



Natural youth hormone

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

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

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

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

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

\$40ea 60 capsules

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

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



Reduce stress and support a deep restful sleep

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

\$33ea 60 capsules

2-3 per day Evening With food

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



Enhance both male and female libido

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

In men, it can support healthy sperm production and sexual energy.

In woman, it may also support fertility.

You should experience benefits within a few days of taking it and the effects should be long term.

Potion No. 9 contains:

Tribulus, damiana, horny goat weed, organic maca, zinc, selenium

Supports

- ✓ Long term sexual vitality
- ✓ Healthy testosterone levels
- ✓ Optimal sexual desire
- ✓ Female reproductive health and libido
- ✓ Male libido and healthy sperm production

1 per day

Morning

With food

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

Joint, digestion and general health

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

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

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

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

- 1-3 per day
- Anytime
- With food

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



Mitchells Products

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

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

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

\$69ea 200g tub

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

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





Support your hormonal balance naturally

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

\$36ea 60 capsules

1-4 per day Anytime With or without food



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.

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

\$41ea 120 capsules

2-4 per day Anytime With food

Support joint health naturally

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

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

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

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

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

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

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

MULTI BUY **\$93ea**

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

2-3 per day Anytime With or without food

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



The NUTRIENT SUPERSTAR

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

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

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

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

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

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

Benefits

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

1-3 per day

Anytime

With or without food

DIRECTIONS:

Men: two or three capsules per day,
Women: one or two capsules per day,
Children: one capsule per day, or as directed by your healthcare professional.



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



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.

Benefits

- ✓ Healthy blood glucose and balanced blood sugar levels
- ✓ Does not contribute to tooth decay
- ✓ Supports insulin production
- ✓ Virtually no calories

One tablet = approx. one teaspoon of sugar

\$24ea
200 tablets





Normal urinary flow and supports urinary tract health

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

\$35ea 60 capsules

Do not take with blood thinning medication.

1 per day Anytime With or without food



Easy and convenient apple cider vinegar capsules

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

\$39ea 180 capsules

3 per day Anytime With or without food



RealSalt

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

RealSalt Refill

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

\$23ea 737g pouch

283g shaker and refill combo

\$28ea **MULTI BUY**

RealSalt Shaker (season)

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

\$16ea 234g Shaker

RealSalt Shaker (garlic)

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

\$16ea 234g Shaker

Temporarily out of stock, now on back order.

RealSalt Shaker (original)

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

\$10ea 283g Shaker

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.

Heal your body in a natural way



Colloidal silver and bacteria

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

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

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

Is it safe?

It is very well tolerated and to our knowledge does not interact with

any medical drug. It is odourless, non-stinging and suitable for the whole family when used as directed.

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

\$16ea 100ml liquid spray

\$26ea 100ml tube gel

\$30ea 100ml tube cream

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY

Colloidal Silver Generator

Make your own colloidal Silver

\$133ea one year guarantee

\$48pair replacement silver rods

Colloidal Silver Meter

Measure the content of your homemade colloidal silver

\$108ea
test meter

Make your own at home



ORDER FORM AND PRICE LIST

Prices valid until 30 April 2021

CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ 5-HTP (90 capsules)	\$36		\$
4+ 7 - Day Iron (25 capsules)	\$31		\$
Aloe Vera Gel (50ml tube)	\$15		\$
Aloe Vera Gel (100ml tube)	\$21		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
4+ Apple Cider Vinegar (180 capsules)	\$39		\$
4+ Bone Health (60 capsules)	\$45		\$
4+ Boron and Selenium (60 capsules)	\$41		\$
4+ CAA - Multi (60 capsules)	\$47		\$
4+ CAA - Multi Iron free (60 capsules)	\$47		\$
4+ CAA - Multi Sulphur free (60 capsules)	\$47		\$
4+ Carnitine (60 capsules)	\$30		\$
Colloidal Silver Cream (100ml tube)	\$30		\$
Colloidal Silver Gel (250g tub)	\$41		\$
Colloidal Silver Gel (100ml tube)	\$26		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$36		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$30		\$
Colloidal Silver Liquid Spray (100ml)	\$16		\$
Colloidal Silver Test Meter	\$108		\$
Complete C (100g powder)	\$37		\$
4+ Complete C Tablets (200 chewable tablets)	\$37		\$
4+ CoQ10-Omega3 (60 capsules)	\$51		\$
4+ Coral CAA (60 capsules)	\$47		\$
4+ Cranberry (60 capsules)	\$35		\$
4+ DHEA 7-Keto (60 capsules)	\$40		\$
4+ Easy-Lax (100 capsules)	\$35		\$
4+ Evening Primrose & Flaxseed Oil (90 gel capsules) Special	\$25		\$
4+ Eye Health (60 Capsules)	\$47		\$
4+ Harmony (60 capsules)	\$36		\$
4+ Healthy Joints (90 capsules)	\$70		\$
4+ Healthy Joints (180 capsules)	\$104		\$
4+ Healthy Joints (180 capsules) 2 OR MORE	\$93		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ Hemp Seed Oil (150 capsules)	\$36		\$
4+ Immunity Support (60 capsules)	\$31		\$
4+ Kelp (60 capsules)	\$31		\$
4+ Liver Cleanse (60 capsules)	\$35		\$
4+ Maca-X (60 capsules)	\$35		\$
4+ Magnesium (60 capsules)	\$31		\$
4+ Magnesium (180 capsules)	\$52		\$
4+ Men's Boost (60 Capsules)	\$42		\$
Mitchells Bone Broth (100g pouch)	\$36		\$
Mitchells Bone Broth (200g tub)	\$69		\$
Mitchells Collagen Peptides - Bovine (200g tub)	\$49		\$
Mitchells Collagen Peptides - Marine (200g tub)	\$59		\$
Mitchells Collagen Repair (200g tub)	\$69		\$
4+ MSM Sulphur (180 capsules)	\$43		\$
4+ Omega 3 Fish Oil (200 capsules)	\$31		\$
4+ Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) ☐ CAA - Multi ☐ CAA - Multi Non-iron ☐ CAA - Multi Non-sulphur	\$125		\$
4+ Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE ☐ CAA - Multi ☐ CAA - Multi Non-iron ☐ CAA - Multi Non-sulphur	\$118		\$
Pain-Eze (100ml tube)	\$31		\$
pH Test Strips (5 packs of 10)	\$15		\$
Potion No. 9 (60 capsules)	\$42		\$
4+ Probiotic Multi 9 (60 capsules)	\$41		\$
4+ Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$37		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g) Currently out of stock	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Season (234g)	\$16		\$
RealSalt gift pack Limited stock	\$39		\$
4+ Relax (60 capsules)	\$33		\$
Salicylic Acid Gel (50ml tube)	\$27		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$41		\$
Silver Rods (pair)	\$48		\$
4+ Skin Clear (120 capsules)	\$41		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Sunscreen (50ml tube) No longer available			
Sunscreen (100ml tube) No longer available			
4+ Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (50ml) Glass bottle	\$29		\$
Turmeric (60 capsules)	\$41		\$
4+ Turmeric (180 capsules)	\$99		\$
4+ Turn Back Time Capsules (60 capsules)	\$41		\$
Turn Back Time Cream (50ml tube)	\$41		\$
Turn Back Time Combo (50ml cream and capsules)	\$62		\$
Ultimate Cleanse kit (410 capsules)	\$105		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
4+ Vegan Boost (60 capsules)	\$31		\$
4+ Vitamin B5 (90 capsules)	\$34		\$
4+ Vitamin B Complex (60 capsules)	\$37		\$
4+ Withania (Ashwagandha) (60 capsules)	\$37		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$
Heal your Eye Problems	\$19		\$
Laugh with Health	\$24		\$
Laugh with Health Special 2 for \$40	\$20		\$

4+ FOUR OR MORE PRICING

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

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

4+

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- \$20

Deduct any loyalty rewards shown on your last invoice \$

Please tick your preference

☐

No signature required

☐

Signature required (Sorry, not rural delivery)

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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

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Security code



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

HOW TO ORDER

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Operators available 24/7 – 365 days

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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.

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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.