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Medical Cannabis, our research and development project

See pages 4 - 5



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TAPS PP5164

WHAT'S NEW

My "What's new" in the Sept/Oct 19 catalogue referred to our exciting new project. Well we have now decided it's time to talk about our Medical Cannabis Project.

It was a hard decision to make, as we did not want to talk about it until we had finished. It is getting near the end now and we think it is important that we get some good quality information to our customers.

On page 3 David talks about his about face on medical cannabis, followed by details of our medical cannabis R&D project on pages 4 and 5. There is a detailed technical article on what I have learned about cannabis on pages 6 and 7 and Shaun's article is on the endocannabinoid system page 8.

As we have dedicated the articles in this catalogue to our medical cannabis project and Nadia is on maternity leave (congrats on her new baby boy), there won't be an article from her or Denise.

Next catalogue there will be some more progress photos and further information.

Please do not ask us to supply medical cannabis, as we cannot.

It will be a prescription medicine when available and should be discussed with your doctor.

For media enquiries please contact Dr Shaun Holt.

Kind regards

Mike Coory

Director

Products

- 11 5-HTP
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- 21 Pain-Eze
- 2 pH Test Strips
- 10 Potion No. 9
- 12 Probiotic Multi 9
- 22 RealSalt Products
- 15 Relax
- 18 Salicylic Acid Gel
- 21 Skin Clear
- 18 Sunscreen
- 9 Sweet Stevia Tablets
- 26 The Ultimate Cleanse Kit
- 14 Throat Spray
- 11 Turmeric 60/180
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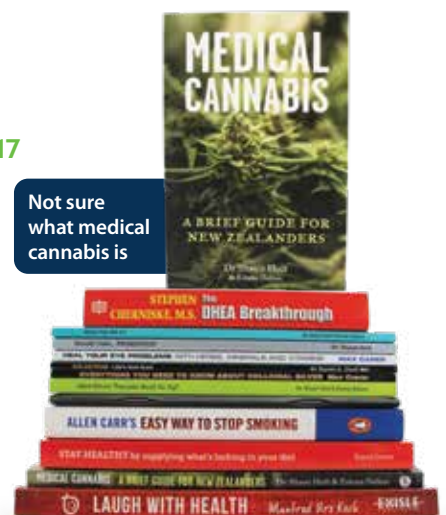
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Medical Cannabis **\$30**

Not sure what medical cannabis is



My about face on medical cannabis

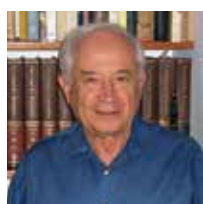
I was born in 1946 – a classic baby boomer. During my Lower Hutt teenage years in the early 1960's I never once came across or was offered cannabis. To us it was a distant American drug, linked with long-haired scruffy hippies and VW Kombi vans. The drug vices among the youth in our day were half-gallon flagons of beer and Pall Mall cigarettes, not cannabis.

My son Mike's suggestion

Then three years ago, my son Mike who manages the Health House business, asked me to research whether medical cannabis was something worth doing. He and Dr Shaun Holt had been discussing it and they were of the opinion it would be something New Zealand patients would benefit from.

I do my research

So, full of baby boomer prejudice that cannabis is a harmful drug – one that kills ambition and encourages laziness, I began researching the health qualities of the original cannabis herb plant. Unlike the specially bred cannabis sold by dealers on the street, the original natural cannabis plant contains mostly CBD and lesser amounts of THC. Wow, what an eye opener. I was amazed at the proven health benefits of this herb.



Pioneer Dr Raphael Mechoulam

I soon found that Israel is way ahead of the rest of the world, and

was impressed with the research and knowledge of 89 year old biochemist Dr Raphael Mechoulam. He has pioneered the medical use of cannabis since the 1960's and has published hundreds of scientific papers on the matter since then. For example, he published a scientific paper over 25 years ago on cannabis being used to treat children undergoing cancer treatment and suffering from nausea. He reported, *"Vomiting was completely prevented. The side effects observed were negligible."* However, this was not acted upon, due to the unavailability

of cannabis legally and prejudice. Yet hundreds of thousands of children all over the world still suffer nausea during cancer treatment.

My current feelings on medicinal cannabis

It appears to me now (although I've never tried cannabis) that the human body and cannabis plant, have been designed with each other in mind. Natural cannabis with both THC and CBD appears to relax anxiety and normalise many abnormal body and brain functions.

There are so many reported benefits, especially in calming anxiety and reducing pain and nausea, it would take pages to list them.

Cannabis is also more complex than I had imagined. The various cannabinoids along with the essential oils of the different varieties of cannabis (called terpenes) significantly modify the effects of cannabis when taken in the body.

Highest possible quality

So I encouraged Mike to proceed with the medical cannabis project while maintaining our Health House uncompromising commitment to quality. The product must be of the highest possible quality and one in which NZ doctors will have full confidence in prescribing.

For the record, I'm strictly not in favour of recreational use of cannabis, or any form of medical intake that involves smoking, but I do consider that the availability of medicinal cannabis at an affordable price is urgent and pressing.



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.

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Our medical cannabis research

I can hardly believe that it was over three years ago (Dec 2016) that I sat down with Dr Shaun Holt to discuss New Zealand medical cannabis.

Normally Dr Holt is the one with creative ideas and I am the one who addresses the production issues. It was quite surprising this time to find he was the one saying it would be very difficult and the bureaucracy would drive us crazy.

We needed four things to make it happen, medical standard grow rooms, a doctor with a knowledge of natural products, a research organisation to do a clinical trial and a factory that could manufacture products to pharmaceutical standards.

Dr Holt introduced me to Professor Richard Beasley, the Director of the Medical Research Institute of New Zealand, NZ's leading independent clinical trials organisation.

Our team at Zealand Health Manufacturing (ZHM) had already been working on implementing Good Manufacturing Practices (GMP) and Scott our warehouse manager (now grow manager) had 20+ years experience growing export quality flowers. I was confident we had the skills to cultivate and produce pharmaceutical grade medical cannabis.

I asked David Coory (Dad) to research it (refer to his article on page 3) and then he said go-ahead.

We meet with Government Officials

In January 2017, Dr Holt, Professor Beasley and myself went to Wellington to meet with representatives from the Ministry of Health (MOH).

To our pleasant surprise, the MOH was positive and helpful. They gave us information on licences and we began the first steps in the challenging process to start growing medical cannabis in New Zealand.

In April 2017 we meet with Peter Dunne (yes he was still in Government and the Medical Cannabis regulations had not even been considered). This taught me the first of many valuable lessons. Who would have thought that discussing your medical cannabis plans with the Associate Minister of Health, meant you were in fact disclosing your plans to someone who is now on the advisory board of a competing medical cannabis company.

Then there was a change of government. It is pleasing (and quite fortuitous) that the Labour government then introduced specific medical cannabis legislation and regulations. During this long legislative and regulatory process we continued with our cannabis research project.

I have to admit Dr Holt was right, it has turned out to be a lot more difficult and time consuming than I ever thought.

Our trial at Lincoln University

To grow high quality medical cannabis requires temperature and humidity controlled grow rooms, no germs, no bugs, no pests, no dirt and no pesticides. We began designing suitable rooms and identifying the best equipment and processes.

While doing this research we were introduced to the appropriate staff members at Lincoln University. The



Stu Larsen from Lincoln University taking a sample to check the plant's pH levels.

University has controlled environment plant growth rooms. We went down to meet the team, to discuss whether they could help us with our research process. They were keen to help and the knowledge and experience in horticulture that they had was impressive (just not in the specific plants we were asking them to grow).

In October 2017 we received the necessary MOH licences so Lincoln University could grow cannabis plants on our behalf. This would provide us with raw material to do testing on, select the strain(s) and develop our manufacturing processes.

We then obtained MOH and Ministry of Primary Industries (MPI) licences to import suitable medical seeds from the Netherlands and organised the inspections that would be required as the plants grew. This was also a new challenging process because as far as we know, no-one had legally imported medical cannabis seeds before.

We sent down our cultivation equipment to Lincoln University and the first lot of seeds arrived at the University in April 2018. Craig, a plant inspector from MPI came in every few weeks to inspect the plants.



Daliya Cyriac from Lincoln University prepares to trim and manicure our first ever cannabis crop.

Stu Larsen and Daliya Cyriac at the University did a great job managing two full crops of cannabis plants for us. Team members from ZHM went down to help with and learn about seed treatment, cultivation, sampling and harvest. Our first plants were harvested in August 2018 and the second batch in October 2018.

Testing and inspections

Helen at the ESR performed all the cannabinoid level testing on the many samples from the plants as they grew at the University and later at our site. The ESR (the Institute of Environmental Science and Research) is New Zealand's Crown Research Institute and their extensive drug analytical services means we could test and then select the most suitable strains of plants.

The testing of the plants is a very important part of the process and we need to ensure that each plant has exactly the level of CBD and THC needed (for more information on why these levels are important refer to page 6).



A stereo microscope photo of a close up of the flower showing the trichomes (which contain the cannabinoids).

Our Research cultivation facility

While the cultivation was happening at the University we constructed our own research grow rooms to the same high standard as our existing clean rooms.

We followed industry and international best practice. It is important that the air is filtered and at the correct temperature/humidity. The water is pure and we don't use pesticides or anything else unnatural on the plants. The plants are fed with minerals and the nutrient formula is a lot like our CAA-Multi formula (but designed for plants) e.g. potassium, phosphorus, iron, zinc, magnesium, calcium, etc.



Control equipment that supplies liquid minerals to the plants.

We do not use soil but use blocks made from 100% natural chalk and rock, free from bugs and any contaminants.

For lighting we wanted to use the latest technology so we choose LED lights. These special lights allow us to programme in a cycle so we can replicate the sun as closely as possible.

With the temperature, humidity, lighting and nutrients all controlled to a preferred level, they are probably the most pampered plants in the country.

Abu, a MPI Technical supervisor comes and inspects our plants every few weeks. We cannot harvest the plants until a final check and sign off is given.



Our research and development grow rooms. Mother plants are on the left and drying cabinets on the right.

We planted our first crop in our grow rooms in February 2019 and our first harvest was three months later. We are now about to harvest crop number seven and are preparing to apply for a commercial cultivation licence.

As you can see we have taken our responsibility to provide top quality and safe medical cannabis very seriously.

Next catalogue we will cover our harvesting, drying, manufacturing and testing and also the construction of our commercial facility.



Our flowering room, plants stripped of leaves ready for harvest.

What is medical cannabis?



Firstly we want to make it clear that Health House does not support the commercialisation of recreational cannabis. We believe that cannabis should only be used as a medicine and that medicines should be prescribed by doctors. Patients need the support of health professionals when taking any medicine, especially when there are side effects to manage.

Using cannabis for recreational intoxication is technically overdosing on a medicine and this should not be encouraged. Medicines should be taken only as directed by a doctor/health professional.

Health House believes cannabis is a natural herbal product that will be beneficial for certain patients and certain conditions. There is a lot of good quality research that in our opinion prove this to an acceptable standard (refer Shaun Holt's book Medical Cannabis Book - A brief guide for New Zealanders, for more details).

The purpose of our medical cannabis research and development project has been to determine the best plant(s) for medical use only.

CBD good, THC bad? Not necessarily.

There is a lot of confusion about the types of cannabis and a lot of misinformation in the public area.

One of the biggest confusions is about two main active ingredients in cannabis, CBD (cannabidiol) and THC (tetrahydrocannabinol). You will hear that CBD is the "good medical ingredient" and THC is the "bad ingredient that gets you high". Many people are stating that we should just use CBD and avoid THC, then proceed to put CBD into every imaginable product for almost every condition.

Unfortunately this is both simplistic and incorrect. THC is a very important ingredient and CBD alone is generally not very effective and for many medical cannabis conditions CBD is not effective at all. Many studies have shown that patients would need many times the dose of CBD compared to a product that has both CBD and a small amount of THC. Many patients confirm that pure CBD does not give them the relief they seek.

Hemp and CBD

You may wonder why CBD is so prevalent overseas and promoted so heavily. This is mainly due to the law regarding the definition of hemp. Now hemp is just a form/type of cannabis, but it must legally have very low levels

of THC and has been more readily available (though still requiring a licence). CBD extracted from hemp is big business, but in our opinion this is not the best product. Although CBD can be extracted from hemp, it makes more sense to grow a high CBD cannabis plant that has a small amount of THC as well and extract the oil from that.

Figure one is a chart showing the differences between the various types of cannabis.

Cannabis and soil

Cannabis is very efficient at extracting minerals and metals from the soil as it grows. This can be beneficial when it extracts the good minerals and this is why hemp seeds are very nutritious. It is not so beneficial when the soil has a lot of heavy metals or pesticide residue. When CBD is extracted from hemp plants, the extraction process can increase the concentration of these negative elements, resulting in high levels of heavy metals and pesticides in the oil. In New Zealand it appears that it is not going to be legal to make a medicine from hemp, so this is a pleasing decision by the regulators.

Figure one - Varying types of cannabis

Type	Purpose	THC	CBD	Seeds*
Industrial hemp	Fibre	Below 0.5%	Below 2%	Some
Food grade hemp	Grain/Oil	Below 0.5%	Below 2%	Many
CBD cannabis	Medical	Below 2%	Med/High 5%-30%	None
Balanced cannabis	Medical	Med 5%-15%	Med 5%-15%	None
THC cannabis	Intoxication	High 15%-30%	Below 2%	None

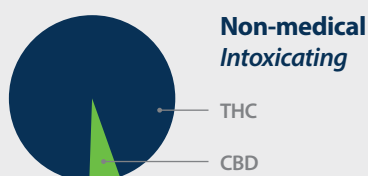
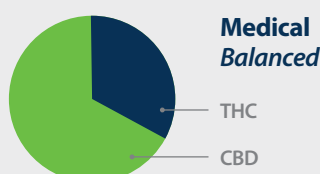
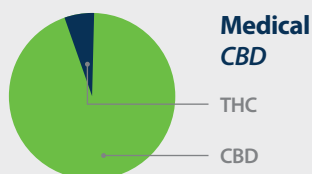
**Hemp is fertilised and produces seeds, while medical and recreational cannabis don't produce seeds.*

Medical versus recreational cannabis

Many people claim that there is no difference between recreational/intoxicating cannabis and medical cannabis. Respectfully I believe this is incorrect and that medical cannabis plants should have more CBD than THC. Illegal breeders have been growing plants that have a high level of THC with very low CBD. Naturally and historically it seems that cannabis plants would have balanced levels with slightly more CBD than THC.

The pie charts below show the differences between the main medical types of cannabis and the intoxicating type. These levels are based on our test results of actual plants we grew.

Note: we did not actually intend to grow the very high intoxicating THC plant. A strain that we were told would be balanced, turned out to not be balanced. This is why our research was important, it allowed us to identify strains that are appropriate for medical use and eliminate those that were not.



My research indicates that the cannabis plant naturally had a ratio of approx. 2 parts CBD to 1 part THC. The high CBD and high THC strains are the result of man's interference and cross breeding.



PLEASE NOTE :

Medical cannabis is a PRESCRIPTION ONLY MEDICINE and should be discussed with your doctor.

Please DO NOT ask us to supply you with cannabis as we cannot.

All media enquiries should be directed to Dr Shaun Holt.

Will medical cannabis get me intoxicated?

The most common concern with patients in respect of cannabis is "will it get me intoxicated?" The people we speak to who are interested in medical cannabis do not want this side effect. They want to be able to function normally while still getting relief from the various symptoms that they are considering taking cannabis for.

While the dosage of cannabis is variable depending on each person, with proper management avoiding intoxicating side effects should not be difficult.

The dosage of THC at which the medical benefits arise is low and the level at which negative side effects arise is quite high. We are going to conduct a small clinical trial with our cannabis to confirm

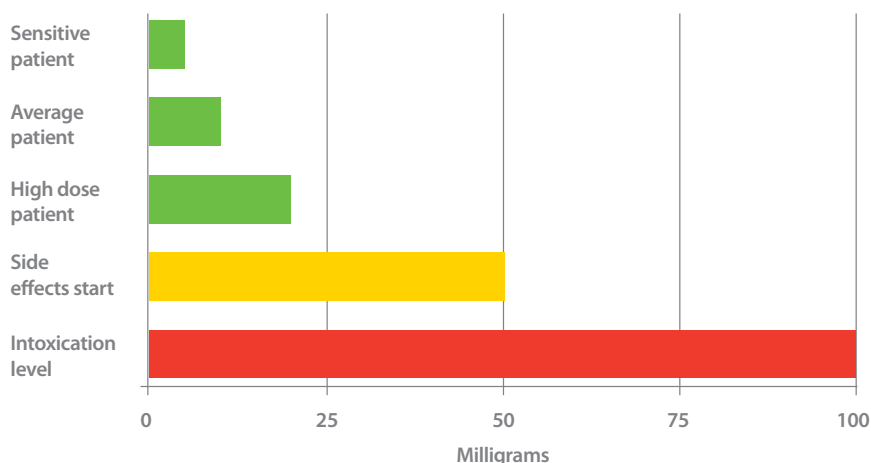
these exact levels, but overseas research indicates doses of 5-20 milligrams.

You can see from **figure two** that providing the dose is managed (by way of prescription), it is not difficult to avoid the negative side effects of intoxication.

The other beneficial part of medical cannabis is that the higher the CBD level, the less chance of the negative side effects. Of course everyone is different and the method a patient uses to take medical cannabis will influence this. Having a good quality clinical trial to determine the dose is very important.

In our next catalogue we will talk about the different methods of taking medical cannabis and how they affect the body differently. We will also talk about the non-intoxicating cannabis acids (THCa and CBDa) and the clinical trial.

Figure two - Dosing levels (milligrams of THC)



The endocannabinoid system

Cannabis contains over 400 different compounds and more than 100 of these belong to a group of chemicals called cannabinoids.

These chemicals are responsible for the majority of the effects of cannabis and are fat-soluble molecules that bind onto cannabinoid receptors in the human body which leads to the effects that they produce. The reason we have cannabinoid receptors in our bodies is that our bodies actually make cannabinoid chemicals which are very similar to the ones that are found in the cannabis plant. This is a really important point and one that many people do not realise - **the chemicals in cannabis are not foreign to our bodies.**

The cannabinoids that are produced naturally in the bodies of animals, including humans, are called endocannabinoids, meaning cannabinoids that are produced from within. Other types of cannabinoids are those that are not made by the body but are made by plants, such as cannabis plants, called phytocannabinoids. It is not just the cannabis plant that makes these. For example echinacea, liverwort and even chocolate contain small

amounts of these chemicals. The other type of cannabinoids are synthetic cannabinoids which as the name informs, are made artificially in a laboratory.

Our bodies therefore have a number of cannabinoid chemicals floating around and they are a completely normal part of the way our body regulates itself. This is an important point; yes we can take cannabis products containing cannabinoids into our bodies, but there are already cannabinoid chemicals in the body which are performing important functions. In many ways cannabis is similar to steroid medicines, we can take a steroid tablet or have a steroid injection for medical conditions, but we already have the steroids in our bodies. Another example, this time from the natural world, are chilli peppers; the main component in them which causes the heat, capsaicin, is used by many people as a cream that is rubbed in for musculoskeletal pain, such as that from arthritis. But the human body is naturally wired up for this, as our pain fibres have capsaicin receptors on them.

Cannabinoid receptors are found throughout the human body and belong to part of a system called the endocannabinoid system (ECS). This system has many important functions and roles in the body and amongst

other things is involved in the body's regulation of:

- ✓ appetite ✓ pain ✓ mood
- ✓ memory ✓ immune response
- ✓ sleep

When you look at all these body systems listed, what becomes apparent is that cannabinoid chemicals which are made in our bodies are involved in many important functions that are important for our wellbeing. Also, when thinking about the symptoms that medical cannabis may be able to alleviate (by, for example, increasing appetite, reducing pain, improving mood, helping with sleep) we can see that these are the functions that the cannabinoid chemicals in our body are working on anyway and any extra effects from the medical cannabis are supplementing this.



ABOUT THE AUTHOR

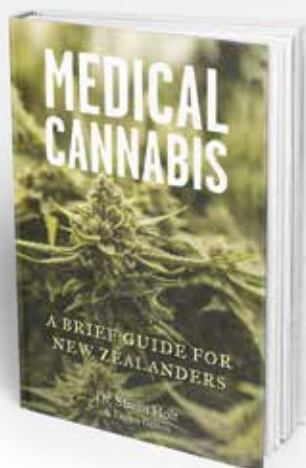
Professor Shaun Holt is a New Zealand based doctor, researcher, author, commentator, speaker and advisor.

Not sure what medical cannabis is?

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

This book does not take a position on this issue, but allows the reader to make their own informed decision.

\$30ea 133 pages



Check out the other titles by Professor Shaun Holt

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200g tub

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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

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

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

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

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

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

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 two or more Healthy Joints 180 and save \$22


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

Enhance both male and female libido

- ✔ Supports optimum sexual desire
- ✔ Supports libido and female reproductive health

\$42ea 60 capsules

 **1** per day

 Morning

 With food

Do not take if pregnant or breastfeeding.





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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.

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500mg full spectrum cranberry powder





75mg
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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.

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6000mg active
Withania - 18mg
Withanolides

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1 per day Anytime With or without food



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

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

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

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

\$41ea 60 capsules

\$99ea 180 capsules

1-3 per day

Anytime

With food

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



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.

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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.

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1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162

MULTI BUY

2 Triple Packs + 2 Probiotics

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

\$290

MULTI BUY

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

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

1 per day of each Morning With food

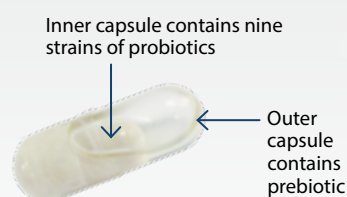
Optimum health begins in your bowel

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

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

\$41ea 60 capsules

1-2 per day Anytime Empty stomach



Store in a cool dry place, no refrigeration needed.



Supports heart, artery and brain health

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

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

\$51ea 60 capsules

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



1 per day Morning With food



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



The most effective multi-mineral-vitamin

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

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

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

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

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

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

\$47ea 60 capsules

1 per day Anytime With food

Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

When those respiratory problems occur and a dry scratchy throat threatens to spoil your day, try our convenient 50ml bottle of Throat Spray.

DIRECTIONS:

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

The bottle contains about 300 sprays.

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

\$29ea

50ml liquid



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

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

New Formula

In this new formula we have returned back to our original chelated selenium product, while the yeast had some good claims behind it the smell was very unpleasant. In hindsight we believe the chelated selenium is just as effective and it is better to have a product that people want to take.

Zinc 10mg active

As we were reformulating, we took the opportunity to add zinc to the formula. The latest NZ Health survey showed our soils and our adult nutrition was just as deficient in zinc as it was in selenium.

Grains are the main source of zinc in our diet, yet 66% of zinc is lost from wheat during milling and refining. The next best source is beef but NZ meats are not high in zinc.

Selenium 150mcg active

Selenium is a powerful antioxidant that supports prostate health and fades brown skin spots. This essential trace mineral is good for your health and may help protect the body from

the poisonous effects of heavy metals and other harmful substances.

Most people will be fine with the amount of selenium (50mcg) in our CAA- Multi, but if you are looking for a higher more comprehensive selenium supplement then this is the product for you.

Boron 10mg active

Boron is an important mineral for bone and joint health, but is also lacking in our New Zealand soil. Most people can get sufficient boron from their diet along with our CAA-Multi (2.5mg), but some people may require more, sometimes up to 9mg a day to support joint health and mobility. So for an extra boron boost this is the product.

\$41ea

60 capsules

- 1 per day
- Evening
- With food



Convenient chewable tablets

Made from a Complete C Powder, blend 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
- ✓ Assists the body to expel waste and toxins

\$30ea 100g powder
on special for a limited time only

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





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.

\$31ea 60 capsules

- 1-2** Maintenance dose Anytime
- 3-6** When unwell 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

1000mcg
of iodine



The nutrient superstar




\$52ea 180 capsules **\$31ea** 60 capsules

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

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

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

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.

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

400BC

Hippocrates used silver preparations for the treatment of minor wounds and to promote healing.



\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



Measure the content of your homemade colloidal silver

\$108ea test meter



Make your own colloidal silver

\$133ea one year guarantee

\$48pair replacement silver rods



A natural moisturising and soothing cream

\$30ea 100ml tube

Are you concerned about your eyes?



\$47ea
60 capsules

Many of us spend far too much time staring at our computers or phones and our eyes are suffering. Our Eye Health formulation can help you. We identified the vitamins and minerals vital for good eye health and combined them with lutein, zeaxanthin and bilberry.

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

1 per day Anytime With or without food



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

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

\$35ea 60 capsules

1 per day Morning With food



40mg of DHEA 7-Keto

Natural youth hormone

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

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

\$40ea 60 capsules

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

Promotes easy, regular bowel movements

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

\$35ea
100 capsules

1-2 per day
 Evening
 With or without food

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



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

\$15ea 50ml

\$21ea 100ml



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

\$17ea 50ml

\$24ea 100ml



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**

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

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

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

\$41ea 50ml tube

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

\$41ea 60 capsules

Take one morning and night with food

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

\$62ea Combo

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



\$62ea
combo
save \$20

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.

Independently tested

TIP: Check the expiry date on your sunscreens. Sunscreens past their expiry won't be as effective.



\$19ea
50ml tube

\$29ea
100ml tube

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



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



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
- If pregnant, not recommended during first trimester.



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

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

Vitamin B5 for heart and artery health

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

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

\$34ea
90 capsules



3000mg of organic Maca

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

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

Supercharge your performance and support your prostate health

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

\$42ea 60 capsules

- 1 per day
- Morning
- With food

Easy and convenient apple cider vinegar capsules



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

Apple cider vinegar has been a general health tonic since before our great grandparents' time, but many of us find the taste unpleasant which is why we are pleased to offer this product in capsule form.

Our apple cider vinegar powder comes from Australian sourced, naturally fermented, apple cider vinegar and contains the "mother". The term "mother" is used to describe the part of the vinegar that contains enzymes and live cultures and is responsible for its various health benefits.




The apple cider vinegar is turned into a powder using a unique low temperature drying process that gently removes moisture from delicate products. Once the optimal dryness has been reached the heat no longer penetrates the product, preserving all the natural colours, flavours and nutritional elements which are often lost due to overheating or over processing.

Taken regularly apple cider vinegar supports the digestive system and can support balanced blood sugar levels and pH levels in the body. It

has been known to support normal blood pressure and cholesterol levels.

Each capsule is equivalent to one teaspoon of apple cider vinegar, three capsules equal one tablespoon.

Always read the label and use as directed. If symptoms persist see your healthcare professional.

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

\$39ea
180 capsules



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.

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

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






\$41ea
120 capsules



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

\$31ea
100ml tube



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

Specials and Stock Clearance

Save on old label, short expiry or end of line stock.



CAA-Multi

This formulation of CAA - Multi has an organic form of selenium (selenomethionine) and smells quite different when you open the bottle.

It doesn't repeat once taken, but due to the smell and customer feedback we changed back to our original formulation.




The clearance CAA - Multi cannot be returned for a refund, due to the smell.

\$29^{ea} expiry April 2020, available while stocks last.

-  1 per day
-  Anytime
-  With food

Complete C Powder




\$30^{ea} 100g powder, save \$7 a bottle, expiry January 2021, on special for a limited time only.

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



Colostrum Powder

\$34^{ea} save \$5 a container, expiry April 2021, available while stocks last.

-  1-2 per day
-  Anytime
-  Empty stomach

NZ only cannot be exported.

Coconut Body Butter




\$16^{ea} save \$5, expiry November 2020
Apply to the skin morning and night or as needed.

Cacao and Yerba Mate Tea's

\$12^{ea} save \$8, Cacao expiry February 2021 and Yerba Mate expiry June 2020.

Carnitine

\$25^{ea} save \$5, expiry February 2021, available while stocks last.

-  3-5 per day
-  Morning
-  Empty stomach



RealSalt Refill

\$23^{ea} 737g pouch
\$28^{ea} 283g shaker and refill combo

MULTI BUY



RealSalt Shaker (original)

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

\$10^{ea} 283g shaker



RealSalt Shaker (season)

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

\$16^{ea} 234g shaker



RealSalt shaker (garlic)

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

\$16^{ea} 234g shaker



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

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

\$47^{ea} 60 capsules

1-2 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.

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.

\$31^{ea} 200 soft gel capsules

1-2 per day
 Anytime
 With food



Help your body burn calories

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

\$25^{ea}

3-5 per day Morning Empty stomach



Autumn 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 stimulated
- ✓ Improve digestive secretions
- ✓ Reduce bowel transit time
- ✓ Speed up your metabolism
- ✓ Total body flush out

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

\$105ea

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

\$90ea **MULTI BUY**

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

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

Support your eye health naturally

We identified the vitamins and minerals vital for good eye health and combined them with lutein, zeaxanthin and bilberry.

- 1 per day
- Anytime
- With or without food

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

\$47ea
60 capsules



**FOR MORE INFORMATION
VISIT OUR WEBSITE**
www.healthhouse.co.nz



CALL US FREE

NZ call on 0800 140 141 | AUS call on 1800 140 141

VISIT OUR SHOP

1 Whakakake Street, Tauriko, Tauranga.
Open five days a week - Mon - Fri 8.30am - 4.30pm.

We have recently changed to the New Zealand Post delivery system. This means your customer number will no longer be displayed in this box, appearing instead on the postal sticker. We apologise for any inconvenience this may cause.
















Always read the label and only use as directed.



















MAR/APR 2020










ORDER FORM AND PRICE LIST

Prices valid until 30 April 2020

CUSTOMER ID


PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 5-HTP (90 capsules)	\$36		\$
 7 - Day Iron (25 capsules)	\$31		\$
Aloe Vera Gel (50ml tube)	\$15		\$
Aloe Vera Gel (100ml tube)	\$21		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
 Apple Cider Vinegar (180 capsules)	\$39		\$
 Bone Health (60 capsules)	\$45		\$
 Boron and Selenium (60 capsules)	\$41		\$
CAA - Multi (60 capsules) Clearance special while stocks last. April 2020 expiry (pg22)	\$29		\$
 CAA - Multi (60 capsules)	\$47		\$
 CAA - Multi Iron free (60 capsules)	\$47		\$
 CAA - Multi Sulphur free (60 capsules) Clearance special while stocks last	\$47		\$
Cacao Tea (30 herbal tea bags) Clearance special while stocks last	\$12		\$
Carnitine (60 capsules) Special	\$25		\$
Coconut Body Butter (60g) Special	\$16		\$
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		\$
Colostrum Powder (100g) (NZ only) Clearance special while stocks last	\$34		\$
Complete C (100g powder) Special - available for a limited time only	\$30		\$
 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		\$
Dude's Face Cream (60g) While stocks last	\$21		\$
 Easy-Lax (100 capsules)	\$35		\$
 Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 Eye Health (60 Capsules)	\$47		\$
 Geezer's Face Cream (60g) While stocks last	\$21		\$
 Harmony (60 capsules)	\$36		\$
Healthy Joints (90 capsules)	\$70		\$
Healthy Joints (180 capsules)	\$104		\$
 Healthy Joints (180 capsules) 2 OR MORE	\$93		\$
 Immunity Support (60 capsules)	\$31		\$
 Kelp (60 capsules)	\$31		\$
 Liver Cleanse (60 capsules)	\$35		\$
 Maca-X (60 capsules)	\$35		\$
 Magnesium (60 capsules)	\$31		\$
 Magnesium (180 capsules)	\$52		\$
Melrest (90ml) Limited stock available	\$32		\$
Melrest (240ml)	\$59		\$
 Men's Boost (60 Capsules)	\$42		\$
Mitchells Bone Broth (100g pouch)	\$36		\$
Mitchells Bone Broth (200g tub)	\$69		\$
Mitchells Collagen Peptides (200g tub)	\$49		\$
Mitchells Collagen Repair (200g tub)	\$69		\$
 MSM Sulphur (180 capsules)	\$43		\$
 Omega 3 Fish Oil (200 capsules)	\$31		\$
 Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$125		\$
 Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$118		\$
Pain-Eze (100ml tube)	\$31		\$
pH Test Strips (5 packs of 10)	\$15		\$
 Potion No. 9 (60 capsules)	\$42		\$
 Probiotic Multi 9 (60 capsules)	\$41		\$
 Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$37		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Season (234g)	\$16		\$
RealSalt wooden gift pack While stocks last	\$39		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 Relax (60 capsules)	\$33		\$
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		\$
 Skin Clear (120 capsules)	\$41		\$
 Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (50ml) Glass bottle	\$29		\$
 Turmeric (60 capsules)	\$41		\$
 Turmeric (180 capsules)	\$99		\$
 Turn Back Time Capsules (60 capsules)	\$41		\$
Turn Back Time Cream (50ml tube)	\$41		\$
Turn Back Time Combo (50ml cream and capsules)	\$62		\$
Ultimate Cleanse kit (410 capsules)	\$105		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
 Vitamin B5 (90 capsules)	\$34		\$
 Vitamin B Complex (60 capsules)	\$37		\$
 Withania (60 capsules)	\$37		\$
Yerba Maté Tea (30 herbal tea bags) Clearance special while stocks last	\$12		\$
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		\$
Heal your Eye Problems	\$19		\$



FOUR OR MORE PRICING

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

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

VISIT OUR WEBSITE

www.healthhouse.co.nz

BOOKS	PRICE EACH	QUANTITY	TOTAL
Laugh with Health	\$24		\$
Laugh with Health Special 2 for \$40	\$20		\$
Medical Cannabis a brief guide for New Zealanders	\$30		\$
New Zealand's Greatest Doctor, Ulric Williams	\$17		\$
Should I take fish oil?	\$20		\$
Should I take... Probiotics?	\$19		\$
Stay Healthy by supplying what's lacking in your diet	\$25		\$
Stay Healthy by supplying what's lacking in your diet 2 FOR \$40	\$20		\$
Which Natural Therapies Should You Try?	\$21		\$



☐ I have bought four or more of the icon products

- \$20

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

☐ No signature required

☐ Signature required (Sorry, not rural delivery)

CUSTOMER ID

Name

Address

Phone

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.

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.

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