

FREE DELIVERY IN NEW ZEALAND

MAY-JUL

2025

EST. 1986  
**HealthHouse**  
Quality, natural health products  
NEW ZEALAND

100%  
PROUDLY  
NZ OWNED  
& OPERATED

# Relieve the symptoms of ***dry and itchy eyes***

## **Dry Eye Relief**

No more eye drops

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## **Protect your precious eye health**

By David Coory - page 4

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60 DAY MONEY BACK GUARANTEE

PP4026

0800 140 141

[www.healthhouse.co.nz](http://www.healthhouse.co.nz)

## 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.

## FOUR EASY WAYS TO BUY

1. Free phone 0800 140 141
2. Website [www.healthhouse.co.nz](http://www.healthhouse.co.nz)
3. Send in the order form (page 21)
4. Visit our shop - 1 Whakakake St, Tauriko, Tauranga

For more information refer to the order form on pages 21 and 22.

## PRODUCT ICONS

These icons help explain the products and when and how to take them.

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

## Loyalty rewards

### Earn a 10% Discount

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

### Refer a friend

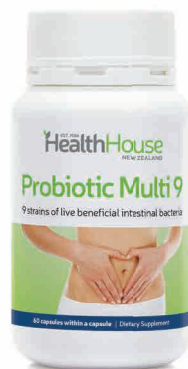
When you refer a friend to us as a new customer, you will receive \$10 towards your next order, when they make a purchase.

# In this issue

Much of our focus this catalogue is on our eye health products and how to support winter wellness. We are also excited for the return of the science based HoneyLab products.

I am pleased to advise that all our creams are back in stock. It seems once more I need to apologise to our customers, especially those who love our Turn Back Time cream. We had a problem with one of the components of our cream, and it was not suitable to use. We have resolved the problem, and they are now available again.

**Special**  
See page 16



### Probiotic Special

As you know, we now get our probiotics made in Japan and love the excellent quality and service. With previous batches we have always ordered them early to ensure we did not run out, but with the Japanese manufacturers they arrived on time, so we are offering the prior batch, which expires in August this year, at a great price while we bottle and process the new batch – see page 16.

This special is limited to the batch expiring August 2025 only, so it is definitely only while stocks last.

### Dry Eye Relief Rollerball

Together with Dr Shaun Holt, we have produced a great new product that is based on a small 26-person study done at Auckland University. This all-natural product applied to the upper and

lower eyelids via a rollerball, helps with dry eyes. This is without all the fuss of trying to get eye drops into your eyes, which so many of us struggle with. We have included some great articles on dry eye disease by Dr Shaun Holt on Page 8 and Nadia on page 14.



### Eye Health

As we are focusing on vision in this catalogue, David talks about how to protect your precious eye health and his mother's experiences with Macular Degeneration. He also talks about our Eye Health product (see page 4). It is based on the AREDS and AREDS2 studies conducted by the US National Eye Institute involving thousands of participants and showing beneficial results.

### Honeylab Products

It is a bit sad we have to advise you the company that sold the Honeylab™ range has recently gone into liquidation. Our factory had a lot to do with the research and development of the Honevo® ingredients and also manufactured many of their bee and honey-based products. We did not want to see these fantastic products go to waste. So, we have now obtained the rights to manufacture the Cold Sore®, Rosacea® and Rubeeven® products. We will do our best to make sure that these products stay in stock as they help a great number of people.

Kind regards

*Mike Coory*

Managing Director



# Dry eye Relief

No more eye drops



**Try our new easy to use castor oil rollerball, a topical application for dry eye relief.**

Formulated to alleviate symptoms of blepharitis and itchy eyes.

Blepharitis is a common eye condition that makes your eyelids red, swollen, irritated and itchy. It can cause crusty dandruff-like flakes on our eyelashes. Blepharitis can be uncomfortable but isn't contagious and usually doesn't cause any lasting damage to your eyes.

Always consult your doctor about what is causing your blepharitis and the best ways to manage it.

Castor oil forms a protective layer on the skin surface which locks in moisture by penetrating the skin barrier. Applying Dry Eye Relief to your eyelids allows oil to penetrate the skin which supports improved dryness in your ocular surface (eyeball). This can dramatically reduce symptoms of dry eye disease. These symptoms can be stinging or burning sensations, a feeling of having something in your eye, redness, sensitivity to light and blurred vision.

Our Dry Eye Relief is made with pharmaceutical grade, cold pressed castor oil and is preservative free.

## Benefits

- ✓ Supports dry, irritated eyes
- ✓ 100% natural
- ✓ Easy rollerball applicator
- ✓ Gentle on sensitive skin
- ✓ Pharmaceutical grade castor oil

**\$34ea** 10ml rollerball

Apply a thin layer twice daily to both the upper and lower eyelids.

Remove contact lenses before applying. Avoid direct eye contact.

For external use only. Discard unused content four weeks after opening.

**New**



Gentle on Sensitive Skin



100% Pure Cold Pressed Castor Oil



Preservative Free



Pharmaceutical Grade Castor Oil



New Zealand Owned and Operated

## Sweet Stevia Tablets

Some of you may have noticed a bit of change in the Sweet Stevia Tablets.

The last time we did a production run in our factory, the tablets had a bit of a problem, this was due to our tableting machine being very old, and not being used very often, only for Sweet Stevia and Vitamin C tablets. We think the problem was a small leak of oil onto the tablets and though the oil is food grade this is clearly not acceptable.

After rejecting and disposing of those tablets, we contracted another company to make some new ones on their machine. Unfortunately, these tablets are a bit firmer than the ones we usually make and are taking a longer time to dissolve.

Customers having to break them in half or grind them up is really not acceptable, so we have decided to discontinue with these tablets. If you are not happy with your current Sweet Stevia Tablets let us know and we will put this right.

We have a lot of stock of Sweet Stevia Tablets left and apart from dissolving issues there is nothing wrong with them. So, we have decided to offer them free of charge to any customers already placing an order with Health House through our Call Centre on 0800 140 141.

Remember they will be a bit hard to dissolve and we suggest breaking them in half or crushing them before use.

For those customers who love the Sweet Stevia Tablets, we are very sorry but once this stock is gone we will not be making any more.



**Free**

# Protect your precious eye health



Once a year during the Christmas break I review our Health House customers product testimonials.

I do this to make sure our products are all still effective, as our Health House motto has always been 'quality natural health products that work'.

When I do this each year, I'm usually pleasantly surprised by an unexpected large number of testimonials for a particular product. Most often it's our CAA Multi and Optimum Health Triple Pack, however last year the largest number was for our new Manuka Oil Cream. I'm amazed how many skin problems this product has healed.

The year before, I was impressed by the number of testimonials for our Eye Health capsules. So, my son Mike suggested I write an article about our Eye Health capsules and eye health in general.

## Antioxidants are the key to our eye health

There's no mystery as to the nutrients required for good eye health and to keep our lens and cornea clear and healthy – all being antioxidants and in our Eye Health capsules.

### Nutrients are as follows:

- Lutein (orange-red plant antioxidant)
- Zeaxanthin (yellow plant antioxidant)
- Bilberry (purple plant antioxidant)
- Anthocyanosides (red, purple and blue)
- Bioflavonoids (red, yellow, blue and purple)
- Beta carotene (orange-yellow plant antioxidant)
- Vitamin C (powerful vitamin antioxidant)
- Vitamin E (powerful vitamin antioxidant)
- Copper (essential mineral antioxidant)
- Zinc (essential mineral antioxidant)

When we formulated Eye Health we made sure we obtained the highest quality of all these antioxidants, and that our formulation was the best possible balance.

### Great customer testimonials

Because of the number of positive testimonials we receive, we feel we've achieved by, supplying our customers with quality, natural health products that work.

### Avoiding Macular Degeneration (MD)

Macular Degeneration, or MD, where central vision is lost, is common among the elderly nowadays. My mother developed MD many years ago in her 80s. At the same time, her cousin of the same age developed it also, who unfortunately went blind a few years later.

We didn't have Eye Health available at the time, however my mother did her own research and started eating a handful of blueberries every day, which are high in antioxidants. She was delighted to find her MD beginning to improve and was able to see satisfactorily until she passed at age 95.

Blueberries are very high in antioxidants. I'm only now fully appreciating the profound effect of antioxidants on my own health since I found out last year I was able to double my daily push-ups simply by taking one capsule a day of our Fruit Antioxidant.

### Avoiding myopia or short-sight

Myopia or short sightedness is an increasing eye problem among our children. Research has found it can be caused by too much close-up vision, staring at screens, reading books and a lack of natural sunlight and outdoor play. A child's maturing eye gets the message that they need to rest focused

close-up, instead of at a distance which is normal.

A study from Canada, found that just one extra hour outdoors each week can lower a child's risk of myopia by 14%.

Antioxidants also help, research has found that children with the highest levels of Lutein (found in Eye Health) had a 43% lower risk of myopia compared to those with the lowest levels.

Myopia is now also occurring in adults who formerly had normal sight, because of so many screen devices.

Ophthalmologist Doctor Laroche recommends a 20-20-20 rule to avoid myopia: For every 20 minutes you look at a computer screen, take a 20-second break to look at something 20 feet away.

### Avoiding cataracts

Another common problem is cataracts. We have a unique book available called 'Heal Your Eye Problems' written by the late Max Crarer who had success in reversing this problem through natural means which is described in his book. He was also able to reverse his own glaucoma by natural means.



## 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.



# EYE HEALTH

## Supporting good eye health

Are you concerned about your eyes?

### Do you suffer from eye strain or fatigue?

Health House's Eye Health formulation is a combination of herbs, vitamins and the minerals shown to support good eye health.

Specific vitamins and minerals have been identified as being vital for good eye health in published international studies. We included those vitamins and minerals identified in these studies along with lutein, zeaxanthin and bilberry.

Our ingredient is sourced from specially grown marigold flowers and contains the antioxidants lutein and zeaxanthin. These are necessary in high concentrations for a healthy macular and to help to protect the eye from free radical damage. The suppliers conduct scientific tests to validate their product.

We obtained the strongest bilberry fruit extract we could find (one hundred times the potency of the fruit). The potency in just one capsule is equal to 12 grams of dry bilberries. This ingredient is extracted in the USA from plants grown in Europe.

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

The minerals zinc and copper are important eye nutrients and play a significant role in defending against free radical damage in the macular region, retina and lens of the eye.



**\$49ea**  
60 capsules

Eye Health is a comprehensive natural product for your eyes. Support healthy vision and comfortable eyes with Eye Health.

### Supports

- ✓ Lens and macular health
- ✓ Healthy retinas and macular pigment density
- ✓ Protection of the macular region of the eye from free radical damage
- ✓ Eye fatigue, night vision and help with adapting to glare

1 per day Anytime

With or without food

**\$49ea** 60 capsules

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



## Stay Healthy Book

Updated in 2021, this new 11th edition of New Zealand's most popular and easy to understand health book, Stay Healthy by supplying what's lacking in your diet (over 97,000 copies sold) is packed full of priceless health information and now with international measurements.

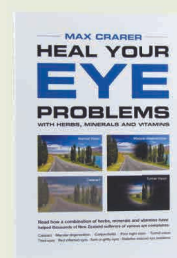
This book shows you how to dramatically improve your health by making small but critical changes to your diet.

**Paperback**

**\$31ea** 420 pages

## Heal your eye problems

This book explores natural methods for healing and preventing eye disorders. Heal Your Eye Problems with Herbs, Minerals, and Vitamins, an engaging New Zealand publication, was written by retired Wairoa farmer Max Crarer in his mid-70s.



**\$20ea**  
109 pages

## Other books

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

New Zealand's Greatest Doctor,  
Ulric Williams **\$18ea**

The Eczema Diet Book **\$29ea**

# NURTURE THE Skin you're in

## SKIN CLEAR


Skin Clear gives the body the tools it needs to deal with excess oil in the form of pantothenic acid (vitamin B5) and carnitine.


Vitamin B5 converts the excess oil to Coenzyme A, a natural enzyme that deals with fatty acids.


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

### Supports

- ✓ Clear unblemished skin
- ✓ Normal oil production and the breakdown of excess oil that can clog pores

 **2-4** per day

 Anytime

 With food

**\$43ea**  
120 capsules

Green  
vegetarian  
capsules

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



## ALOE VERA GEL

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

Aloe Vera Gel is the best healer of pimples and skin blemishes we have ever come across. It normally brings pimples to a head overnight and within two days they are gone.

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

**\$22ea** 100ml tube

## ALOE VERA WITH COLLOIDAL SILVER GEL

Repair irritations and revitalise your skin with our 50/50 blend of Aloe Vera and Colloidal Silver Gel.

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

**\$18ea** 50ml tube

**\$25ea** 100ml tube

## SALICYLIC ACID GEL

Sun damage spots are not large brown freckles, but rough, scaly spots caused by years of exposure to strong sunlight. Salicylic Acid Gel is a pleasant, easy way of helping manage these dry sun spots on your face, head or hands.

**\$29ea** 50ml tube

**COMBO**

**\$43ea** Salicylic Acid Gel 50ml and Aloe Vera Gel 100ml combo  
Save \$8



## PREMIUM Collagen

Collagen helps maintain youthful skin and supports digestive wellness

Collagen is one of the most important proteins in the body, providing strength and structure to the skin, bones, muscles, tendons, ligaments, and even the intestinal lining. However, as we age, our natural collagen production declines, leading to weaker skin, joints, and connective tissues. Supplementing with high-quality collagen can help support the body's structural integrity and overall well-being.

Health House Premium Bovine Collagen is sourced from Rousselot, a world-leading collagen producer with over a century of expertise. Through a process called hydrolysis, the collagen is broken down into short-chain amino acids, known as peptides, making it easier for the body to absorb and utilize. These peptides help maintain skin elasticity, support joint and tendon health, and contribute to a stronger, healthier body.

This premium collagen is free from added flavors and sweeteners, making it a versatile addition to your daily routine. Simply mix it into beverages, smoothies, or sprinkle it over food for an easy way to nourish your body from within.

**100%**  
Hydrolysed  
Bovine Collagen  
Peptides

**Storage:** Store below 30°C away from direct sunlight, heat and humidity.


Ingredient imported from France and packed in New Zealand.

**\$39ea**

240 gram tub - 24 x 10g serves

 **2** tsp per day

 Anytime

 With or without food

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



## NEW ZEALAND Manuka Oil Cream

Natural support suitable for dry, reddened, sensitive and irritated skin.

### Supports

- ✓ Natural relief to irritated skin
- ✓ Calming sensitive skin
- ✓ Soothing reddened, flaky skin
- ✓ Customers favourite

**Not recommended for children under 2 years.**

**Directions:** Apply gently onto the affected area two or three times a day or as required.

**\$43ea**  
100ml tube



## TURN BACK TIME Anti-Ageing

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



Combat aging inside and out with our powerful combo! Our cream blends liquid CoQ10 and marine collagen, while our capsules deliver water-soluble CoQ10 and bioflavonoids. Vitamin C boosts collagen and firms skin, while CoQ10, vital for youthful skin, declines with age. Free from parabens, paraffins, SLS, and synthetic fragrances.


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

**\$43ea** 50ml tube

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

**\$43ea** 60 capsules

 **2** per day  Anytime

 With food

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

Purchase a Turn Back Time Combo for \$65 and save \$21 off the individual product prices.

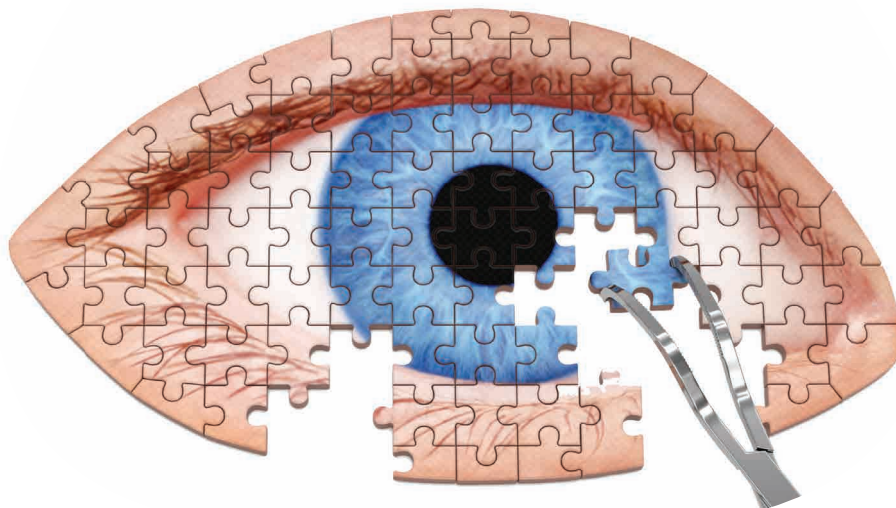
**\$65ea** **COMBO**

50ml tube/60 capsules combo





# Dry eye disease



Around 10-20% of the population over 40 years of age have moderate-severe symptoms of dry eye disease and the prevalence increases as we get older.

It is becoming more common, particularly in younger people. One of the reasons for this is thought to be that we are increasingly looking at screens, particularly phones. When we focus on a screen, we tend to blink less frequently which results in tears not being spread evenly across the eye surface, and so the eye is not kept as moist as it should be. Looking at screens can reduce blinking by up to 60%.

Dry eye disease refers to a condition where the eyes do not produce enough tears or the tears produced are of poor quality, leading to insufficient lubrication of the eye surface. This results in symptoms including: stinging or burning sensations, a feeling of having something in your eye, redness, sensitivity to light and blurred vision.

Treatment usually involves eye drops, lifestyle changes, or medications to increase tear production.

Blepharitis, a related condition, involves inflammation of the eyelid margins, where the eyelashes grow. It can be anterior (affecting the front of the eyelid where the lashes attach) or posterior (affecting the inner edge where the meibomian glands are located). Symptoms include red, swollen eyelids, itching or burning, crusty debris or scales around the lashes & excessive tearing or dryness. Treatment often includes gentle cleaning of the eyelids.

Both conditions can coexist, and managing one can help alleviate symptoms of the other. They require regular eye care to manage symptoms effectively and prevent complications.

A big problem for people with dry eye disease is that treatment often involves eye drops, which many people (including myself!) find difficult to use...

- It is hard to aim the tiny drops at the small target of the eye, and almost impossible if your hands are trembling.
- We have a blink reflex which often closes the eye just as the drop is about to land.
- In general, putting drops of liquid in the eye can be uncomfortable.
- It can be tricky to keep the head tilted backwards while using the dropper.

Fortunately, there is a great, new, simple solution. A study undertaken in New Zealand assessed a novel way to treat these conditions, using a rollerball that delivers castor oil. The rollerball is very easy to use and overcomes the challenges with standard drops.

In the study, patients with blepharitis applied the castor oil to the eyelids twice a day for 4 weeks. The researchers measured several aspects of eye health, such as the level of symptoms and the amount of crusting

etc. The assessments showed large improvements, and that the rollerball was highly effective and importantly there were no side effects.

And so, there is now a new treatment option for people who have symptoms of dry eye disease and blepharitis, which most people will find is much easier to use than eye drops.



## ABOUT THE AUTHOR

Dr. Shaun Holt is a researcher, author, commentator, speaker and advisor.

## Dr. Shaun Holt Book Collection

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

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

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

Medical Cannabis **\$30ea**

Natural Remedies That Really Work **\$29ea**

# Magnesium

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

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

Magnesium helps relax your mind and supports healthy blood pressure and 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 to support cardiovascular health.

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

## Capsules

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 to support a healthy heart
- ✓ Easily absorbed even if digestion is weak



**Available as capsules or a topical cream**

## Magnesium Cream

**\$35ea** 100ml tube

**Directions:** Massage gently into skin two or three times daily or as required. Avoid direct contact with eyes and other sensitive areas such as your face. If redness or irritation occurs, rinse with cool water.

## Magnesium Capsules

**\$33ea** 60 capsules

**\$55ea** 180 capsules

## Magnesium Combo

**\$85ea** 100ml tube/180 capsules

**COMBO** Save \$5.00

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 over eight years of age:** one capsule per day, or as directed by your healthcare professional.

# Rubeeven

Rubeeven™ combines capsaicin (cayenne) and bee venom for rapid joint stiffness relief. Made in New Zealand, it delivers bee venom through a chili extract, warming muscles, bones, and joints. Used in Asia for over 2000 years, bee venom supports joint and muscle comfort.

**Ingredients:** Distilled Water, Cayenne Liquid Extract (Capsaicin), Coconut Wax, Extra Virgin Olive Oil, Benzoin Tincture, Bee Venom.

**Warning:** Do not use if allergic to bee products. May cause a temporary warming sensation to the area applied. If too hot, wash off and apply less.

**\$35ea**  
30ml pump



# Pain-Eze

Pain-Eze contains 11 active ingredients and is an all natural, warming cream with powerful essential oils and potent extracts.

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

**\$37ea**  
100ml tube

## Directions

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



# Support 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.



## Our best selling product

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.

Available in non-sulphur and non-iron versions.

## Optimum Health Triple Pack

### 1 Triple Pack

Save \$17 off the individual product prices.

**\$135ea**

### 2 or more Triple Packs

Save \$44 off the individual product prices. Available in non-sulphur and non-iron CAA - Multi versions.

**\$130ea**

**MULTI BUY**

### 1 Triple Pack + 1 Probiotic

Save \$21 off the individual product prices

**\$180**

**MULTI BUY**

Special Probiotics with expiry  
31 Aug 2025 - while stock last

### 2 Triple Packs + 2 Probiotics

Save \$52 off the individual product prices.

**\$340**

**MULTI BUY**

Special Probiotics with expiry  
31 Aug 2025 - while stock last

Available in non-sulphur and non-iron versions.

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



## Supports heart, artery and brain health

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

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

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



## Keep calcium in your bones with Bone Health

Bone Health provides the correct balance of the four bone nutrients.

It is really important to have the proper balance between the four bone nutrients (calcium, vitamin D, vitamin K2 and magnesium). An imbalance of these four nutrients is why some calcium supplements have become associated with increased risk of heart attack and stroke, instead of supporting our health, as Bone Health is scientifically designed to do.

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





# Nourishing your skin this winter

Winter can be a challenging time for bothersome skin conditions. Dryer air from heating combined with hotter showers and cold air outside can all affect the moisture levels of our skin.

Our skin is the largest organ and is made of three layers, each layer has varying moisture levels. The term barrier function is used to describe the skin's outer layer protective mechanisms, one function is through regulating skin hydration. When this is compromised and the skin becomes dry we can be more prone to skin conditions flaring. There are some steps you can take over winter to help nourish your skin from inside and out to ensure that protective moisturising layer is not compromised.

## Fish Oil

Fish oil provides essential fatty acids (EFA's) in the form of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Our body cannot create its own EFA's so it is important to obtain them from our diet or through supplementation. Our skin is made up of three layers and essential fatty acids have roles in both the outer and middle layers. Fish oil can be helpful for calming redness and dryness through assisting the skin barrier function to lock in moisture.

## Hemp Seed Oil

Like fish oil, hemp seed oil also provides essential fatty acids, however in the forms of ALA (alpha-linolenic acid) and LA (linolenic acid). Hemp seed oil offers an alternative for those that prefer not to take fish oil capsules.

## Collagen

Collagen is a very versatile protein with many benefits and has a number

of actions in maintaining skin health. Collagen provides support to the lining of our stomach; our skin and gut have a direct connection. The health of our gut can directly impact the health of our skin. Studies have shown that collagen supplementation supports skin hydration and elasticity. Hyaluronic acid is a molecule involved in aiding skin hydration by retaining water molecules. Collagen supplementation has been shown to support hyaluronic acid production in the dermis (middle layer of the skin).

## Manuka Oil Cream

Manuka Oil Cream offers nourishing properties with jojoba oil and almond oil to help with the integrity of the skin barrier. Calendula infused olive oil offers actions for skin moisture levels, working to maintain the skin barrier function and may promote healing of any compromised skin. Chamomile offers calming properties when troublesome skin conditions persist. Manuka oil offers actions against further complications that can sometimes occur with common dry, red and irritated skin conditions.

## Colloidal Silver Cream

A blend of colloidal silver, shea butter, almond oil, jojoba oil, calendula oil, avocado oil and cocoa butter offers actions to help in hydrating and supporting the skin barrier function. Combined with lavender essential oil aiding to calm red, irritated skin. Customers use our Colloidal Silver

Cream for a range of purposes, I personally use it as a hand moisturiser and find it helpful for combating winter dryness.

## Turn Back Time Cream

Turn Back Time Cream offers a rich hydrating option, particularly for mature skin types; by aiding the skin barrier function through hydration. Coenzyme Q10 and marine collagen are found in the Turn Back Time Cream which offer benefits of slowing the visible signs of ageing.

## Diet

Is also an important component of skin health. Consuming foods rich in essential fatty acids is particularly helpful for skin hydration and assisting the skin barrier function. Following a whole food diet and ensuring you are drinking enough water throughout the day is a good foundation to establish for skin health.

Skin conditions can have various causes, working with your local naturopath is advisable for ongoing skin concerns.



## ABOUT THE AUTHOR

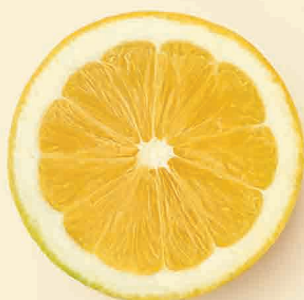
Megan Amrein -  
BNatMed. Registered  
Naturopath and  
Medical Herbalist.



# Winter Wellness

Stay strong throughout the season

Winter can weaken your immune system, so support it with key nutrients like Vitamin C, D, and Zinc. Our wellness supplements support the immune system, energy, and overall well-being all season long.





## TURMERIC

### 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 with antioxidant properties.

**\$75ea** 180 capsules

**\$35ea** 60 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.

## VITAMIN B COMPLEX

### Daily function

B vitamins are water-soluble, meaning your body doesn't store them like other nutrients. Levels can vary daily depending on your diet. When you're stressed or overworked, your body uses more B vitamins. Additionally, alcohol, sugar, and caffeine can further deplete them.

**\$39ea** 60 capsules

 **1** per day  Morning  With or without food

Taking at night may keep you awake. Vitamin B2 may cause urine to turn yellow, this is normal.




## 7-DAY IRON

### General health

High quality, easy to digest iron to support energy.

Our 7-Day Iron has remained very popular as our customers see real improvements in the iron levels of their blood, and conveniently you only require one capsule per week.

**\$33ea** 25 capsules

 **1** per week  Anytime  Empty stomach

## VITAMIN D

### The sunshine vitamin

To ensure your levels are optimal it is recommended you take a supplement daily. Vitamin D is a powerful nutrient required for good health and is known to support emotional wellbeing.

**\$34ea** 60 capsules

## IMMUNE SUPPORT

### Immune health

Support your immune health year-round with a blend of four potent herbs and two key nutrients.

This formula includes olive leaf extract, echinacea, astragalus, garlic, zinc, and vitamin C which provide support for ills and chills. Take at the first sign of discomfort as a preventative measure. Not for long-term use.

**\$33ea** 60 capsules

 **1-2** per day  **3-6** When unwell  
 Anytime  With food

## THROAT SPRAY

### Throat tonic

Soothe a dry scratchy throat with the 100% natural honey and blackcurrant flavoured throat spray.

**\$35ea** per bottle

**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).

Rinse nozzle under hot water if spray volume reduces.

## COMPLETE C

### Winter health




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

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

#### Contains

- ✓ Pine bark extract (pycogenol)
- ✓ Grape seed extract
- ✓ Rosehips
- ✓ Rutin
- ✓ Hesperidin
- ✓ Quercetin
- ✓ Bioflavonoids

**\$39ea** 100g powder

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





## CASTOR OIL AND *dry eyes*

Castor oil is a thick, colourless oil that is produced by pressing and then filtering castor beans from the castor plant, *Ricinus communis*.

**The plant is native to Africa and Asia and has been traditionally used in these cultures for centuries.**

Castor Oil has a large number of uses in natural medicine including for many skin conditions, detoxing the body, a laxative, breaking down internal scar tissue, hair growth, ear ache, arthritis and in recent years, a study conducted in New Zealand has found that castor oil can dramatically reduce symptoms of blepharitis, or eyelid and ocular (eyeball) surface inflammation.

The study took place across four weeks with 26 participants, all with clinical signs of blepharitis. They used a rollerball application of castor oil across both the top and bottom eyelids topically, twice daily on just one of their eyes and assessed the results. The improvements found in the participants included significant improvement in ocular surface signs as

well as improvement in eyelid margin thickening, spider veins, eyelash matting, eyelash and eyebrow hair loss, cylindrical dandruff, staphylococcal and seborrheic eyelash crusting and inflammation from use of contact lenses.

Because castor oil is so thick, it forms a protective layer on the skin and locks in moisture by penetrating the skin barrier. It is anti-inflammatory, antimicrobial and anti-ageing.

Castor oil can be used for a number of ailments. High concentrations of ricinoleic acid mean it can easily penetrate the dermis of the skin, stimulating the production of collagen and allowing it to enter the circulatory and lymphatic systems. Using a castor oil pack (oil soaked compress with a hot water bottle on top) on your abdomen over your liver can assist with detoxing; putting a small amount of castor oil in your bellybutton daily can improve digestion, help with constipation, and reduce menstrual pain; massaging castor oil on your scalp can increase hair growth; and a

blend of 10-20% castor oil and another carrier oil can be used as a facial cleanser that treats acne and skin inflammation.

Because castor oil can deeply penetrate skin, it is not required to be taken internally to make a significant improvement to your health. Applying castor oil to your eyelids will still allow the oil to penetrate and help to improve dryness in your ocular surface (eyeball), just as applying a pack to your abdomen or bellybutton will still improve a raft of internal symptoms.

If you would like to find out more about how castor oil may benefit your health, talk to your natural health professional.



### ABOUT THE AUTHOR

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

# Colloidal SILVER

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

## 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.

*If you are suffering cold and flu symptoms, stay at home and call Healthline for advice.*

## NEW ZEALAND KELP

Kelp, harvested from New Zealand's nutrient-rich waters, benefits nails, hair, and overall health. Rich in iodine, it supports thyroid health and helps protect against radiation damage.

**\$33ea** 60 capsules

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

Small size capsules each containing 1000mcg of Iodine.



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.

## Make your own at home

Make fresh, high quality Colloidal Silver Liquid yourself at home for a fraction of the cost.

## Colloidal Silver Generator

Make your own Colloidal Silver

**\$140ea** one year guarantee (includes silver rods)

**\$50pair** replacement silver rods

**\$17ea** 100ml liquid spray

**\$28ea** 100ml tube gel

**\$31ea** 100ml tube cream

**\$38ea** 500ml liquid




## PREMIUM FISH OIL

Health House Premium Fish Oil is imported from the United Kingdom from fish sourced principally from the Pacific and Atlantic Ocean, using wild sources of small fish (anchovy/sardines) and operating within global standards (IFFO). They use the latest refining technology to ensure much lower fat and calories than regular fish oil.

**\$34ea** 150 soft gel capsules

 **1-2** per day

 Anytime

 With food



## HEMP SEED OIL

A healthy plant based source of omega oils, high in vitamins, minerals and amino acids.

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

**\$39ea** 150 capsules

 **2-6** per day

 Anytime

 With food



**SPECIAL**

**Top  
Seller**



## PROBIOTIC MULTI-9 Reset your gut health

A feeling of well-being obtained naturally and help with managing food cravings.

If any of these strains of bacteria are missing, various kinds of foods will not be digested properly. This causes gluten and dairy allergies and numerous other health or digestive problems.

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Once in your small intestine, these bacteria recolonise and multiply, just like plants in a garden. If any of these bacteria were missing, the effect on your health and ability to digest all types of foods can be dramatic.

### Supports

- ✓ Bowel and digestive health
- ✓ Digestion of food, soft, regular bowel movements
- ✓ Mineral and vitamin absorption
- ✓ Bowel bacteria after taking antibiotics

1-2 per day

Anytime

Empty stomach



**SPECIAL**

Only for batch with expiry 31 August 2025 - Limited stock

**\$45ea** 60 capsules

or buy two (or more) for

**\$40ea**

Best before 31 Aug 25.

# 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.

**RESET  
YOUR GUT  
HEALTH**

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

### What do I get in the kit

- Full bowel and intestine cleanse Gentlelax and Cleansa
- Full liver and kidney cleanse Digestaid
- Full nutritional support Supafood
- Full bowel flora renewal Probiotic Multi 9 pouch

### Supports

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

**MULTI BUY**

**SPECIAL**

**\$135ea**

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

**\$99ea**

Buy two (or more) of The Ultimate Cleanse Kits and save \$36 per kit. Best before Aug 2025.

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.







## BORON + SELENIUM General health

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

- ✓ Supports calcium absorption
- ✓ Supports magnesium absorption
- ✓ Supports men's sexual health

**\$43ea** 60 capsules

1 per day Evening With food

## GLUCOSAMINE-CHONDROITIN Healthy Joints

Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of the highest quality chondroitin sulphate. In addition boron, organic silica, natural vitamin D and MSM (Methylsulfonylmethane), works with chondroitin to support the integrity of the cartilage and supports joint comfort.

**\$74ea** 90 capsules **\$109ea** 180 capsules

**MULTI BUY**

**\$98ea** Buy two or more Healthy Joints 180 and save \$22

2-3 per day Anytime With food

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



## MSM SULPHUR Mobility

Methylsulfonylmethane (MSM) is a sulphur compound that is naturally present in our body's system. Predominantly MSM is used for supporting joint health and mobility.

Sulphur supports the health of your joint cartilage, collagen, skin, muscles, nails and hair. It also supports the health and vigour of good probiotic bacteria in your intestines. You can enhance the effectiveness of MSM with vitamin C.

**\$45ea** 180 capsules

1-6 per day Anytime With or without food





# REALSALT

The way salt should be - nothing added, nothing taken away.

**Exactly as nature made it - and mined in Redmond, Utah. Just two hours south of Salt Lake City.**

This mineral-rich salt is carefully extracted from a pure salt deposit in Utah, left behind by the evaporation of an ancient, unpolluted Jurassic sea. It is rich in over 60+ of the soluble (colloidal) trace minerals required for human health.

## The health benefits of unrefined salt

During the refining of regular salt, most of the trace minerals, which our body needs for optimum health, are removed. RealSalt, which is unrefined, still contains all of these lost minerals.

Health enthusiasts swear by the benefits of unrefined salt. RealSalt also contains natural Iodine that remains in the body far longer than the inorganic Iodine, (which is added to refined table salt).

The body needs salt to support cells with electrolyte and fluid balances.

## Originals

### RealSalt Refill

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

**\$29ea** 737g pouch  
284g shaker and refill combo

**\$41ea** **COMBO**

### RealSalt Shaker (original)

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

**\$17ea** 284g Shaker

### RealSalt Shaker (seasoned)

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

**\$25ea** 234g Shaker

## Coarse Grinder & Refill

### Coarse Salt - the biggest grain size typically used in a grinder

RealSalt is unrefined, ancient sea salt exactly as nature made it. Redmond call it "Nature's First Sea Salt®," which contains over 60 naturally-occurring trace minerals, and it's never processed or chemically treated.

### RealSalt Coarse Refill Pouch

For everyday use, ancient coarse sea salt

**\$25ea** 454g pouch

### RealSalt Coarse Grinder

Gives a dramatic salty flavour

**\$19ea** 135g Grinder

### RealSalt Coarse Combo

Coarse Salt Grinder 135g and Coarse Salt Refill Pouch 454g

**\$39ea** **COMBO**

## PH TEST STRIPS

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

You can easily check your pH at home with this simple Saliva Test kit. For optimum health and immunity, your saliva pH should be between 6.8 and 7.0.




**\$16ea**  
(five packs of 10)



## Cranberry

Our premium, all-natural, full-spectrum cranberry powder is specially formulated to support normal prostate function in men while also supporting healthy urinary flow and overall urinary tract health in both men and women.

**\$37ea** 60 capsules

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


Seek advice if taking blood thinning medication.



## Carnitine

Carnitine's role in the body is to transport stored body fat to the cells to be burned for energy, even when you sleep. Each capsule of Carnitine gives you 348mg a day. Maximum support for calorie metabolism is usually achieved at about 1750mg a day or five capsules. Maintenance dose is 348mg or one capsule a day. Carnitine is 100% natural.

**\$32ea** 60 capsules

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

Seek advice if taking blood thinning medication



## Liver Cleanse

Powerful milk thistle combined with essential vitamins and electrolytes for your liver health. Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

**\$37ea** 60 capsules

 **1** per day  Morning  With food



## Easy-Lax

Easy-Lax is a gentle, herbal stool softener that supports easy, regular bowel movements without straining. It contains five herbs that have been proven to be beneficial to the bowel. Easy-Lax works gently over a twelve-hour period.

**\$37ea** 100 capsules

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






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.



## Apple Cider Vinegar capsules




Enjoy all the health benefits of apple cider vinegar without the unpleasant taste.

Taken regularly apple cider vinegar supports:

-  Digestive system
-  Balanced blood sugar levels
-  pH levels in the body
-  Normal blood pressure
-  Cholesterol levels

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




**\$41ea** 180 capsules

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

## Vitamin B5

Vitamin B5 (Pantothenic acid) is required by our immune system to support artery and blood health in the body.

**\$36ea** 90 capsules

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







## WITHANIA

### Reduce stress levels

Withania (Ashwagandha) is a powerful herb known for its calming, revitalizing, and healing properties.

Ashwagandha supports physical and mental energy and is highly regarded for supporting health and wellness in the elder years.

Withania is an excellent choice when looking to support energy levels, lift mood, support restful sleep and help recover from any illness.

**\$39ea** 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. Not recommended if pregnant or trying to conceive.

## MEN'S BOOST

### Daily support

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

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

Men's Boost is an all-round supplement that will support your performance, maintain your health and is at a much lower cost, with a better formula, than other similar products.

**\$44ea** 60 capsules

1 per day Morning With food

## ALERT PLUS

### Support brain function

Lion's Mane Mushroom, a traditional Chinese herb, supports brain function and clarity. Combined with Ginkgo Biloba and Ginseng extracts, it supports alertness and mental focus.

These ingredients also support general wellbeing, mood balance, and restful sleep, offering antioxidants for a calming effect on the body.

**\$59ea** 60 capsules

1-2 per day Anytime With food



## HARMONY

### Natural hormonal support

There are certain times in a woman's life when she needs extra support.

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

**\$40ea** 60 capsules

1-4 per day Anytime With or without food





## ROSACEA

Honevo Rosacea is a topical pharmaceutical-grade Kanuka honey formulation, developed as a treatment for various skin conditions.

Applied to the face for at least 15 minutes twice daily, washing off after each application.

Completely natural, Honevo is a strong natural antiseptic and a deep moisturiser.

### Benefits

- ✓ Soothes and calms redness in the affected area of the face.

**\$35ea**

50ml tube



## COLD SORE

Honevo Cold Sore formulation is created with pharmaceutical-grade Kanuka honey. Completely natural, Honevo is a strong natural antiseptic and a deep moisturiser.

Honevo combines this activity with proven cold sore wound and lesion healing power.

### Benefits

- ✓ Has powerful antiseptic properties that supports healing.

**SPECIAL** while stocks last

**\$20ea** 10 gram tube



# Order form and price list

EST. 1986  
**HealthHouse**  
NEW ZEALAND

Prices valid until 31 July 2025

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
23	5-HTP (90 capsules)	\$38		\$
13	7 - Day Iron (25 capsules)	\$33		\$
20	Alert Plus (60 capsules)	\$59		\$
6	Aloe Vera Gel (100ml tube)	\$22		\$
6	Aloe Vera Gel with Colloidal Silver (50ml tube)	\$18		\$
6	Aloe Vera Gel with Colloidal Silver (100ml tube)	\$25		\$
19	Apple Cider Vinegar (180 capsules)	\$41		\$
10	Bone Health (60 capsules)	\$47		\$
17	Boron and Selenium (60 capsules)	\$43		\$
10	CAA - Multi (60 capsules)	\$51		\$
10	CAA - Multi Iron free (60 capsules)	\$51		\$
10	CAA - Multi Sulphur free (60 capsules)	\$51		\$
19	Carnitine (60 capsules)	\$32		\$
21	Cold Sore 10gm <b>Back in stock</b>	\$20		\$
15	Colloidal Silver Cream (100ml tube)	\$31		\$
15	Colloidal Silver Gel (100ml tube)	\$28		\$
15	Colloidal Silver Generator	\$140		\$
15	Colloidal Silver Liquid (500ml)	\$38		\$
15	Colloidal Silver Liquid Spray (100ml)	\$17		\$
13	Complete C (100g powder)	\$39		\$
10	CoQ10-Omega3 (60 gel capsules)	\$54		\$
23	Coral CAA (60 capsules)	\$49		\$
19	Cranberry (60 capsules)	\$37		\$
23	DHEA 7-Keto (60 capsules)	\$42		\$
3	Dry Eye Relief (10ml rollerball) <b>New</b>	\$34		\$
19	Easy-Lax (100 capsules)	\$37		\$
5	Eye Health (60 Capsules)	\$49		\$
24	Fruit Antioxidant (60 capsules)	\$55		\$
20	Harmony (60 capsules)	\$40		\$
17	Healthy Joints (90 capsules)	\$74		\$
17	Healthy Joints (180 capsules)	\$109		\$
17	Healthy Joints (180 capsules) <b>2 OR MORE</b>	\$98		\$
15	Hemp Seed Oil (150 gel capsules)	\$39		\$
13	Immune Support (60 capsules)	\$33		\$
15	Kelp (60 capsules)	\$33		\$
19	Liver Cleanse (60 capsules)	\$37		\$
23	Maca-X (60 capsules)	\$37		\$
9	Magnesium (60 capsules)	\$33		\$
9	Magnesium (180 capsules)	\$55		\$
9	Magnesium Cream (100ml tube)	\$35		\$
9	Magnesium Cream & Magnesium <b>Combo</b> (100ml tube/180Capsules)	\$85		\$
7	Manuka Oil Cream (100ml tube)	\$43		\$
20	Men's Boost (60 Capsules)	\$44		\$
22	Mitchells Bone Broth (200g tub)	\$74		\$
22	Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$79		\$
17	MSM Sulphur (180 capsules)	\$45		\$
10	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) □ CAA - Multi □ CAA - Multi Non-iron □ CAA - Multi Non-sulphur	\$135		\$
10	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <b>2 OR MORE</b> □ CAA - Multi □ CAA - Multi Non-iron □ CAA - Multi Non-sulphur	\$130		\$
9	Pain-Eze (100ml tube)	\$37		\$
18	pH Test Strips (5 packs of 10)	\$16		\$
7	Premium Collagen (240g tub)	\$39		\$
15	Premium Fish Oil (150 gel capsules)	\$34		\$

More products over page

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
16	Probiotic Multi 9 (60 capsules) <b>Short expiry 31 Aug 25</b>	\$45		\$
16	Probiotic Multi 9 (60 capsules) <b>2 OR MORE Short expiry 31 Aug 25</b>	\$40		\$
18	RealSalt Coarse Grind Combo (Coarse Salt Grinder 135g/Coarse Salt Pouch 454g)	\$39		\$
18	RealSalt Coarse Refill Pouch 454g	\$25		\$
18	RealSalt Coarse Grinder 135g	\$19		\$
18	RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$41		\$
18	RealSalt Refill Pouch (737g)	\$29		\$
18	RealSalt Shaker Original (284g)	\$17		\$
18	RealSalt Shaker Seasoned (234g)	\$25		\$
23	Relax (60 capsules)	\$35		\$
21	Rosacea (50ml tube) <b>NEW</b>	\$35		\$
9	Rubeeven (30ml tub) <b>Back in stock</b>	\$35		\$
24	Satisfied (60 capsules) <b>NEW</b>	\$69		\$
6	Salicylic Acid Gel (50ml tube)	\$29		\$
6	Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$
15	Silver Rods (pair)	\$50		\$
6	Skin Clear (120 vege capsules)	\$43		\$
13	The Sunshine Vitamin (60 capsules)	\$34		\$
13	Throat Spray (50ml) <b>Glass bottle</b>	\$35		\$
13	Turmeric (60 capsules)	\$35		\$
13	Turmeric (180 capsules)	\$75		\$
7	Turn Back Time Capsules (60 capsules)	\$43		\$
7	Turn Back Time Cream (50ml tube)	\$43		\$
7	Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
16	Ultimate Cleanse kit (410 capsules)	\$135		\$
16	Ultimate Cleanse kit (410 capsules) <b>2 OR MORE Short expiry 31 Aug 25</b>	\$99		\$
19	Vitamin B5 (90 capsules)	\$36		\$
13	Vitamin B Complex (60 capsules)	\$39		\$
20	Withania (Ashwagandha) (60 capsules)	\$39		\$

PAGE NO.	BOOKS	PRICE EA	QTY.	TOTAL
5	Colostrum - Life's first food	\$20		\$
5	Heal your Eye Problems	\$20		\$
8	Medical Cannabis a brief guide for New Zealanders	\$30		\$
8	Natural Remedies that really work	\$29		\$
5	New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
8	Should I take fish oil?	\$20		\$
8	Should I take...Probiotics?	\$19		\$
5	Stay Healthy by supplying what's lacking in your diet	\$31		\$
5	The Eczema Diet ( <b>Fully revised and updated</b> )	\$29		\$
8	Which Natural Therapies Should You Try?	\$21		\$

Deduct any loyalty rewards shown on your last invoice \$

Customer ID

**TOTAL \$**

Please tick your preference ☐ No signature required ☐ Signature required (Sorry, not rural delivery)

Name

Address

Phone  Post code

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

Please direct debit by bank account (pre registration required) ☐



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

Visa ☐ Mastercard ☐ Exp. date  /  Security code



## MITCHELLS RANGE General health

### Bone Broth Protein Powder

Packed full of essential amino acids our body needs to survive and thrive.

**\$79ea** 500g Vanilla flavour

### Bone Broth Powder

Made with quality NZ grass fed beef bones and NZ grown vegetables.

**\$74ea** 200g tub

**While stocks last**



## FREEPOST

**Fill out this order form and send to:**

Freepost Authority Number 206782  
Health House, Private Bag 12029,  
Tauranga, 3143.

Include your credit card details or call us to set up direct debit.

## EMAIL

enquiries@healthhouse.co.nz

## HOW TO ORDER

### Direct Debit Banking

To set this up please call us on 0800 140 141  
Mon - Fri 8.00am - 4.30pm

### Online Banking

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.

**0800 140 141**

AUS call free on 1800 140 141

Other countries call +64 7 543 0491





## 5-HTP Stress and appetite

5-HTP (5-Hydroxytryptophan) is a naturally occurring amino acid made from seeds of the plant Griffonia simplicifolia, that supports the production of serotonin in the brain.

Serotonin is generally thought to be the contributor to feelings of wellbeing and happiness, along with supporting mood, appetite and sleep.

**\$38ea** 90 capsules

**2-4** per day

Anytime

With food

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.

Weight management products should be used in conjunction with a balanced diet and exercise.

## DHEA-7 KETO 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 age 25 and then steadily declines, more rapidly after age 35 in both men and women. As it declines, so does your youthful vigour, mental focus and clarity of mind.

Pure DHEA can now be made from a natural plant extract.

**\$42ea** 60 capsules

**1** per day over 35 years of age

**1** every 2 days from 25-35 years of age

Morning

With or without food

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.

## MACA-X High quality minerals and vitamins

Maca-X is rich in essential minerals, especially selenium, calcium, magnesium, iron.

Maca is a stress support herb, which means it helps the body adapt to stress and supports a return back to its normal balance.

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

**\$37ea** 60 capsules

**1-2** per day

Anytime

With food

If pregnant, not recommended during the first trimester.

## RELAX

Valerian, hops and kava, along with magnesium supports a general sense of wellbeing and a peaceful relaxing sleep naturally.

**\$35ea** 60 capsules

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

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



## CORAL CAA

Coral CAA provides half the vitamins and minerals of CAA-Multi and Bone Health, ideal for smaller-framed individuals or sensitive systems.

**\$49ea** 60 capsules

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

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



# Satisfied

## Saffron for weight management

A unique combination of gymnema and saffron along with the mineral chromium.

Designed to support normal blood sugar levels and weight management in conjunction with a balanced, nutritious diet and regular exercise.

### Gymnema

Gymnema supports blood sugar balance and sweet cravings.

Gurar, which translates as "sugar destroyer," is another name for Gymnema in Ayurvedic medicine (a traditional holistic practice that originated in India on balancing the mind and body).

When we are low in energy our bodies can crave sweet food. Gymnema supports managing these cravings, but it is important to ensure you consume enough protein and healthy fats to support your energy requirements.

### Saffron

Saffron is one of the world's most expensive spices and has many benefits including supporting sugar balance, appetite management and mood balance.



Saffron can also support mood balance, and cholesterol levels.

### Chromium

Chromium is an essential mineral that concentrates in the muscles which also supports balanced blood sugar levels and sugar metabolism in the cells.

Diets high in simple sugars can result in depleted chromium levels which increases the risk of chromium deficiency.

**\$69ea** 60 capsules

**1-2** per day

Anytime

With food

Weight management products should be used in conjunction with a balanced diet and exercise.

Made in New Zealand from imported ingredients.

Not to be used in conjunction with aspirin, thyroid medication or diabetic medications or if you suffer liver problems.

# Fruit Antioxidant

## A superfood smoothie in a capsule

Many of us don't get enough antioxidants to combat free radical damage, which can impact long-term health.

Our New Zealand-sourced Fruit Antioxidant is a powerful blend of locally grown fruits, delivering a rich variety of polyphenols and nutrients. Sauvignon blanc and pinot noir grapes provide potent water-soluble polyphenols, blackcurrants offer anthocyanins for oxidative stress protection, boysenberries contribute unique superfood benefits, and kiwifruit supplies choline, lutein, and zeaxanthin to help eliminate free radicals.

This natural formula boasts over five times the antioxidant activity of vitamin C and other antioxidant-rich foods, making it a simple way to support overall health.

**\$55ea** 60 capsules

**1** per day

Morning

With or without food

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



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

MAY-JUL 2025

**Free delivery**  
**IN NEW ZEALAND**

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