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**VEGAN**  
LIFESTYLE

See page 3



**AVOID  
COVID-19**

and boost your immune system

By David Coory - pages 4-5

**Veganism and skin health**

By Denise - page 8

**MASKS STOP TRANSMISSION**

By Shaun - page 10

**Are vegans lacking vital nutrients?**

By Nadia - page 12

**MEDICAL CANNABIS  
CLINICAL TRIAL**

By Mike Coory - pages 16 - 17

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PP5668

# WHAT'S NEW

During the COVID-19 lockdowns we are operating, supplying essential immunity products. We have our own factory so have been able to dedicate resources to these products.

We apologise that at times we were short of a few products, especially due to the demand pre-lock down and being only able to operate safely with a skeleton crew during level 4 lockdown.

It has been challenging times and our manufacturing and sales teams have been working very hard to make sure we could supply as much of the essential products as possible.

I would like to publicly thank them for their efforts and to you our customers for your patience and your kind feedback. Thank you very much.

We have decided to reduce the cannabis content in this catalogue and dedicate space to the coronavirus epidemic. David has written about how to avoid COVID-19 and boosting your immune system. Shaun gives us some interesting insights into masks and face coverings and their impact.

We do discuss our planned Medical Cannabis Clinical Trial, but the commercial construction had to be put on hold, so that update can wait till next time.

Our new product Vegan Boost would be great for you or anyone you know, who has made a vegetarian or vegan diet their lifestyle choice. Nadia and Denise have written about how these diets affect your body and skin.

All the best and hopefully by the time you read this, lockdown level 3 is over and things are getting back to normal.

Kind regards

*Mike Coory*

Director

## Products

- 9 5-HTP
- 9 7-Day Iron
- 18 Aloe Vera Gel
- 18 Aloe Vera with Colloidal Silver Gel
- 11 Apple Cider Vinegar
- 14 Bone Health
- 21 Boron and Selenium
- 14 CAA - Multi
- 20 Carnitine
- 13 Coconut Body Butter
- 7 Colloidal Silver Cream
- 7/26 Colloidal Silver Products
  - 6 Complete C Powder/ Tablets
  - 14 CoQ10-Omega 3
  - 19 Coral CAA
  - 12 Cranberry
  - 8 DHEA 7-Keto
  - 6 Easy-Lax
  - 13 Evening Primrose and Flaxseed Oil
  - 6 Eye Health
  - 11 Harmony
  - 23 Healthy Joints 90/180
  - 26 Immunity Support
  - 8 Kelp
  - 19 Liver Cleanse
  - 9 Maca-X
  - 13 Magnesium 60/180
  - 19 Melrest
  - 3 Men's Boost
  - 21 Mitchells Bone Broth



P15

## Immune system support

With three different forms of 100% absorbable vitamin C, each designed to complement the others - page 6.



Available in powder and tablets

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



P21

## Healthy Reading

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

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

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

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

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

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

Heal Your Eye Problems **\$19**

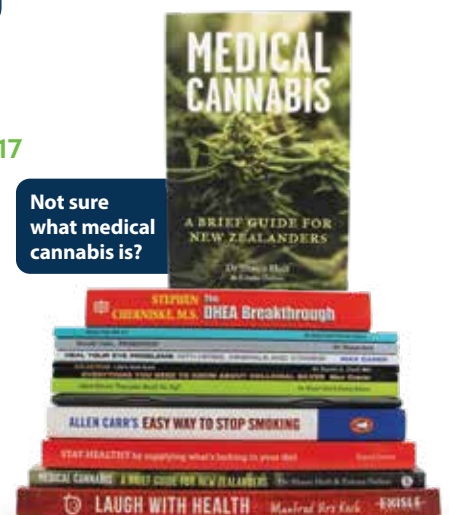
Should I take Probiotics? **\$19**

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

The DHEA Breakthrough **\$25**

Medical Cannabis **\$30**

Not sure what medical cannabis is?



# Nutrient support for a vegan lifestyle

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

It is important to maintain a well-balanced diet and with veganism this can be more of a challenge to achieve.

To make this easier we have designed a supplement to support your nutritional balance and well being.

With our Vegan Boost we have formulated a product to supply essential nutrients that may not be readily available on a vegan diet. We have included vitamin D3, vitamin B12, iron and calcium which are normally readily available from meat, dairy products, seafood and poultry.

Vitamin K2 and vitamin D3 work with the calcium to support stronger and more flexible bones. Zinc and vitamin C aid nutrient absorption, along with supporting your immune system.

What we wanted to achieve when designing Vegan Boost is to optimise energy levels, maintain strong healthy bones and to support general good health.

We believe with our Vegan Boost nutritional supplement, combined with a well-balanced diet and exercise, excellent health can be achieved.

## Benefits

- ✔ Supports your immune system
- ✔ Increases energy levels
- ✔ Promotes general well being

**\$31ea** 60 capsules

- 🍯 1 per day
- 🕒 Anytime
- 🍴 With food



Vegetarian capsules

## 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.

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5. Visit our shop - 1 Whakakake St, Tauriko, Tauranga

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



## Supercharge your performance and support your prostate health

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 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



## LOYALTY REWARDS

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

### 4 OR MORE

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

### REFER A FRIEND

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

# Avoid COVID-19 and naturally boost your immune system

It will be interesting to see how the Covid-19 virus responds to the northern hemisphere summer.

Sunny tropical countries are far less affected so far, and also poorer countries whose food is mostly unprocessed, like Africa and India.

## COVID-19 deaths in perspective

People don't die of COVID-19 itself. In nearly every instance they die of pneumonia which is always lurking, ready to pounce when our defences become weak enough. Pneumonia is an infection of the lungs which denies our body oxygen. About 130 mostly elderly New Zealanders currently die of pneumonia each month, mostly from existing flu viruses.

Pneumonia was also the main cause of death during the 1918 Spanish Flu pandemic, that fast acting, violent virus killed about 18,000 people per million worldwide of all ages (see graph) and 9000 New Zealanders died in just three months. We can be thankful our young are being spared this time around.

## Asian and poorer nations are resisting this virus 100 times better than Europe and the USA.

After four months, the worldwide death rate for COVID-19 is around 300 persons per million for nations like Europe and USA, with their obesity and diabetes-producing processed food diets.

Whereas for poorer nations, and Asian nations like Singapore, Japan, China, Hong Kong, Taiwan, etc, which have varied, largely unprocessed food and lower sugar diets, deaths are 100 times lower, currently (late April) less than three persons per million.

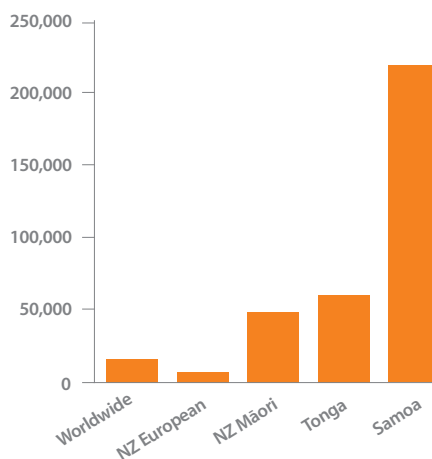
All current COVID-19 death rates are a tiny fraction of the 18,000 persons per million who died of the 1918 Spanish Flu. So we may be overreacting, even with the increased risk to our unhealthy elderly in rest homes.

## Will COVID-19 die down after a few months?

Hopefully it will. Viruses traditionally lose their virulence within months if allowed to peak, but COVID-19 is widespread and highly contagious.

However, during the 1918 Spanish Flu pandemic, when 8500 Western Samoans died, nearby American Samoa immediately closed their port to all shipping and as a result, not one American Samoan died. When the virus eventually found its way there some months later, it had lost its virulence and caused sickness but no deaths.

**Graph: Spanish flu death rate per million of population**



## Can we become immune to COVID-19?

Experts claim it takes about 60-70% of a population to be infected with a virus to confer herd immunity. An effective vaccine may also achieve herd immunity, but dismal results from current annual flu vaccines are not encouraging.

## Why are children naturally immune to COVID-19?

Most of our young are already immune to the virus due to youthfully high Glutathione levels (see Glutathione explanation).

## Is lockdown the best way to stamp out this virus in NZ?

The current policy of our NZ leaders is to try and manage the virus in NZ by lockdown and then isolate our country until the virus virtually dies out overseas. But lockdowns and border closures cost us billions, lead to serious economic depression and can easily cause more deaths and suffering than they save. Job losses are already estimated to be at least 200,000 in NZ, and household poverty and domestic violence have increased. This kind of severe stress and depression can greatly weaken our immune system for all diseases.

However, many families and communities have become closer during our NZ lockdown.

## Can we boost our natural immunity with key nutrients?

This could be our best NZ option, to isolate just those infected, and at the same time boost our natural immunity. This can be done with a more natural and less processed diet to keep our vitamin A and C levels high, also our zinc, magnesium, selenium and iodine levels, and vitamin D from the sun. These are all key immune system nutrients.

I myself am in my mid 70's – an age group at risk from COVID-19, but I still have much work to do, so I take steps each day to avoid viruses by building my natural immunity. (See section on page 5 as to how I do this.)

## Nine ways to boost our immunity

I'd now like to share some of what I've discovered in my 32 years as a health and nutrition researcher. I believe we can greatly reduce our COVID-19, or any flu infection risk, even in old age, by boosting our immune systems with more natural, unprocessed food, or supplements if desired. We should still try and avoid hand-to-eyes, nose and mouth infection from our hands.

### Zinc and magnesium

These two minerals are essential for our immune system, especially zinc. During the 1918 Spanish Flu epidemic, the compressed-air braking units on six Christchurch trams were adapted to operate a zinc-sulphate sprayer so that people could walk slowly through the tram in clouds of zinc vapour.

Many doctors were sceptical it would do any good, but the death rate per thousand in Christchurch was 60% less than Auckland or Wellington (although Dunedin figures were low also).

Chinese health authorities are now recommending zinc in the treatment and prevention of COVID-19 infections.

A 1998 study, reported in the peer-reviewed medical journal 'Pediatrics' used a 10mg daily zinc supplement to reduce recurring lung infections in 609 children, down from 44% to 12%.

Sufficient zinc can be difficult to obtain from modern foods and is best supplemented, ideally from a multi-mineral supplement. Men require 14mg a day and women 8mg. A lessened sense of smell and taste is a reliable sign of a deficiency of zinc.

Magnesium is also lacking in processed foods. Again, best supplemented – 420mg a day for men and 320mg for women and best taken in the first half of the day.

### Iodine and selenium

These two essential immune system minerals are widely lacking in NZ nowadays. We need 150mcg of iodine a day for good immunity. This is easy to obtain from kelp powder, or a multi-mineral supplement.

Selenium need is 60mcg for women and 70mcg for men. Brazil nuts are a good source.

### Silver

There is ample scientific evidence that silver particles in the blood deactivate viruses.

In a study published in 2011 by the peer reviewed 'Journal of Nanobiotechnology' researchers reported: *"The efficacy (effectiveness) of AgNPs (silver nanoparticles) against HIV-1 (a virus) has been reported by many laboratories including ours. It has been demonstrated that AgNPs function as*

*broad-spectrum virucidal (virus killing) and bactericidal agents"*

### Fresh air, sunshine and vitamin D

Viruses don't thrive outdoors. American Plains Indians claim they never got colds or flu when they lived in their well ventilated tepee tents, open to the air at the top.

Also, sunny tropical countries (ie, high vitamin D populations) at present have around 100 times lower infection rates of COVID-19. Vitamin D is a key immune hormone. It is obtained from sensible summer sun exposure, or from a supplement – 1000iu a day is recommended. An ideal blood test level is 120nmol/L. Our liver can store vitamin D for months.

### Unprocessed food

Vitamins A and C are also key for immunity. Vitamin A is found in butter, yellow fruits, and yellow and dark green vegetables. Vitamin C is found in all fruits and vegetables.

### Glutathione

Glutathione is a protein combination made by our liver. It's the natural defence of every cell in our body from bacteria and viral infections. Youthful supply is high, which is why children are resistant to COVID-19, but as we age past 30, our liver makes less and less.

Taking glutathione as a supplement doesn't work, but our natural liver production can be boosted by whey protein powder, raw eggs, raw fruit and vegetables and vigorous exercise.

### Reducing fear

Fear of catching COVID-19 and anxiety over lockdown and its job losses is a heavy cause of stress, and a major immune system suppressant. Best to limit our exposure to never-ending bad news reports and maintain social contacts (as best we can).

### Three natural treatments for COVID-19 induced pneumonia

#### Intravenous Vitamin C

Japanese intravenous therapy expert Dr Atsuo Yanagisawa, recommends that COVID-19 pneumonia be treated with high amounts of intravenous vitamin C. Dosage is from 50 to 200mg per kg body weight per day, according to severity of illness. He says, *"Intravenous vitamin C is a safe, effective, and broad-spectrum antiviral."* Chinese doctors now

also recommend intravenous vitamin C to combat the virus.

### Vitamin C, thiamine and cortisol

A 2017 clinical study by Eastern Virginia Medical School showed giving pneumonia patients 200mg of thiamine every 12 hours, 1,500mg intravenous of ascorbic acid (vitamin C) every six hours, and 50mg of cortisol every six hours for two days, reduced pneumonia type infection death rates from 40% to 8.5%, without any side effects.

### Antiviral malaria zinc-boosting drug Chloroquine

Taking 200mg, three times a day of the proven antiviral malaria drug Chloroquine for 10 days can bring a significant improvement in COVID-19 induced pneumonia. This drug works by forcing more zinc into body cells. It can have side effects however, but these are able to be modified by also taking Proguanil, another drug used in the treatment of zinc deficiency.

### HOW DAVID MAINTAINS HIS IMMUNE SYSTEM AGAINST WINTER ILLS



I daily spray my throat and under my tongue with liquid colloidal silver. I ensure my zinc, selenium and iodine intake is high by taking a daily, high quality, multi-mineral and vitamin capsule. I sun bathe during summer to maintain good vitamin D levels and eat an apple and other fruit every day.

Should I sense an attack beginning, I immediately take two capsules of an immune boosting supplement containing echinacea, garlic, olive leaf, astragalus, vitamin C and zinc and carry on taking two of these every few hours for a day, or perhaps two days, until all symptoms vanish.



### 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.

## Are you concerned about your eyes?



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

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

1 per day Anytime With or without food



## Convenient chewable tablets

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

**\$37ea** 200 chewable tablets

3 per day Anytime With or without food

## 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.

## 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

**\$37ea** 100g powder

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



# Colloidal Silver

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

## Colloidal silver and bacteria

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

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

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

## Is it safe?

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

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

## Historic Silver Facts

### In the 1990's

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



**\$16ea** 100ml liquid spray

**\$26ea** 100ml tube

**\$36ea** 500ml liquid

**\$41ea** 250g tub

**\$30ea** 4 or more 500ml bottles

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**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

# Veganism and skin health

Eating a true vegan diet is becoming increasingly popular, and possibly more than a fad and here to stay. Substantially more artificial 'meat' products are appearing on our shelves, however this is not the only way to address it.

I believe it can be a positive diet for some, but does not suit everyone. We are different biochemically so we do not all have the same nutritional needs. It may even be that some people need meat for their wellness. Whatever the diet you choose, the basics of naturopathy do not change – focus on as much whole and fresh food as possible, with a wide variety in your diet, so that a broad array of nutrients are provided.

## So is a vegan diet good for our skin health?

A vegan diet, being high in fruits and vegetables will be high in antioxidants (especially high coloured fresh foods), which are vitally important for our skin and a clear, glowing complexion.

Vitamin C is a 'must-have' antioxidant for collagen production, a major protein involved in connective tissue (skin being just one type) and is present in raw foods not cooked foods. Ageing gracefully becomes easier with antioxidants as they are our cellular protectors.

## Acne and a vegan diet

For those who suffer from acne, some may find that dairy products flare it up. Removing dairy products from the diet could be an advantage for acne sufferers.

A vegan diet will also be lower in saturated fats, but this benefit is negated if quality fats such as omega 3 are not obtained. Without these oils, acne breakouts could occur, high blood pressure and weight gain could also eventuate.

One reason is because omega 3 always goes down an anti-inflammatory pathway, whereas omega 6 in some bodies has the capacity to move down an inflammatory pathway.

Omega 3 is appropriate for the heart, joints, brain etc., or anywhere we need an anti-inflammatory diet i.e. ageing.

Omega 3 is also a common deficiency because with a vegan diet often the omega 6 level is high (from nuts and seeds) and the omega 3 level is very low.

Flaxseed oil, walnuts and seaweeds have a place in the vegan diet, as they provide ALA (Alpha linolenic acid) which can convert to omega 3 in most bodies.

## Fibre and minerals

Dairy and meat do not provide fibre, so removing them from your diet, and increasing your vegetable intake (high in fibre) means the bowels will work more efficiently. If a bowel movement is easy to pass, and well formed it can only be positive for all aspects of wellness.

Both vegans and vegetarians need to closely address their zinc, calcium and iron levels to make sure body stores are adequate.

Protein also needs to be addressed, as to whether it is being provided appropriately with all the necessary amino acids that make up the building blocks of our complete proteins, all vital for life.

Any dietary changes are best introduced slowly and ideally undertaken with professional nutritional advice.



## ABOUT THE AUTHOR

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

## 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



## 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

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Always read the label and only use as directed.

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





## Reduce stress and manage your appetite

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

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

**\$36ea** 90 capsules

2-4 per day Anytime With food



## 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



## Reduce stress and support a deep restful sleep

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

**\$33ea** 60 capsules

2-3 per day Evening With food

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

## Enhance energy and support fertility

3000mg of organic Maca

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

# Coughs & sneezes spread diseases...and masks stop them!



When I was a junior doctor I spent time working in both respiratory medicine and infectious diseases, and so I know a little bit about respiratory viruses. Coronaviruses are just that, a family of viruses which cause respiratory tract infections, ranging from very mild to fatal. The common cold is often caused by a coronavirus, as are the more serious infections such as SARS and MERS.

Infection passes from someone who is infected, to someone who is not, when the infected person breathes, coughs or sneezes out droplets which contain the virus. To become infected, a lot of the virus from these droplets has to get into the respiratory tract of the non-infected person, via the nose and mouth. The other possible mode of transmission is via the eyes, as the tear ducts connect the eyes to the nasal cavity.

Almost all the information around not spreading the virus, that I have seen in New Zealand and other Western countries has been focused on handwashing in order to stop the transmission of the virus that could occur when people touch surfaces that have infected droplets on them, and then touch their nose, mouth or eyes.

Until a few days ago (I am writing this over the Easter weekend) not only were authorities such as the World Health Organisation (WHO) and governments not recommending the use of masks by the public, but they were saying that they could do more harm than good, and that handwashing and social distancing were important. They also gave out the mixed message that masks were more harmful than beneficial.....but that there was a shortage of masks and healthcare workers should be the priority.

As discussed, respiratory viruses are predominantly spread by breathing in droplets containing virus, not by touching infected items as predominantly occurs with, for example, norovirus. The best study (Zhang) I have seen on this, estimates that less than 5% of influenza is spread by touching, and I would argue that it is less than this.

Masks provide two physical barriers that stop the infected droplets being transmitted - the masks worn by the infected people and the masks worn by those not infected. This is excellent, if not perfect, prevention. It is true that

no clinical studies have proven that masks prevent the transmission of respiratory viruses. Such studies would be almost impossible to undertake, for both practical and ethical reasons. It is not a surprise to me that in mask-wearing Asian countries such as South Korea, Hong Kong and Singapore, that the number of coronavirus infections and deaths are much lower than in the USA and Europe where few people wear masks.

There is a shortage of masks in non-Asian countries, and, reading between the lines, this may be why authorities in those countries are not recommending them for the public. In some countries there are not even enough for healthcare workers. The good news though is that even homemade masks, should provide almost as good protection as surgical masks and there are many websites which show people how to make them.

## Reference

1. Zhang, N., & Li, Y. (2018). Transmission of influenza A in a student office based on realistic person-to-person contact and surface touch behaviour. *International journal of environmental research and public health*, 15(8), 1699.



## ABOUT THE AUTHOR

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

## You need New Zealand's top selling health book

This is an invaluable health reference book for your home.

It shows how to prevent or heal just about any diet related health problem, by making small but critical changes to your diet.

**\$25ea** 288 pages

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Buy two books and save \$10



## pH Test Strips

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

**\$15ea**

(five packs of 10)





## 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



## Apple Cider Vinegar

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.

**\$39ea** 180 capsules

3 per day Anytime With or without food



## Joint digestion and general health

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

# Are vegans missing out on vital nutrients?

Veganism is increasing in popularity across the world thanks to both the purported health benefits and people becoming more aware of where their food comes from and the ethical implications of that.

There are many debates over whether a vegan diet is healthy or not, which I won't get into in this article, however it is undeniable that it is difficult to attain all the nutrients required to be healthy from a vegan lifestyle. It is possible, however, with careful planning of meals and perhaps the addition of a supplement regime.

## Vitamin B12

Vitamin B12 is only found in animal products so it is incredibly difficult to get from a vegan diet, unless you are eating foods that have been fortified with vitamin B12.

It's important to consume sufficient levels of vitamin B12 because without it you can become anaemic and suffer from serious nervous system damage, with a range of nasty symptoms.

## Iron

Iron comes in two different forms – haem iron and non-haem iron. Haem iron is found in animal tissue, and is

very easily absorbed by the body. Alternatively, non-haem iron is found in plant products and is not so easily absorbed.

While some plant products contain high levels of non-haem iron, because this is so difficult to absorb, you may still have difficulty meeting your iron requirements without supplementation.

Iron is a vital nutrient - it is required to make red blood cells and is also important for immune function and energy levels.

The addition of vitamin C with either iron rich foods or supplements helps with the absorption of both haem and non-haem iron.

If you are vegan, it's a good idea to regularly have both your vitamin B12 and iron levels tested to make sure you are consuming enough of these nutrients.

## Calcium

Calcium is sometimes mentioned as lacking when any kind of dairy free diet is being undertaken, however it doesn't have to be. Many plant foods contain calcium such as broccoli, cabbage, soy beans, tofu or tempeh and some nuts. Adults need to be consuming at least 700mg of calcium daily, so you would need to eat a huge amount of these foods daily in order to get enough. For example, 100g of broccoli only contains

47mg of calcium and 100ml of soy milk only contains 25mg, however 100mg of tofu contains around 350mg.

## Vitamin D

Vitamin D is of course best absorbed by spending time in the sun, however especially in winter this can be difficult so it's necessary to get this through food or supplementation. Vitamin D is another nutrient that (other than from the sun) is very difficult to get in vegan form unless it is from a fortified food product, so supplementation is recommended.

If it is important to you to maintain a vegan lifestyle or diet, either a very carefully calculated daily nutrient intake is necessary, or a supplement would be required in order for you to remain healthy. Either way, it is advisable to have regular blood tests and work with your naturopath, nutritionist or other health professional to ensure you have adequate levels of these vital nutrients.



## ABOUT THE AUTHOR

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

## 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.

**\$43ea** 180 capsules

1-6 per day

Anytime

With or without food



## Normal urinary flow and supports urinary tract health

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

1 per day

Anytime

With or without food

**\$35ea**  
60 capsules



Do not take with blood thinning medication.



## 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.

## 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.



## Love soft smooth skin?

Treat yourself, or a friend to our luxurious Coconut Body Butter.

The whipped body butter is enriched with all natural oils, has a subtle coconut fragrance and contains no nasty chemicals.

**\$21ea** 60g tub

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



## Low calorie, natural sweetening tablets for hot and cold drinks

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

**\$24ea** 200 tablets

## 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



## 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



## Keep calcium in your bones

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

**\$45ea** 60 capsules

1 per day Anytime With food

# Improve your everyday health

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



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

### 1 Triple Pack

Save \$18 off the individual product prices.

**\$125ea**

### 2 or more Triple Packs

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

**\$118ea**

**MULTI BUY**

### 1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

**\$162**

**MULTI BUY**

### 2 Triple Packs + 2 Probiotics

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

**\$290**

**MULTI BUY**

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

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

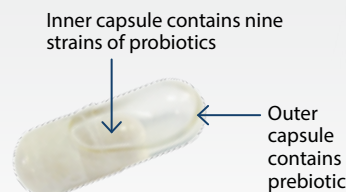
1 per day of each Morning With food

## 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.





# Medical cannabis clinical trial

Health House has contracted the Medical Research Institute of New Zealand (MRINZ) to develop and run a Phase I clinical trial for our first medicinal cannabis product.

The MRINZ is an independent medical research organisation, internationally recognised as one of New Zealand's major medical research organisations. Dr Karen Oldfield (Senior Medical Research Fellow and Co-ordinating Investigator) has developed the clinical trial protocol and in conjunction with Dr Irene Braithwaite (Deputy Director (MRINZ) and Principal Investigator), will manage the trial process.

In order to have a medicinal cannabis product that can be used in a clinical trial we are required to produce three batches that all pass the medical cannabis quality standard. This allows us to obtain our licence to

manufacture medicine and to supply the product for a clinical trial. Prior to the commencement of the trial the Standing Committee on Therapeutic Trials (SCOTT) and the Health and Disability Ethics Committee (HDEC) will be required to review and approve the product, protocol and associated trial materials. In light of this there are a couple more steps to go and the start date is not yet confirmed, but our goal is to start the Phase I trial before the end of the year.

## Phase I trial

A Phase I trial is commonly called a Pharmacokinetic (PK) and Pharmacodynamic (PD) Study. Its

goal is to determine the tolerability and safety of an investigated medical product (IMP). It also provides information about how to dose the medication in future trials. Phase I trials involve a small group of healthy people. Over the course of the trial, participants are given increasing doses of the IMP, during which time they have rigorous health monitoring, including blood tests to see how their body is processing the product. Phase I trials do not look at any specific illness, instead the goal is to provide safety and tolerability information about the IMP and to begin to inform doctors about the effect of varying dose levels on the body.

## The four stages in the standard pharmaceutical human clinical trial process:

Stage	Description	Purpose	Participants
Phase I	Pharmacokinetic and Pharmacodynamic	Determine the safety and tolerability of a drug and what happens as dose increases	Small number of healthy people
Phase II	Efficacy	Test the efficacy (or effectiveness) of the drug on a certain condition	Small number of people with the condition
Phase III	Large Scale	Identify all possible side effects and to prove efficacy for approval	Large number of people with the condition
Phase IV	Post Marketing	To monitor long term effectiveness and cost effectiveness	Large number of people who are taking the drug



The product we intend to test in the Phase I clinical trial is our balanced THC/CBD medical cannabis capsule.

### Volunteers

Only a small number of trial participants are required for these kinds of trials, and they will have had to be naïve to (never used) or abstinent from any kind of cannabis product for at least 6 months. The MRINZ already has plenty of volunteers available, so we will not be forwarding any requests to be volunteers for this trial to them.

### Efficacy Trials

At this stage no decision has been made regarding a Phase II trial for two main reasons, firstly what condition would the trial cover and secondly where to get the level of funding required. We think it is most important to confirm safety, tolerability and dosage so we have committed to the Phase I trial.

We first want to thank MRINZ who have been charitable with their costing for

our Phase I trial and also to Callaghan Innovation who are assisting with R & D funding. The cost of even this small simple trial is not insignificant.

In the USA the average Phase II trial costs over ten million dollars and Phase III over twenty million dollars. That is for each individual condition to be tested. For example, if you want to market a cannabis product that treated nausea, multiple sclerosis and anxiety, you would have to run three separate trials to determine efficacy in each condition. Before a product can be an approved medicine in New Zealand it needs to have finished Phase III trials. Phase II and III trials often take many years to complete.

### The regulations

The medical cannabis regulations do not require any clinical trials to be done, the only requirement is that the product needs to meet the cannabis quality standards and be made under a pharmaceutical licence to manufacture.

The result of not requiring trials means that any cannabis product can only be an “unapproved medicine”. An unapproved medicine cannot be advertised to anyone.

Yes that is right it cannot even be advertised to doctors. Doctors will have to make their own mind up whether to prescribe and for what to prescribe it for and the dose levels. The Ministry of Health will provide them with information on products that have met the quality standard in New Zealand, but it will be up to the doctors to contact the manufacturers for more information.

We consider a dosage and safety study is a sensible approach to assist prescribers.

As you will appreciate we have to make sure we don't advertise an unapproved medicine which is why we are just talking about our R & D process.

# Medical Cannabis Project Update

The full update on our commercial construction build has been postponed until next catalogue

Due to the COVID-19 pandemic lockdown we have had to put our construction on hold and our capsule and oil R & D trials have come to halt.

As we mentioned ESR (Institute of Environmental Science and Research) had been doing the majority of cannabis testing and they are of course focused on essential services and the testing of cannabis did not qualify.

Meanwhile have been working on documentation, testing plans and other validation activities and our Plant Entry Quarantine Facility is an essential service and we were able to carry on with our cultivation.

We also took the opportunity to apply for our commercial medical cannabis licence and we hope that to be processed around the same time as our grow rooms are complete.

Here are photos of our build and our pre lockdown R & D.





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


## 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





## 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



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

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

**\$47ea** 60 capsules

1 per day  
 Anytime  
 With food



## Want a deep, restful and healing sleep?

You can, with this improved Melrest formula.

Containing tart cherry extract, chamomile extract and magnesium, all known for their ability to support sleep.

**\$59ea** 240ml



**Directions:** 16ml (one tablespoon or around three teaspoons), 30 minutes before bedtime. Not recommended during pregnancy, or for children under 12.



## 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





## 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

\$30ea 60 capsules

✔ 3-5 per day ☀ Morning 🍽 Empty stomach



## 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



## Triple strength fish oil for brain and artery health

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

- ✔ 1000mg capsules
- ✔ Omega 3 total 570mg
  - ✔ EPA 300
  - ✔ HDA 200
  - ✔ Other 70mg
- ✔ Omega 6 60mg

\$31ea 200 soft gel capsules

✔ 1-2 per day

☀ Anytime

🍽 With food



## Supports physical and mental rejuvenation and optimum health

6000mg active Withania - 18mg Withanolides



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

\$37ea 60 capsules

✔ 1 per day ☀ Anytime 🍽 With or without food

# 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.

-  1 per day
-  Evening
-  With food



**\$41ea**  
60 capsules

# Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

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

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

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

### DIRECTIONS:

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

The bottle contains about 300 sprays.

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



**\$29ea**  
50ml liquid

## Mitchells Products

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

**\$36ea** 100g pouch

**\$69ea** 200g tub

### Collagen Peptides:

Bovine collagen for skin, hair, nails and joint support. 200g - 25 serves.

**\$49ea** 200g tub

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

**\$69ea** 200g tub



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

# Winter 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.



### RealSalt Refill

**\$23ea** 737g pouch  
283g shaker and refill combo

**\$28ea** **MULTI BUY**



### RealSalt Shaker (original)

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

**\$10ea** 283g shaker



### RealSalt Shaker (season)

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

**\$16ea** 234g shaker



### RealSalt shaker (garlic)

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

**\$16ea** 234g shaker

Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE

# How to support joint health naturally

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

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

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.

-  **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

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

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




**\$42ea**  
60 capsules



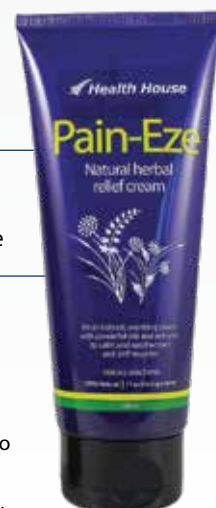
## An all natural, warming cream with powerful essential oils and potent extracts

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.

## Seasonal Defence

# Boost your immunity

Four powerful herbs and two powerful nutrients

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

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

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

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

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

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

**\$31ea** 60 capsules

- 🍯 1-2 Maintenance dose
- 🍯 3-6 When unwell
- 🕒 Anytime
- 🍴 With food

750mg of active olive leaf extract



## 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.

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.

**\$16ea** 100ml liquid spray

**\$36ea** 500ml liquid

**\$41ea** 250g tub

**\$30ea**  
4 or more 500ml bottles

**MULTI BUY**

**New Look!**





# ORDER FORM AND PRICE LIST

Prices valid until 30 June 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)	\$47		\$
CAA - Multi Iron free (60 capsules)	\$47		\$
CAA - Multi Sulphur free (60 capsules)	\$47		\$
Cacao Tea (30 herbal tea bags) <b>Clearance special while stocks last</b>	\$12		\$
Carnitine (60 capsules)	\$30		\$
Coconut Body Butter (60g)	\$21		\$
Colloidal Silver Cream (100ml tube)	\$30		\$
Colloidal Silver Gel (250g tub)	\$41		\$
Colloidal Silver Gel (100ml tube)	\$26		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$36		\$
Colloidal Silver Liquid (500ml) <b>4 OR MORE</b>	\$30		\$
Colloidal Silver Liquid Spray (100ml)	\$16		\$
Colloidal Silver Test Meter	\$108		\$
Complete C (100g powder)	\$37		\$
Complete C Tablets (200 chewable tablets)	\$37		\$
CoQ10-Omega3 (60 capsules)	\$51		\$
Coral CAA (60 capsules)	\$47		\$
Cranberry (60 capsules)	\$35		\$
DHEA 7-Keto (60 capsules)	\$40		\$
Dude's Face Cream (60g) <b>While stocks last</b>	\$21		\$
Easy-Lax (100 capsules)	\$35		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
Eye Health (60 Capsules)	\$47		\$
Geezer's Face Cream (60g) <b>While stocks last</b>	\$21		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Harmony (60 capsules)	\$36		\$
Healthy Joints (90 capsules)	\$70		\$
Healthy Joints (180 capsules)	\$104		\$
Healthy Joints (180 capsules) <b>2 OR MORE</b>	\$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 (240ml) <b>Special</b>	\$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) <b>2 OR MORE</b> <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) <b>Special with Optimum Health Triple Pack</b>	\$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 <b>While stocks last</b>	\$39		\$
Relax (60 capsules)	\$33		\$
Salicylic Acid Gel (50ml tube)	\$27		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
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) <b>Glass bottle</b>	\$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) <b>2 OR MORE</b>	\$90		\$
Vegan Boost (60 capsules)	\$31		\$
Vitamin B5 (90 capsules)	\$34		\$
Vitamin B Complex (60 capsules)	\$37		\$
Withania (60 capsules)	\$37		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking <b>Clearance special while stocks last</b>	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$
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 7 543 0493

### VISIT OUR WEBSITE

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

BOOKS	PRICE EACH	QUANTITY	TOTAL
Laugh with Health	\$24		\$
Laugh with Health <b>Special 2 for \$40</b>	\$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 <b>2 FOR \$40</b>	\$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 \$

Please tick your preference

No signature required

Signature required (Sorry, not rural delivery)

CUSTOMER ID

**TOTAL \$**

Name

Address

Phone  Post code

Email

Credit Card Number

Cheque  Visa  Mastercard  Exp. date  /  Security code

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.

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### DIRECT BANKING

**STEP 1:** Call us to place your order.

**STEP 2:** Deposit payment into Westpac bank account 03 1548 0039888 00.

**Use your customer ID as the reference.** As soon as your payment shows, your order will be dispatched.

### VISIT OUR SHOP

**1 Whakakake Street, Tauriko, Tauranga.**

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

### FREEPOST

Fill out this order form and send to:

Freepost Authority Number 206782

Health House, Private Bag 12029, Tauranga, 3143.

Include your cheque or credit card details.