

FREE DELIVERY IN NEW ZEALAND

MAY/JUN
2021

EST. 1986 HealthHouse

Quality, natural health products NEW ZEALAND

More than just **PROTEIN**

High in collagen with
20 naturally occurring
amino acids

page 3

A review of Mitchells
Bone Broth Protein

By David Coory - *pages 4-5*

**Healthy alternatives to
artificial sweeteners**

By Nadia - *page 6*

BOOK REVIEW

Should I take...Probiotics?

By Denise - *page 10*



All our
products are
**GLUTEN
FREE**

0800 140 141
www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

BG1108

100%
PROUDLY
NZ OWNED
& OPERATED

WHAT'S NEW

With all our focus at the moment on getting our Pharmaceutical Licence for the medical cannabis project, there has not been a lot of time to develop new products. We do have a new memory product in the pipeline and we are looking into a fragrance-free cream, so keep an eye out for those products.

So when Rob from Mitchell's asked us to pack his new Bone Broth Protein Powder in our factory, I looked at it closely. I also gave some to David to try and his review is on page 4. What surprised me was the level of protein in the powder. We have done a lot of contract protein powder manufacturing work, in the past, but so many used artificial sweeteners or tasted bad. I was pleasantly surprised with the taste and very impressed with the protein levels. This product will be perfect for those that are looking for a non-dairy alternative to whey protein and don't like the taste of hemp and pea protein.

Nadia's article on page 6 deals with her concerns about artificial sweeteners. These are supposed to help you lose weight but appear to have the opposite effect. The natural alternatives have their drawbacks but are better for you.

Denise has done a book review on Shaun's Probiotic Book (which is on special for only \$15 see page 10). She is clearly positive about probiotics, and I agree with her they are a great benefit to daily health and form part of my daily nutraceutical regime.

We have also done staff testing as a follow up to the July 2019 article "Our staff testing of the critical omega 6 to omega 3 ratios". We are just waiting for the test results and it will be very interesting to see what changes have occurred. I hope to be able to report back on that next time.

Kind regards

Mike Coory

Managing Director

Products

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- 9 Aloe Vera with Colloidal Silver Gel
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- 13 Bone Health
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Optimum health begins in your bowel

Unique capsule in a capsule technology. No refrigeration required.



- 3 Mitchells Collagen Peptides Bovine
- 3 Mitchells Collagen Peptides Marine
- 3 Mitchells Collagen Repair
- 9 MSM Sulphur
- 7 Omega 3 Fish Oil
- 12 Optimum Health Triple Pack
- 16 Pain-Eze
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- 22 Potion No. 9
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- 17 Relax
- 9 Salicylic Acid Gel
- 17 Skin Clear
- 12 Sweet Stevia Tablets
- 20 The Ultimate Cleanse Kit
- 14 Throat Spray
- 22 Turmeric 60/180
- 16 Turn Back Time Cream
- 16 Turn Back Time Capsules
- 22 Vegan Boost
- 6 Vitamin B Complex
- 21 Vitamin B5
- 23 Withania



Healthy Reading

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

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

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

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

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

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

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

Heal Your Eye Problems **\$19**

Should I take Probiotics? **\$15 Special**

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

Medical Cannabis **\$30**



A great tasting protein powder with over 90% protein and over 80% collagen

Bone Broth Protein Powder is a natural way to give your body all the support it needs to stay active.

Every single gram of protein and collagen found in this powder is a natural outcome of the slow cooking process. Using a traditional drying technique to extract the goodness from 100% grass fed New Zealand beef bones, before blending in some natural vanilla flavour and monk fruit for sweetening.

This product is packed full of essential amino acids - the 'building blocks' our body needs to survive and thrive. Amino acids support more than just muscle growth and repair, they also support gut health, joint, skin, energy levels and even your basic body functions.

Due to its source it is also very high (over 80%) in collagen, making it a dual purpose function food.

How to enjoy?

Add 30g (two heaped tablespoons) to 300ml of water or milk of your choice. Mix in a shaker or blend into a smoothie and enjoy.

How does it taste?

Being the first of its kind, understandably the idea of a Bone Broth Protein Powder sounds a little strange. Not only will you feel the benefits of taking it, this powder looks, acts and feels like the protein powders you are used to. No broth taste or texture, just a pleasant, smooth, natural vanilla flavour.

Ingredients

Grass-fed New Zealand bone broth protein (extract from grass-fed beef bones), natural vanilla flavour, sweetener (monk fruit powder).



Mitchell's other products

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

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

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

\$69ea 200g tub

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

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



OUR PROMISE TO YOU

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

FIVE EASY WAYS TO BUY

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

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

PRODUCT ICONS

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

- | | |
|----------------------|-----------------------------|
| 4+ Four or more icon | ☀️ Take in the morning |
| 🍯 Capsules | 🌙 Take anytime |
| 🌱 Vegan capsules | 🌙 Take in the evening |
| 🍷 Tablets | 🍴 Take with food |
| 🥄 Powder | 🍴 Take with or without food |
| | 🔄 Take on an empty stomach |

LOYALTY REWARDS

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

4+ 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.

A bone broth that tastes good

MY PAST EXPERIENCE WITH BONE BROTH

When it comes to a health food, few foods have the impressive reputation of bone broth. Testimonials as to its effectiveness stretch back thousands of years.

That's because the proteins from bone broth support our body's collagen production, which drops off drastically as we age. Drinking 20 to 50 grams of bone broth daily, or taking it as a powder, may support healthy skin, nails, bones and joint health. Also our digestive health and all other collagen-dependent areas of our body.

So why isn't bone broth more popular? In a word – taste, at least to most people, including myself.

When Health House first began to distribute Mitchell's regular bone broth powder about two years ago I was given a tub to try. I first mixed some in with my daily veges but did not really like the taste. I then tried adding some to my daily whey, milk and egg smoothie but still not great (my apologies to Mitchell's Nutrition). I like the health benefits of bone broth but not the taste and smell, but many do love it.

I never tried it again and the bag stayed on our pantry shelf for months. I finally felt guilty and gave it away to a health conscious friend, hopefully to be used.

Good news – a nice tasting bone broth

Well good news, Mitchell's have now developed a bone broth protein powder made from NZ grass-fed beef bones. It's 90% protein, tastes nice, smells good and is called 'Mitchell's Bone Broth Protein Powder.'

I was a little wary at first, until I downloaded a NZ Massey University analysis and saw that it contained all 20 proteins that make up the building blocks of our body. And the highest protein by far was glycine, the main building block of collagen.

I was also impressed that the bone broth powder with over 90% protein was higher than the body builder's favourite, whey protein, which is



See page 3 for more

typically around 80% protein. It is also higher than both hemp and pea protein.

This new bone broth has a vanilla flavour and has been sweetened slightly with natural Monk fruit powder. It's also not overly high in calories – 30 grams a day contains just over a 100 calories, about the same as two apples.

I try it out

Knowing I'd be interested to try it, I was given a sample bag to test. I first tried some as a stand alone smoothie made with milk. It didn't dissolve all that well on my first try in my slower blender, (a MagicBullet) but it tasted good.

New Zealand's top selling health book coming soon

This is an invaluable health reference book for your home.

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

11th edition pre-ordering available now!



pH Test Strips

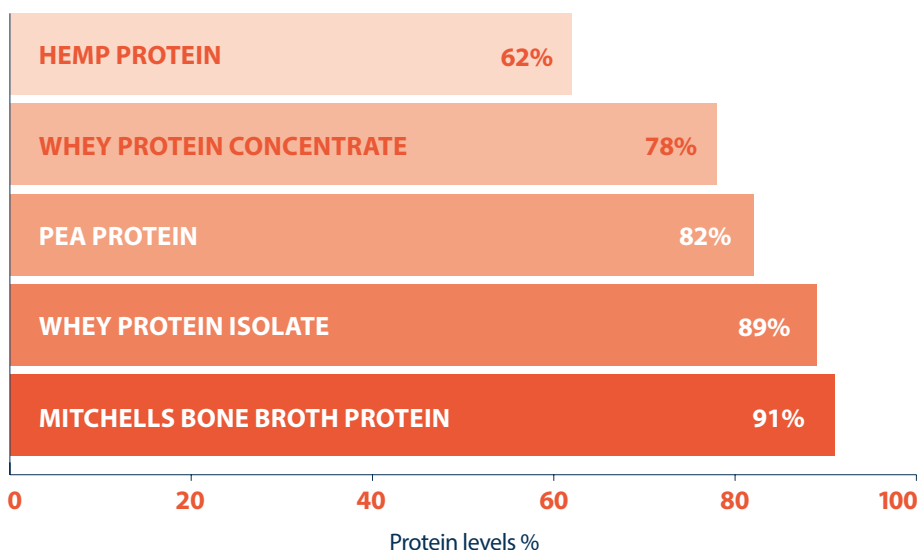
Find out if your saliva pH is at an optimum level for maximum health.

\$15ea
(five packs of 10)



You will see from the chart below that the levels of protein in Bone Broth Protein is superior to all other protein powders. It is even higher than Whey Protein Isolate (WPI), which is a processed version of Whey Protein concentrate.

Protein levels comparison



Note protein levels do vary slightly from batch to batch and also depending on the supplier. We have based this on the Certificates of Analysis of products we had in our factory. All proteins are NZ sourced other than the Hemp protein which was imported. Please note results will vary for other products.

I tried using my faster NutriBullet blender and it dissolved perfectly, and tasted even better. No problem even using water, a very smooth pleasant taste.

Scientifically studied skin benefits

Our skin, up to age 29, is at least 75% collagen, but this steadily decreases from age 30. A study of elderly people over 80 found an average of only 24% skin collagen.

In 2019, a review of eight different studies, showed that taking as little as 2.5 to 10 grams per day of a natural bone collagen protein, for eight to 24 weeks supported skin health, elasticity and moisture.

Where does the collagen protein in bone broth come from?

Bone broth is made by simmering bones and connective tissue of animals (usually beef) with a natural acid, such as vinegar, for around 12 to 24 hours. The resulting liquid is rich in vitamins, minerals, and collagen proteins, especially glycine, the main building protein of collagen. This is then dried to a powder.

You might wonder where all the collagen protein comes from, by just boiling bones. Well, strange as it

may seem, although calcium is a key mineral in hardening our bones, most of our bone and its marrow is made from collagen protein.

If we took all the calcium out of our bones and just left the collagen, our bones would still look like bones, but they would be rubbery, like the kind of thing we give a dog to chew. That's why huge amounts of highly absorbable and nutritious protein (all 20 types) can be extracted from animal bones and their marrow.

The collagen levels in the bone broth protein is over 80% so you can get both the benefit of high protein and high collagen in one impressive health food.

A pleasant tasting protein powder that I am happy to use.



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.

Supercharge performance and support your prostate health

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

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

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

Supports

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

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

\$42ea
60 capsules



Healthy alternatives to artificial sweeteners

Artificial sweeteners such as Equal and Splenda or those found in diet or reduced sugar food and drinks are made from chemicals such as aspartame, saccharin, acesulfame, neotame and sucralose.



Recent studies show that pairing these chemicals with carbohydrates can play havoc with your blood sugar and decrease insulin sensitivity, and may actually cause you to gain weight, rather than lose it as you may have hoped. This could explain why in the United States even though sugar consumption has decreased over the last few decades, the obesity epidemic is still on the rise. Artificial sweeteners may also lead to a lot of other unpleasant side effects such as seizures, headaches, dizziness, depression, birth defects, Alzheimer's disease, cancer and autoimmune conditions.

Many people report actually feeling hungrier after consuming food containing artificial sweeteners so end up eating more food overall than they may have because they no longer feel satisfied.

There are natural sugar alternatives that are far safer to consume while also being good for your health such as monk fruit, stevia, honey and maple syrup.

Monk fruit extract

Luohan guo (known in Western countries as Monk fruit) is native to China and Thailand and is harvested

to extract its antioxidants, known as mogrosides, which are a fruit extract up to 250 times sweeter than sugar. It can be used as a zero calorie sweetener and has also been used for coughs, colds and as a longevity tonic in traditional Chinese medicine. It also may help to control blood sugar levels and contains powerful antioxidants. It is said to have anti-cancer, anti-diabetic and anti-inflammatory properties and is a great alternative to both sugar and artificial sweetener.

There are no known safety concerns with consuming monk fruit.

Stevia

Stevia has been a popular natural sweetener for some time, and is a great alternative to artificial sweeteners because it is 200 times sweeter than sugar. It can, however, have an unpleasant after taste and is difficult to use in baking because you need so little and it can throw out ingredient ratios.

Honey

Honey still contains sugar, however high quality, raw honey is high in antioxidants and has antibacterial, antiviral and antifungal properties. It is soothing for coughs and sore throats, but is always best consumed raw

and at room temperature – heating it destroys a lot of the beneficial compounds.

Maple Syrup

While maple syrup also still contains sugar, it has the benefit of having a lower glycemic index than sugar cane and contains antioxidants, vitamins and minerals such as magnesium, zinc, calcium, potassium, iron and manganese.

Make sure to purchase real maple syrup, because you often find maple flavoured syrup on the shelves, which is not the same thing!

You may find that different natural sweeteners are preferable for different situations, so having a variety in your diet with these natural, plant based sweeteners is preferable to both sugar and chemical artificial sweeteners.



ABOUT THE AUTHOR

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

Energy boost and stress relief

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

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

When your body is stressed or working hard (or over working) it uses a greater

amount of B vitamins. Alcohol, sugar and caffeine also deplete the B vitamins from your body.

1 per day Morning With or without food

\$37^{ea}
60 capsules



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



Easy and convenient apple cider vinegar capsules

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

\$39ea 180 capsules

3 per day Anytime With or without food

New Zealand grown Hemp Seed Oil capsules



\$36ea
150 capsules

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

2-6 per day Anytime With food



Triple strength fish oil for brain and artery health

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

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

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

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

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

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

1-2 per day Anytime With food

Are you concerned about your eyes?



\$47ea
60 capsules

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

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

1 per day Anytime With or without food



Optimum health begins in your bowel

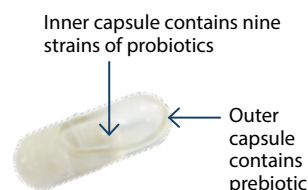
Healthy, live, probiotic bacteria in your small intestine are absolutely essential for optimum health.

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

1-2 per day Anytime Empty stomach

Benefits

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



Store in a cool dry place, no refrigeration needed.

\$41ea
60 capsules
vegetarian



Boron 10mg
Selenium 150mcg
Zinc 10mg

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

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

\$41ea 60 capsules

1 per day Evening With food



Normal urinary flow and supports urinary tract health

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

\$35ea 60 capsules

Do not take with blood thinning medication.

1 per day Anytime With or without food



Research shows nearly 50 separate health benefits

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

\$43ea
180 capsules



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

1-6 per day Anytime With or without food

Winter skin care

Aloe Vera

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

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

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

Aloe Vera with Colloidal Silver Gel

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

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.

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

Salicylic Acid Gel

Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**



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

BOOK REVIEW

Should I take... Probiotics?

This is a subject that is extremely confusing to many. It's a subject still being studied and researched, with the research being very positive and encouraging for wellness. The word probiotic means "*For life*" in latin.

If you want to understand more about all the bacteria that we carry around with us, that protects us and helps keep our gastrointestinal and immune systems strong, then this wee book will be a good read for you.

Centuries ago it was thought that all microbes were destructive, so how did it come about that some bacteria were seen as potentially beneficial for life - it appears that health claims concerning live micro-organisms in food can be seen as far back as a Persian version of the Old Testament (Genesis 18:8), where it indicates that Abraham owed his longevity to the consumption of sour milk. And over 2000 years ago, 76 BC, the Roman historian Plinius recommended the administration of fermented milk products for treating symptoms of gastroenteritis. The fermentation process increases the probiotic activity.

I believe probiotics are a great choice for any gastrointestinal concerns. This

book takes you through a number of these in detail as to whether probiotics are supportive. It is strongly based, having research behind it, and offers a scale of how much information is available to back up any claims.

As medical science uncovers more knowledge about the human body we start to see more and more inter-connectedness. Years ago it was thought that each system stood alone, now it is known that each can support each other, for example a healthy gut will help a healthy immune system.

This book lists many effects of probiotics on immune system markers, from laboratory work, animal and human studies. A probiotic included regularly in a dietary supplement regime is a very simple but powerful way of supporting the body's wellness.

A Cochrane review published in 2015 addressed the issue of probiotics for preventing upper respiratory tract



Get the
scoop
on gut
health

infections and included 13 clinical trials, which involved 3,720 children, adults and older people. The results were very positive indeed, reducing the average duration of UTI's by half and the time children took off school by 90%, to name a few. These results are quite staggering and worth a read, or better still will probably convince you to take a probiotic.

I have always thought of a probiotic as a safe first line of defence - an ideal choice to support optimum wellness.



BOOK REVIEW BY:

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

Nature's best source of iodine

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

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

Small size capsules each containing 1000mcg of Iodine.

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

\$31^{ea} 60 capsules

1 every 2 days Morning With or without food

Organically
grown in
Rangiora



An excerpt from Professor Shaun Holts book delving into all the research around probiotics.

Special
\$15ea

INTERESTING FACTS ABOUT BACTERIA

- Drying your hands with paper towels will reduce the bacterial count on your hands by around 50%. But using a hand dryer will increase the bacteria on your hands by up to 250% as it blows out bacteria already living in the dryer, which has a warm and moist environment, ideal for their growth.
- In a study, scientists found 1,458 new species of bacteria living just in the bellybutton of human beings. Everyone's belly button ecology is unique, like a fingerprint.
- Some Civil War soldiers had wounds that glowed in the dark because the wounds were infected with bioluminescent bacteria.
- To prove that stomach ulcers were caused by bacteria and not stress, an Australian scientist drank a beaker of the bacterium. He did indeed develop stomach ulcers and won the Nobel Prize in Medicine for his efforts.
- The discoverer of penicillin, Alexander Fleming, warned in the 1920s, soon after penicillin was discovered, about the possibility of antibiotic resistant bacteria due to antibiotics overuse.
- A treatment used for bladder cancer is to inject weakened cow tuberculosis bacteria into the bladder. The immune reaction that this causes destroys the cancer cells.
- Millions of people around the world, especially in East Asia, do not need to use antiperspirants or deodorants as they have a gene that stops them from producing sweat and so they do not attract the bacteria that cause body odour.
- One teaspoon of the bacterium Clostridium botulinum is enough to kill every single person in the USA.
- In 2007, scientists revived an eight-million-year-old bacterium that was extracted from Antarctic ice.
- Antibiotics are often not effective for sore throats and common colds as they are usually caused by viruses rather than bacteria.

This book contains:

- ✓ Study results
- ✓ Things to watch out for
- ✓ 120 Therapies covered
- ✓ Info and facts
- ✓ 150 Conditions covered
- ✓ Medical research



ABOUT THE AUTHOR

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

Informative reading

Popular titles written by Professor Shaun Holt.

Medical Cannabis

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

\$30ea 133 pages

Should I Take... Probiotics?

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

SPECIAL

\$15ea 82 pages

Which Natural Therapies Should You Try?

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

\$21ea 135 pages

Should I Take... Fish Oil?

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

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

\$20ea 84 pages



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

Improve your everyday health

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



Available in non-sulphur and non-iron versions

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

1 Triple Pack

Save \$18 off the individual product prices.

\$125ea

2 or more Triple Packs

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

\$118ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162

MULTI BUY

2 Triple Packs + 2 Probiotics

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

\$290

MULTI BUY

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

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

1 per day of each Morning With food

Low calorie, natural sweetening tablets for hot and cold drinks

These healthy, all natural tablets are a much better alternative to artificial sweeteners or sugar.

Benefits

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

One tablet = approx. one teaspoon of sugar

\$24ea
200 tablets



Always read the label and only use as directed. Supplementary to a balanced diet. If symptoms persist, see 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, alert old age. It supports blood health and mental clarity.

Supports:

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

\$51ea 60 capsules

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

 1 per day  Morning  With food



The most effective multi-mineral-vitamin

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

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

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

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

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

Supports:

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

\$47ea 60 capsules

 1 per day  Anytime  With food



Keep calcium in your bones

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

\$45ea 60 capsules

 1 per day  Anytime  With food

Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

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

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

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

DIRECTIONS:

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

The bottle contains about 200 sprays.

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



\$29ea
50ml liquid

Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

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

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

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

Complete C Powder

🍋 ¼-½ tsp per day 🌙 Anytime 🍴 With or without food

SPECIAL

\$37ea 100g powder

Short expiry special
Expiry Aug 21

Convenient chewable tablets

🍋 3 per day 🌙 Anytime 🍴 With or without food

\$37ea 200 chewable tablets



Boost your immunity

Four powerful herbs and two powerful nutrients.

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

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

\$31ea 60 capsules

🍋 1-2 Maintenance dose 🌙 Anytime
🍋 3-6 When unwell 🍴 With 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.

Heal your body
in a natural way



Colloidal silver and bacteria

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

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

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

Is it safe?

It is very well tolerated and to our knowledge does not interact with any medical drug. It is odourless,

non-stinging and suitable for the whole family when used as directed.

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

\$16ea 100ml liquid spray

SPECIAL

Buy two for \$24 - limited time only

\$26ea 100ml tube gel

\$30ea 100ml tube cream

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY

Colloidal Silver Generator

Make your own colloidal Silver

\$133ea one year guarantee

\$48pair replacement silver rods

Colloidal Silver Meter

Measure the content of your homemade colloidal silver

\$108ea
test meter














Make
your own
at home

Pain-Eze an all natural, warming cream with powerful essential oils and potent extracts

Pain-Eze contains
11 active ingredients.

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

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

Directions:

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



Turn Back Time: ANTI-AGEING

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

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

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

\$41ea 50ml tube

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

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

Take one morning and night with food.

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

\$62ea Combo

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



Enhance energy and support fertility




With our organic Maca extract
sourced from Peru

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

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

\$35ea 60 capsules

If pregnant, not recommended during the first trimester.

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

**Organic Maca
extract 3000mg**





\$41ea
120 capsules

Clear skin starts from within

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

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

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



Valerian, magnesium, hops and kava

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.

Support joint health naturally

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

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

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

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




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

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

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

MULTI BUY **\$93ea**

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

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

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



The NUTRIENT SUPERSTAR

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

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

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

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

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

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

Benefits

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

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

DIRECTIONS:

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

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



A blend of high quality minerals and vitamins

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

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

- 1-2 per day
- Anytime
- With food

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






Supports easy, regular bowel movements

Containing five herbs proven to be beneficial to the bowel.

Easy-Lax works gently over a 12 hour period reducing wind and lubricating the colon for a softer more regular motion.

\$35ea
100 capsules

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

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



Natural energy boost





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

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




Our DHEA 7-Keto is made from a natural plant extract from the Mexican yam plant and is modified to produce an exact copy of natural DHEA.

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

Support for

-  Metabolism and energy
-  Boosting the immune system
-  General well being
-  Cognitive function

\$40ea 60 capsules

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




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



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

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

Detox with The Ultimate Cleanse

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



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

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

\$105ea

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

\$90ea **MULTI BUY**

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

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

High quality, easy to digest iron for increased energy

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

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

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

Supports:

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

\$31ea 25 capsules

1 per week Anytime Empty stomach



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

60 DAY MONEY BACK GUARANTEE



4+

\$36ea
90 capsules

Reduce stress and manage your appetite

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

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

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



4+

Pantothenic acid

Vitamin B5 for heart and artery health

- ✓ Supports artery and blood health
- ✓ Helps protect the friendly probiotic bacteria in the intestines
- ✓ Supports healthy cholesterol levels

\$34ea 90 capsules

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



RealSalt

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

RealSalt Refill

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

\$23ea 737g pouch

283g shaker and refill combo

\$28ea **MULTI BUY**

RealSalt Shaker (season)

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

\$16ea 234g Shaker

RealSalt Shaker (garlic)

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

\$16ea 234g Shaker

Temporarily out of stock, now on back order.

RealSalt Shaker (original)

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

\$10ea 283g Shaker

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



Enhance both male and female libido

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

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

In woman, it may also support fertility.

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

Potion No. 9 contains:

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

Supports

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

- 1 per day
- Morning
- With food

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

Joint, digestion and general health

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

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

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

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

- 1-3 per day
- Anytime
- With food

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



Nutrient support for a vegan lifestyle

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

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

Supports

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

\$25ea 60 vegetarian capsules

- 1 per day
- Anytime
- With food

Special limited time





4+

600mg of L-carnitine fumarate

Help your body burn calories

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

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

\$30ea 60 capsules

3-5 per day Morning Empty stomach

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




4+

\$35ea 60 capsules

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

1 per day Morning With food



Reduce your stress LEVELS WITH WITHANIA

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

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

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

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


Benefits

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

\$37ea 60 capsules

1 per day Anytime With or without food

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



4+

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

100%

New Zealand Made

SPECIAL

\$25ea
90 capsules

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



Supports

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

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

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

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

beneficial for the body, just as nature intended.

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

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

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

ORDER FORM AND PRICE LIST

Prices valid until 30 June 2021

CUSTOMER ID

PRODUCTS			PRICE EACH	QUANTITY	TOTAL
4+	5-HTP (90 capsules)		\$36		\$
4+	7 - Day Iron (25 capsules)		\$31		\$
	Aloe Vera Gel (50ml tube)		\$15		\$
	Aloe Vera Gel (100ml tube)		\$21		\$
	Aloe Vera Gel with Colloidal Silver (50ml tube)		\$17		\$
	Aloe Vera Gel with Colloidal Silver (100ml tube)		\$24		\$
4+	Apple Cider Vinegar (180 capsules)		\$39		\$
4+	Bone Health (60 capsules)		\$45		\$
4+	Boron and Selenium (60 capsules)		\$41		\$
4+	CAA - Multi (60 capsules)		\$47		\$
4+	CAA - Multi Iron free (60 capsules)		\$47		\$
4+	CAA - Multi Sulphur free (60 capsules)		\$47		\$
4+	Carnitine (60 capsules)		\$30		\$
	Colloidal Silver Cream (100ml tube)		\$30		\$
	Colloidal Silver Gel (250g tub)		\$41		\$
	Colloidal Silver Gel (100ml tube)		\$26		\$
	Colloidal Silver Generator		\$133		\$
	Colloidal Silver Liquid (500ml)		\$36		\$
	Colloidal Silver Liquid (500ml) 4 OR MORE		\$30		\$
	Colloidal Silver Liquid Spray (100ml)		\$16		\$
	Colloidal Silver Liquid Spray (100ml) Buy two special - limited time		\$24		\$
	Colloidal Silver Test Meter		\$108		\$
	Complete C (100g powder) Short expiry special while stocks last		\$27		\$
4+	Complete C Tablets (200 chewable tablets)		\$37		\$
4+	CoQ10-Omega3 (60 capsules)		\$51		\$
4+	Coral CAA (60 capsules)		\$47		\$
4+	Cranberry (60 capsules)		\$35		\$
4+	DHEA 7-Keto (60 capsules)		\$40		\$
4+	Easy-Lax (100 capsules)		\$35		\$
4+	Evening Primrose & Flaxseed Oil (90 gel capsules) Special		\$25		\$
4+	Eye Health (60 Capsules)		\$47		\$
4+	Harmony (60 capsules)		\$36		\$
4+	Healthy Joints (90 capsules)		\$70		\$
4+	Healthy Joints (180 capsules)		\$104		\$

PRODUCTS			PRICE EACH	QUANTITY	TOTAL
4+	Healthy Joints (180 capsules) 2 OR MORE		\$93		\$
4+	Hemp Seed Oil (150 capsules)		\$36		\$
4+	Immunity Support (60 capsules)		\$31		\$
4+	Kelp (60 capsules)		\$31		\$
4+	Liver Cleanse (60 capsules)		\$35		\$
4+	Maca-X (60 capsules)		\$35		\$
4+	Magnesium (60 capsules)		\$31		\$
4+	Magnesium (180 capsules)		\$52		\$
4+	Men's Boost (60 Capsules)		\$42		\$
	Mitchells Bone Broth (100g pouch)		\$36		\$
	Mitchells Bone Broth (200g tub)		\$69		\$
	Mitchells Bone Broth Protein Powder (Vanilla flavour 500g) New		\$69		\$
	Mitchells Collagen Peptides - Bovine (200g tub)		\$49		\$
	Mitchells Collagen Peptides - Marine (200g tub)		\$59		\$
	Mitchells Collagen Repair (200g tub)		\$69		\$
4+	MSM Sulphur (180 capsules)		\$43		\$
4+	Omega 3 Fish Oil (200 capsules)		\$31		\$
4+	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur		\$125		\$
4+	Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur		\$118		\$
	Pain-Eze (100ml tube)		\$31		\$
	pH Test Strips (5 packs of 10)		\$15		\$
4+	Potion No. 9 (60 capsules)		\$42		\$
4+	Probiotic Multi 9 (60 capsules)		\$41		\$
4+	Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack		\$37		\$
	RealSalt Combo (Original 283g Shaker & Refill Pouch)		\$28		\$
	RealSalt Refill Pouch (737g)		\$23		\$
	RealSalt Shaker Garlic (234g) Currently out of stock		\$16		\$
	RealSalt Shaker Original (283g)		\$10		\$
	RealSalt Shaker Season (234g)		\$16		\$
	RealSalt gift pack Limited stock		\$39		\$
4+	Relax (60 capsules)		\$33		\$
	Salicylic Acid Gel (50ml tube)		\$27		\$
	Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)		\$41		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Silver Rods (pair)	\$48		\$
4+ Skin Clear (120 capsules)	\$41		\$
Sunscreen (50ml tube) No longer available			
Sunscreen (100ml tube) No longer available			
4+ Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (50ml) Glass bottle	\$29		\$
4+ Turmeric (60 capsules)	\$41		\$
4+ Turmeric (180 capsules)	\$99		\$
4+ Turn Back Time Capsules (60 capsules)	\$41		\$
Turn Back Time Cream (50ml tube)	\$41		\$
Turn Back Time Combo (50ml cream and capsules)	\$62		\$
Ultimate Cleanse kit (410 capsules)	\$105		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
4+ Vegan Boost (60 capsules) Special - limited time	\$25		\$
4+ Vitamin B5 (90 capsules)	\$34		\$
4+ Vitamin B Complex (60 capsules)	\$37		\$
4+ Withania (Ashwagandha) (60 capsules)	\$37		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$
Heal your Eye Problems	\$19		\$

4+ FOUR OR MORE PRICING

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

BOOKS	PRICE EACH	QUANTITY	TOTAL
Laugh with Health	\$24		\$
Laugh with Health Special 2 for \$40	\$20		\$
Medical Cannabis a brief guide for New Zealanders	\$30		\$
New Zealand's Greatest Doctor, Ulric Williams	\$17		\$
Should I take fish oil?	\$20		\$
Should I take...Probiotics? Special	\$15		\$
Stay Healthy by supplying what's lacking in your diet Out of Stock	TBA		\$
11th edition coming soon			
Which Natural Therapies Should You Try?	\$21		\$

4+ ☐ I have bought four or more of the icon products - \$20

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

☐ No signature required

☐ Signature required (Sorry, not rural delivery)

CUSTOMER ID

Name

Address

Phone Post code

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

Credit Card Number

Cheque ☐ Visa ☐ Mastercard ☐ Exp. date Security code



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

HOW TO ORDER

FREE PHONE

NZ 0800 140 141 - AUS 1800 140 141
Other countries call +64 7 543 0491
Operators available 24/7 - 365 days

FAX NUMBER

0800 140 142 (NZ) International +64 7 543 0493

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.