

TRY OUR NEW CACAO TEA



With its delicious chocolate aroma,
this is the perfect pick me up for any
time of the day.

See page 4



FREE

Receive one Solomon's Gold dark nib
chocolate bar, handcrafted in New
Zealand, with each box of Cacao tea
(limited to the first 100 boxes sold).

ARTICLES

- DAVID** – Serious peanut allergy p8
- SHAUN** – Medicine interactions p7
- NADIA** – Chocolate is good for you p14
- DENISE** – Mineral salts p5

SUNSCREEN - ON SPECIAL - Just in time for summer p6

REALSALT WOODEN GIFT PACK

Christmas Special \$29
usually \$39 each p3



WHAT'S NEW AT HEALTH HOUSE

Dear Customers

I'm sure I say it every year, but it is amazing how quickly Christmas has rolled around.

Our new Cacao Tea bags are not only good for you with high antioxidant properties, they have virtually no caffeine and smell delicious. Try a box today.

Our Helpee products make great humorous stocking fillers or that perfect gift for your workplace "Secret Santa", especially if you feel like you are "Surrounded by Idiots".

A small mistake in over ordering our Christmas RealSalt Shaker Gift Packs means we can offer them to you at a great price. These packs make fantastic gifts.

Kind regards

Mike Coory

Director

Products

- 20 5-HTP
- 16 7-Day Iron
- 6 Aloe Vera Gel
- 6 Aloe Vera with Colloidal Silver Gel
- 11 Bone Health
- 13 Boron and Selenium
- 8/11 CAA - Multi
- 4 Cacao Tea (bags)
- 26 Carnitine
- 6 Colloidal Silver Cream 100ml
- 12 Colloidal Silver products
- 23 Colostrum Powder
- 23 Complete C Powder/ Tablets
- 11 CoQ10-Omega 3
- 16 Coral CAA
- 20 Cranberry
- 21 DHEA 7-Keto
- 13 Easy-Lax
- 13 Evening Primrose and Flaxseed Oil
- 18 Eye Health
- 21 Garcinia
- 17 Harmony
- 19 Healthy Joints 90/180
- 22 Helpee products
- 23 Immunity Support
- 13 Kelp
- 17 Liver Cleanse
- 17 Maca-X
- 16 Magnesium 60 / 180
- 20 MSM Sulphur
- 9 Omega 3 Fish Oil
- 10 Optimum Health Triple Pack

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Yerba Mate Tea

Two for \$19 **SPECIAL**

P14



- 19 Pain-Eze
- 19 pH Testing Strips
- 18 Potion No.9
- 21 Prepare
- 22 Probiotic Multi 9
- 5 RealSalt products
- 18 Relax
- 21 Restore
- 7 Rubeeven
- 6 Salicylic Acid Gel
- 4 Skin Clear
- 6 Sunscreen
- 21 Sustain Protein Powders
- 21 Sweet Stevia Tablets
- 26 The Ultimate Cleanse Kit
- 21 The Ultimate Workout Range for Women (Starter Kit)
- 23 Throat Spray
- 10 Turmeric
- 15 Turn Back Time Cream 50ml tube
- 15 Turn Back Time capsules
- 20 Vitamin B Complex
- 17 Vitamin B5
- 18 Withania
- 14 Yerba Maté Tea (bags)

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Healthy Reading

- Colostrum - Life's First Food **\$20**
- Easy Way To Stop Smoking **\$18**
- Everything you need to know about Colloidal Silver **\$19**
- Heal Your Eye Problems **\$19**
- Laugh with Health **\$24** or two for **\$40**
- New Zealand's Greatest Doctor, Ulric Williams **\$17**
- Should I take...Probiotics? **\$19**
- Stay Healthy by supplying what is lacking in your diet **\$25** or two for **\$40**
- The DHEA Breakthrough **\$25**
- Which Natural Therapies Should You Try? **\$21**



4 OR MORE PRICING

Purchase four or more of any product 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.

OUR MISTAKE IS YOUR GAIN

We've ordered too many gift packs, so our bulk buying savings are being passed on to you.



Try the original RealSalt and the three different organic flavours in this small shaker wooden gift pack. Great for the caravan or bach. A great and healthy gift.

Special \$29ea Wooden Gift Pack
Usually **\$39ea**

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, Tauranga

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

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.

60 DAY MONEY BACK GUARANTEE

Loyalty Programmes

REFER A FRIEND

In appreciation of you telling your friends about Health House, we would like to reward you for your referral. When your friend registers to become a new Health House customer and buys something from us, you will receive a \$10 credit.

All we ask is that you let your friend know what your Customer ID number is, so when they register we know that you have referred them. After they make their first purchase, you will receive a \$10 credit on your account which you can use towards your next order.



LOYALTY DISCOUNT

We appreciate you choosing Health House and as a thank you we will give you a \$30 credit. This credit is automatically applied to your next order after you have spent a total of \$300 with us.

No need for loyalty cards or anything complicated, it will be automatically done for you. We will let you know how close you are towards your discount on your invoice, or on our website. Any questions, or to find out more, please do not hesitate to phone our friendly sales team.

Christmas Hours

Just to let you know, any orders received before 11:30am on Friday 22nd of December will be dispatched on that day.

Phone and website orders placed after 11:30am on the 22nd will be dispatched on Wednesday 3rd of January 2018.

The Health House Shop will close at 2:30pm on the 22nd of December and will reopen at 8:30am on Wednesday the 3rd of January 2018.



Always read the label and only use as directed.

Boost your antioxidant levels

Our new Cacao Tea contains the highest level of antioxidants of any food and it won't keep you awake.

From one of the most unspoilt environments in the Pacific Islands, this cacao is grown in the nutrient rich soil of the Solomon Islands, then gently ground and bagged here in New Zealand.

As one of the highest food sources of antioxidants and with barely a trace of caffeine, it is a great drink for anytime of the day or night.

Solomons Gold

C-Corp who supply the cacao for our tea, is a local Mount Maunganui company. They are true chocolate lovers who are passionate about preserving the distinctive origin of their prized cacao. They proudly oversee the entire chain of production, from hand picking and grading of the cacao beans in the Solomon Islands, to handcrafting it into pure artisan chocolate (or milling the cacao for Health House tea) in their bespoke New Zealand chocolate factory.

The cacao is single origin and dairy free, nut free, gluten free, soy free, GMO free and refined sugar free. Free of everything but a wonderful aroma, healthy benefits and great taste. Cacao is also Vegan and Kosher friendly.

Rich in proanthocyanidins

These are very powerful antioxidants that remove harmful free oxygen radicals from cells. Studies indicate that the antioxidant power of proanthocyanidins is 20 times higher than that of vitamin C and 50 times higher than vitamin E (see Figure 1).

Solomon's Gold Chocolate

Receive one Solomon's Gold dark nib chocolate bar, handcrafted in New Zealand, with each box of Cacao tea.

(Limited to the first 100 boxes sold)



Low in caffeine

With barely a trace of caffeine (0.1%) it makes a great bedtime drink. Green Tea (and other teas) have a higher level of caffeine than many realise (see Figure 2).

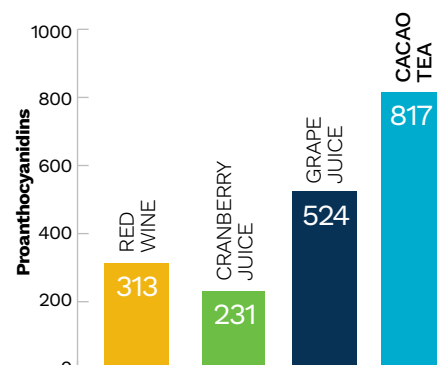


FIGURE 1. (mg/100g) Information Cacao – Brunswick Lab USA, other drinks Journal of Nutrition

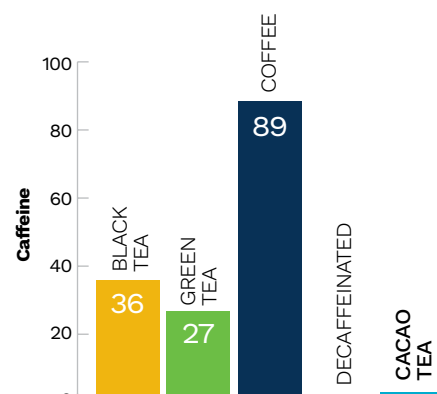


FIGURE 2. (mg per cup) Information Cacao – Eurofins NZ, other drinks – Mayo Clinic website



\$19ea
30 tea bags



GLUTEN FREE



ORGANIC



99.9%
CAFFEINE
FREE



GMO
FREE

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 contains the full range of B vitamins and vitamin C to support the healing of the skin.

Skin Clear gives the body the tools it needs to deal with excess oil in the form of pantothenic acid (vitamin B5) and carnitine. Vitamin B5 converts the excess oil to coenzyme A, a natural enzyme that deals with fatty acids. The role of carnitine is to take this excess

oil to the cells so that the excess oil is burned off as energy.

While the process by which this product works is technical, results are dramatic.

Each bottle contains enough for one month's treatment or two month's maintenance.

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



\$39ea
120 capsules



Mineral Salts

Essential for optimum health.



The electrolytes sodium, potassium, chloride, calcium and magnesium are mineral salts that conduct electricity when dissolved in water. They are present in the blood, urine and body fluids and are involved with chemical reactions in our cells. They are all important for optimal health and to keep the body's blood chemistry stable.

Sodium is the most abundant element in the fluid outside the cells (extracellular). Its presence helps retain water and prevent dehydration. It is essential for nerve impulse transmission and muscle contraction because it influences the levels of potassium and calcium.

Potassium is the principle element in fluid inside the cells (intracellular). Along with sodium and chloride it regulates osmotic pressure within the cell and helps maintain acid and alkaline levels. Potassium, along with calcium is essential for excitability of muscles, especially the heart. Magnesium and calcium both have a role in muscle relaxation.

Chloride is also important for this balance and stability in the fluid outside the cells. It is vital for digestive enzyme production including hydrochloric acid in our stomach.

It accompanies sodium in body fluids.

All these nutrients can be obtained from our diet, fruit and vegetables are especially high in potassium. The relationship between all of these minerals is vital for our well being, because of the balance needed in our intracellular and extracellular fluids. Too much sodium and chloride in the form of table salt (100% sodium chloride) and/or processed food can cause problems by disrupting this balance. Sodium is naturally occurring in seafood, plus many other foods such as carrots, oats, asparagus, strawberries, cheese, with celery being a particularly good source.

In an ideal world a real quality salt (not artificially iodised) is best added during the cooking process. In this way the sodium is incorporated into the food and is more available to the body than adding salt to an already cooked meal. A quality salt will provide a less bound up sodium chloride, along with more minerals to support the body.

Bernard Jensen (a wonderfully gifted nutritionist) talked about sodium as a "youth maintainer", he believes that tendon flexibility requires a high sodium diet, not a high sodium chloride diet.

There is evidence that too much sodium chloride will increase the risk of high blood pressure and could possibly increase the risk of some cancers. Other health concerns caused by excessive sodium chloride can arise, such as bronchial reactivity, mortality from asthma, or it can be a migraine trigger pathway. Diminished dietary potassium greatly stresses the kidneys ability to maintain proper fluid levels, resulting in a unbalanced cellular function.

Like anything in life, whether it's work/life balance, or intra/extracellular balance it is often linked with moderation in all things. We are all biochemically different, with different requirements.



ABOUT THE AUTHOR

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



RealSalt Refill

\$23ea 737g pouch

\$28ea **MULTI BUY**

283g shaker and refill combo



RealSalt Shaker (Original)

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

\$10ea 283g shaker



RealSalt Shaker (Seasoned)

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

Protect your skin with our 100% Natural Sunscreen

Our sunscreen protects you from UVA and UVB rays without using any nasty chemicals. SPF 25, water resistant, easy to apply and most importantly, uncompromisingly 100% natural.

Non greasy, non staining and with a pleasant light natural coconut fragrance, this all natural sunscreen is safe for the whole family.

Like all natural sunscreens, when you apply it you will be able to tell you have covered your skin due to the temporary whiteish/blueish colour, but it soon becomes transparent.

All testing on the sunscreen was undertaken by the Dermatest Laboratory in Australia and meets the latest NZ/AUS standards.

INGREDIENTS:

Sweet almond oil, zinc oxide, coconut oil, macadamia nut oil, shea butter, silica, natural fragrance, vitamin E.

Special - May 2018 expiry - only while stocks last.

\$14ea 50ml - Normal price \$18ea

\$21ea 100ml - Normal price \$27ea



SPECIAL



Sunburn relief and soothes skin irritations

\$14ea 50ml

\$20ea 100ml



Repairs irritations and revitalises your skin

\$16ea 50ml

\$22ea 100ml



Colloidal silver is moisturising and soothing

\$28ea 100ml



Manage common sun spots

\$25ea 50ml

\$39ea **MULTI BUY**

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

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.

Natural Products

- interactions with medicines

Natural products and supplements are no different to medicine, as they can potentially have a beneficial effect on our health but then they can also potentially have a negative effect. They can interact both with other natural products or with pharmaceutical medicines.

The team at Health House are often asked about interactions with medicines and they wisely advise that you need to check with your doctor or pharmacist. However, here is a list of 13 natural products for which interactions are common and/or potentially serious:

Black Cohosh - can cause liver toxicity and may interact with other medicines which can impact the liver, such as atorvastatin and paracetamol. Prescription drugs broken down by certain liver enzymes may accumulate in the body and lead to toxicity, if used with black cohosh.

Coenzyme Q10 - when used with anticoagulant drugs such as warfarin may interact with blood thinning effects.

Cranberry - this can exert an increased effect on anticoagulants and lead to bruising or bleeding. Patients taking warfarin may need to have their International Normalised Ratio (INR) or other blood clotting lab test checked more frequently.

Echinacea - as it can stimulate the immune system it can also antagonize the effects of medications which act by lowering immune system activity, such as azathioprine, cyclosporine, tacrolimus and corticosteroids.

Valerian - this potent natural sedative can potentially interact with muscle relaxants, sleep or anxiety medicines, pain medicines, antidepressants, or other medicines that cause drowsiness.

St. John's Wort - has many drug interactions, some of which can be dangerous. It can interact with selective serotonin reuptake inhibitors (SSRIs), tricyclic antidepressants (TCAs), monoamine oxidase inhibitors (MAO inhibitors), dextromethorphan,

warfarin, oral contraceptives, certain HIV medications, digoxin, statins and many other drugs.

Saw Palmetto - used for prostate gland enlargement, it should usually be avoided if taking other agents used to treat this condition, such as finasteride. It can also slow blood clotting and increase the risk of bruising or bleeding if used with anticoagulants.

Melatonin - this natural hormone helps to regulate the sleep-wake cycle and can cause drowsiness. Therefore users should avoid alcohol and other sedating medicines (for example, benzodiazepines sedatives and hypnotics, some antihistamines, opioid analgesics).

Kava - has hundreds of drug interactions. In particular, it should not be used with medicines which can cause liver toxicity. The use of buprenorphine with kava can lead to serious side effects such as respiratory distress or coma.

Ginseng - the most important interaction to be aware of is that long-term use of ginseng can decrease the effect of warfarin.

Feverfew - increases the risk of bleeding, especially in people with blood-clotting disorders or using blood thinners such as aspirin, warfarin, heparin or clopidogrel.

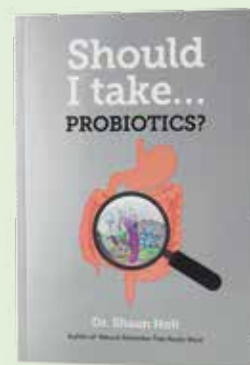
Ginkgo Biloba - can also alter the actions of medicines metabolised through the liver; the list is extensive and around 500 medicines are known to interact with this herbal product.

Garlic - reduces blood clotting and therefore can increase the effects of blood thinning medicines.



ABOUT THE AUTHOR

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



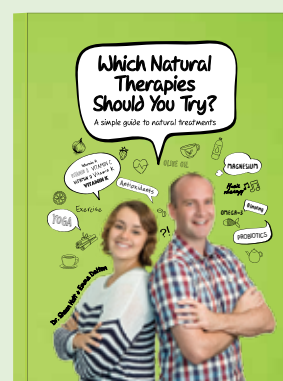
Make an informed choice on whether you should take probiotics, written by Dr Shaun Holt.

\$19ea 82 pages



The power of capsaicin (cayenne) and bee venom is harnessed to support joint movement.

\$35ea 30ml pump



A simple guide to the best natural therapies.

\$21ea 136 pages

Serious peanut allergy cured by probiotics

The research just keeps coming in – study after study, showing the enormous effect on our health of good, bad, and missing gut bacteria. The strains of good ('friendly') bacteria are known as probiotics and the bad strains as pathogens.

Probiotics mostly implanted at birth

Probiotics are found mostly in fermented foods, but the important strains are first implanted in our digestive system during childbirth and by our mother's breast milk. From that point on they continually divide and reproduce themselves, ideally for life. However some strains are often destroyed by antibiotics, or certain food preservatives.

All our food needs to be converted to a liquid for absorption

Probiotics are essential for proper nutrition. You may not realise it, but all the food we eat needs to be converted into liquid before it can seep through our intestine walls (by osmosis) into our blood stream. It's a miracle of complexity and if it doesn't work properly we suffer and become unwell through malnutrition, no matter how healthy our diet. Converting our food into liquid is the role of probiotics. We have trillions of these friendly bacteria

(weighing about a kilogram) living along the 7 metre length of our small intestine, in our 1.5 metre long, large intestine, also in our saliva.

Different strains of probiotics for different foods

There are about 30 principal strains of probiotics and each strain has a role to play in the pre-digestion of various types of food i.e. dairy, wheat, eggs, nuts, etc. in other words, converting them into a liquid. If one or more of these probiotic strains are lacking, two problems occur. Firstly, important nutrients are not absorbed into the bloodstream, and secondly, harmful chemical reactions can be caused, such as food allergies, leaky gut, IBS, gas and acid reflux, to name just a few.

Peanut allergy cured in Australia

Sometimes these reactions are fatal. You may have read or heard about a recent breakthrough by Australian researchers where a common and dangerous peanut allergy was

cured in 82% of 28 child sufferers. This breakthrough came about by introducing into their diet peanut oil mixed with the peanut digesting probiotic *Lactobacillus rhamnosus* (one of the 9 strains in our Health House Probiotic Multi 9). This was a double blind test and afterwards, 27 out of the 28 control children, who were given a placebo instead of the probiotic still had their peanut allergy. Four years later the probiotic children could still eat peanuts without any allergic reaction.



A typical probiotic. We have trillions of these in our gut – more than the number of cells in our entire body.

Why 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

\$20ea

MULTI BUY

Buy two books and save \$10



The most effective multi-mineral-vitamin

This absorbable New Zealand mineral-vitamin supplement CAA - Multi contains all the minerals and vitamins required for optimum health and in the correct balance for our New Zealand conditions.

We believe that this is the most complete mineral-vitamin supplement on the market. All ingredients are the best quality and the most bioavailable for your optimum health. We constantly monitor and when necessary revise the formula to ensure it is as good as we can make it.

\$45ea 60 capsules

Available in non-sulphur and non-iron versions.



Just the beginning?

I was happy to hear about this success. The more I research nutrition, the more I realise how essential it must be to restore missing probiotic strains to overcome food allergies. I feel this success is just the beginning. Professor Mimi Tang, the group leader of the Australian Researchers agrees. She says, "This is a major step forward in identifying an effective treatment to address the food allergy problem in Western societies."



Professor
Mimi Tang.

Numerous other health disorders are due to missing probiotics

It's not only food allergies that can be overcome by restoring missing probiotics. Numerous other health conditions including mental disorders are strongly linked with missing probiotics. Some of the more common conditions are gum disease, tooth decay, diarrhoea, constipation, obesity, acid reflux, bowel diseases, diabetes type 2, vaginal disorders, digestive disorders, bloating, anxiety, depression, skin disorders, chronic fatigue, artery disease, a weak immune system, all kinds of infections including overgrowth of unhealthy bacteria and fungi (pathogens) such as candida.

The important role of your appendix

Our body stores backup strains of

probiotics in our appendix, and provided we still have our appendix, various strains can be recolonised should they become entirely wiped out by an antibiotic. However, if we've had our appendix removed, or we failed to obtain the probiotics we needed during birth, breast feeding and exposure to 'dirt' during infancy, it's very difficult to recolonise our gut with missing strains of probiotics. This is because our stomach acid kills them before they can enter our small intestine. Some hardy lactobacillus found in yoghurt can survive, but most strains will not.

Probiotic supplements must protect the probiotic bacteria against stomach acid

Therefore it will be necessary to take a high quality, multi-strain probiotic supplement. It should have an effective method of keeping the delicate living probiotics alive, and conveying them safely through the dangerous stomach acid (pH 2 to 3) into the safe alkaline environment (pH 7 to 9) of our small intestine.



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.



Merry Christmas

Thank you for your support this year. I would like to wish you all a very happy and safe Christmas with your loved ones. Christmas and family are my two favourite things in life.

This is David's and my 50th year together as a happily married couple – it was so nice to spend our golden wedding anniversary with our family and friends.

Merry Christmas

Marie Coory



Triple strength fish oil for brain and artery health

Our Omega 3 Fish Oil capsules contain 570mg of responsibly sourced 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, less than 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 less than nine parts omega 6 to one part omega 3. However the current New Zealand average is estimated to be around 16 parts omega 6 to one part omega 3.

This is because omega 6 is found in a lot of food whereas omega 3 is much harder to obtain from our diet.

\$29^{ea}
200 soft
gel capsules



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.

\$119ea

2 or more Triple Packs

Save \$48 off the individual product prices. Available with non-sulphur and non-iron CAA - Multi versions.

\$113ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$154


MULTI BUY

2 Triple Packs + 2 Probiotics

Save \$76 off the individual product prices (multi buy price already includes the 4+ product discount).

\$276

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.

Always read the label and only use as directed. **Free 7 day capsule case available by request.**

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 medicine.

The key active in Turmeric is curcumin and is one of the most intensely studied bioactives. Curcumin has been found to be supportive of a wide range of health conditions.

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.



With 95% bioavailable curcumin

\$39ea
60 capsules

Your nutritional insurance

Take the guess work out of your supplement decisions with these three specially formulated products, to cover most of your nutritional needs.



\$45ea

60 capsules



\$49ea

60 capsules



\$43ea

60 capsules

The most effective multi mineral vitamin.

The development of CAA - Multi was inspired when David Coory read a book written by Percy Weston (an Australian sheep farmer) called "Cancer: Cause and Cure".

Percy Weston's book detailed his life experiences, which began when his sheep started suffering from serious illnesses. He traced the problem to a lack of minerals in the soil and the highly acidic super phosphate fertiliser, which had upset the soil's mineral balance. After much experimenting, Percy was able to save his sheep with a salt lick containing the depleted minerals.

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

Benefits

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

INGREDIENTS: For a full list of ingredients check out [www.healthhouse.co.nz/product/CAA - Multi](http://www.healthhouse.co.nz/product/CAA-Multi)

Supports your 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.

We also include cod liver oil, which has 360IU's of all natural vitamin A and 25IU's of all natural vitamin D3. The traditional evidence of the benefits of cod liver oil is well known and respected.

We looked for a well researched fish oil, with the highest levels of omega 3 we could find. (The concentration process not only increases the omega levels, it also removes unpleasant odours).

Benefits

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

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

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Concentrated Fish Oil	700mg	
Cod Liver Oil	225mg	
CoQ10 (Ubidecarenone)	75mg	
Vitamin D3		25IU
Omega 3		500mg
Vitamin A		360IU
EPA 270mg / DHA 190mg / Omega 3 (other) 40mg		

Absorb calcium into your bones not your arteries with vitamin K2.

Bone Health uses the power of vitamin K2 and vitamin D3 to obtain optimum bone absorption of calcium.

It is really important to have the proper balance between the four bone nutrients (calcium, vitamin D3, vitamin K2 and magnesium).

Bone Health provides the correct balance of these four nutrients to keep calcium in your bones and out of your arteries.

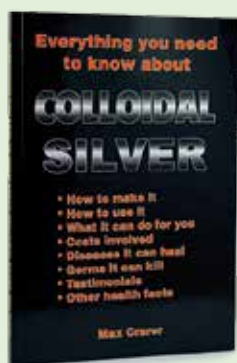
An imbalance of these four nutrients is why some calcium supplements were associated with an increased risk of heart attacks and strokes.

Benefits

- Stronger more flexible bones
- Water soluble for better absorption
- Raises your cell pH levels to protect against common health problems

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Coral Calcium	500mg	
Calcium		170mg
Magnesium		7mg
Magnesium Complex	485mg	82mg
Vitamin K2 (Menaquinone-7)	22mg	44mcg
Vitamin D3 (1000 IU)	10mg	25mcg



Colloidal Silver book

This book answers everything you want to know about colloidal silver.

\$19ea 79 pages



Silver Meter

Measure the content of your homemade silver.

\$108ea test meter



Colloidal Silver Generator

\$133ea one year guarantee

\$48ea replacement rods

Colloidal Silver

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

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.

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 eyes, nose and mouth.

\$15ea 100ml liquid spray

\$21ea 50ml tube

\$24ea 100ml tube

\$35ea 500ml liquid

\$39ea 250g tub

\$28ea 4 or more 500ml bottles

MULTI BUY



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.

Historic Silver Facts



Middle Ages

Silver cutlery and vessels were used by nobility as protection against disease and plague.



1960's

NASA's water purification used silver to kill bacteria and purify the water on the Apollo spacecraft.



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.

\$30ea 100 capsules

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



NATURE'S BEST SOURCE OF IODINE

- ✓ An overall health tonic
- ✓ Especially rich in iodine
- ✓ Supports a healthy thyroid
- ✓ Helps protect from radiation damage

\$29ea
60 capsules

DIRECTIONS: Adults: Take one capsule every second day. Children under 14: Take one capsule every third day.

Always read the label and use only as directed.



BENEFICIAL FOR SKIN, HAIR & 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.

\$29ea 90 capsules



Boron & Selenium

A high quality, organic chelated mineral blend.

\$39ea
60 capsules

Boron is an important mineral for bone and joint health, but is lacking in our New Zealand soil. Selenium is a powerful antioxidant that also neutralises mercury toxicity in the body, supports prostate health and fades brown skin spots.

DIRECTIONS: Take one daily, preferably with an evening meal.



Chocolate is good for you!



Let me be clear – not all chocolate is good for you, but raw, unrefined cacao has so many health benefits that it should be a regular addition to your daily diet (provided it is good quality without added sugar, chemicals or preservatives!).

What is the difference between cacao and cocoa?

Cacao and cocoa are both produced by harvesting the cacao beans that are found inside seed pods, grown on the cacao tree (*Theobroma cacao*). These trees are typically grown in tropical environments and are native to Central and South America and parts of Africa. According to Mayan mythology, cacao was discovered by a 'Cacao God' and was often offered as a gift to deities and used in celebrations. In ancient Mexico, it was a luxury drink only enjoyed by the rich and privileged, and was even used as a form of money.

Raw cacao powder and nibs are produced by fermenting, grinding, then cold pressing raw cacao beans (this means that the temperature must never exceed 47 degrees celsius). This process ensures that the living

enzymes, antioxidants, vitamins and minerals are all preserved and only the fat (cacao butter) is removed.

Cocoa looks similar to cacao, however is quite drastically different in its medicinal properties and its processing. Cocoa powder is produced by first roasting the fermented cacao beans at a high heat, then grinding the roasted beans into cocoa mass which is then pressed to remove the cocoa butter. The remaining cocoa is then ground into a fine powder.

Dutch processed cocoa powder is even further treated early on in the process with an alkalisised chemical solution, which gives the end product a richer, less acidic taste, but removes even more of the nutrients.

Cacao and cocoa have been measured on the ORAC scale (this

stands for oxygen radical absorbance capacity) which is a way of measuring antioxidant levels. Raw cacao powder has an ORAC score of 95,500, whereas roasted cocoa powder only has a score of 26,000. That's nearly four times the amount of antioxidants!

Cacao is thought to be the highest source of antioxidants of all food, containing more per 100g than acai berries, goji berries and blueberries - comparatively, the ORAC score of blueberries is only 4,669. These antioxidants, containing 2 different types of flavonoids make up around 10% of the raw cacao powder.

Antioxidants neutralise free radicals, help to prevent ageing, prevents the oxidation of LDL cholesterol (bad cholesterol) in the blood and reduces inflammation in the body. Cacao also improves insulin sensitivity and

A refreshing, rejuvenating tea

Yerba Maté tea contains vitamins, minerals, amino acids and beneficial antioxidants.

It has been called 'the healthy alternative to coffee' due to its ability to stimulate the mind without the negative side effects of caffeine.

Yerba Mate tea has a slight bittersweet flavour which is enjoyable on its own or can be flavoured with the addition of a slice of lemon, a bit of honey or one or two mint leaves.

Try some today and experience the benefits.

\$19^{ea} 30 tea bags





Yerba Mate Tea Clearance Special

As we have introduced new packaging we have our original Yerba Mate tea on special, while stocks last.

Two for **\$19**

SPECIAL

Differences between cacao and cocoa

CACAO	COCOA
	
<ul style="list-style-type: none"> A more pure form of chocolate, with less processing Produced through cold pressing of unroasted cacao beans, preserving all the nutrients 	<ul style="list-style-type: none"> Highly processed and refined (dutch cocoa also includes a chemical process) Cacao beans are roasted at high temperatures, drastically lowering nutritional value
ORAC score of 95,500	ORAC score of 26,000

contains thermogenic proteins which help with weight loss by raising your rate of metabolism.

Cacao contains high levels of serotonin, dopamine (the happy hormones) and anandamide (which is normally created by our bodies when we exercise). The combination of these chemicals makes us feel happy, relaxed and reduces stress, which explains why chocolate is so addictive!

Other compounds found in raw cacao include high levels of magnesium, as well as resveratrol, iron, sulphur, potassium, calcium, zinc, copper and manganese.

Factors that may affect the antioxidant activity of raw cacao

Interestingly, research shows that dairy products can actually inhibit the absorption of antioxidants from raw

cacao, so it's much better consumed alone or with dairy free milk such as coconut, rice, almond or oat milk.

While adding heat (such as hot water or cooking in an oven) will destroy some of the benefits of raw cacao, it will still be far more beneficial to your health than standard cocoa powder or Dutch processed cocoa powder. It's good to remember that minerals are rarely damaged by heat, so it is only the antioxidant activity that may be compromised.



ABOUT THE AUTHOR

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



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

\$39ea 60 capsules



A rich all natural moisturising cream with jojoba oil, cocoa butter, shea butter, vitamin E, marine collagen and CoQ10.

\$39ea 50ml

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.

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

Purchase a Turn Back Time Combo for \$59 and save \$19 off the individual product prices.



\$59

The nutrient superstar

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?

\$29ea
60 capsules

\$49ea
180 capsules

- ✓ Vital for a healthy heart
- ✓ Supports a healthy blood pressure
- ✓ Relaxing and calming
- ✓ Easily absorbed

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. Unfortunately, this essential nutrient is lacking in most New Zealand diets.

Magnesium helps relax your mind, supports healthy blood pressure and contributes to a sound sleep.

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

DIRECTIONS: **Men:** Two or three capsules per day.
Women: One or two capsules per day.
Children: One capsule per day.
Otherwise as advised by your health professional.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Magnesium Complex 16%	830mg	132mg

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

- Complete mineral and vitamin blend
- All the benefits of CAA - Multi and the benefits of coral calcium
- Great for lighter people and children
- High quality coral calcium with added vitamins D3 and K2

\$45ea 60 capsules

DIRECTIONS: Take one to two capsules per day. 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.



High quality, easy to digest iron for increased energy

This high quality, chelated iron, gives you a net 24mg of energy producing iron, plus 60mg of vitamin C, to boost absorption up to 300%.

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

\$29ea 25 capsules

DIRECTIONS: Take one capsule weekly between meals. Do not take within 70 minutes of drinking tea, coffee or taking a calcium supplement.





Enhance energy and support fertility

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

\$33ea 60 capsules

If pregnant, not recommended during the first trimester.



HARMONY

SUPPORT YOUR HORMONAL BALANCE NATURALLY

\$34ea

60 capsules



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

LIVER CLEANSE

GIVE YOUR LIVER A HELPING HAND WITH MILK THISTLE AND VITAMINS

\$33ea

60 capsules



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

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

\$31ea

90 capsules



DIRECTIONS: Take one or two capsules per day.

WITHANIA

Supports physical and mental rejuvenation and is revered for bringing optimum health into the elder years.



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

Reduce stress and support a deep restful sleep

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



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.

\$40ea 60 capsules

EYE HEALTH

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.

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.

What is glucosamine?

Glucosamine is a naturally occurring substance found in the cartilage of our joints. It acts as a natural shock absorber, joint lubricator and is vital for building new cartilage.

As we age our glucosamine levels diminish, which can lead to joint deterioration.

What is chondroitin?

Chondroitin is also found naturally in our joints. It helps the cartilage to resist compression, retain water, aids elasticity and helps with lubrication. It is also a major source of the protein building blocks used in our joints to help form new cartilage.

Like glucosamine, chondroitin levels also decline as we age.

Equal quantities of glucosamine and chondroitin

Research has proven the effectiveness of combining sulphur based marine glucosamine in equal parts with chondroitin (extracted from shark cartilage). However, due to the high

price of chondroitin, it is rare to find a product on the New Zealand market that contains enough chondroitin to make it fully effective.

An effective formula

We have specifically formulated Healthy Joints to contain 400mg of natural glucosamine sulphate and 400mg of a high quality chondroitin sulphate. We then added boron, natural vitamin D, organic silica along with MSM (methylsulfonylmethane).

What glucosamine and chondroitin do we use?

The glucosamine we use in Healthy Joints is from the finest shellfish sources.

Our high quality chondroitin is extracted from commercial species of shark cartilage, which is why it costs so much. We do not use shark fin.

Are there any allergy concerns taking this product?

Yes, if you are allergic to fish, sulphites or crustaceans.

DIRECTIONS: Adults: Take three capsules a day. When joints are more comfortable, reduce to two capsules per day. Children: Take only on medical advice.

\$66ea 90 capsules

\$99ea 180 capsules

\$89ea **MULTI BUY**

Buy two or more Healthy Joints 180 and save \$20



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

Pain-Eze contains 11 active ingredients. These are: five essential plant oils, four liquid plant extracts, a plant based preservative, and a natural healthy coconut base. It is an all natural product containing no additives or chemicals.

\$21ea 50ml

\$29ea 100ml



PH Strips

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

\$15ea (five packs of 10)



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.

\$34^{ea} 90 capsules



NORMAL PROSTATE HEALTH AND URINARY FLOW

- ✓ Assists in normal urinary flow/urinary tract health in both men and women
- ✓ Supports normal prostate function in men

\$33^{ea}
60 capsules



DIRECTIONS: Take one capsule per day. Always read the label and use only as directed. Do not take with blood thinning medication.

VITAMIN B COMPLEX

Energy boost and stress relief

\$35
60 capsules



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.



RESEARCH SHOWS NEARLY 50 HEALTH BENEFITS

Sulphur is one of the most important nutrients in your body - it maintains the health of your joint cartilage, collagen, skin, muscles, nails and hair. It also promotes the health and vigour of good probiotic bacteria in your intestines.

\$39^{ea} 180 capsules



THE ULTIMATE WORKOUT RANGE FOR WOMEN

You work hard to keep your body healthy and additive free, we think your supplements should be the same.

The starter kit contains;

Prepare - Pre workout (100 capsules)

The important nutrients (amino acids) that improve your exercise capacity.

Restore - Post workout (100 capsules)

The key minerals and vitamins that need replacing after exercise.

Sustain Fruit + Protein (80g)

Pure New Zealand whey protein mixed with apple, mango and a super fruit blend.

Sustain Veggie + Protein (80g)

Pure New Zealand whey protein mixed with freeze dried carrot and spinach.

Exercising takes a lot of effort and you want to maximise the impact from your workout. The Ultimate Workout Range for Women is specifically designed to do just that.

Products may be purchased individually and Sustain Fruit + Protein and Veggie + Protein are also available in 200g tubs - (see order form).

100%
PURE

NO ADDED
SUGAR

ZERO
ADDITIVES



Help manage your appetite and food cravings

\$29ea 60 capsules



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

\$22ea 200 tablets

Natural youth hormone

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

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

Our pure DHEA is made from a natural plant extract

A natural extract from the Mexican yam plant is modified to produce an exact copy of natural DHEA.

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

\$37ea
60 capsules



DIRECTIONS: 25 to 35 years of age, one capsule every second day. Over 35 years of age, one capsule daily. Not generally required for people under 25 years of age.

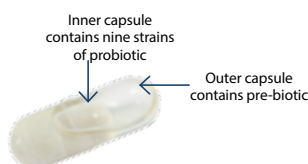
Optimum health begins in your bowel

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

If any of these bacteria were missing, the improvement in your health and ability to digest all types of food can be dramatic.

There is about a kilogram of different types of bacteria lining your small intestine. These bacteria are necessary to convert and break down your food so it can be used in your body. If any of these strains of bacteria are missing, various kinds of food will not be digested properly. This causes gluten and dairy allergies and numerous other health or digestive problems.

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.



Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Once in your small intestine, these bacteria recolonise and multiply.



\$39ea
60 capsules

Store in a cool dry place
- no refrigeration needed.



The ULTIMATE SECRET SANTA GIFT

SERIOUS SUPPLEMENTS FOR THE NOT SO SERIOUS



Restore the missing electrolytes and B vitamins after that night out (when you weren't going to drink – yeah right!)

\$20ea 30 capsule



Less time on the loo waiting for number twos. A blend of natural herbs for soft, regular bowel motions.

\$20ea 30 capsules



Before you decide to hit someone there are some natural herbs and minerals that will calm your nerves and help you relax.

\$20ea 30 capsules



When the mirror is not being your friend. Try this weight management blend of green coffee, garcinia and chromium.

\$20ea 30 capsules

**WE'VE GOT PRIZES TO GIVE AWAY. ENTER OUR
COMPETITIONS AT WWW.FACEBOOK.COM/HELFE.CO.NZ**

Boost your immune system with Colostrum antibodies

Colostrum contains millions of immune antibodies to optimise health.

These antibodies (identical to human antibodies) transfer natural immunity from numerous diseases, to newly born offspring. When one cow's colostrum is mixed with the colostrum of hundreds of other cows, its effectiveness is multiplied.

Colostrum contains many antibodies which have anti-aging, cell repair and natural weight management qualities. Regular takers of colostrum report that their skin appears more youthful, age spots disappear, they have support for optimum bone density and sexual function and their athletic endurance is enhanced. Many body builders maintain that colostrum is the most effective muscle building supplement they have ever used.

Cow colostrum is over 10 times richer than human colostrum in antibodies. These antibodies are the same as human antibodies and support the immune system to protect you against thousands of common pathogens. People who take colostrum report they no longer get seasonal ills and chills.

La Belle is one of the top colostrum suppliers in the world. Their colostrum comes from grade "A" dairy herds and La Belle has access to a large portion of all dairy cattle in the USA.

DIRECTIONS: **Adults:** Mix one scoop (1.5g) into a small glass of milk or water or add to your smoothie/protein drink. For maximum health benefits take twice a day, at least 45 minutes before eating. **Children:** Take half the adult dose. Not recommended for infants. New Zealand orders only. Due to NZ regulations our Colostrum Powder cannot be exported.

INGREDIENTS: American colostrum powder, natural cream flavour, stevia.

\$49ea
100g tub

buy two for
\$39ea

SPECIAL



**CLEARANCE
SAVE \$20**



Soothes dry scratchy throats and prevents winter chills

\$29ea 100ml liquid



Defence against seasonal ills

\$29ea 60 capsules

The world famous vitamin C blend

Antioxidants, vitamins and bioflavonoids for all the family.

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 have been proven excellent for maintaining health and alkalising your body.

The powder contains three types of powerful antioxidants.

\$35ea 100g powder

Each chewable Complete C tablet gives you 220mg of blended vitamin C.

\$35ea 200 tablets



A spring clean and detox for your insides

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

\$99ea

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

\$85ea

Buy two (or more) of The Ultimate Cleanse Kits and save \$14 per kit.

MULTI BUY

CARNITINE

Carnitine helps your body burn calories even while you sleep.

Carnitine's role in the body is to transport stored body fat to the cells to be burned for energy. Carnitine is a natural nutrient found in red meat, which is why high protein red meat diets work so well.

\$28ea 60 capsules



FOR MORE INFORMATION CHECK OUT WWW.HEALTHHOUSE.CO.NZ






















Health House
Private Bag 12029,
Tauranga 3143, New Zealand

New Zealand
Permit No. 193050

Permit


















ORDER FORM AND PRICE LIST

Prices valid until 31 December 2017

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 5-HTP (90 capsules)	\$34		\$
 7 – Day Iron (25 capsules)	\$29		\$
Aloe Vera Gel (50ml tube)	\$14		\$
Aloe Vera Gel (100ml tube)	\$20		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$16		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$22		\$
 Bone Health (60 capsules)	\$43		\$
 Boron and Selenium (60 capsules)	\$39		\$
Cacao Tea (30 herbal tea bags) New	\$19		
 CAA – Multi (60 capsules)	\$45		\$
 CAA – Multi Iron free (60 capsules)	\$45		\$
 CAA – Multi Sulphur free (60 capsules)	\$45		\$
 Carnitine (60 capsules)	\$28		\$
Colloidal Silver Cream (100ml tube)	\$28		\$
Colloidal Silver Gel (250g tub)	\$39		\$
Colloidal Silver Gel (50ml tube)	\$21		\$
Colloidal Silver Gel (100ml tube)	\$24		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$35		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$28		\$
Colloidal Silver Liquid Spray (100ml)	\$15		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum Powder (100g tub) (NZ Only)	\$49		\$
Colostrum Powder (100g tub) (NZ Only) 2 OR MORE	\$39		\$
Complete C (100g powder)	\$35		\$
 Complete C Chewable Tablets (200 tablets)	\$35		\$
 CoQ10-Omega3 (60 capsules)	\$49		\$
 Coral CAA (60 capsules)	\$45		\$
 Cranberry (60 capsules)	\$33		\$
 DHEA 7-Keto (60 capsules)	\$37		\$
 Easy-Lax (100 capsules)	\$30		\$
 Evening Primrose & Flaxseed Oil (90 gel capsules)	\$29		\$
 Eye Health (60 Capsules)	\$45		\$
 Garcinia (60 capsules)	\$29		\$
 Harmony (60 capsules)	\$34		\$
 Healthy Joints (90 capsules)	\$66		\$
 Healthy Joints (180 capsules)	\$99		\$
 Healthy Joints (180 capsules) 2 OR MORE	\$89		\$



CUSTOMER ID


PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Helfee – I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helfee – My Jeans have Shrunk (30 capsules)	\$20		\$
Helfee – Poop like a Trooper (30 capsules)	\$20		\$
Helfee – What Happened Last Night? (30 capsules)	\$20		\$
 Immunity Support (60 capsules)	\$29		\$
 Kelp (60 capsules)	\$29		\$
 Liver Cleanse (60 capsules)	\$33		\$
 Maca-X (60 capsules)	\$33		\$
 Magnesium (60 capsules)	\$29		\$
 Magnesium (180 capsules)	\$49		\$
 MSM Sulphur (180 capsules)	\$39		\$
 Omega 3 Fish Oil (200 capsules)	\$29		\$
 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	\$119		\$
 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	\$113		\$
Pain-Eze (50ml tube)	\$21		\$
Pain-Eze (100ml tube)	\$29		\$
pH Test Strips (5 packs of 10)	\$15		\$
 Potion No. 9 (60 capsules)	\$40		\$
 Prepare (100 capsules)	\$32		\$
 Probiotic Multi 9 (60 capsules)	\$39		\$
 Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$35		\$
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 Seasoned (234g)	\$16		\$
RealSalt Wooden Gift Box – Christmas Special	\$29		\$
 Relax (60 capsules)	\$31		\$
 Restore (100 capsules)	\$32		\$
Rubeeven (30ml pump)	\$35		\$
Salicylic Acid Gel (50ml tube)	\$25		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$39		\$
Silver Rods (pair)	\$48		\$
 Skin Clear (120 capsules)	\$39		\$
Sunscreen (50ml tube) Special – May 18 expiry – while stocks last	\$14		\$
Sunscreen (100ml tube) Special – May 18 expiry – while stocks last	\$21		\$

MORE PRODUCTS OVER PAGE

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Sustain Fruit + Protein (80g)	\$21		\$
Sustain Fruit + Protein (200g)	\$35		\$
Sustain Veggie + Protein (80g)	\$21		\$
Sustain Veggie + Protein (200g)	\$35		\$
Sweet Stevia Tablets (200 tablets)	\$22		\$
The Ultimate Workout Range for Women Starter Kit	\$99		\$
Throat Spray (100ml)	\$29		\$
Turmeric (60 capsules)	\$39		\$
Turn Back Time Capsules (60 capsules)	\$39		\$
Turn Back Time Cream (50ml tube) New	\$39		\$
Turn Back Time Combo (50ml cream and capsules) New	\$59		\$
Turn Back Time Combo (30ml cream and capsules) Special while stocks last	\$55		\$
Ultimate Cleanse kit (410 capsules)	\$99		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$85		\$
Vitamin B5 (90 capsules)	\$31		\$
Vitamin B Complex (60 capsules) New	\$35		\$
Withania (60 capsules)	\$35		\$
Yerba Maté Tea (30 herbal tea bags) New	\$19		\$
Yerba Maté Tea (30 herbal tea bags) Old packaging special buy one get one free	\$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 Fax +64 7 530493

VISIT OUR WEBSITE

www.healthhouse.co.nz

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.

BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$
Heal your Eye Problems	\$19		\$
Laugh with Health	\$24		\$
Laugh with Health Special 2 for \$40	\$20		\$
New Zealand's Greatest Doctor, Ulric Williams	\$17		\$
Should I take...Probiotics?	\$19		\$
Stay Healthy by supplying what's lacking in your diet	\$25		\$
Stay Healthy by supplying what's lacking in your diet 2 OR MORE	\$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)

TOTAL \$

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.

VISIT OUR SHOP

1 Whakakake St, 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.