

FREE DELIVERY IN NEW ZEALAND

NOV/DEC
2018

EST. 1986
HealthHouse
Quality, natural health products NEW ZEALAND

 100%
PROUDLY
NZ OWNED
& OPERATED

New Collagen Repair

with Turmeric, Magnesium and Vitamin C | **PAGE 3**



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TAPS PP3016



0800 140 141
www.healthhouse.co.nz
60 DAY MONEY BACK GUARANTEE

WHAT'S NEW

Proudly 100% New Zealand Owned

Well Christmas is here again, time to take a break from work and enjoy some time in the sun to get those vitamin D levels up. I want to wish you and your family a Merry Christmas/Happy Holidays and a great New Year.

When we added Melrest to our Sep/Oct catalogue we changed Shaun's article but we did not change the cover, his Nutritional insurance article is now in this issue. We also had a delay in getting our CoQ10-Omega3, this soft gel is made by another company and they let us down. Please accept my apologies for the lack of this product last month.

On a more positive note, it was time for a bit of a refresh, so we have updated our logo and are gradually updating our labels.

We also had to change our source of selenium, David's article explains this in detail. We are pleased to be able to give you different selenium options between CAA - Multi and Boron and Selenium.

Kind regards

Mike Coory

Director

Products

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Optimum health begins in the bowel

Contains the nine most important live bacteria that tend to be missing in our intestines.

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- 10 Turmeric 60/180
- 20 Turn Back Time Cream 50ml tube
- 20 Turn Back Time Capsules
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- 7 Vitamin B5
- 9 Withania
- 9 What Happened Last Night
- 18 Yerba Maté Tea (bags)

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WHAT WE OFFER?

4 OR MORE PRICING

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.

LOYALTY REWARD

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

Healthy Reading

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



Fast, effective and natural repair

Collagen with Turmeric, Magnesium and Vitamin C

AVAILABLE
FOR A LIMITED
TIME

\$59ea

200g powder

(normal RRP
\$69 save \$10)



Throughout our lives we put a lot of strain on our bodies. Over time we wear out our joints, muscles, skin, organs and even our brains. When it comes to repairing that damage we just need to give our body the right fuel.

We worked together with Mitchell's (who brought us the bone broth) to create a unique product called Collagen Repair. It contains collagen peptides, curcumin from turmeric, magnesium, vitamin C and a touch of natural lemon flavour.

Collagen is the glue that holds us together. It's one of the most important proteins in the human body.

The collagen in Collagen Repair is in the form of bovine collagen peptides, Peptan®.

Curcumin is the active ingredient in turmeric and supports a wide range of health conditions, including joint mobility, brain and digestive health and blood viscosity for cardiovascular health. This is the same high quality ingredient found in our turmeric capsules specially formulated to be easily absorbed along with the help of black pepper extract.

Magnesium is vital for supporting heart health, relaxed muscles, and healthy blood pressure. It also aids

our bodies' absorption of calcium and plays a significant role in the strength of our bones and teeth.

Magnesium is an extremely important mineral, seriously deficient in the New Zealand diet.

Vitamin C does more than just support a healthy immune system. Vitamin C also helps keep your skin collagen youthful, supports mental alertness, strengthens bones and helps your body expel harmful toxins.

Give your body the nutrition it needs to recover quickly, effectively and most importantly, naturally.

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

Christmas Hours

Just to let you know, any orders received before 11:30am on Friday the 21st of December will be dispatched on that day.

Phone and website orders placed after 11:30am on the 21st will be dispatched on Monday the 7th of January 2019.

The Health House Shop will close at 12 noon on the 21st of December and will reopen at 8:30am on Monday the 7th of January 2019.



Always read the label and only use as directed.

Selenium – absolutely vital for your health

This trace mineral is lacking in most New Zealand soils and is absolutely vital for our health.

The RDI (recommended dietary intake) of selenium for New Zealanders, is 60mcg daily for women and 70mcg for men.

Surveys of our RDI over the years have ranged from 28mcg to 67mcg daily, depending on the source of our bread wheat. Australian bread wheat is OK but New Zealand bread wheat is known to be low in selenium.

Selenium's roles in protecting our health:

- Helps our daily mood remain positive and cheerful
- Greatly boosts our immunity to most cancers when our intake of iodine, chromium and natural vitamin E is adequate
- Helps rid our body of toxic minerals, especially mercury
- Boosts our immune system to fight off bacterial infections and viruses
- Helps soothe inflammation anywhere in the body and reduces incidences of asthma
- Helps maintain a healthy gut and probiotic balance

- Boosts male potency, prostate health and female fertility
- Helps maintain youthful elasticity of our arteries and skin
- Helps maintain pain free muscles
- Helps regulate blood pressure and prevents clotting
- As a powerful antioxidant, it slows down ageing and protects against cataracts
- Helps protect a mother's health during pregnancy, her unborn children from malformities and improves survival of newborns
- Assists thyroid functions
- Needed by iodine, chromium and vitamin E to carry out their vital functions

Comparison of selenium blood test results in USA and NZ

A very high amount (78%) of older New Zealand women tested low in selenium blood tests, and 64% of older men.

In the USA, Lima, Ohio has the lowest average selenium blood test results

at 2.0 $\mu\text{mol/L}$, and Rapid City, South Dakota has the highest at 3.25 $\mu\text{mol/L}$.

Rapid City has only half the cancer rate of Lima, and this pattern is seen worldwide. The higher the intake of selenium, the lower the risk of cancer and many other health disorders.

Average New Zealand selenium blood test figures are 0.8 $\mu\text{mol/L}$ South Island and 0.9 $\mu\text{mol/L}$ North Island, less than half the lowest figures (Lima, Ohio) in the USA.

To obtain healthy selenium blood test figures, nutrition researchers recommend taking 150mcg to 175mcg of selenium daily.

Impressive cancer study results

Dr Richard Donaldson of St Louis Veteran's Hospital, reported remarkable cancer healing results to the National Cancer Institute in 1983. He had 140 certified terminally ill cancer patients. All were found below the recommended blood selenium levels. More than 100 survived and all had reductions in tumour size and pain. Some required 200mcg to 600mcg of organic selenium a day for a



You need New Zealand's top selling health book

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

When you supply your body with the correct balance of minerals, vitamins and fats, you will enjoy a clearer mind, sharper memory, sound heart, efficient immune system and lots of energy.

You can say goodbye to, or avoid altogether, many embarrassing and misery causing health problems. Your body is able to heal them naturally with small but important changes to your diet.

The book is easy to read, has large print, cartoons and very informative health hints. There are over 40 sections covering nutrients including all common minerals and vitamins.

There is information on each nutrient, the role it plays in your body, the effects of having too much or not enough, the recommended daily intake levels and a table of food sources rich in that nutrient.

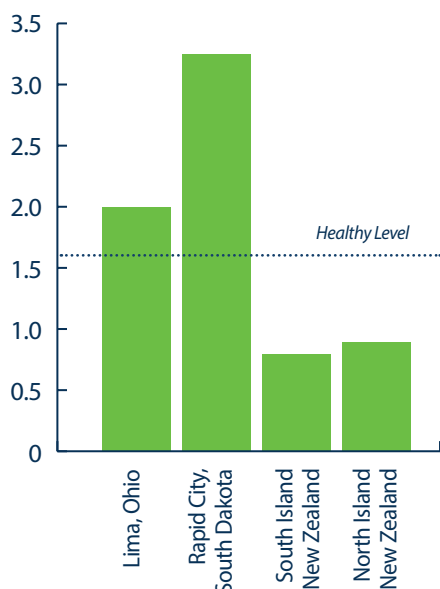
\$25ea 288 pages

\$20ea **MULTI BUY**

Buy two books and save \$10



Selenium blood level averages



If you decide to have your blood level of selenium tested, expert UK selenium researcher Professor Margaret Rayman recommends at least 1.6 µmol/L as a healthy level.

few weeks to bring them up to normal blood levels. Others needed over 900mcg a day.

During an eight year population study of 10,000 Swedish men aged 46-48 years, by Malmö General Hospital, 61 died from cancer. Based on the blood selenium samples taken at the beginning of the study, it was calculated that the risk of cancer death was 3.8 times higher in the lowest selenium blood group, compared with the highest.

Main forms of selenium

Selenomethionine - The main form of organic selenium is found in brazil nuts, cereal, beans and fish. It is retained the best in our body and is the form commonly used in high quality supplements. Selenium content in eggs is 100% higher in laying hens fed selenomethionine than hens fed the normal livestock supplementary selenium, sodium selenite. Selenomethionine helps rid our body of mercury found in fish like tuna, or leached from amalgam tooth fillings.

Methylselenocysteine - The main form of organic selenium found in onions, garlic, broccoli and cabbage. This is the most effective selenium for protection

against cancer, but is not retained for long in the body.

Selenate - The main form of organic selenium found in shellfish and vegetables apart from onions, garlic and broccoli. It is absorbed well initially, but large amounts are soon expelled in your urine. This is also an effective cancer protector.

Sodium selenite - A non-organic selenium used mostly in livestock health supplements. Farmers have reported that it protects against cancer in both animals and humans, including skin cancer on their hands and it also reduces nocturnal urination. Only about half is absorbed however, but it appears to be more active than the organic selenium types already mentioned. High doses can be toxic, producing a garlic-like breath.

Selenium enriched yeast - An organic selenium grown in a yeast medium that contains inorganic selenium (usually selenite). If grown carefully, a tiny proportion of the yeast (about 0.05%) will contain a mixture of the organic seleniums listed (but mostly selenomethionine). Although expensive, this selenium has proven very effective in health studies. However, it is impractical for inclusion in a multivitamin as 99.09% of it is yeast and it takes up too much space in an already crammed capsule, but can be found in specialised selenium products.

Selenium disulphide - A form of selenium toxic to humans, but kills bacteria and is used in anti-dandruff shampoos and treatments.

Low toxicity of organic selenium

In numerous scientific studies to date, no organic selenium has been found toxic, even up to an intake of 800mcg daily over a period of years. However, the non-organic livestock selenium, sodium selenite can be toxic and should not exceed 400mcg a day, if taken on a regular basis.



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

Dear Customers,

Thank you for your support this year. I would like to wish you and your loved ones a very happy and safe Christmas.

I'm now over 70 and only pop in to Health House some days, or when Mike's away on business. What I most enjoy is meeting up again with our lovely customers whom I haven't seen for many years, when they come into the shop.

We now have three generations working in our family owned business, as my grandson has recently joined the manufacturing team.

*Lots of love
Marie Coory*



**Boost your defences against
ills and chills, settle stomach
queasiness and travellers'
bowel upsets. Help manage
stress and support normal
sleep patterns for that
perfect trip.**

\$25^{ea} 7 day pack

\$39 **MULTI BUY**

Buy two 7 day packs and save \$11

Nutritional insurance

Bottles of multivitamins take up entire rows of most pharmacies and supermarkets. Millions of people take them, around 1/3 of people in Western countries, and billions of dollars worth are bought each year.

They are usually combined with dietary minerals and so a more accurate name would be a "multivitamin/mineral supplement" and the USA Food and Drug Board define them as

"a supplement containing three or more vitamins and minerals that does not include herbs, hormones, or drugs, where each vitamin and mineral is included at a dose below the tolerable upper level and does not present a risk of adverse health effects".

It is hotly debated in medical circles as to whether healthy people should take them. Some health professionals argue that they are a waste of time and money as there is no good evidence that they can help prevent diseases such as cancer or heart disease. Others (myself included) argue that it is very hard to study the effects of taking multivitamin supplements, and that they provide "nutritional insurance" ie. they top up almost anything important that we may be missing in our diet. That is the reason I take one: I try to eat as healthily as possible, but I don't know if my body is low in one or even several important minerals or

vitamins. Despite having a good diet, many New Zealanders are low in a number of important nutrients such as vitamin D, particularly in the winter, and selenium, due to the low levels in our soil and therefore our food.

I could, and some people do, regularly test my blood for all the important minerals and vitamins. But this takes time and costs a lot of money. Taking a good multivitamin is much simpler and if you do not need some or all of the ingredients you will just pee them out. Despite a few scare stories in the media over the last few years, in my view it is perfectly safe to take a multivitamin tablet every day.

There is some interesting new evidence to support my case. The evidence comes from a study which was undertaken in the USA but the results are likely to be very similar here. Researchers found that 24% of adults had one nutrient deficiency, about 6% had two nutrient deficiencies, and another 2% of adults had three or more vitamin/mineral deficiencies. In total, they found that around one in three American adults had at least one vitamin or mineral deficiency.

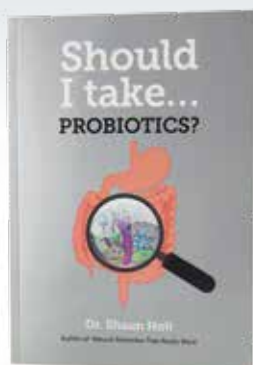


Then they looked at the effect of taking a "full spectrum multivitamin" which was defined as containing 12+ vitamins and 6-14 minerals, in other words, a good multivitamin tablet or capsule. The results were compelling: while 31% of those who did not take a multivitamin had at least one vitamin or mineral deficiency, only 12% of people who took a multivitamin had one or more nutrient deficiency. In other words, people who do not take a multivitamin are 2.5 times more likely to have a nutrient deficiency compared to those who do.



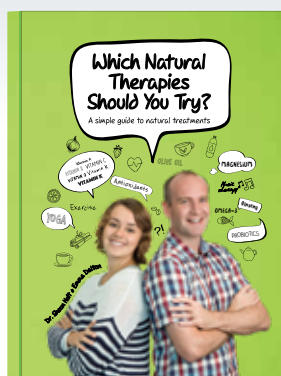
ABOUT THE AUTHOR

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



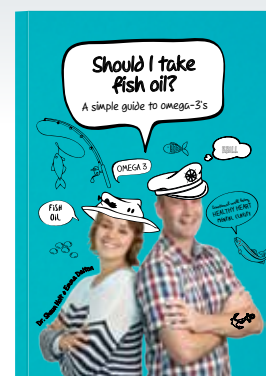
Make an informed choice on whether you should take probiotics, written by Dr Shaun Holt.

\$19ea 82 pages



A simple guide to the best natural therapies.

\$21ea 136 pages



COMING SOON
Should I take fish oil?
A simple guide to omega-3s.

How to support joint health naturally

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

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

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

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

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

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

The glucosamine we use in Healthy Joints is a natural substance, derived from shellfish and is found in and around the cells of your joint cartilage and connective tissue. Glucosamine helps improve lubrication and nutrition to your joints and protects cartilage from wear and tear.

Our high quality chondroitin is extracted from commercial species shark cartilage, which is why it costs so much. (A cheaper less effective form can be obtained from cow, pig or chicken cartilage). Chondroitin is also found naturally in normal joints and helps the cartilage of your joints to retain water, elasticity, resist compression and aids the lubrication of the joints. Chondroitin is also a major source of the protein building-blocks used in your joints and helps form new cartilage.

As we age, these building blocks become in short supply, but are important for elasticity, resilience and maintaining the shock-absorbing properties of your cartilage.



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

\$70ea 90 capsules

\$104ea 180 capsules

MULTI BUY

\$93ea Buy 2 or more
Healthy Joints 180 and save \$22

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



Research shows nearly 50 separate health benefits

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

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

\$43ea 180 capsules



Vitamin B5 for heart and artery health

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

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

\$34ea 90 capsules



Turmeric for body repair



In the past, we have covered at length in our catalogue the benefits of turmeric for various health conditions, however we haven't mentioned how useful it is in helping the body to repair from various trauma such as strenuous exercise, surgery, wounds, skin conditions, broken bones, osteoporosis and joint or muscle damage.

Skin

Turmeric contains antioxidants and has anti-inflammatory components that provide a natural glow to our skin. It can also support wound healing by reducing inflammation and oxidation in the wound, helping it to heal much faster.

Turmeric can also be made into a paste and used topically on a range of skin conditions including acne, scarring, psoriasis and eczema, however do be careful of staining!

Joints and bones

Studies show that curcumin rich

turmeric has a protective effect against osteoporosis, so is particularly beneficial to those that suffer from frequent fractures, the elderly and women that have already been through menopause. It can improve bone density dramatically in only six months, so it's never too late to try it!

Because of turmeric's anti-inflammatory properties, it is very helpful in reducing the pain and stiffness from both osteoarthritis and rheumatoid arthritis. It also alters the immune system response, meaning it can reduce the nasty effects of rheumatoid arthritis and other autoimmune diseases.

Muscles

Because turmeric is a natural analgesic with anti-inflammatory properties, it has great benefit for muscles to both reduce pain and help with recovery following exercise or strain. It also acts as a natural muscle relaxant and stimulates blood flow, encouraging rapid healing to damaged muscles. Due to its antispasmodic action it can also help to prevent painful muscle cramps.

Delayed onset muscle soreness, also known as DOMS, is the pain or

stiffness felt for 24-72 hours following strenuous exercise. Taking a turmeric supplement can boost muscle recovery, meaning you can get back to exercise much more quickly.

For best results, turmeric high in curcuminoids (the active constituent) should be consumed with black pepper (*piper nigrum*) and fats. Both of these co-factors ensure maximum absorption. If you don't want to swallow yet another capsule, try adding your turmeric to yoghurt, a smoothie with avocado or coconut milk, scrambled eggs or mix it into a stew or curry. You can even make a delicious 'golden milk' with warmed milk of your choice (dairy, coconut, almond, rice etc) mixed with turmeric, black pepper, ginger, cinnamon and honey to taste.



ABOUT THE AUTHOR

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

High quality, easy to digest iron for increased energy

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

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

1 per week

Anytime

Empty stomach

\$31ea 25 capsules



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.

- ✓ Healthy cholesterol levels
- ✓ Heart and artery health
- ✓ Joint health and mobility
- ✓ Emotional well being

\$31ea 200 soft gel capsules

- 1-2 per day
- Anytime
- With food



Helfee

WHAT HAPPENED LAST NIGHT?

WARNING YOU MAY LOOK AS BAD AS YOU FEEL

A blend of vitamins and natural products to help detox

Want to avoid that "fuzzy morning after" feeling? Don't drink, but if that advice is too late try these.

\$20ea 30 capsules

1 per day Anytime

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



\$37ea
60 capsules

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

Collagen - not just about our skin

Collagen is the most abundant protein found in all mammals and although it is vitally important for the strength and integrity of our skin, this is not its only purpose. It also provides blood forming cells in our bones and helps to make all the connective tissue in the body.

Our connective tissue comes in many different types, including cartilage, bones, arteries, veins, blood, tendons, ligaments and of course skin. It is the cushioning and shock absorption component of our joints, involved with the discs between our vertebrae and found in between other tissues in our body.

The status of the collagen within our gums is also vital for good health. When the integrity of the collagen around our oral cavity is strong we are more likely to ward off different oral bacterium. The collagen in our gum area has a high turnover so constant nutritional and oral care is crucial.

Collagen is also involved with the makeup of our muscles, but muscles are a specific, intricate soft tissue in their own right and are not classified as a type of connective tissue. Our muscles are supported by connective tissue, a tendon attaches the muscle to the bone and a ligament attaches a bone to another bone.

We do have the ability to make collagen in our body. Sadly we make less of this important protein as we

get older. Soft tissue injuries can become more common with age, as can wrinkles, as collagen production slows down.

Vitamin C is vitally important for our own body's ability to make collagen. It can often be the limiting factor in collagen production because vitamin C is easily lost from food through heat and light. Cooked vegetables provide minimal, if any vitamin C. Poor storage of fruit and vegetables can also increase vitamin loss. Without ample vitamin C and collagen production, our skin will age more and bruise easier. Excessive bruising and the loss of teeth through poor gum health are also possible early signs of scurvy. If skin bruising is happening more easily, please discuss with your doctor as it could be caused by medications, but if not, then look at your vitamin C intake.

Flavonoids, are naturally present in food high in vitamin C and help to support the actual cross linking of collagen fibres. Flavonoids in our food may slow the breakdown of collagen caused by the enzymes that are produced during times of

inflammation. Blueberries and other dark berries provide flavonoids and they are also found in kumara skin. It is that lovely purple/red colour found in food that may help prevent collagen destruction.

Flavonoids are found in nature in many highly coloured fruit and vegetables and are often added to multivitamins or vitamin C supplements. They may support the action and antioxidant properties of vitamin C present in our food, or improve the vitamin C in our supplements.

Collagen is not just about beauty, but strongly involved with muscles, joint and connective tissue function. It will help us age well and stay mobile.



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.

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.

1-3 per day Anytime With food

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.

\$41ea

60 capsules

\$99ea

180 capsules



Boost your immunity

Four powerful herbs and two powerful nutrients

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

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

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

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

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

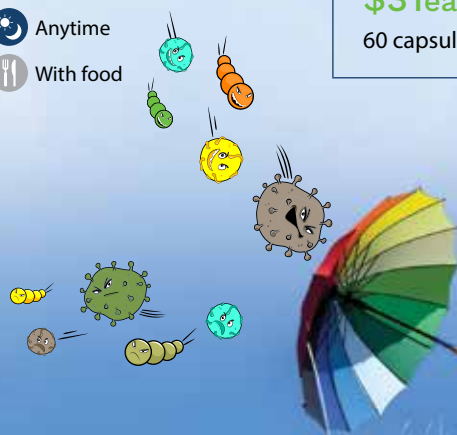
1-2 Maintenance dose

3-6 When unwell

Anytime

With food

\$31ea
60 capsules



Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

- ✓ Fewer ill and chills and faster recovery
- ✓ Supports the production of collagen
- ✓ Helps keep your skin supple and elastic
- ✓ Assists the body to expel waste and toxins

\$37ea 100g powder



Convenient chewable tablets

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

\$37ea 200 chewable tablets

3 per day Anytime With or without food



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

A high quality, organic chelated mineral blend of Boron and Selenium



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

New Formula

In this new formula we have replaced the selenium with selenium yeast. When yeast is grown in a selenium-enriched environment, it absorbs the selenium and converts it into the organic form of selenium naturally found in food (selenomethionine) along with two other forms (selenite and selenate).

Each of these forms of selenium have specific therapeutic benefits and based on our current scientific knowledge, the best form of supplemental selenium is believed to be a combination of these three.

The yeast's organic conversion of the selenium, helps your body metabolise and absorb a greater amount of the three forms of selenium.

The National Cancer Institute requested selenium yeast for use in its research and the Life Extension Foundation

(USA), recommends the use of a mixture of several forms of selenium.

Selenium

Selenium is a powerful antioxidant that supports prostate health and fades brown skin spots. This essential trace mineral is good for your health and may help protect the body from the poisonous effects of heavy metals and other harmful substances.

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

Boron

Boron is an important mineral for bone and joint health, but is also lacking in our New Zealand soil.

Most people can get sufficient Boron from their diet along with our CAA-Multi, but some people may require more, sometimes up to 9mg a day to support joint health and mobility. So for an extra boron boost this is the product.

NEW
FORMULA



\$41ea

60 capsules



1 per day



Evening



With food

Old formulation
special \$36ea

(while stocks last)



Manage common
sun spots.

\$27ea 50ml

Salicylic Acid Gel and
Aloe Vera Gel 100ml combo

\$41ea

MULTI BUY



Sunburn relief
and soothes skin
irritations.

\$15ea 50ml

\$21ea 100ml



Repairs irritations
and revitalises your
skin.

\$17ea 50ml

\$24ea 100ml

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.

Unlike any salt on earth

Use this ancient, unrefined sea salt from the USA every day and taste and feel the difference.

What's in your salt?

A quick glance at the ingredients of most salts might surprise you! Some contain anti-caking agents, sugar and some have been stripped of their natural trace minerals. RealSalt is unrefined and full of minerals and flavour.

Where does it come from?

RealSalt is an all natural sea salt that comes from an underground salt deposit in Central Utah. The deposit was left there by the pristine ancient sea that covered much of North America, millions of years ago.

\$23ea 737g pouch

283g shaker and refill combo

\$28ea **MULTI BUY**



Benefits

- Rich in colloidal minerals
- Award winning taste
- Imported direct from Utah, USA
- Unrefined, mineral rich sea salt
- Vital for optimum health



RealSalt shaker (garlic)

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

\$16ea 234g shaker



RealSalt shaker (season)

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

\$16ea 234g shaker

Healthy seasoning for the festive season

Perfect for the caravan or bach. A great and healthy gift.

Try the original RealSalt and the three different organic flavours in this small shaker wooden gift pack.

\$39ea

Wooden Gift Pack



pH Test Strips

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

\$15ea (five packs of 10)

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

\$35ea
60 capsules



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

1 per day Morning With food



Help your body burn calories

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

\$30ea 60 capsules

3-5 per day Morning Empty stomach



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

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

\$47ea 60 capsules

1 per day Anytime With food

NORMAL PROSTATE HEALTH AND URINARY FLOW

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

\$35ea
60 capsules



1 per day Anytime With or without food

Colloidal Silver



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

Colloidal silver and bacteria

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

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

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

Is it safe?

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

\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



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

Historic Silver Facts



1880's

American silver dollars were placed in wooden milk casks to prevent the milk from spoiling.

1970's

A silver water filtration system is designed and used in more than half of the world's airlines.



Silver Meter

Measure the content of your homemade colloidal silver.

\$108ea test meter



Colloidal Silver Generator

\$133ea one year guarantee

\$48pair replacement silver rods



A natural moisturising and soothing cream.

\$30ea 100ml tube

Supports heart, artery and brain health

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

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

\$51ea 60 capsules

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

1 per day Morning With food



New formulation - new selenium and increased beta carotene

The most effective multi-mineral-vitamin

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

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

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

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

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

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

\$47ea 60 capsules

1 per day Anytime With food

Keep calcium in your bones

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

\$45ea 60 capsules

1 per day Anytime With food



Improve your everyday health

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



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

1 Triple Pack

Save \$18 off the individual product prices.

\$125ea

2 or more Triple Packs

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

\$118ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162


MULTI BUY

2 Triple Packs + 2 Probiotics

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

\$290

MULTI BUY

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

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




 **1** per day of each  Morning  With food

Optimum health begins in your bowel

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

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

\$41ea 60 capsules

 **1-2** per day  Anytime  Empty stomach

Inner capsule contains nine strains of probiotic



Outer capsule contains pre-biotic

Store in a cool dry place - no refrigeration needed.



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

Always read the label and only use as directed.

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.

\$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.

A refreshing and 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.



\$20ea

30 tea bags

Boost your antioxidant levels

Our Cacao Tea contains high levels of antioxidants and with barely a trace of caffeine it's a great drink for anytime of the day or night.

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, health benefits and a great taste. Cacao is also vegan and kosher friendly.



\$20ea

30 tea bags

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 youth hormone

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

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

\$40ea 60 capsules

1 day or every 2 days Morning With or without food



Support your hormonal balance naturally

\$36ea
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.

1-4 per day Anytime With or without food



Are you concerned about your eyes?



\$47ea
60 capsules

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

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

1 per day Anytime With or without food



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.

\$32ea 90 soft gel capsules

2-3 per day Anytime With food





Containing important ingredients to combat ageing.

\$41ea 60 capsules

2 per day Anytime With food

If taking blood medication please discuss with your health professional.



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

\$41ea 50ml tube



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

\$25ea 30ml pump

SPECIAL

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.

\$62ea

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

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



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.

\$41ea 120 capsules

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

2-4 per day Anytime With food



HELP MANAGE YOUR APPETITE AND FOOD CRAVINGS

- ✓ The key active ingredient is hydroxycitric acid (HCA 50%-60%)
- ✓ The recommended dose of garcinia for weight management is between 3000mg and 6000mg per day
- ✓ Each capsule contains 2760mg active garcinia cambogia

\$31ea
60 capsules



Use in conjunction with a balanced diet and exercise.

- 1-2** per day
 Anytime
 Empty stomach



Promotes easy, regular bowel movements

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

\$35ea 100 capsules

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.



Reduce stress and manage your appetite

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

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

\$36ea 90 capsules

- 2-4** per day
 Anytime
 With food

NATURE'S BEST SOURCE OF IODINE

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

\$31ea 60 capsules

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





Enhance energy and support fertility

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

If pregnant, not recommended during the first trimester.

\$35ea 60 capsules

1-2 per day Anytime With or without food

The nutrient superstar

\$31ea

60 capsules

\$52ea

180 capsules



This extremely important mineral is lacking in the average New Zealand diet and is essential for optimum cardiovascular health.

1-3 per day Anytime With or without food

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

Reduce stress and support a deep restful sleep

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

\$33ea
60 capsules



2-3 per day Evening With food



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.

\$42ea 60 capsules

1 per day Morning With food

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

Pain-Eze contains 11 active ingredients. These are six beneficial plant oils, four liquid plant extracts and a plant based preservative in a natural healthy coconut base.

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

\$31ea
100ml tube



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



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

\$24ea 200 tablets



Soothes dry scratchy throats and helps prevent winter chills.

\$31ea 100ml liquid

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.

All B vitamins are sensitive to heat, light, processing, milling, preservatives and cooking. The manufacturing and

preparation of our modern western food also means less of these essential vitamins are available.

When do I need a B vitamin top up?


- In times of stress or tension
- When feeling low in energy
- When needing extra energy especially for sports
- When overworked or doing heavy physical labour

\$37ea
60 capsules



 **1** per day

 Morning

 With or without food

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 our 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.

\$19ea 50ml tube

\$29ea 100ml tube

Packed full of protein and essential amino acids

Due to a cancelled US order, we have once again been given the opportunity to offer you Mitchells Bone Broth at a discounted price. Get in quick as this is only for a limited time.

\$59ea 29 servings
(Normal RRP \$69 save \$10)



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 2018

CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 5-HTP (90 capsules)	\$36		\$
 7 - Day Iron (25 capsules)	\$31		\$
Aloe Vera Gel (50ml tube)	\$15		\$
Aloe Vera Gel (100ml tube)	\$21		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
 Bone Health (60 capsules)	\$45		\$
 Boron and Selenium (60 capsules)	\$41		\$
Boron and Selenium (60 capsules) Old formulation clearance - while stocks last	\$36		\$
Cacao Tea (30 herbal tea bags)	\$20		\$
 CAA - Multi (60 capsules)	\$47		\$
 CAA - Multi Iron free (60 capsules)	\$47		\$
 CAA - Multi Sulphur free (60 capsules)	\$47		\$
 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 Test Meter	\$108		\$
Complete C (100g powder)	\$37		\$
 Complete C Tablets (200 chewable tablets)	\$37		\$
 CoQ10-Omega3 (60 capsules)	\$51		\$
 Coral CAA (60 capsules)	\$47		\$
 Cranberry (60 capsules)	\$35		\$
 DHEA 7-Keto (60 capsules)	\$40		\$
 Easy-Lax (100 capsules)	\$35		\$
 Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
 Eye Health (60 Capsules)	\$47		\$
 Garcinia (60 capsules)	\$31		\$
 Harmony (60 capsules)	\$36		\$
 Healthy Joints (90 capsules)	\$70		\$
 Healthy Joints (180 capsules)	\$104		\$


PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 Healthy Joints (180 capsules) 2 OR MORE	\$93		\$
Helfee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helfee - What Happened Last Night? (30 capsules)	\$20		\$
 Immunity Support (60 capsules) New formulation	\$31		\$
 Kelp (60 capsules)	\$31		\$
 Liver Cleanse (60 capsules)	\$35		\$
 Maca-X (60 capsules)	\$35		\$
 Magnesium (60 capsules)	\$31		\$
 Magnesium (180 capsules)	\$52		\$
Mitchells Bone Broth Special - limited time. Save \$10 off RRP	\$59		\$
Mitchells Collagen Repair Special - limited time. Save \$10 off RRP	\$59		\$
 MSM Sulphur (180 capsules)	\$43		\$
 Omega 3 Fish Oil (200 capsules)	\$31		\$
 Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) □ CAA - Multi □ CAA - Multi Non-iron □ CAA - Multi Non-sulphur	\$125		\$
 Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE □ CAA - Multi □ CAA - Multi Non-iron □ CAA - Multi Non-sulphur	\$118		\$
Pain-Eze (100ml tube)	\$31		\$
pH Test Strips (5 packs of 10)	\$15		\$
 Potion No. 9 (60 capsules)	\$42		\$
 Probiotic Multi 9 (60 capsules)	\$41		\$
 Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$37		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Seasoned (234g)	\$16		\$
RealSalt wooden gift pack	\$39		\$
 Relax (60 capsules)	\$33		\$
Rubeeven (30ml pump) Special	\$25		\$
Salicylic Acid Gel (50ml tube)	\$27		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$41		\$
Silver Rods (pair)	\$48		\$
Sunscreen (50ml tube)	\$19		\$
Sunscreen (100ml tube)	\$29		\$
 Skin Clear (120 capsules)	\$41		\$

MORE PRODUCTS OVER PAGE

PRODUCTS		PRICE EACH	QUANTITY	TOTAL
	Sweet Stevia Tablets (200 tablets)	\$24		\$
	Throat Spray (100ml)	\$31		\$
	Travellers Pack (7 day)	\$25		\$
	Travellers Pack (7 day) 2 PACKS FOR \$39	\$39		\$
	Turmeric (60 capsules)	\$41		\$
	Turmeric (180 capsules)	\$99		\$
	Turn Back Time Capsules (60 capsules)	\$41		\$
	Turn Back Time Cream (50ml tube)	\$41		\$
	Turn Back Time Combo (50ml cream and capsules)	\$62		\$
	Ultimate Cleanse kit (410 capsules)	\$105		\$
	Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
	Vitamin B5 (90 capsules)	\$34		\$
	Vitamin B Complex (60 capsules)	\$37		\$
	Withania (60 capsules)	\$37		\$
	Yerba Maté Tea (30 herbal tea bags)	\$20		\$
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		\$



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.

BOOKS		PRICE EACH	QUANTITY	TOTAL
	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 FOR \$40	\$20		\$
	Which Natural Therapies Should You Try?	\$21		\$



☐ I have bought four or more of the icon products

- \$20

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

☐

No signature required

☐

Signature required (Sorry, not rural delivery)

CUSTOMER ID

Name

Address

Phone

Post code

Email

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

Credit Card Number

Cheque ☐ Visa ☐ Mastercard ☐ Exp. date / Security code



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

HOW TO ORDER

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

FAX NUMBER
0800 140 142 (NZ) International +64 7 530493

VISIT OUR WEBSITE
www.healthhouse.co.nz

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.