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2019

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**HealthHouse**  
Quality, natural health products NEW ZEALAND

# A gift for the guys who have everything

Buy our soothing aftershave cream



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Gold, frankincense and myrrh Nadia McMorran | P10

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& OPERATED

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[www.healthhouse.co.nz](http://www.healthhouse.co.nz)  
60 DAY MONEY BACK GUARANTEE

# WHAT'S NEW

I have been using the Turn Back Time Cream as an aftershave balm and found it really good at soothing my skin and avoiding the aftershave sting. The only thing that I didn't like was the non-masculine smell of rose oil.

So I asked the production team to come up with a men's face cream. We also decided to have a bit of fun with the names and the fragrances. These would make a great Christmas gift, so get in quick as they may only be around for a limited time.

Along with Marie (Mum) I too would like to wish you and your family a Merry Christmas and Happy New Year and look forward to being of service in 2020. We also have exciting new products and projects underway and look forward to sharing these with you.

Kind regards

*Mike Coory*

Director

## Dear Valued Customer,

Thank you once again for all your support this year. I would like to wish you a very happy Christmas with your loved ones.

Spend time together, as our family and friends are very important. And if you're travelling, have a safe trip on the busy roads.

*Merry Christmas*

lots of love  
Marie Coory



# Products

- 19 5-HTP
- 4 7-Day Iron
- 7 Aloe Vera Gel
- 7 Aloe Vera with Colloidal Silver Gel
- 26 Apple Cider Vinegar
- 12 Bone Health
- 19 Boron and Selenium
- 12 CAA - Multi
- 21 Cacao Tea (bags)
- 15 Carnitine
- 15 Coconut Body Butter
- 14 Colloidal Silver Cream
- 14 Colloidal Silver Products
- 23 Colostrum Powder
- 23 Complete C Powder/ Tablets
- 12 CoQ10-Omega 3
- 18 Coral CAA
- 16 Cranberry
- 16 DHEA 7-Keto
- 3 Dude's Face Cream
- 17 Easy-Lax
- 18 Evening Primrose and Flaxseed Oil
- 18 Eye Health
- 15 Garcinia
- 3 Geezer's Face Cream
- 18 Harmony
- 9 Healthy Joints 90/180
- 23 Immunity Support
- 17 Kelp
- 17 Liver Cleanse
- 9 Maca-X



## Turn Back Time combo

Our revolutionary inside outside skin treatment

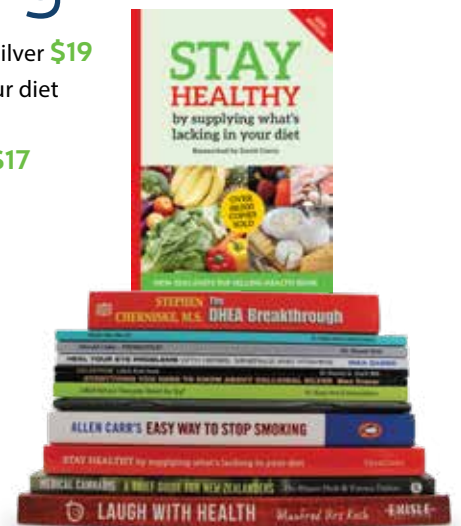


- 19 Magnesium 60/180
- 22 Melrest
- 9 Men's Boost
- 22 Mitchells Bone Broth
- 22 Mitchells Collagen Repair
- 10 MSM Sulphur
- 22 Omega 3 Fish Oil
- 13 Optimum Health Triple Pack
- 5 Pain-Eze
- 22 pH Test Strips
- 26 Potion No. 9
- 13 Probiotic Multi 9
- 20/21 RealSalt Products
- 15 Relax
- 7 Salicylic Acid Gel
- 10 Skin Clear
- 7 Sunscreen
- 17 Sweet Stevia Tablets
- 20 The Ultimate Cleanse Kit
- 21 Throat Spray
- 6 Turmeric 60/180
- 11 Turn Back Time Cream
- 11 Turn Back Time Capsules
- 16 Vitamin B Complex
- 16 Vitamin B5
- 6 Withania
- 21 Yerba Maté Tea (bags)



# Healthy Reading

- Everything you need to know about Colloidal Silver **\$19**
- Stay Healthy by supplying what's lacking in your diet **\$25** or two for **\$20ea**
- New Zealand's Greatest Doctor, Ulric Williams **\$17**
- Which Natural Therapies Should You Try? **\$21**
- Laugh with Health **\$24** or two for **\$40**
- Colostrum - Life's First Food **\$20**
- Easy Way To Stop Smoking **\$18 Special**
- Heal Your Eye Problems **\$19**
- Should I take Probiotics? **\$19**
- Should I take fish oil? **\$20**
- The DHEA Breakthrough **\$25**
- Medical Cannabis **\$30 New**



# Just what the Dude or Geezer in your life needs

A face cream that soothes razor burn and prevents the aftershave sting.

Using our all natural cream base we added vitamin E and our own aloe vera gel to create a soothing men's face cream. We trialed a number of fragrances and as we could not decide between the two most popular, we made both.

Geezer's Face Cream contains a fragrance called "Drakar" - a traditional musky aroma reminiscent of Norske Warriors.

Dude's Face Cream contains a fragrance called "Monkey Fart" - pretty much what it implies, a fruity banana smell.

They are a pleasant way of soothing the face after shaving and will moisturise and tone the skin cells. Shaving removes the top layer of

dead skin cells, so providing some support to the new skin layer with aloe vera and vitamin E will definitely help.

Please note that these are artificial fragrances in these products and in the case of monkey fart, that's probably a good thing.

Apply after shaving or as part of a daily face regimen.

**\$21ea** 60g



## Christmas Hours

Just to let you know, any orders received before 11:30am on Friday the 20th of December will be dispatched on that day.

Phone and website orders placed after 11:30am on the 20th will be dispatched on Monday the 6th of January 2020.

The Health House Shop will close at 12 noon on the 20th of December and will reopen at 8:30am on Monday the 6th of January 2020.



### OUR PROMISE TO YOU

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

### FIVE EASY WAYS TO BUY

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

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



## LOYALTY REWARDS

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

### 4 OR MORE

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

### REFER A FRIEND

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

# I have my spine checked by a chiropractor

I've always been somewhat skeptical regarding chiropractors. I'd never been to one and heard mostly negative reports involving endless appointments.

Last year, a Dr Mercola video caught my eye. He was interviewing a young chiropractor who felt sure, after seeing Dr Mercola on TV, that he had a misalignment problem in his neck.

Dr Mercola travelled some distance to see this chiropractor, and there was a misalignment of his neck. The chiropractor devised some weights for him to wear on his head to correct the problem.

As I watched the interview, I was impressed with the honesty and confidence of this young man. He advised viewers that a good sign of a competent chiropractor was that they will first take a spinal X-ray.

## I decide to have a spinal check-up

I thought, if a competent chiropractor did a spinal check-up on myself, I could then write an article on the results. I didn't have any back or neck pain but I'm getting on in age, 73 this year.

So I located a chiropractic practice in Tauranga with an X-ray machine and phoned for an appointment. To my surprise, the chiropractor declines when I mention I plan to write an article on my experience. I try the only other local chiropractic practice with an X-ray machine and the same thing happens. The woman explains that chiropractors often get bad press. Maybe my skepticism was valid.

## I find a chiropractor

A few months later, my wife Marie takes me to a local Home Show. There I

meet a sincere young lady chiropractor from a local chiropractic practice (without an X-ray machine). I mention the difficulty I had in getting an appointment and she readily agrees to give me a full chiropractic spinal check. She's also happy for me to write an article about my experience. Her name is Dr Krista Riddell.

## My first check-up – a shortened leg

At my appointment the following week I fill out a health history form and then Krista gives me a spinal thermal scan. This device measures heat differences on either side of the spine to detect inflammation. It indicates a minor problem with the left side of my neck and the mid-section of my spine.

I then lie face down on a bench for a spinal examination and Krista says that my right leg is about 1cm shorter than my left leg. This is not totally surprising – for some years now, when I do my morning exercises, one of which includes 25 hip swivels in both directions, my right leg feels shorter than the left. She says it could be due to a sacrum misalignment but I don't understand what that means.

Krista then examines my whole spine and can feel some swelling and inflammation on the left side of my neck. She writes me a referral for a 'full standing spinal X-ray'.

## My spinal X-ray experience

I go to Bay Radiology, but their machine is too small to do a full-length spinal X-ray – they would have to do three, and stitch them together (cost \$380). They say only Grace Hospital has a machine big enough.

So I drive there and two radiologists are able to do it straight away (\$280). I have to strip to my underwear, put on a robe and stand backwards toward the X-ray machine, and then sideways for a second shot. They give me a CD of the X-rays and say they'll send one to Krista along with their report.

When I get home and check the two X-rays on my computer, I'm surprised how grey and blurry they are. Not clear and colourful like the ones on the baggage X-rays at airports.

## Krista examines my X-ray

A week later I return to Krista. She's studied my X-rays with a grid pattern over the top to check for any misalignment. She tells me there is clearly a sign of an old injury in the middle of my spine. (I can't recall anything but later my wife Marie reminds me of being dragged by the stirrup from a galloping horse at a cousin's farm some 35 years ago when the saddle slipped down sideways and I painfully injured a rib.)

Krista also points out that my bottom vertebrae, L5 has only a narrow disc space remaining. See Image (A). The report said this is 'age related'.

Also the curvature of my neck and upper back is a little over pronounced (ie, round shouldered, from too much reading and study). All the other disc spaces are good and the ones in my neck are excellent.

## My right leg instantly lengthened 1cm

She confirms her earlier diagnoses of a 1cm shorter right leg, and says it's due to a slight rightward twist of my lower

## 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%.

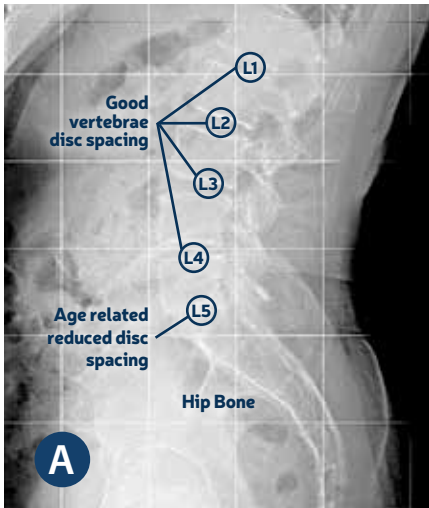
- ✓ A clear mind
- ✓ An alert quick brain
- ✓ Strong bones and muscles
- ✓ Increased energy
- ✓ Natural weight management

- 1 per week
- Anytime
- Empty stomach

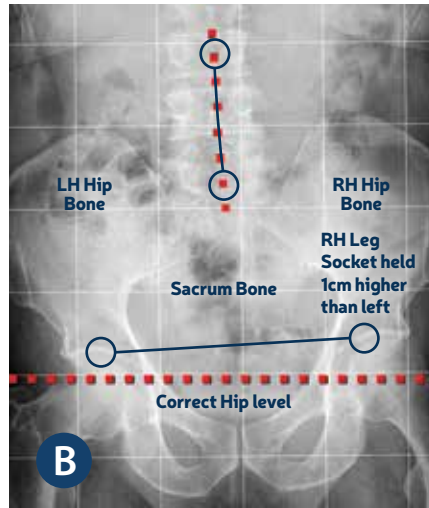
**\$31ea** 25 capsules



Slight RH twist to lower spine, causing the sacrum bone to tilt the RH hip upward, lifting my RH leg 1cm higher than the LH leg



SPINE SIDE VIEW



LOWER SPINE - REAR VIEW

**Image A:** Side view of my spine showing age-related reduced disc spacing of the lowest vertebrae (L5).

**Image B:** My lower spine X-ray (back view) showing how a slight twist to the lower spine caused the sacrum to tilt the right hip (pelvis) bone upward, causing the right leg to be 1cm shorter than the other.

spine which is tilting my right hip bone (pelvis) upward, and pulling the right leg up with it. See Image (B). This spine twist was also noted in the radiology report.

Krista said this is all due to a misalignment of the sacrum and is called a 'vertebral subluxation' which she can fix. She does this with some heavy adjustment to my lower back using a 'drop table'. As soon as I stand up I feel the difference – both legs now feel the same length. I am very pleased with this and feel I need to repent of my former skepticism of chiropractors.

She also adjusts my neck and the old injury to my central spine. The visit costs me \$50. The first visit, the previous week was free. Krista tells me to take a brisk 10 minute walk when I get home, to stabilise the lower back manipulation and to drink plenty of water.

**Everything is fine for two weeks and my legs feel great**

Then Marie and I fly to Tonga for a wedding and stay five days with no exercise. When I returned to my morning swivel exercise, I noticed the familiar feeling of my right leg being shorter.

**Leg readjusted and it holds this time**

At my follow-up appointment with Krista a few days later, she immediately

detects that my leg and central spinal injury has reverted to its previous condition. My neck is still holding perfectly.

Krista adjusts and correctly aligns the tilt of my hip (pelvic) bones, and also the central spine injury, and suggests I take a long walk before driving home, to help hold the adjustment. Cost \$50.

Three weeks later I have a final check and find my leg length has held to within 2mm. A final adjustment corrects it.

Now, if I detect a slight imbalance, I stretch hard backwards and touch my toes 20 times, which immediately corrects it.

So thank you Krista, for giving me faith in what can be achieved by a caring chiropractor.



**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.

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

Pain-Eze contains 11 active ingredients.

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

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

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

**\$31ea**  
100ml tube





# Male grooming

Men are caring for their skin and facial hair more than ever before. You may have noticed that more and more Kiwi men are also embracing this worldwide trend.

Because of the hormone testosterone, male skin is stronger, thicker and has denser collagen integrity. From the age of puberty men have an advantage over women with regards to visual skin ageing. Some men may not retain this advantage as they age because they are not as vigilant with applying sun protection creams as women.

Shaving regularly also helps men because the exfoliation of the top dead skin cells is removed by the razor, leaving a fresher younger looking skin. When shaving it is important to shave the same way as the hair growth, going against the direction may increase the likelihood of ingrown hairs and razor burn.

Shaving hair, as is often thought, does not make the hair grow back thicker, even though it may sometimes appear that way due to the blunt end of the cut hair.

A rough, hurried shave can damage the skin and sadly our skin is always slower to heal than we would like. It is best not to damage your skin at all, nourish it

and treat it with respect. Ideally, apply a soothing cream after a shave as this helps to astringe, moisturise and tone the skin cells.

A beard cared for properly can be a delightful sight to behold, and most men take great pride in their beards. To keep beards healthy and hygienic they need washing, conditioning and brushing just like the hair on our head. If a styling wax is used then a regular wash becomes even more important. Like a daily shower for the body, a daily wash for the beard is a sure way to make sure no breakfast, lunch, snacks or dinner are left behind.

My firm favourite home hair conditioning is still coconut oil, and this would also be beneficial for a beard. Leave the oil in for a few hours if you can, before washing and conditioning as usual.

The bearded men out there would like us to believe that their facial hair makes them trustworthy, demonstrates leadership, attracts lovers and enhances other imagined abilities.

We know Santa Claus has a big white beard, and some say that is what makes people place their trust in Santa and gives him special abilities.

But why does Santa have a white beard? Maybe so he can hide at the North Pole or maybe it is from spilling too many glasses of the milk he gets with the cookies! One thing we can be sure of is with such a thick luxurious beard he certainly takes good care of it, maybe he even follows my advice of using coconut oil. Either way you might want to leave a nice men's face cream out for Santa this year.



## ABOUT THE AUTHOR

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

## 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.

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

**\$41ea** 60 capsules

**\$99ea** 180 capsules

**1-3** per day

Anytime

With food



## Supports physical and mental rejuvenation and optimum health

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

**\$37ea**

60 capsules

**1** per day

Anytime

With or without food



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.

# Protect your skin with our 100% Natural Sunscreen

Our sunscreen protects you from UVA and UVB rays without using any nasty chemicals.

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.

*Independently tested*



\$19ea  
50ml tube

\$29ea  
100ml tube

**TIP:** Check the expiry date on your sunscreens. Sunscreens past their expiry won't be effective.



Sunburn relief and soothes skin irritations

\$15ea 50ml

\$21ea 100ml



Repairs irritations and revitalises your skin

\$17ea 50ml

\$24ea 100ml



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**

# Vitamins for children

Children have different nutritional needs than adults, and it is vitally important that these needs are met in order to ensure healthy growth and development.

The vitamins and minerals they need depend on their age, sex, size, how much they are growing, and how much activity they do each day. In particular, growing bones require plenty of vitamin D and calcium and brain development requires sufficient zinc and vitamins A, B6, B12 and D, to name just a few.

### Children who do not have a healthy, balanced diet

Ideally we would all get our nutrition from a healthy, balanced diet. However even with good intentions it can be hard to achieve this. Eating healthily can sometimes be more expensive and may not be affordable for some families. Also, modern food these days may not always provide the nutrition that it should do, as a lot of it is processed, refined or artificial. If children are not growing at the predicted rate, or if they are chronically ill or suffer from repeated infections, poor nutritional status could be the reason or a contributing factor. Many children are fussy eaters and all parents know that it is very difficult to get children to eat something if

they do not want to. In these cases, a multivitamin tablet can be considered. However it is important that if given, the multivitamin is not seen as a substitute for a healthy lifestyle.

Some children may be missing out on key nutrients if they eat a vegetarian or vegan diet. In these cases the same advice applies as it does for adults and, although it is possible for a child to get everything they need from a plant-based diet, it requires careful thought on the part of the parent to ensure they are getting enough calcium, iron and zinc in particular. Vitamin B12 is a particular concern, as it only occurs naturally in animal products and so must be obtained from foods fortified with B12 or a supplement.

### Vitamin C and zinc for colds

All parents will be well aware that children get a lot of coughs and colds. Babies, toddlers and preschoolers have an average of 8 to 10 colds a year and if they attend a kindergarten it can be as high as 12 a year. The frequency of colds reduces as they get older, as they become immune to the different viruses, so that when they are



adolescents the frequency is around the same as for adults, an average of two to four a year.

Single vitamin or mineral products, and multivitamins, are available in liquid, tablet and gummy formats and there are pros and cons for each. Tablets can be difficult for young children and sometimes the chewable versions can have a chalky texture which may be off putting. Gummies taste great and are easy for children to take, but they may contain high levels of sugar and have an added risk of overdose if mistaken for lollies. Liquid versions are easy to take and are not a choking hazard, but it can be harder to give an accurate dose.



### ABOUT THE AUTHOR

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

## Not sure what medical cannabis is?

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

This book does not take a position on this issue, but allows the reader to make their own informed decision.

**\$30ea** 133 pages



**Check out the other titles by Professor Shaun Holt**

See the price list for more information



# 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.

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

## Healthy Joints 180's

**\$104ea** 180 capsules

**MULTI BUY**

**\$93ea**

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

## Healthy Joints 90's

**SPECIAL**

**\$55ea** save \$15 a bottle, expiry August 2020, available for a limited time only

**2-3** per day

Anytime

With or without food



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

# You need New Zealand's top selling health book

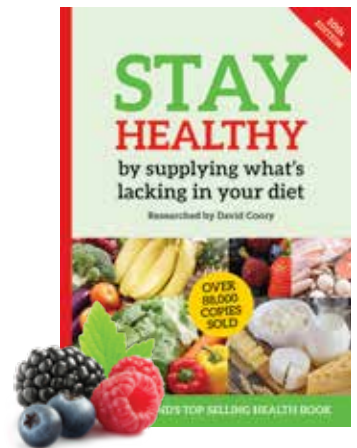
This is an invaluable health reference book for your home.

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



# Supercharge your performance and support your prostate health

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

**1** per day

Morning

With food

**\$42ea**  
60 capsules



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

# 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.

**1-2** per day

Anytime

With or without food

**\$35ea**  
60 capsules



If pregnant, not recommended during the first trimester.

Always read the label and only use as directed.

# Gold, Frankincense and Myrrh

Stories told at Christmas time include gifts given to the baby Jesus of gold, frankincense and myrrh. These may seem to be an odd gift for a baby and new parents, however each of these naturally occurring products are actually very valuable and have a long history of healing properties.

**Gold** is a precious metal usually reserved for jewellery. It is said that wearing gold can help to promote circulation, regulate oxygen flow, alleviate the symptoms of arthritis and even boost immunity. An old wives tale says that if you have a stye on your eye, rubbing a gold ring on it will cure it. While this is debatable, there may be something to the friction of rubbing the ring over the stye opening up the pore on the eyelid to help release the infection.

**Frankincense** oil is made from a resin from the boswellia tree. It has been traditionally used in ayurvedic medicine for hundreds of years for a range of health conditions including arthritis and cancer.

Due to the anti-inflammatory properties of frankincense, it can help to reduce the inflammation of the joints caused by both rheumatoid arthritis and osteoarthritis by preventing the release of leukotrienes, compounds that cause inflammation.

Frankincense has also been shown to benefit those with long term inflammatory gut diseases such as Chrons' disease and ulcerative colitis by reducing inflammation with no negative side effects.

Traditionally, frankincense has been used for years to treat asthma and other respiratory conditions such as bronchitis. In one particular study, 70% of participants found that their symptoms of shortness of breath and wheezing improved in as little as six weeks. It also showed an increase in lung capacity and reduction in asthma attacks.

Boswellic acids present in frankincense can help to prevent the spread of cancer cells in the body as well as reducing some of the side effects of cancer.

**Myrrh** is a resin from the tree Commiphora myrrha and has long been used medicinally for a number of ailments, especially in traditional Chinese and ayurvedic medicine. It has healing properties and can kill bacteria, viruses, fungi and parasites.

Myrrh is a common ingredient in natural mouthwashes and other products for oral health as it can quickly help to relieve pain and heal gum disease such as gingivitis, mouth ulcers, cold sores and bad breath. It also works well to help healing of skin

infections and wounds, including surgical wounds.

Because of its anti-inflammatory properties, myrrh can reduce swelling and pain by blocking your body's production of inflammatory chemicals and signalling your brain that you're not in pain.

Myrrh and frankincense were often burned together in places of worship during ancient times to help to purify the air and prevent the spread of bacteria and contagious diseases. In fact, a recent study showed that burning myrrh and frankincense together reduced the airborne bacterial count by 68%.

As always, these natural products are not for everyone, so please talk to your naturopath or other health professional before consuming them, particularly if you are taking any medications or are pregnant or breastfeeding.



## ABOUT THE AUTHOR


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

## Clear skin starts from within

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

Skin Clear gives the body the tools it needs to deal with excess oil. It also contains the full range of B vitamins and vitamin C to support the healing of the skin.

 **2-4** per day

 Anytime

 With food

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

**\$41ea**  
120 capsules




## 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.

**\$43ea** 180 capsules

 **1-6** per day

 Anytime

 With or without food

**272mg active sulphur**



**Health House**  
**TURN BACK TIME**  
All natural anti-aging cream  
A powerful anti-aging moisturiser for healthy and youthful skin  
FOR ALL SKIN TYPES

**\$41ea**  
50ml tube

## Marine collagen and CoQ10

In a beautiful rich, all natural moisturising cream

## Working from the inside out

**Health House**  
**TURN BACK TIME**  
CoQ10 and vitamin E for anti-aging

**\$41ea**  
60 capsules

Containing vitamin C, quercetin, grape seed extract, chelated zinc, organic silica, natural vitamin E and CoQ10.

Together these ingredients create a potent supplement to help you have beautiful skin.

2 per day Anytime With food

If taking blood medication please discuss with your health professional.

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

**\$62ea**

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 \$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.

*Looking for a Christmas present - look no further.*

**Health House**  
**TURN BACK TIME**  
All natural anti-aging cream  
A powerful anti-aging moisturiser for healthy and youthful skin  
FOR ALL SKIN TYPES

**Health House**  
**TURN BACK TIME**  
CoQ10 and vitamin E for anti-aging

## Supports heart, artery and brain health

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

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

**\$51ea** 60 capsules

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



1 per day Morning With food



## The most effective multi-mineral-vitamin

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

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

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

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

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

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

**\$47ea** 60 capsules

1 per day Anytime With food

Phone in and ask us about our clearance  
CAA - Multi  
\$39ea



## Keep calcium in your bones

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

**\$45ea** 60 capsules

1 per day Anytime With food

# Improve your everyday health

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



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

## 1 Triple Pack

Save \$18 off the individual product prices.

**\$125ea**

## 2 or more Triple Packs

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

**\$118ea**

**MULTI BUY**

## 1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

**\$162**

**MULTI BUY**

## 2 Triple Packs + 2 Probiotics

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

**\$290**

**MULTI BUY**

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

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

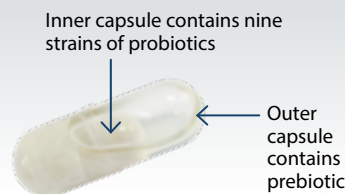
1 per day of each Morning With food

## Optimum health begins in your bowel

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

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

**\$41ea** 60 capsules 1-2 per day Anytime Empty stomach



Store in a cool dry place, no refrigeration needed.



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

# Colloidal Silver

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

## Colloidal silver and bacteria

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

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

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

## Is it safe?

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

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

## Historic Silver Facts

### 1960's

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



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

**\$26ea** 100ml tube

**\$36ea** 500ml liquid

**\$41ea** 250g tub

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

**MULTI BUY**



**Measure the content of your homemade colloidal silver**

**\$108ea** test meter



**Make your own colloidal silver**

**\$133ea** one year guarantee

**\$48pair** replacement silver rods



**A natural moisturising and soothing cream**

**\$30ea** 100ml tube



## Love soft smooth skin?

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

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

**\$21ea** 60g tub

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



## Help your body burn calories

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

**\$30ea** 60 capsules

✔ 3-5 per day ☀ Morning 🕒 Empty stomach

## Reduce stress and support a deep restful sleep

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

**\$33ea** 60 capsules

✔ 2-3 per day 🌙 Evening 🍴 With food

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

## 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. Consult your healthcare professional before taking if on any medication.

✔ 1-2 per day 🕒 Anytime 🕒 Empty stomach

✔ 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.



## Natural youth hormone

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

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

**\$40ea**  
60 capsules



**1** per day or every 2 days

**Morning**

**With or without food**

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

## 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.

**1** per day

**Morning**

**With or without food**



### 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



## 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



## Normal prostate health and urinary flow

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

**1** per day

**Anytime**

**With or without food**

Do not take with blood thinning medication.

**\$35ea**  
60 capsules





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

**\$35ea**  
60 capsules



**2500mg of active milk thistle**

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



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

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

**\$24ea** 200 tablets



## 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.

## Nature's best source of iodine

- An overall health tonic
- Especially rich in iodine
- Supports a healthy thyroid
- Sourced from NZ waters

**\$31ea** 60 capsules

1 every 2 days  
 Morning  
 With or without food





## Beneficial for skin, hair and nails

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

**\$32ea** 90 soft gel capsules

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

If pregnant, not recommended during first trimester.



## 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?

12000mg of active bilberry



**\$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



## 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

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





## 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



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

**\$41ea**  
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.

1 per day Evening With food

## 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?

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.

**\$31ea** 60 capsules

**\$52ea** 180 capsules

1-3 per day  
 Anytime  
 With or without food





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

**\$105ea**

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

**\$90ea** **MULTI BUY**

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

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



## RealSalt Refill

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

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



## RealSalt Shaker (original)

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

**\$10ea** 283g shaker



## RealSalt Shaker (season)

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

**\$16ea** 234g shaker



## RealSalt shaker (garlic)

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

**\$16ea** 234g shaker

Always read the label and only use as directed.

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

## 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

## Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

Now in a glass bottle

**\$29ea** 50ml liquid

**Directions:** Spray as often as required, but it is recommended you do not exceed 20ml (80 sprays) per day. The bottle contains about 300 sprays.

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

## 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

## 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



## Want a deep, restful and healing sleep?

You can, with this improved Melrest formula.

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

**Directions:** 16ml (1 tablespoon or around 3 teaspoons), 30 minutes before bedtime. Not recommended during pregnancy, or for children under 12.



**\$32ea**  
90ml

**\$59ea**  
240ml

# Triple strength fish oil for brain and artery health

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

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

**1-2** per day

Anytime

With food

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

**\$31ea** 200 soft gel capsules

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

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



## Mitchells Products

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

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

**MULTI BUY**

**\$59ea** when buying two or more tubs of either Bone Broth or Collagen Repair



**\$69ea**  
200g tub

**\$69ea**  
200g tub

**\$36ea**  
100g pouch



### pH Test Strips

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

**\$15ea** (five packs of 10)

## Boost your immune system with colostrum antibodies

These antibodies mirror human antibodies and when the colostrum from hundreds of cows is combined, its effectiveness is multiplied dramatically.

NZ only, cannot be exported



\$39ea  
100g powder

🥄 1-2 per day 🌙 Anytime 🔄 Empty stomach

**DIRECTIONS:** Mix one scoop in a small glass of milk or water



## Boost your immunity

Four powerful herbs and two powerful nutrients

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

\$31ea 60 capsules

🥄 1-2 Maintenance dose 🌙 Anytime  
🥄 3-6 When unwell 🍴 With food



222mg active vitamin C per tablet

## 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

## Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

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

\$37ea 100g powder



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

# Easy and convenient apple cider vinegar capsules

Enjoy all the health benefits of apple cider vinegar without the unpleasant taste. These apple cider vinegar capsules have no taste and are easy and convenient to take with you to work or when travelling.

Apple cider vinegar has been a general health tonic since before our great grandparents' time, but many of us find the taste unpleasant which is why we are pleased to offer this product in capsule form.

Our apple cider vinegar powder comes from Australian sourced, naturally fermented, apple cider vinegar and contains the "mother". The term "mother" is used to describe the part of the vinegar that contains enzymes and live cultures and is responsible for its various health benefits.

The apple cider vinegar is turned into a powder using a unique low temperature drying process that gently removes moisture from delicate products. Once the optimal dryness has been reached the heat no longer penetrates the product, preserving all the natural

colours, flavours and nutritional elements which are often lost due to overheating or over processing.

Taken regularly apple cider vinegar supports the digestive system and can support balanced blood sugar levels and pH levels in the body. It has been known to support normal blood pressure and cholesterol levels.

#### Other benefits:

- ✔ Promotes energy and fights fatigue
- ✔ Supports weight management
- ✔ Antibacterial properties
- ✔ Aids detoxification

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

Always read the label and use as directed. If symptoms persist see your healthcare professional.



**\$39ea**  
180 capsules

- ✔ 3 per day
- ✔ Anytime
- ✔ With or without 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



FOR MORE INFORMATION CHECK OUT [WWW.HEALTHHOUSE.CO.NZ](http://WWW.HEALTHHOUSE.CO.NZ)

Health House  
Private Bag 12029,  
Tauranga 3143, New Zealand

New Zealand  
Permit No. 193050

Permit

Always read the label and only use as directed.

NOV/DEC 2019












# ORDER FORM AND PRICELIST

Prices valid until 31 December 2019

CUSTOMER ID


PRODUCTS	PRICE EACH	QUANTITY	TOTAL
<input type="checkbox"/> 5-HTP (90 capsules)	\$36		\$
<input type="checkbox"/> 7 - Day Iron (25 capsules)	\$31		\$
<input type="checkbox"/> Aloe Vera Gel (50ml tube)	\$15		\$
<input type="checkbox"/> Aloe Vera Gel (100ml tube)	\$21		\$
<input type="checkbox"/> Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
<input type="checkbox"/> Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
<input type="checkbox"/> Apple Cider Vinegar (180 capsules) <b>New</b>	\$39		\$
<input type="checkbox"/> Bone Health (60 capsules)	\$45		\$
<input type="checkbox"/> Boron and Selenium (60 capsules)	\$41		\$
<input type="checkbox"/> CAA - Multi (60 capsules)	\$47		\$
<input type="checkbox"/> CAA - Multi Iron free (60 capsules)	\$47		\$
<input type="checkbox"/> CAA - Multi Sulphur free (60 capsules)	\$47		\$
<input type="checkbox"/> Cacao Tea (30 herbal tea bags)	\$20		\$
<input type="checkbox"/> Carnitine (60 capsules)	\$30		\$
<input type="checkbox"/> Coconut Body Butter (60g)	\$21		\$
<input type="checkbox"/> Colloidal Silver Cream (100ml tube)	\$30		\$
<input type="checkbox"/> Colloidal Silver Gel (250g tub)	\$41		\$
<input type="checkbox"/> Colloidal Silver Gel (100ml tube)	\$26		\$
<input type="checkbox"/> Colloidal Silver Generator	\$133		\$
<input type="checkbox"/> Colloidal Silver Liquid (500ml)	\$36		\$
<input type="checkbox"/> Colloidal Silver Liquid (500ml) <b>4 OR MORE</b>	\$30		\$
<input type="checkbox"/> Colloidal Silver Liquid Spray (100ml)	\$16		\$
<input type="checkbox"/> Colloidal Silver Test Meter	\$108		\$
<input type="checkbox"/> Colostrum Powder (100g) (NZ only)	\$39		\$
<input type="checkbox"/> Complete C (100g powder)	\$37		\$
<input type="checkbox"/> Complete C Tablets (200 chewable tablets)	\$37		\$
<input type="checkbox"/> CoQ10-Omega3 (60 capsules)	\$51		\$
<input type="checkbox"/> Coral CAA (60 capsules)	\$47		\$
<input type="checkbox"/> Cranberry (60 capsules)	\$35		\$
<input type="checkbox"/> DHEA 7-Keto (60 capsules)	\$40		\$
<input type="checkbox"/> Dude's Face Cream (60g) <b>New</b>	\$21		\$
<input type="checkbox"/> Easy-Lax (100 capsules)	\$35		\$
<input type="checkbox"/> Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
<input type="checkbox"/> Eye Health (60 Capsules)	\$47		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
<input type="checkbox"/> Garcinia (60 capsules)	\$31		\$
<input type="checkbox"/> Geezer's Face Cream (60g) <b>New</b>	\$21		\$
<input type="checkbox"/> Harmony (60 capsules)	\$36		\$
<input type="checkbox"/> Healthy Joints (90 capsules) <b>Special - limited time only</b>	\$55		\$
<input type="checkbox"/> Healthy Joints (180 capsules)	\$104		\$
<input type="checkbox"/> Healthy Joints (180 capsules) <b>2 OR MORE</b>	\$93		\$
<input type="checkbox"/> Immunity Support (60 capsules)	\$31		\$
<input type="checkbox"/> Kelp (60 capsules)	\$31		\$
<input type="checkbox"/> Liver Cleanse (60 capsules)	\$35		\$
<input type="checkbox"/> Maca-X (60 capsules)	\$35		\$
<input type="checkbox"/> Magnesium (60 capsules)	\$31		\$
<input type="checkbox"/> Magnesium (180 capsules)	\$52		\$
<input type="checkbox"/> Melrest (90ml)	\$32		\$
<input type="checkbox"/> Melrest (240ml)	\$59		\$
<input type="checkbox"/> Men's Boost (60 Capsules) <b>New</b>	\$42		\$
<input type="checkbox"/> Mitchells Bone Broth (100g pouch)	\$36		\$
<input type="checkbox"/> Mitchells Bone Broth (200g tub)	\$69		\$
<input type="checkbox"/> Mitchells Collagen Repair (200g tub)	\$69		\$
<input type="checkbox"/> Mitchells Products <b>2 OR MORE</b> <input type="checkbox"/> Bone Broth <input type="checkbox"/> Collagen repair	\$59		\$
<input type="checkbox"/> MSM Sulphur (180 capsules)	\$43		\$
<input type="checkbox"/> Omega 3 Fish Oil (200 capsules)	\$31		\$
<input type="checkbox"/> Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$125		\$
<input type="checkbox"/> Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <b>2 OR MORE</b> <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$118		\$
<input type="checkbox"/> Pain-Eze (100ml tube)	\$31		\$
<input type="checkbox"/> pH Test Strips (5 packs of 10)	\$15		\$
<input type="checkbox"/> Potion No. 9 (60 capsules)	\$42		\$
<input type="checkbox"/> Probiotic Multi 9 (60 capsules)	\$41		\$
<input type="checkbox"/> Probiotic Multi 9 (60 capsules) <b>Special with Optimum Health Triple Pack</b>	\$37		\$
<input type="checkbox"/> RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
<input type="checkbox"/> RealSalt Refill Pouch (737g)	\$23		\$
<input type="checkbox"/> RealSalt Shaker Garlic (234g)	\$16		\$
<input type="checkbox"/> RealSalt Shaker Original (283g)	\$10		\$
<input type="checkbox"/> RealSalt Shaker Season (234g)	\$16		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
RealSalt wooden gift pack	\$39		\$
 Relax (60 capsules)	\$33		\$
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		\$
 Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (50ml) <b>Glass bottle</b>	\$29		\$
 Turmeric (60 capsules)	\$41		\$
 Turmeric (180 capsules)	\$99		\$
 Turn Back Time Capsules (60 capsules)	\$41		\$
Turn Back Time Cream (50ml tube)	\$41		\$
Turn Back Time Combo (50ml cream and capsules)	\$62		\$
Ultimate Cleanse kit (410 capsules)	\$105		\$
Ultimate Cleanse kit (410 capsules) 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 <b>Clearance special while stocks last</b>	\$18		\$
Everything you need to know about Colloidal Silver	\$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.

BOOKS	PRICE EACH	QUANTITY	TOTAL
Heal your Eye Problems	\$19		\$
Laugh with Health	\$24		\$
Laugh with Health <b>Special 2 for \$40</b>	\$20		\$
Medical Cannabis a brief guide for New Zealanders <b>New</b>	\$30		\$
New Zealand's Greatest Doctor, Ulric Williams	\$17		\$
Should I take fish oil?	\$20		\$
Should I take...Probiotics?	\$19		\$
Stay Healthy by supplying what's lacking in your diet	\$25		\$
Stay Healthy by supplying what's lacking in your diet 2 <b>FOR \$40</b>	\$20		\$
Which Natural Therapies Should You Try?	\$21		\$



I have bought four or more of the icon products

**- \$20**

Deduct any loyalty rewards shown on your last invoice \$

**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

## 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.