

FREE DELIVERY IN NEW ZEALAND

NOV/DEC
2020

EST. 1986
HealthHouse
Quality, natural health products
NEW ZEALAND

100%
PROUDLY
NZ OWNED
& OPERATED

Merry Christmas & HAPPY NEW YEAR

From all of us here at Health House



NZ GROWN HEMP SEED OIL

New Product - page 3

Updating the Stay Healthy book

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FEATURING ARTICLES ON THE FACTS AND
BENEFITS OF HEMP SEED OIL - pages 5 & 7

Salt - friend or foe? By Shaun - page 8

Book review - Should I take fish oil?

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0800 140 141

www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

PP6642

HOLIDAY WISHES

Well this has certainly been a crazy year. First I must apologise about running out of some stock, very unusual for us and something we try hard to make sure never happens. Secondly a big thank you to all our customers who have ensured we continue to be able to keep all our staff and carry on making quality natural health products. All the best to you and your family and have a great holiday break, I think we all deserve it.

Kind regards

Mike Coory

Director

Merry Christmas my lovely Health House customers. What a year this has been.

A big thank you for all your support to us over the past twelve months.

How lucky we are to live in such a beautiful country and to spend time with our families. Most of us will be spending Christmas at home this year, so we'll be able to go and visit our beautiful countryside, experience our beautiful parks and reserves, tourist attractions and the lovely scenic drives.

This Christmas is going to be like the 1960s for me – family outings, cut lunches and home baking. Some of you might even have an old caravan still at home and you can take your family away for a few days.

Whatever you plan to do over the holiday season, have a lovely time with your family. Be safe and enjoy yourselves.

Merry Christmas

lots of love
Marie Coory



Products

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



Turn Back Time combo

Our revolutionary inside outside skin treatment



P12

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



Christmas Hours

Just to let you know, any orders received before 11:30am on Wednesday the 23rd of December will be dispatched on that day.

Phone and website orders placed after 11:30am on the 23rd will be dispatched on Monday the 11th of January 2021.

The Health House Shop will close at 12:30pm on the 23rd of December and will reopen at 8:30am on Monday the 11th of January 2021.



New Zealand grown hemp seed oil capsules

A healthy plant based source of omega oils

Just down the road from us there is a Hemp Factory. The owners popped in one day to introduce themselves and enquire whether we would like to add hemp seed oil capsules to our range of products.

We loved the fact that their hemp is grown in New Zealand, and it would mean we were supporting local business. We are pleased to add this product to our range.

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

We sent the capsules away to be independently tested and results are:

- ✓ Omega 3 - 192mg
- ✓ Omega 6 - 590mg
- ✓ Omega 9 - 96mg

2-6 per day Anytime With food

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

Benefits

- ✓ Very high in vitamins, minerals and amino acids
- ✓ Supports cardiovascular health
- ✓ Supports healthy blood pressure and cholesterol levels
- ✓ Supports mental clarity and focus
- ✓ Great for skin, hair and nails
- ✓ Supports the immune system

\$36ea
150 capsules



OUR PROMISE TO YOU

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

FIVE EASY WAYS TO BUY

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

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

PRODUCT ICONS

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

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

LOYALTY REWARDS

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

4+ 4 OR MORE

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

REFER A FRIEND

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

Updating the Stay Healthy book

I'm at present working on updating the previous 2016 10th edition of my "Stay Healthy by supplying what's lacking in your diet" book to the new 11th edition.

Hopefully this new book will be ready early next year and I'm working on the last few chapters as you read this.

I'm enjoying and greatly stimulated by this work, despite the constant hurry ups and not so subtle comments about missed deadlines and current stock levels, sorry Mike.

As the last few copies of the 10th edition fly out the door, we might temporarily be out of stock of this important book, but it needs to be done properly. My goal is to ensure that this remains New Zealand's top selling health book and contains the latest and most current nutritional information.

11 new chapters

As well as updating the existing Stay Healthy book chapters where possible, I'm also adding 11 new chapters, each of which needed considerable research. Originally I had only allowed a few days to finalise each chapter, but it's taking more than a week for each one.

The new chapters are – choline, excitotoxins, fluoride, gluten, gut bacteria (probiotics), herbs, lithium, mercury, silica, silver and vanadium.

My new natural healing book coming next year

I have been studying nutrition over the past 35 years and whenever I come across health facts I feel are important, I save them into a computer file under a relevant health heading. This file has recently expanded to an enormous 797 health categories, but it's proving invaluable in my present updates and also for a new book I'm writing with the working title of "Avoiding and reversing health disorders."

The reason for the new book is to stop the 11th edition of "Stay Healthy by supplying what's lacking in your diet", that I am currently updating, from becoming too bloated with all the new chapters and other important information from my research.

So I'm restricting the Stay Healthy book to just nutrition this time (as originally intended) and transferring the chapters from the previous edition on how to Avoid Cancer, Heart attack/Stroke, Alzheimer's, etc. to the new book.

How to avoid or reverse common disorders

The new book "Avoiding and reversing health disorders" will also include many new chapters on how to avoid or

reverse other common disorders such as diabetes, macular degeneration, digestive problems, depression, sexual and reproduction disorders, sleep problems, memory problems, viruses and other common health problems.

We hear much now about using drugs, operations and vaccinations to treat symptoms of health problems, but little about the avoidable causes of these disorders and how to reverse them naturally. The natural or diet alternatives are in most instances much lower cost.

So please bear with us if we run out of the 10th edition of the Stay Healthy book as we focus on getting the 11th edition ready for print and I'll endeavour to get the new book finished as soon as possible.



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.

You need New Zealand's top selling health book

This is an invaluable health reference book for your home.

David is busy working on the new 11th edition, we hope to have this available early in 2021.

Limited number of the 10th edition still available.

11th edition pre-orders available now!

\$25ea 288 pages



Hemp Seed Oil and Cannabis Oil

Sourced from the same plant but two very different products.

There is a lot of confusion about cannabis oil and hemp seed oil. While both products come from the Cannabis sativa plant, that is where the similarities end.

Hemp seed oil is a food, it is high in omega oils and minerals and is very good for you, but it does not (and legally cannot) contain anything more

than the barest traces of cannabinoids (less than 0.01%).

Cannabis oil is a medicine and has medicinal benefits. It should have therapeutic levels of cannabinoids.

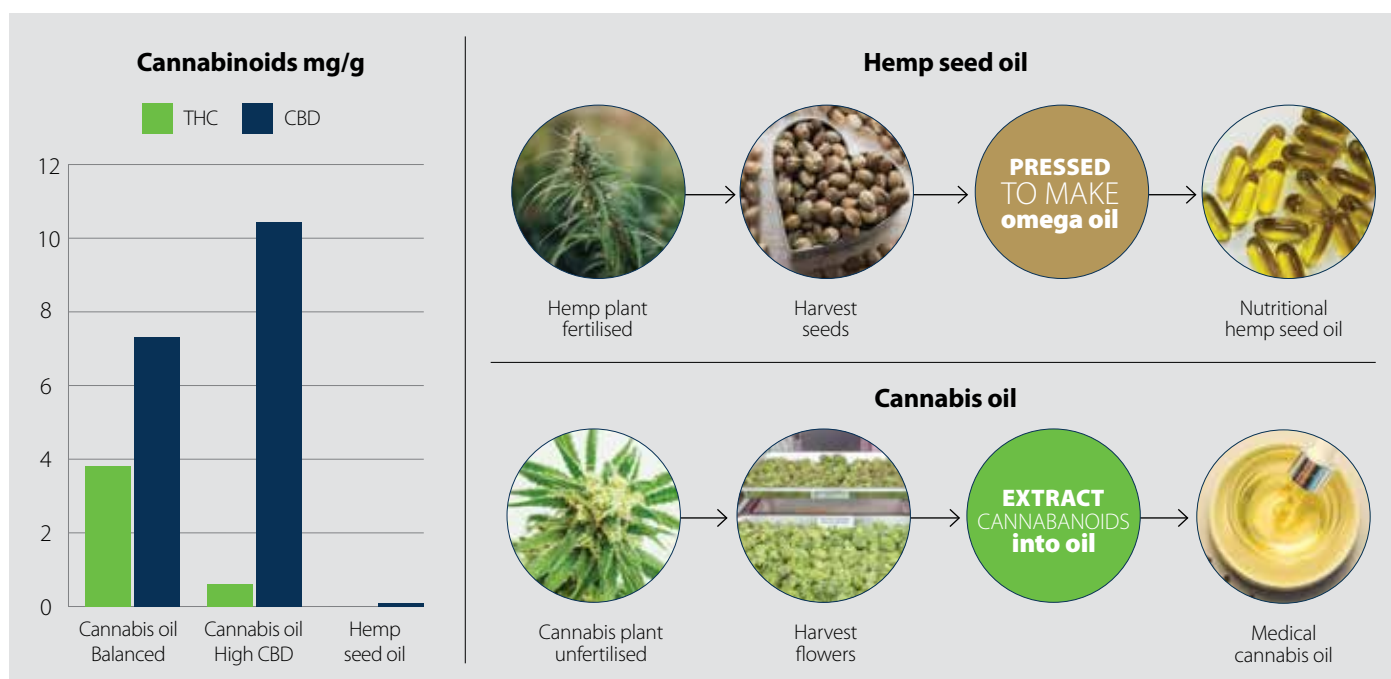
While the plant strains used for hemp are not the same as those used for medical cannabis, the main difference is based on the part of the plant that is used.

Female hemp plants are fertilised by male plants and seeds are produced,

the hemp oil is extracted from these seeds.

For cannabis oil the plant is not fertilised and no seeds are produced. The 'unseeded' flowers are harvested and the cannabinoids are then extracted into oil (or added later), usually coconut or olive oil.

Hemp seed oil will not get you intoxicated, but neither will it provide the specific medicinal benefits of cannabis oil.

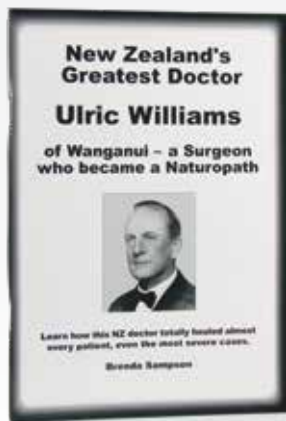


Wise words from Dr Ulric are still valid today

Doctor Ulric Williams reveals the simple methods he used to heal his patients after he became dissatisfied with surgery as a means of healing.

- ✓ Easy to read
- ✓ Useful and interesting
- ✓ Patient testimonials

\$17ea 96 pages



pH Test Strips

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

\$15ea
(five packs of 10)
















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.




Nutrient Support for a Vegan Lifestyle

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

Benefits

-  Supports your immune system
-  Increases energy levels
-  Promotes general well being
-  Contains vitamin B12

\$31ea 60 capsules






-  1 per day
-  Anytime
-  With food






Supercharge performance and support your prostate health

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

Benefits

-  Increases long term sexual vitality
-  Promotes libido
-  Supports healthy testosterone levels
-  Supports normal prostate function in men
-  Supports optimal sexual desire

\$42ea 60 capsules

-  1 per day
-  Morning
-  With food



Hemp Seed Oil

It appears that hemp was one of the first plants ever cultivated and was used by the Chinese thousands of years ago.

Hemp is a fast growing plant that has become a very popular product around the world due to its low environmental impact and its diverse range of uses, such as clothing, paper, body care products, paint, biofuels, animal feed and biodegradable plastics.

Hemp is derived from a variety of the Cannabis sativa plant, however produces little to no THC (the psychoactive component of cannabis) and has been legal to grow in New Zealand since 2002.

Hemp seeds (when hulled are sometimes referred to as hemp hearts) are high in protein, vitamin E, folate, niacin, magnesium, zinc, copper, manganese, calcium and iron.

The seeds are cold pressed to create hemp seed oil, an incredible oil that is high in essential fatty acids (omega 3, 6 and 9). It contains 20% omega 3, and is the most balanced natural source of omegas providing a 3:1 ratio of omega 6 to omega 3, which is the ideal ratio for the human body. Hemp seed oil also contains gamma linolenic

acid (GLA), a highly anti-inflammatory essential fatty acid in a concentration of up to 5%, which is a higher concentration than any other plant oil.

How plant based oils differ to fish oil

Plant based oils, specifically hemp seed oil, are generally very stable oils that are very unlikely to oxidise or go rancid as fish oil can, and far more sustainable and environmentally friendly to produce than fish oil. Hemp seed oil contains the most well balanced omega ratios of any naturally produced oil, which are ideal for the human body.

Fish oil has the added benefit of being much higher in omega 3, which although is much higher than the human body typically needs, it is the best way to balance out the additional omega 6's that are usually found in the standard diet of a New Zealander.

Both hemp seed oil and fish oil contain vitamins and minerals and help to reduce free radicals in the body due to the antioxidant properties of omega 3's.

Fish oil contains long chain omega 3's as fish obtain their omega 3's from eating

algae and other marine life. Because it has already been processed in their digestive system, it becomes easier for us to absorb than plant based omega 3's.

Plant based oils only contain short chain omega 3's, so our digestive system has to convert it. Even though our body easily manages this conversion it does produce less, meaning you may require a larger amount of a plant based oil to achieve a similar result to that of a fish oil.

There are benefits to both oils depending on lifestyle, dietary requirements and health needs.



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%.

Supports:

- ✓ 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



Holiday reading

Popular titles written by Professor Shaun Holt.

Medical Cannabis

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

\$30ea 133 pages

Should I Take Probiotics?

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

\$19ea 82 pages

Which Natural Therapies Should You Try?

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

\$21ea 135 pages

Should I Take Fish Oil?

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

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

\$20ea 84 pages



Salt - friend or foe?

As a scientist I always try to question medical advice, even if it is perceived wisdom. One such topic that I have always taken the contrarian viewpoint on is the widely accepted position that salt is bad for you and that people should limit their intake.

From looking at the studies I was never convinced by this even though it was widely accepted, and the theory is now being increasingly questioned.

High blood pressure causes extra strain on the heart and is one of the risk factors for heart disease. Avoiding high blood pressure is one of the most important things we can do for our health, which is one reason I support natural therapies and practices that can reduce stress, such as aromatherapy, yoga and massage.

In theory, large amounts of salt in the diet will increase your blood pressure, but the scientific evidence to support this is weak. In fact, it seems that if a person's kidneys are working normally, as most people's are, then they will simply excrete any excess salt with no negative effects. However, multiple Government regulatory agencies and clinical organisations, including the European Food Safety Authority, the US Centers for Disease Control, and the American Heart Association all recommend that consumers use less salt in their diets. The World Health Organisation has a goal to encourage reducing global salt consumption by 30% by 2025. Some countries and USA states have taxes and laws to reduce salt consumption.

However, a recently published study in The Lancet concluded that the vast majority of us are not being harmed by our level of salt intake. The study of more than 95,000 people found little or no harm up to a daily intake of 2.5 teaspoons (5g of sodium) a day. The researchers said that more than 95% of people in developed nations are

below that level. Further, they found that even levels of salt intake that are too high can be counteracted by a diet that is rich in fruits, vegetables, dairy foods, potatoes, and other potassium-rich foods. This contrasts with health guidelines which usually recommend that salt intake is limited to around 1.5 - 2g/day.

Also, evidence is emerging that the message to lower salt intake has gone too far, and that having too little salt in the diet can be just as bad as having too much. A review of 25 studies with nearly 300,000 people in them concluded that both low salt intakes and high salt intakes are associated with increased mortality. It is unclear exactly how too little salt intake can be harmful, but it could be because it leads to increased cholesterol levels and/or because a low-salt diet may increase insulin resistance.

So what is my advice? Make sure you have your blood pressure checked regularly. If it is high, and you have a lot of salt in your diet, then it may be worth reducing your salt intake to see if this helps your blood pressure. But for the rest of us, make sure you have some salt and enjoy plenty of guilt-free salt if you like it.



ABOUT THE AUTHOR

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



RealSalt

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



\$39ea
Gift Set

Limited Stock

Perfect for the campervan, caravan or bach.
A wonderful and healthy gift.

RealSalt Refill

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

\$125ea 737g pouch

283g shaker and refill combo

\$28ea **MULTI BUY**

RealSalt Shaker (season)

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

\$16ea 234g Shaker

RealSalt Shaker (garlic)

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

\$16ea 234g Shaker
Temporarily out of stock

RealSalt Shaker (original)

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

\$10ea 283g Shaker

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.

Benefits

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

\$24ea
200 tablets

One tablet =
approx. one
teaspoon
of sugar



Book Review: Should I take fish oil?

A simple guide to omega - 3's

This book is an easy to read explanation of omega 3, while also explaining about omega 6 - all detail that would be fantastic to teach at school level. So if you don't understand the differences, have a read, so you can take advantage of the huge benefits for your health and those that you love.

The book covers a number of medical conditions that fish oil can help - including a number of brain disorders - Alzheimer's to Bi-Polar, depression, arthritis, asthma, pregnancy, heart disease, gastro-intestinal concerns etc. The list is substantial because omega 3 is an excellent natural anti-inflammatory as the book explains. The book provides a clear explanation of the conditions before clarifying how omega 3 can help.

I thought the best part about this book was how it was clearly written that omega 3 can be seen as a complementary therapy with pharmaceutical medications. I have always been frustrated with the words alternative medicine - because natural health choices are not an alternative they are extremely complementary. The word alternative I believe creates some 'fear factor' because it becomes either 'this or that'. So it was indeed pleasing to read that omega 3 can

help all those arthritic joints, the low moods, the ADHD with our children, heart disease and basically anything with an 'itis' on the end (itis means inflammation of - i.e. tonsillitis, arthritis etc).

From pages 3 to 6 it explains very well about what is referred to as essential fatty acids - essential means it must be provided by diet because we cannot make it, being alpha linolenic acid (omega 3) and linoleic acid (omega 6).

However, note that fish oil has the huge advantage of already providing pre-formed EPA and DHA. In a nutritionally compromised person, or sometimes just a busy person we are highly likely to not make the conversion from ALA to EPA/DHA we so wish for. So many health concerns are screaming out for the natural anti-inflammatory action of omega 3.

I really like that the book strongly emphasizes and explains clearly the importance of the ratio between omega 6 and omega 3, and that it needs to dramatically sway towards the omega 3 side. Omega 3 always goes down an anti-inflammatory pathway, whereas omega 6 has the capacity to go down the arachidonic acid inflammatory pathway - hence encourage disease processes. All great

information to understand for your own health because many disease processes start with inflammation.

Throughout the book it mentions many extremely positive studies on fish oil - none of the studies are referenced, however reputable websites are listed where you can look up any medical information or studies which are all free to access. There is much research about omega 3 and they all make amazing reading - and easier to absorb if you have high levels of omega 3, because your brain might be functioning better, not might, highly likely is - quoted from this wee gem of a book - "A diet high in omega 3 can help improve and retain learning abilities and brain speed". Don't we all need that - from birth to the end!



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.

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



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

\$34ea 90 capsules

1-2 per day Morning With or without food





4+

Valerian, magnesium, hops and kava

Reduce stress and support a deep restful sleep

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

\$33ea 60 capsules

2-3 per day Evening With food

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




4+

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

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

\$35ea 60 capsules

1 per day Morning With food



4+

BACK IN STOCK

Natural youth hormone

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

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

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

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

- ✓ Natural youth hormone
- ✓ Enjoy better health as you age
- ✓ Feel full of vigour and enthusiasm
- ✓ Supports cognitive function

\$40ea 60 capsules

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

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



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

\$15ea 50ml

\$21ea 100ml



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

\$17ea 50ml

\$24ea 100ml



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**

Turn Back Time: **ANTI-AGEING**

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

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

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

\$41ea 50ml tube

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

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

Take one morning and night with food.

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

\$62ea Combo

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



\$62ea
combo
save \$20

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.

- ✓ Increases long term sexual vitality
- ✓ Supports healthy testosterone levels
- ✓ Supports optimal sexual desire
- ✓ Promotes libido and female reproductive health
- ✓ Supports healthy sperm production

\$42ea 60 capsules

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



Always read the label and only use as directed.

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



Help your body burn calories

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

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

\$30ea 60 capsules

3-5 per day Morning Empty stomach



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.



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.

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

Independently Tested

Our sunscreen has been independently tested 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.

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

\$19ea
50ml tube

\$29ea
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.

Supports:

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

\$51ea 60 capsules

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

 **1** per day  Morning  With food



The most effective multi-mineral-vitamin

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

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

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

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

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

Supports:

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

\$47ea 60 capsules

 **1** per day  Anytime  With food



Keep calcium in your bones

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

\$45ea 60 capsules

 **1** per day  Anytime  With food

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.

4+



Available in
non-sulphur
and non-iron
versions

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

1 Triple Pack

Save \$18 off the individual product prices.

\$125ea

2 or more Triple Packs

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

\$118ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162

MULTI BUY

2 Triple Packs + 2 Probiotics

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

\$290

MULTI BUY

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

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

1 per day of each Morning With food

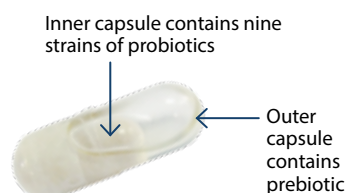
Optimum health begins in your bowel

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.



Joint mobility, digestion and general health

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

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

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

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

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



Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

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

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

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

Complete C Powder

1/4-1/2 tsp per day

Anytime

With or without food

\$37ea 100g powder

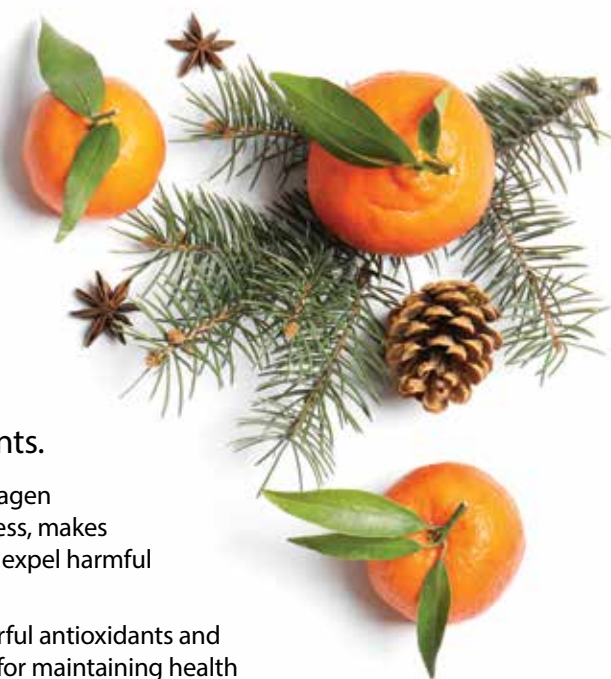
Convenient chewable tablets

3 per day

Anytime

With or without food

\$37ea 200 chewable tablets



Boost your immunity

Four powerful herbs and two powerful nutrients.

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

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

\$31ea 60 capsules

1-2 Maintenance dose

Anytime

3-6 When unwell

With food

Seasonal Defence



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.

Home generating tip

Never use tap water to generate colloidal silver. Minerals, especially chlorine, can combine with the silver to produce inferior compounds such as silver chloride.

\$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



New Look

A natural moisturising and soothing cream

\$30ea 100ml tube

Mitchells®



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

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



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

\$69ea 200g tub



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

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



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.

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.

\$35ea 100 capsules

2-4 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

Holiday detox with The Ultimate Cleanse

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



- ✓ An internal spring clean and detox
- ✓ Liver and kidneys are cleansed and stimulated
- ✓ Improve digestive secretions
- ✓ Reduce bowel transit time
- ✓ Speed up your metabolism
- ✓ Total body flush out
- ✓ Support weight management

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

\$105ea

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

\$90ea **MULTI BUY**

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

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

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 this excess oil in the form of pantothenic acid (vitamin B5) and carnitine. Vitamin B5 converts the excess oil to Coenzyme A, a natural enzyme that deals with fatty acids. The role of carnitine is to take this excess oil to the cells so that the excess oil is burned off as energy.

To support the body and skin during this process, Skin Clear contains the full range of B vitamins and vitamin C to support the healing of the skin.

Each bottle contains 120 blue capsules enough for one month's treatment (or two months maintenance).

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

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



\$41ea
120 capsules

4+ 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.

Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

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

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

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

DIRECTIONS:

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

The bottle contains about 300 sprays.

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



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

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

New Formula - In this formula we have returned back to our original chelated selenium product, while the yeast had some good claims behind it the smell was very unpleasant. In hindsight we believe the chelated selenium is just as effective and it is better to have a product that people want to take.

Zinc 10mg active - As we were reformulating, we took the opportunity to add zinc to the formula. The latest NZ Health survey showed our soils and our adult nutrition was just as deficient in zinc as it was in selenium.

Grains are the main source of zinc in our diet, yet 66% of zinc is lost from wheat during milling and refining. The next best source is beef but NZ meats are not high in zinc.

Selenium 150mcg active - Selenium is a powerful antioxidant that supports prostate health and fades brown skin spots. This essential trace mineral is good for your health and may help protect the body from the poisonous effects of heavy metals and other harmful substances.

Most people will be fine with the amount of selenium (125mcg) in our CAA - Multi, but if you are looking for a higher more comprehensive selenium supplement then this is the product for you.

Boron 10mg active

Boron is an important mineral for bone and joint health, but is also lacking in our New Zealand soil. Most people can get sufficient boron from their diet along with our CAA - Multi (2.5mg), but some people may require more, sometimes up to 9mg a day to support joint health and mobility. So for an extra boron boost this is the product.

- 1 per day
- Evening
- With food

\$41ea
60 capsules



Nature's best source of iodine

Sourced from New Zealand waters

This rich sea herb, Kelp is harvested from nutritious New Zealand waters. It is beneficial for your nails and hair and is especially rich in iodine for a healthy thyroid. It has all the trace colloidal minerals and elements (over 70) needed by your body and in a highly absorbable form.

Small size capsules each containing 1000mcg of Iodine.

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

\$31ea 60 capsules

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



Are you concerned about your eyes?



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

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

1 per day Anytime With or without food

 A white plastic bottle of HealthHouse Harmony capsules with a white cap. The label features the HealthHouse logo and the text 'Harmony' and 'Support for women'. The background is pink with several Christmas ornaments. A blue circular icon with '4+' is in the top right corner. A pink text box says '2500mg of active shatavari, 1800mg of active maca'. The price is '\$36ea 60 capsules'.

Support your hormonal balance naturally

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

1-4 per day Anytime With or without food



Normal urinary flow and supports urinary tract health

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

\$35ea 60 capsules

Do not take with blood thinning medication.

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 per day
 Anytime
 With food



Want a deep, restful and healing sleep?

You can, with this improved Melrest formula.

Melrest sleep and stress support now improved and available again. Now with higher levels of chamomile, more honey and an even better taste.

It is now easier to use, just pour onto a teaspoon (take three) or a tablespoon (take one).

This new Melrest formula is part of the continuous research and development we do with Dr Shaun Holt and Honeylab. We are always looking to improve the products whenever possible.

- ✓ General health
- ✓ Stress/ sleep support

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

Ingredients: New Zealand Honey, Chamomile Powder, Tart Cherry Powder, Magnesium.

\$39ea 240ml

Expiry date Dec 2020, while stocks last



How to support joint health naturally

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

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

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

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

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

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

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

\$70ea 90 capsules

\$104ea 180 capsules

MULTI BUY

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

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



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?

\$31ea 60 capsules

\$52ea 180 capsules

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

166mg
of active
magnesium

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.



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.

1-6 per day Anytime With or without food

Triple strength fish oil for brain and artery health

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

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

\$31ea
200 soft gel capsules

1-2 per day
 Anytime
 With food



Easy and convenient apple cider vinegar capsules

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

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.

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.

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.

one capsule = one teaspoon

\$39ea 180 capsules

3 per day
 Anytime
 With or without food



Reduce your stress LEVELS WITH WITHANIA

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

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

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

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

Benefits

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

\$37ea 60 capsules

1 per day

Anytime

With or without food



6000mg of
active withania/
ashwagandha &
18mg withanolides



4+

\$37ea
60 capsules

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.

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

1 per day

Morning

With or without food

\$37ea
60 capsules



4+

Always read the label and only use as directed.

NOV/DEC 2020

ORDER FORM AND PRICE LIST

Prices valid until 31 December 2020



CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ 5-HTP (90 capsules)	\$36		\$
4+ 7 - Day Iron (25 capsules)	\$31		\$
Aloe Vera Gel (50ml tube)	\$15		\$
Aloe Vera Gel (100ml tube)	\$21		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
4+ Apple Cider Vinegar (180 capsules)	\$39		\$
4+ Bone Health (60 capsules)	\$45		\$
4+ Boron and Selenium (60 capsules)	\$41		\$
4+ CAA - Multi (60 capsules)	\$47		\$
4+ CAA - Multi Iron free (60 capsules)	\$47		\$
4+ CAA - Multi Sulphur free (60 capsules)	\$47		\$
4+ Carnitine (60 capsules)	\$30		\$
Coconut Body Butter (60g) Out of stock - new packaging coming soon			\$
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		\$
4+ Complete C Tablets (200 chewable tablets)	\$37		\$
4+ CoQ10-Omega3 (60 capsules)	\$51		\$
4+ Coral CAA (60 capsules)	\$47		\$
4+ Cranberry (60 capsules)	\$35		\$
4+ DHEA 7-Keto (60 capsules) Back in stock	\$40		\$
Dude's Face Cream (60g) While stocks last	\$21		\$
4+ Easy-Lax (100 capsules)	\$35		\$
4+ Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
4+ Eye Health (60 Capsules)	\$47		\$
Geezer's Face Cream (60g) While stocks last	\$21		\$
4+ Harmony (60 capsules)	\$36		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ Healthy Joints (90 capsules)	\$70		\$
4+ Healthy Joints (180 capsules)	\$104		\$
4+ Healthy Joints (180 capsules) 2 OR MORE	\$93		\$
4+ Hemp Seed Oil (150 capsules)	\$36		\$
4+ Immunity Support (60 capsules)	\$31		\$
4+ Kelp (60 capsules)	\$31		\$
4+ Liver Cleanse (60 capsules)	\$35		\$
4+ Maca-X (60 capsules)	\$35		\$
4+ Magnesium (60 capsules)	\$31		\$
4+ Magnesium (180 capsules)	\$52		\$
Melrest (240ml) Close to expiry special - while stocks last	\$39		\$
4+ Men's Boost (60 Capsules)	\$42		\$
Mitchells Bone Broth (100g pouch)	\$36		\$
Mitchells Bone Broth (200g tub)	\$69		\$
Mitchells Collagen Peptides - Bovine (200g tub)	\$49		\$
Mitchells Collagen Peptides - Marine (200g tub)	\$59		\$
Mitchells Collagen Repair (200g tub)	\$69		\$
4+ MSM Sulphur (180 capsules) Out of stock due to ingredient issues	\$43		\$
4+ Omega 3 Fish Oil (200 capsules)	\$31		\$
4+ Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) CAA - Multi CAA - Multi Non-iron CAA - Multi Non-sulphur	\$125		\$
4+ 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		\$
4+ Potion No. 9 (60 capsules)	\$42		\$
4+ Probiotic Multi 9 (60 capsules)	\$41		\$
4+ Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$37		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g) Sorry we are currently out of stock, awaiting delivery from the USA	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Season (234g)	\$16		\$
RealSalt gift pack	\$39		\$
4+ Relax (60 capsules)	\$33		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Salicylic Acid Gel (50ml tube)	\$27		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$41		\$
Silver Rods (pair)	\$48		\$
4+ Skin Clear (120 capsules)	\$41		\$
Sunscreen (50ml tube)	\$19		\$
Sunscreen (100ml tube)	\$29		\$
4+ Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (50ml) Glass bottle	\$29		\$
4+ Turmeric (60 capsules)	\$41		\$
4+ Turmeric (180 capsules)	\$99		\$
4+ Turn Back Time Capsules (60 capsules)	\$41		\$
Turn Back Time Cream (50ml tube)	\$41		\$
Turn Back Time Combo (50ml cream and capsules)	\$62		\$
Ultimate Cleanse kit (410 capsules)	\$105		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
4+ Vegan Boost (60 capsules)	\$31		\$
4+ Vitamin B5 (90 capsules)	\$34		\$
4+ Vitamin B Complex (60 capsules)	\$37		\$
4+ Withania (Ashwagandha) (60 capsules)	\$37		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$

4+ FOUR OR MORE PRICING

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

HOW TO ORDER

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

FAX NUMBER

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

VISIT OUR WEBSITE
www.healthhouse.co.nz

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

4+

I have bought four or more of the icon products

- \$20

Deduct any loyalty rewards shown on your last invoice \$

Please tick your preference

☐ No signature required

☐ Signature required (Sorry, not rural delivery)

CUSTOMER ID

TOTAL \$

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.

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.