

FREE DELIVERY IN NEW ZEALAND

NOV- JAN  
2025-26

EST. 1986  
**HealthHouse**  
Quality, natural health products  
NEW ZEALAND



# Medicinal Cannabis Book

Updated and now in full colour

page 7



## Medicinal Cannabis in New Zealand

By Marta Rychert - page 4

## Cannabis and your medications: Understanding the interaction risks

By Dr Shaun Holt - page 8

## Keeping every product pure: How we prevent cross-contamination

By Mike Coory - page 13

## Back in Stock

Complete C Tablets - page 3

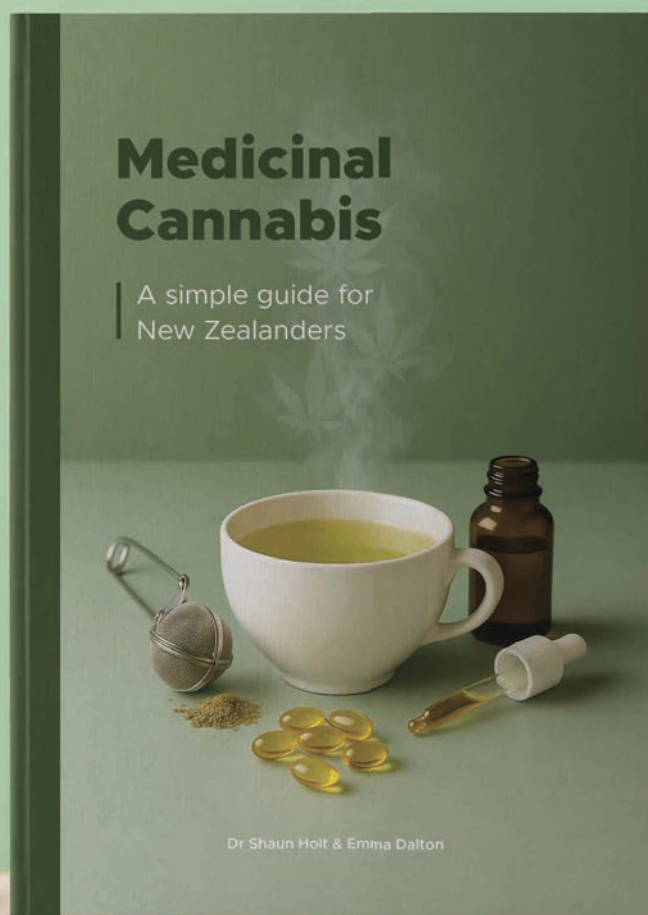
Natural Sunscreen - back cover

## Specials

Budget 454g RealSalt Refil Pouch - page 5

Satisfied - page 11

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60 DAY MONEY BACK GUARANTEE

PP37677

0800 140 141  
[www.healthhouse.co.nz](http://www.healthhouse.co.nz)

## 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.

## FOUR EASY WAYS TO BUY

1. Free phone 0800 140 141
2. Website [www.healthhouse.co.nz](http://www.healthhouse.co.nz)
3. Send in the order form (page 21)
4. Visit our shop - 1 Whakakake St, Tauriko, Tauranga

For more information refer to the order form on pages 21 and 22.

## PRODUCT ICONS

These icons help explain the products and when and how to take them.

- |                                                                                                        |                                                                                                               |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
|  Capsules            |  Tablets                   |
|  Vegetarian capsules |  Powder                    |
|  Take anytime        |  Take with food            |
|  Take in the evening |  Take with or without food |
|  Take in the morning |  Take on an empty stomach  |

## Loyalty rewards

### Earn a 10% Discount

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

### 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.

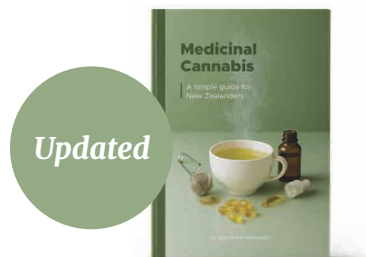
# In this issue

Christmas wishes, Natural Sunscreen, new Medicinal Cannabis book, Complete C Tablets, great specials and much more.

There is so much to talk about in this issue, I might run out of room. Firstly, I would like to wish you all a Merry Christmas and a Happy New Year.

We are very appreciative of you our customers and the loyalty you show us. We thank you for choosing Health House for your quality natural health products.

You will see that Dr Shaun Holt has updated his Medicinal Cannabis book, now in colour with great images. Special thanks also to Professor Marta Rychert for writing the forward introduction in Shaun's revised edition and graciously allowing us to reprint this as an article on page 4.



With an interest in medicinal cannabis growing (hopefully Health House Medicinal Cannabis), Shaun writes about interactions with other medicines on page 8, an important subject for both doctors and patients.

A customer asked us how we could be sure that our nutraceutical products would not be contaminated with our cannabis product. Initially, we were surprised but then realised our customers might not be aware of all the safeguards and steps we take to ensure the safety of all our products, more information is on page 13.

Because of popular demand, we have brought back our Complete C tablets and Natural Sunscreen.

*To help with those finances, we are offering some great Christmas specials.*

- Satisfied capsules, buy one, get one free. A great way to assist with weight management over the holidays.
- For turmeric lovers, there are big discounts on Turmeric capsules, and we will soon have 95% Curcumin Turmeric Powder tub.
- A budget size (454g) RealSalt Fine Refill Pouch for under \$20.

### Happy Holidays

Kind regards

*Mike Coory*

Managing Director

## Merry Christmas

**To our lovely Health House customers!**

Thank you so much for your support throughout the past year, it truly means the world to us.

Christmas is our favourite time of year, a time to relax, reconnect, and spend precious moments with family and friends.

So please, take the time to enjoy the season, surround yourself with loved ones, and go that extra mile to do something kind for someone else. It's often the little things that make the biggest difference.

Wishing you all a joyful, peaceful Christmas and a very Happy New Year.



**Lots of love**

*Marie & David Coory*

*Editor Note: My parents said our catalogue pictures made them look old. This picture from Christmas 1965, solves that problem.*

# COMPLETE C

*Complete C is a world renowned blend of vitamin C, available as a dissolvable powder that makes a tasty, tangy drink or chewable tablets.*

It contains three different forms of 100% absorbable vitamin C, each designed to complement the others and avoid stomach irritation.

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

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

## Contains

- ✓ Pine bark extract (pycnogenol)
- ✓ Grape seed extract
- ✓ Rosehips
- ✓ Rutin
- ✓ Hesperidin
- ✓ Quercetin
- ✓ Bioflavonoids

Grape seed and pine bark extracts support strengthening and protecting the collagen in the skin, slowing the rate of collagen breakdown and supporting firm, supple and vibrant skin by maintaining its integrity and elasticity.

Rutin and hesperidin are two flavonoids found in plentiful supply in grapefruit, mandarins, lemons, oranges and other citrus fruits. They are the most active of the citrus flavonoids also supporting the integrity of blood

vessels, capillaries, and collagen and to help protect from bruising.

One quarter teaspoon of Complete C mixed with water will give you approximately 750mg of vitamin C.

## Complete C Powder

**\$39ea** 100g powder

🥄 ¼-½ tsp per day 🌙 Anytime

🍴 With or without food

## Convenient chewable tablets

**\$39ea** 200 chewable tablets

🍷 3 per day

🌙 Anytime

🍴 With or without food

*Back in stock*



## Immune support

Support your immune health year-round with a blend of four potent herbs and two key nutrients.

This formula includes olive leaf extract, echinacea, astragalus, garlic, zinc, and vitamin C which provide support for ills and chills.

Take at the first sign of discomfort as a preventative measure. Not for long-term use.

**\$33ea** 60 capsules

🍷 1-6 per day

🍷 3-6 When unwell

🍴 With food

🌙 Anytime

## Christmas Hours

Just to let you know, any orders received **before 11:30 on Friday the 19th of December** will be dispatched on that day.

Phone and website orders placed **after 11:30am the 19th** will be dispatched **on Monday the 5th January 2026**.

The Health House shop will close at **12:00 noon on the 19th December** and will reopen at **8:30am on Monday the 5th January 2026**.





# Medicinal Cannabis *in New Zealand*

Medicinal cannabis is an area of growing public, scientific and policy interest, yet our understanding of its clinical effectiveness, benefits, side effects and flow on consequences remains in its infancy.

**There is no shortage of anecdotal evidence that cannabinoids help with a wide range of ailments, but available high quality clinical trials completed to date confirmed they work only in a few health conditions. Perhaps it's this gap in evidence and the promise of potential future discoveries about the effects of cannabis that make it such a fascinating topic.**

New Zealand legalised access to medicinal cannabis in 2018, and the new Medicinal Cannabis Scheme started operating in 2020. The reform was driven by high-profile cases of cancer patients and children and teenagers without access to cannabidiol (CBD) oral therapy. Since then, hundreds of thousands of prescriptions have been written for Kiwi patients. Prescribed products

now increasingly include THC flowers (buds) that can be inhaled, known for its intoxicating properties. The dual property of cannabis which is used as a therapeutic agent and a psychoactive drug continues to contribute to the policy challenges.

Navigating this complex landscape as a consumer and a patient is challenging. In my research on cannabis, I surveyed and interviewed thousands of Kiwis who used cannabis-based products to help manage their physical and mental health. Most people reported positive experiences and praised their ability to replace or reduce use of other prescribed pharmaceuticals that they could not tolerate, but many were also acutely aware of the scientific evidence gaps. When I spoke to policymakers and regulators around the world, they also grappled with regulating cannabis in a way that prioritises health, safety and human rights.

"When people think about medicinal cannabis use, they think about quality-assured, balanced products with lower THC concentrations. They don't need to be that high."

"There is no good evidence to support use of some of these high-THC flowers; in fact, there's been some clinical trials ... that found lower THC products can be similarly effective with helping with some pain conditions, and they do have less side effects."

**RNZ Interview Oct 2024**



## ABOUT THE AUTHOR

Marta Rychert (PhD) is an Associate Professor at the SHORE & Whariki Research Centre. Her work lies at the intersection of health, policy and law, with particular focus on drug policy, cannabis markets (recreational and medical) and their commercialisation. She analysed implementation of drug policy reforms in Europe, New Zealand, Canada and the Caribbean, and she currently leads research programmes on the implementation of medicinal cannabis scheme in NZ.





# REALSALT

The way salt should be - nothing added, nothing taken away.

Exactly as nature made it - and mined in Redmond, Utah. Just two hours south of Salt Lake City.

## Health benefits of RealSalt

RealSalt is unrefined, ancient sea salt sourced from a pure Jurassic sea in Utah. It contains over 60 naturally occurring trace minerals that are essential for health and vitality.

Unlike regular table salt, which is heavily processed and stripped of nutrients, RealSalt keeps its full mineral profile, including natural iodine that the body absorbs more effectively than synthetic forms. These minerals help support hydration, electrolyte balance, and overall wellbeing, making RealSalt a clean, nourishing alternative to refined salt.

## Original Fine Refill Pouch & Shaker

### RealSalt Fine Refill Pouch

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

**\$29ea** 737g pouch

**\$19ea** 454g pouch **Budget pack**

### RealSalt Shaker (original)

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

**\$17ea** 284g Shaker

### RealSalt Fine Combo

Fine Salt Shaker (original) 284g with Fine Salt Refill Pouch 737g

**\$41ea** **COMBO**  
**Save \$5**

### RealSalt Fine Organic Season Shaker

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

**\$25ea** 234g Shaker

### Refill Pouch and Grinder

Coarse Salt - the biggest grain size typically used in a grinder

### RealSalt Coarse Refill Pouch

For everyday use, ancient coarse sea salt

**\$25ea** 454g pouch

### RealSalt Coarse Grinder

Gives a dramatic salty flavour

**\$19ea** 135g Grinder

### RealSalt Coarse Combo

Coarse Salt Grinder 135g with Coarse Salt Refill Pouch 454g

**\$39ea** **COMBO**  
**Save \$5**



## DRY EYE RELIEF

### 100% natural

Try our new easy to use castor oil rollerball, a topical application for dry eye relief.

Formulated to alleviate symptoms of blepharitis and itchy eyes.

Our dry Eye Relief is made with pharmaceutical grade, cold pressed castor oil and is preservative free.

Apply a thin layer twice daily to both the upper and lower eyelids.

**\$34ea** 10ml rollerball

Remove contact lenses before applying. Avoid direct eye contact.

For external use only. Discard unused content four weeks after opening.



## pH Test Strips

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

You can easily check your pH at home with this simple Saliva Test kit. For optimum health and immunity, your saliva pH should be between 6.8 and 7.0.

**\$16ea**  
(five packs of 10)





**VITAMIN B5****Overall wellbeing**

Vitamin B5 (Pantothenic acid) is required by our immune system to support artery and blood health in the body.

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

**\$36ea** 90 capsules

1-2 per day Morning With or without food

**VITAMIN B COMPLEX****Daily Function**

B vitamins are water-soluble, meaning your body doesn't store them like other nutrients. Levels can vary daily depending on your diet. When you're stressed or overworked, your body uses more B vitamins. Additionally, alcohol, sugar, and caffeine can further deplete them.

**\$39ea** 60 capsules

1 per day Morning With or without food

Taking at night may keep you awake. Vitamin B2 may cause urine to turn yellow, this is normal.

**MSM SULPHUR****Mobility**

A highly bioavailable, non-allergenic source of sulphur. Sulphur is one of the most important nutrients in your body. Methylsulfonylmethane (MSM) is a sulphur compound that is naturally present in our body's system. Predominantly MSM is used for supporting joint health and mobility.

**\$45ea** 180 capsules

1-6 per day Anytime With or without food

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





# Second Edition of the Medicinal Cannabis book

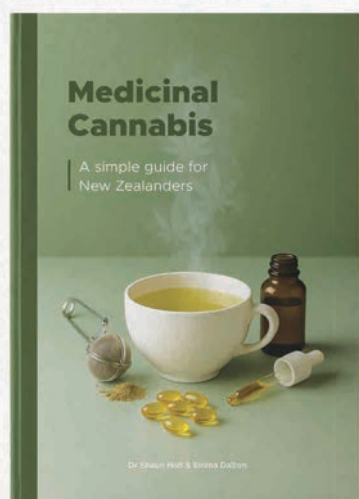
Updated

## A simple guide for New Zealanders

Medicinal cannabis is rapidly moving from the fringes of medicine to the centre of scientific and public debate. In this second edition of Medicinal Cannabis: A Brief Guide for New Zealanders, Professor Shaun Holt doctor, researcher, and trusted medical commentator combines clear, evidence-based analysis in an engaging, easy-to-read style.

You'll explore the plant's complex chemistry, its potential medical benefits, and its risks all explained in plain language but grounded in rigorous science.

The book examines the latest research and real-world applications, offering a balanced view for patients, clinicians, and the interested observer alike. Informative yet approachable, this is the essential handbook for anyone seeking to understand the facts about medicinal cannabis today.



### What's new in this edition?

- ✓ **Complete redesign**
  - Full colour with photos
- ✓ **Medicinal Cannabis use**
  - People over the age of 50
  - Children
  - Chronic Neuropathic Pain
- ✓ **The Green Fairy phenomenon**
- ✓ **Cannabis Tea as a dose form**
- ✓ **Review of recent studies**
  - QUEST (2,300 patient, 12 month)
  - Hypertension
  - Urinary Incontinence
  - Migraines
  - Pruritus
  - Rheumatoid Arthritis
  - Autism Spectrum Disorder
- ✓ **NZ GP knowledge and expectations survey**
- ✓ **Foreword by Marta Rychert (PhD)**

**\$35ea or two for \$60**

149 pages



## Stay Healthy Book

Updated in 2021, this 11th edition is still New Zealand's most popular and easy to understand health book, Stay Healthy by supplying what's lacking in your diet (over 98,000 copies sold) is packed full of priceless health information and with international measurements.

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

### Paperback

**\$31ea** 420 pages

## Other books

Which Natural Therapies Should you Try **\$21ea**

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

Heal your Eye problems **\$20ea**

Should I take Probiotics? **\$19ea**

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

Medicinal Cannabis **\$35ea or 2 for \$60**

Natural Remedies That Really Work **\$29ea**

New Zealand's Greatest Doctor, Ulric Williams **\$18ea**

The Eczema Diet Book **\$29ea**



# Cannabis and Your Medications:

## Understanding the Interaction Risk

As more people turn to medical cannabis for conditions including pain, nausea, and sleep problems, it is important to know if it interacts with any other medicines that you might be taking.

The active ingredients in medical cannabis, primarily THC and CBD, are known to interact with a wide range of prescription medicines. Some people believe, falsely, that as cannabis is a natural product that it does not interact with other medicines.

Most of these interactions are a result of both the medical cannabis and the prescribed medicines being metabolized (broken down) by the liver. More specifically, they are broken down by a group of enzymes in the liver known as the CYP450 system. If these enzymes are busy breaking down the THC and CBD then they have less capacity to break down your prescribed medicines, leading to higher blood levels and potentially causing side effects or toxicity.

It is not just medical cannabis that can do this, as even grapefruit juice can block these receptors and interact with medicines - you may have seen a warning about grapefruit juice on your medicine labels and wondered what it meant. A good tip is that if a medication has a warning on its label to avoid grapefruit, it's a strong indicator that it will also interact with cannabis.

As the CYP450 system in the liver breaks down hundreds of different medicines, there are therefore hundreds of possible interactions with medical cannabis. Some of the most important (as they are common and/or dangerous) are:

- tricyclic antidepressants such as amitriptyline, raising the chances of an increased heart rate, increased blood pressure or more drowsiness
- the epilepsy medicine phenytoin



- the asthma medicine theophylline
- the common blood-thinning medicine warfarin, significantly increasing the risk of internal bleeding and bruising
- sedatives and anxiety medications, leading to excessive sedation and drowsiness, or even confusion & impaired judgment
- blood pressure medications, potentially causing your blood pressure to drop too much

The above describes how medical cannabis can increase the blood levels of other medications, which are probably the most important interactions to be aware of.

However, it is important to note that there are other types of interactions in which the prescribed medicine(s) that you are taking increase or decrease the effect of the medical cannabis.

***The effects of medical cannabis can be increased by some medicines - medicines that do this include:***

- some antidepressants including fluoxetine (Prozac)
- proton pump inhibitors that are used for gastrointestinal problems such as omeprazole

- antibiotics such as erythromycin
- calcium antagonists used for high blood pressure such as diltiazem and verapamil
- many of the HIV medications
- and, as discussed above, grapefruit juice

***The effects of medical cannabis can be decreased by some medicines - medicines that do this include:***

- the antibiotic rifampicin
- epilepsy medicines including carbamazepine and phenytoin
- St John's Wort - a common herbal medicine for depression

It is therefore strongly recommended that, if starting medical cannabis, that you take advice from a doctor or pharmacist about potential medicine interactions.



### ABOUT THE AUTHOR

Dr. Shaun Holt is a researcher, author, commentator, speaker and advisor.



## THE ULTIMATE CLEANSE

# Summer Detox

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.

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

### What do I get in the kit

- Full bowel and intestine cleanse  
Gentlelax and Cleansa
- Full liver and kidney cleanse  
Digestaid
- Full nutritional support  
Supafood
- Full bowel flora renewal  
Probiotic Multi 9 pouch

**\$135ea**

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

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.

### Supports

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

**\$125ea**

**MULTI BUY**

Buy two (or more) of The Ultimate Cleanse Kits and save \$10 per kit.



## PROBIOTIC MULTI-9

# Reset your gut health

A feeling of well-being obtained naturally and help with managing food cravings.

If any of the strains of bacteria are missing, various kinds of foods will not be digested properly. This causes gluten and dairy allergies and numerous other health or digestive problems.

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Once in your small intestine, these bacteria recolonise and multiply, just like plants in a garden. If any of these bacteria were missing, the effect on your health and ability to digest all types of foods can be dramatic.

### Supports

- ✓ Bowel and digestive health
- ✓ Digestion of food, soft, regular bowel movements
- ✓ Mineral and vitamin absorption
- ✓ Bowel bacteria after taking antibiotics

**Inner capsule contains nine strains of probiotics**



**Outer capsule contains prebiotic**



**\$59ea** 60 capsules

- 1-2 per day
- Anytime
- Empty stomach



## EASY-LAX

### Bowel support

Easy-Lax is a gentle, herbal stool softener that supports regular, strain-free bowel movements without straining. It contains five herbs that have been proven to be beneficial to the bowel. Easy-Lax works gently over a twelve-hour period.

**\$37ea** 100 capsules

 **1-2** per day

 Evening

 With or without food

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.



## LIVER CLEANSE

### Liver health

Powerful milk thistle combined with essential vitamins and electrolytes for your liver health. Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

 Supports liver regeneration

 Cleanses the blood

 Assists with detoxing

 Protects and restores the liver from toxic damage

 Restores electrolytes

**\$37ea** 60 capsules

 **1** per day

 Morning

 With food



## FRUIT ANTIOXIDANT

### Superfood capsules

These days, many of us don't consume enough antioxidants in our diet to counteract the damage being done by free radicals.

It is important that we include a variety of antioxidant-rich foods to ensure we live a long, healthy life. Achieving this can be a challenge with the busy lives we lead.

This natural Fruit Antioxidant has achieved very high antioxidant activity, containing over five times that of vitamin C and other antioxidant-rich foods.

**\$55ea** 60 capsules

 **1** per day  Morning

 With or without food

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



## APPLE CIDER VINEGAR CAPSULES

### Digestion health

Enjoy the traditional benefits of apple cider vinegar without the strong taste. Each capsule provides the equivalent of one teaspoon of liquid apple cider vinegar; three capsules equal one tablespoon. A convenient option to support general wellbeing as part of a healthy lifestyle.

**Taken regularly apple cider vinegar supports:**

 Digestive system

 Balanced blood sugar levels

 pH levels in the body

 Normal blood pressure

 Cholesterol levels

**\$41ea** 180 capsules

 **3** per day  Anytime

 With or without food







## SATISFIED *Appetite and balance*

A unique blend of two herbs with the added mineral chromium. Gymnema, Saffron, and Chromium are traditionally used to support wellbeing, appetite balance, and sugar metabolism.

**Special**

**\$69ea** 60 capsules **buy one get one free**

**1-2** per day

Anytime

With food

Weight management products should be used in conjunction with a balanced diet and exercise.

Not to be used in conjunction with aspirin, thyroid medication or diabetic medications or if you suffer liver problems.



## CRANBERRY *Urinary tract health*

Our premium, all-natural, full-spectrum cranberry powder is specially formulated to support normal prostate function in men while also supporting healthy urinary flow and overall urinary tract health in both men and women.

Unique as this cranberry powder uses the entire cranberry plant.

**\$37ea** 60 capsules

**1** per day

Anytime

With or without food

Seek advice if taking blood thinning medication.



## CARNITINE *Energy to burn*

Carnitine's role in the body is to transport stored body fat to the cells to be burned for energy, even when you sleep. Each capsule of Carnitine gives you 348mg a day. Maximum support for calorie metabolism is usually achieved at about 1750mg a day or five capsules. Maintenance dose is 348mg or one capsule a day.

- ✓ 100% natural
- ✓ Has powerful antioxidant activity
- ✓ Supports normal fat metabolism
- ✓ Helps manage food cravings

**\$32ea** 60 capsules

**3-5** per day

Morning

Empty stomach

Seek advice if taking blood thinning medication



## 5-HTP *Stress and appetite*

5-HTP (5-Hydroxytryptophan) is a naturally occurring amino acid made from seeds of the plant Griffonia simplicifolia, that supports the production of serotonin in the brain.

Serotonin is generally thought to be the contributor to feelings of wellbeing and happiness, along with supporting mood, appetite and sleep.

**\$38ea** 90 capsules

**2-4** per day Anytime

With food

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. Weight management products should be used in conjunction with a balanced diet and exercise.



# Support 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.



## Our best selling product

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.

Also available in CAA-Multi Sensitive (no iron or sulphur added)



## Supports heart, artery and brain health

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

EPA 270mg / DHA 190mg / Omega-3 (other) 40mg

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



## Keep calcium in your bones with Bone Health

Bone Health provides the correct balance of the four bone nutrients.

It is really important to have the proper balance between the four bone nutrients (calcium, vitamin D, vitamin K2 and magnesium). An imbalance of these four nutrients is why some calcium supplements have become associated with increased risk of heart attack and stroke, instead of supporting our health, as Bone Health is scientifically designed to do.

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

## Optimum Health Triple Pack

### 1 Triple Pack

Save \$17 off the individual product prices.

**\$135ea**

### 2 or more Triple Packs

Save \$44 off the individual product prices.

**\$130ea** **MULTI BUY**

### 1 Triple Pack + 1 Probiotic

Save \$21 off the individual product prices

**\$190** **MULTI BUY**

### 2 Triple Packs + 2 Probiotics

Save \$52 off the individual product prices.

**\$370** **MULTI BUY**

Save \$52 off the individual product prices.

Also available in CAA-Multi Sensitive (no iron or sulphur added)

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





# Protecting Product Integrity: How We Prevent Cross-Contamination

A customer recently asked us how we make sure our medicinal cannabis products don't come into contact with our nutraceutical range. It's a fair question, and one we're pleased to answer. The truth is, cross-contamination isn't just about cannabis; we apply the same careful controls across all products we manufacture. Here's how we keep everything separated and protected.

## Separate spaces

Our cannabis growing and quarantine facility, approved by MPI, is physically separated from the rest of our site. Access is only through airlocks, which also act as a security checkpoint to control what enters and leaves each area.



## Cleanrooms have strict entry rules

To enter our cleanrooms, staff must follow a clear process: change into fresh protective clothing, wash hands thoroughly, and pass through airlock entry points. These steps ensure that only clean, authorised staff and materials make it into the production environment.

## Clean, controlled air

Each cleanroom has its own air system, fitted with triple filtration. Airflow is designed so that pressure in the hallways is higher than the room pressure, meaning air only moves in one direction, into the room, not out. This prevents particles from spreading between rooms and helps maintain separation.



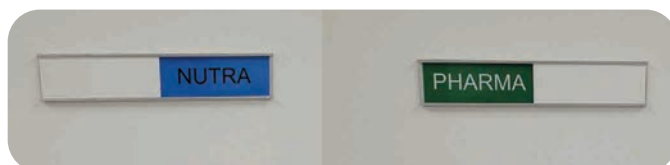
## Dedicated tools and PPE

We keep certain tools and equipment for cannabis only, while others are reserved for nutraceutical products. Staff also wear colour-coded protective gear, so it's always clear which products they are working with. Each room is thoroughly cleaned and sanitised after each production batch, whether cannabis or natural health product.



## Tested cleaning routines

When equipment needs to be shared, it goes through a cleaning programme that has been scientifically validated. Independent laboratory testing confirms that the cleaning process removes any trace material before that room or equipment is used again. This ensures confidence whichever product comes next.



## Clear room signage and rules

Every production room has a sliding sign showing whether it is in use for nutraceutical or pharmaceutical work. Each designation comes with its own set of rules - from what packaging can be brought inside, to which protective gear is required. This makes it easy for staff to follow the right procedures every time.

## Careful waste handling

Protective clothing and disposable equipment used in cannabis production are managed as medical biowaste. This material is handled through a separate very secure disposal pathway to keep it isolated from other waste material.

## Why it matters

These controls aren't just about meeting regulations, they're about protecting the integrity of every product we make. Preventing cross-contamination between cannabis and nutraceuticals also strengthened our existing safeguards between different nutraceutical products. For customers, this means what is in the product is only what should be there.

## HEMP SEED OIL

### New Zealand grown Hemp Seed Oil capsules

A healthy plant based source of omega oils, high in vitamins, minerals and amino acids.

Our bodies are unable to produce the essential fatty acids DHA and EPA so they have to be sourced from supplements and diet.

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

Cold pressed from New Zealand grown hemp seeds, this high quality hemp seed oil also contains vitamin E, folate, niacin, magnesium, zinc, copper, manganese, calcium and iron.

**\$39ea** 150 capsules

 **2-6** per day

 Anytime

 With food

**Made in NZ**



## PREMIUM FISH OIL

### Brain and artery health

Not all fish oil is created equal. The source, type of fish and how it is processed makes a big difference.

The best fish oil is made from small fish sourced from clean oceans. Having a fish oil manufacturer that has a good fishing conservation programme and high standards justifies the cost for a premium quality product.

Health House Premium Fish Oil is imported from the United Kingdom from fish sourced principally from the Pacific and Atlantic Ocean, using wild sources of small fish (anchovy/sardines) and operating within global standards (IFFO). They use the latest refining technology to ensure much lower fat and calories than regular fish oil.

Our Premium 3 Fish Oil capsules contain 570mg of responsibly sourced omega 3 oil. For those that like the technical information that is at least 300mg of EPA, 200mg of DHA and 70mg of the other Omega 3 oils.

#### Supports

-  Joint mobility
-  Emotional well-being
-  Mental focus
-  Healthy skin
-  Heart and artery health

**\$34ea** 150 soft gel capsules

 **1-2** per day

 Anytime

 With food





## PREMIUM Collagen

Collagen helps maintain youthful skin and supports digestive wellness

Collagen is one of the most important proteins in the body, providing strength and structure to the skin, bones, muscles, tendons, ligaments, and even the intestinal lining. However, as we age, our natural collagen production declines, leading to weaker skin, joints, and connective tissues. Supplementing with high-quality collagen can help support the body's structural integrity and overall well-being.

Health House Premium Bovine Collagen is sourced from a world-leading collagen producer with over a century of expertise. Through a process called hydrolysis, the collagen is broken down into short-chain amino acids, known as peptides, making it easier for the body to absorb and utilize. These peptides help maintain skin elasticity, support joint and tendon health, and contribute to a stronger, healthier body.

This premium collagen is free from added flavors and sweeteners, making it a versatile addition to your daily routine. Simply mix it into beverages, smoothies, or sprinkle it over food for an easy way to nourish your body from within.

**100%**  
Hydrolysed  
Bovine Collagen  
Peptides

**Storage:** Store below 30°C away from direct sunlight, heat and humidity.

Ingredient imported from France and packed in New Zealand.

**\$39ea**

240 gram tub - 24 x 10g serves

 **2** tsp per day

 Anytime

 With or without food

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



## NEW ZEALAND Manuka Oil Cream

Natural support suitable for dry, reddened, sensitive and irritated skin.

### Supports

- ✓ Natural relief to irritated skin
- ✓ Calming sensitive skin
- ✓ Soothing reddened, flaky skin
- ✓ Customers favourite

**Not recommended for children under 2 years.**

**Directions:** Apply gently onto the affected area two or three times a day or as required.

**\$43ea**  
100ml tube



## TURN BACK TIME Anti-Ageing

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

Combat ageing inside and out with our powerful combo! Our cream blends liquid CoQ10 and marine collagen, while our capsules deliver water-soluble CoQ10 and bioflavonoids. Vitamin C boosts collagen and firms skin, while CoQ10, vital for youthful skin, declines with age. Free from parabens, paraffins, SLS, and synthetic fragrances.

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

**\$43ea** 50ml tube

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

**\$43ea** 60 capsules

 **2** per day  Anytime

 With food

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

Purchase a Turn Back Time Combo for \$65 and save \$21 off the individual product prices.

**\$65ea** **COMBO**

50ml tube/60 capsules combo



# Nurture the skin you're in

## SKIN CLEAR

Skin Clear contains vitamin B5 and carnitine to support the body's natural oil balance and overall skin health. It works from within, an ideal companion to topical skincare.

### Supports

- ✓ Clear unblemished skin
- 🕒 2-4 per day 🌙 Anytime
- 🍴 With food

**\$43ea**  
120 capsules

**Green vegetarian capsules**

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



## ROSACEA

Honevo Rosacea is a topical formulation made with pharmaceutical-grade Kanuka honey. Used twice daily, it helps support skin hydration and provides natural antibacterial properties. Gentle and 100% natural.

**\$35ea**  
50ml tube



**Back in stock**

## ALOE VERA GEL

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

Aloe Vera Gel is the best healer of pimples and skin blemishes we have ever come across. It normally brings pimples to a head overnight and within two days they are gone.

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

**\$22ea** 100ml tube



## ALOE VERA WITH COLLOIDAL SILVER GEL

Repair irritations and revitalise your skin with our 50/50 blend of Aloe Vera and Colloidal Silver Gel.

The cooling, soothing effect of the Aloe Vera Gel, combined with the antiseptic, healing properties of the Colloidal Silver Gel makes this a product that you should take with you wherever you go.

**\$18ea** 50ml tube

**\$25ea** 100ml tube



## SALICYLIC ACID GEL

Sun damage spots are not large brown freckles, but rough, scaly spots caused by years of exposure to strong sunlight. Salicylic Acid Gel is a pleasant, easy way of helping manage these dry sun spots on your face, head or hands.

**\$29ea** 50ml tube

**COMBO**

**\$43ea** Salicylic Acid Gel 50ml and Aloe Vera Gel 100ml combo Save \$8





# Colloidal SILVER

Use our scientifically researched 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.

*If you are suffering cold and flu symptoms, stay at home and call Healthline for advice.*



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.

## Make your own at home

Make fresh, high quality Colloidal Silver Liquid yourself at home for a fraction of the cost.

## Colloidal Silver Generator

Make your own Colloidal Silver

**\$165ea** one year guarantee (includes silver rods)

**\$75pair** replacement silver rods

**\$17ea** 100ml liquid spray

**\$28ea** 100ml tube gel

**\$31ea** 100ml tube cream

**\$38ea** 500ml liquid

## CORAL CAA

Coral CAA provides half the vitamins and minerals of CAA-Multi and half the ingredients of Bone Health, ideal for smaller-framed individuals or sensitive systems.

Younger children's vitamin and mineral requirements are often less than adults and Coral CAA is a good alternative for them too.

**\$49ea** 60 capsules

**1-2** per day

Morning

With food

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



## NEW ZEALAND KELP

Kelp, harvested from New Zealand's nutrient-rich waters, benefits nails, hair, and overall health. Rich in iodine, it supports thyroid health and helps protect against radiation damage.

**\$33ea**

60 capsules

**1** every 2 days

Morning

With or without food

Small size capsules each containing 1000mcg of Iodine.





# Magnesium

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

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

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

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

## Capsules

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

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

## Benefits

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



**Available as capsules or a topical cream**

## Magnesium Cream

**\$35ea** 100ml tube

**Directions:** Massage gently into skin two or three times daily or as required. Avoid direct contact with eyes and other sensitive areas such as your face. If redness or irritation occurs, rinse with cool water.

## Magnesium Capsules

**\$33ea** 60 capsules

**\$55ea** 180 capsules

## Magnesium Combo

**\$85ea** 100ml tube/180 capsules

**COMBO**

Save \$5.00

**1-3** per day **Anytime**

**With or without food**

## Directions

**Men:** two or three capsules per day,

**Women:** one or two capsules per day,

**Children over eight years of age:** one capsule per day, or as directed by your healthcare professional.

# Rubeeven

Rubeeven™ combines capsaicin (cayenne) and bee venom for rapid joint stiffness relief. Made in New Zealand, it delivers bee venom through a chili extract, warming muscles, bones, and joints. Used in Asia for over 2000 years, bee venom supports joint and muscle comfort.

**Ingredients:** Distilled Water, Cayenne Liquid Extract (Capsaicin), Coconut Wax, Extra Virgin Olive Oil, Benzoin Tincture, Bee Venom.

**Warning:** Do not use if allergic to bee products. May cause a temporary warming sensation to the area applied. If too hot, wash off and apply less.

**\$35ea**  
30ml pump



# Pain-Eze

Pain-Eze contains 11 active ingredients and is an all natural, warming cream with powerful essential oils and potent extracts.

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

**\$37ea**  
100ml tube

## Directions

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







## BORON + SELENIUM

### General health

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

- ✓ Supports calcium absorption
- ✓ Supports magnesium absorption
- ✓ Supports men's sexual health

**\$43ea** 60 capsules

1 per day Evening With food

## GLUCOSAMINE-CHONDROITIN

### Healthy Joints

Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of the highest quality chondroitin sulphate. In addition boron, organic silica, natural vitamin D and MSM (Methylsulfonylmethane), works with chondroitin to support the integrity of the cartilage and supports joint comfort.

**\$74ea** 90 capsules **\$109ea** 180 capsules

**MULTI BUY**

**\$98ea** Buy two or more Healthy Joints 180 and save \$22

2-3 per day Anytime With food

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



## TURMERIC

### 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 with antioxidant properties.

**\$45ea** 180 capsules

**SPECIAL**

Save \$30

**\$25ea** 60 capsules

**SPECIAL**

Save \$10

1-3 per day Anytime With food

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

**95% Curcumin  
Turmeric Powder  
tub coming soon**



## DHEA 7-Keto

### Natural youth hormone

DHEA is a naturally occurring hormone that declines with age. Sourced from plant extracts, our supplement supports general wellbeing and helps maintain vitality as you age.

-  1 per day over 35 years of age
-  1 every 2 days from 25-35 years of age
-  Morning  With or without food

**\$42ea** 60 capsules

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.



## Alert plus

Lion's Mane Mushroom, a traditional Chinese herb, supports brain function and clarity. Combined with Ginkgo Biloba and Ginseng extracts, it supports alertness and mental focus.

These ingredients also support general wellbeing, mood balance, and restful sleep, offering antioxidants for a calming effect on the body.

**\$59ea** 60 capsules

-  1-2 per day  Anytime  With food



## Relax

Valerian, hops and kava, along with magnesium supports a general sense of wellbeing and a peaceful relaxing sleep naturally.

**\$35ea** 60 capsules

-  2-3 per day  Evening  With food

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



## Men's Boost

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

Men's Boost is a blend of herbal extracts and key minerals that supports energy, vitality, and normal testosterone levels. It also helps maintain prostate health and overall wellbeing.

**\$44ea** 60 capsules

-  1 per day  Morning  With food



## Withania / Ashwagandha

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

Withania supports physical and mental energy and is revered for supporting health and wellness into the elder years.

Withania is an excellent choice when looking to support energy levels, lift mood, support restful sleep and help recover from any illness.

### Benefits

- ✓ Beneficial during times of stress
- ✓ Helpful during convalescence
- ✓ Supports normal energy and mood
- ✓ Supports vitality

-  1 per day  Anytime
-  With or without food

**\$39ea** 60 capsules

If taking thyroid or any other prescription medication, please discuss this with your healthcare professional. Not recommended if pregnant or trying to conceive.



## Eye health

Supporting good eye health. Eye Health is a comprehensive blend of herbs, vitamins, and minerals specifically formulated to support and maintain healthy eyes.

-  1 per day
-  Anytime
-  With or without food

**\$49ea** 60 capsules

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







## Harmony

### Natural Hormone Support

There are certain times in a woman's life when she needs extra support.

We have specially designed Harmony by combining shatavari with maca extract, boron and vitamin D to give support during these times.

- 1-4** per day
- Anytime
- With or without food

**\$40ea**  
60 capsules



## Maca-X

### High quality minerals and vitamins

Maca-X is rich in essential minerals, especially selenium, calcium, magnesium, iron.

Maca is a stress support herb, which means it helps the body adapt to stress and supports a return back to its normal balance.

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

**\$37ea** 60 capsules

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

If pregnant, not recommended during the first trimester.



# Order form and price list

EST. 1986  
**HealthHouse**  
NEW ZEALAND

Prices valid until 31 Jan 2026

| PAGE NO. | PRODUCTS                                                                                                                                                                                                 | PRICE EA | QTY. | TOTAL |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|-------|
| 11       | 5-HTP (90 capsules)                                                                                                                                                                                      | \$38     |      | \$    |
| 23       | 7 - Day Iron (25 capsules)                                                                                                                                                                               | \$33     |      | \$    |
| 20       | Alert Plus (60 capsules)                                                                                                                                                                                 | \$59     |      | \$    |
| 16       | Aloe Vera Gel (100ml tube)                                                                                                                                                                               | \$22     |      | \$    |
| 16       | Aloe Vera Gel with Colloidal Silver (50ml tube)                                                                                                                                                          | \$18     |      | \$    |
| 16       | Aloe Vera Gel with Colloidal Silver (100ml tube)                                                                                                                                                         | \$25     |      | \$    |
| 10       | Apple Cider Vinegar (180 capsules)                                                                                                                                                                       | \$41     |      | \$    |
| 12       | Bone Health (60 capsules)                                                                                                                                                                                | \$47     |      | \$    |
| 19       | Boron and Selenium (60 capsules)                                                                                                                                                                         | \$43     |      | \$    |
| 12       | CAA - Multi (60 capsules)                                                                                                                                                                                | \$51     |      | \$    |
| 12       | CAA - Sensitive (60 capsules) <b>New</b>                                                                                                                                                                 | \$51     |      | \$    |
| 11       | Carnitine (60 capsules)                                                                                                                                                                                  | \$32     |      | \$    |
| 23       | Cold Sore (10gm)                                                                                                                                                                                         | \$35     |      | \$    |
| 17       | Colloidal Silver Cream (100ml tube)                                                                                                                                                                      | \$31     |      | \$    |
| 17       | Colloidal Silver Gel (100ml tube)                                                                                                                                                                        | \$28     |      | \$    |
| 17       | Colloidal Silver Generator                                                                                                                                                                               | \$165    |      | \$    |
| 17       | Colloidal Silver Liquid (500ml)                                                                                                                                                                          | \$38     |      | \$    |
| 17       | Colloidal Silver Liquid Spray (100ml)                                                                                                                                                                    | \$17     |      | \$    |
| 3        | Complete C (200 chewable tablets) <b>Back in stock</b>                                                                                                                                                   | \$39     |      | \$    |
| 3        | Complete C (100g powder)                                                                                                                                                                                 | \$39     |      | \$    |
| 12       | CoQ10-Omega3 (60 gel capsules)                                                                                                                                                                           | \$54     |      | \$    |
| 17       | Coral CAA (60 capsules)                                                                                                                                                                                  | \$49     |      | \$    |
| 11       | Cranberry (60 capsules)                                                                                                                                                                                  | \$37     |      | \$    |
| 20       | DHEA 7-Keto (60 capsules)                                                                                                                                                                                | \$42     |      | \$    |
| 5        | Dry Eye Relief (10ml rollerball) <b>New</b>                                                                                                                                                              | \$34     |      | \$    |
| 10       | Easy-Lax (100 capsules)                                                                                                                                                                                  | \$37     |      | \$    |
| 20       | Eye Health (60 Capsules)                                                                                                                                                                                 | \$49     |      | \$    |
| 10       | Fruit Antioxidant (60 capsules)                                                                                                                                                                          | \$55     |      | \$    |
| 21       | Harmony (60 capsules)                                                                                                                                                                                    | \$40     |      | \$    |
| 19       | Healthy Joints (90 capsules)                                                                                                                                                                             | \$74     |      | \$    |
| 19       | Healthy Joints (180 capsules)                                                                                                                                                                            | \$109    |      | \$    |
| 19       | Healthy Joints (180 capsules) <b>2 OR MORE</b>                                                                                                                                                           | \$98     |      | \$    |
| 14       | Hemp Seed Oil (150 gel capsules)                                                                                                                                                                         | \$39     |      | \$    |
| 3        | Immune Support (60 capsules)                                                                                                                                                                             | \$33     |      | \$    |
| 17       | Kelp (60 capsules)                                                                                                                                                                                       | \$33     |      | \$    |
| 10       | Liver Cleanse (60 capsules)                                                                                                                                                                              | \$37     |      | \$    |
| 21       | Maca-X (60 capsules)                                                                                                                                                                                     | \$37     |      | \$    |
| 18       | Magnesium (60 capsules)                                                                                                                                                                                  | \$33     |      | \$    |
| 18       | Magnesium (180 capsules)                                                                                                                                                                                 | \$55     |      | \$    |
| 18       | Magnesium Cream (100ml tube)                                                                                                                                                                             | \$35     |      | \$    |
| 18       | Magnesium Cream & Magnesium <b>Combo</b> (100ml tube/180Capsules)                                                                                                                                        | \$85     |      | \$    |
| 15       | Manuka Oil Cream (100ml tube)                                                                                                                                                                            | \$43     |      | \$    |
| 20       | Men's Boost (60 Capsules)                                                                                                                                                                                | \$44     |      | \$    |
| 22       | Mitchells Bone Broth (200g tub)                                                                                                                                                                          | \$74     |      | \$    |
| 22       | Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)                                                                                                                                               | \$79     |      | \$    |
| 6        | MSM Sulphur (180 capsules)                                                                                                                                                                               | \$45     |      | \$    |
| 24       | Natural Sunscreen (100ml tube) <b>Back in stock</b>                                                                                                                                                      | \$30     |      | \$    |
| 12       | Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health)<br><input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA-Multi Sensitive (no iron or sulphur added) <b>New</b>                  | \$135    |      | \$    |
| 12       | Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <b>2 OR MORE</b><br><input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA-Multi Sensitive (no iron or sulphur added) <b>New</b> | \$130    |      | \$    |
| 18       | Pain-Eze (100ml tube)                                                                                                                                                                                    | \$37     |      | \$    |
| 5        | pH Test Strips (5 packs of 10)                                                                                                                                                                           | \$16     |      | \$    |
| 15       | Premium Collagen (240g tub)                                                                                                                                                                              | \$39     |      | \$    |
| 14       | Premium Fish Oil (150 gel capsules)                                                                                                                                                                      | \$34     |      | \$    |
| 9        | Probiotic Multi 9 (60 capsules)                                                                                                                                                                          | \$59     |      | \$    |
| 9        | Probiotic Multi 9 (60 capsules) <b>Special with Optimum Health Triple Pack</b>                                                                                                                           | \$55     |      | \$    |

More products over page

| PAGE NO. | PRODUCTS                                                                      | PRICE EA | QTY. | TOTAL |
|----------|-------------------------------------------------------------------------------|----------|------|-------|
| 5        | RealSalt Coarse Grind Combo (Coarse Salt Grinder 135g/Coarse Salt Pouch 454g) | \$39     |      | \$    |
| 5        | RealSalt Coarse Refill Pouch 454g                                             | \$25     |      | \$    |
| 5        | RealSalt Coarse Grinder 135g                                                  | \$19     |      | \$    |
| 5        | RealSalt Combo (Original 283g Shaker & Refill Pouch)                          | \$41     |      | \$    |
| 5        | RealSalt Fine Refill Pouch (737g)                                             | \$29     |      | \$    |
| 5        | RealSalt Fine Refill Pouch (454g) <b>New Budget Pack Size</b>                 | \$19     |      | \$    |
| 5        | RealSalt Fine Shaker Original (284g)                                          | \$17     |      | \$    |
| 5        | RealSalt Organic Seasoned Shaker (234g)                                       | \$25     |      | \$    |
| 20       | Relax (60 capsules)                                                           | \$35     |      | \$    |
| 16       | Rosacea (50ml tube)                                                           | \$35     |      | \$    |
| 18       | Rubeeven (30ml tub)                                                           | \$35     |      | \$    |
| 11       | Satisfied (60 capsules) <b>2 for 1 Special</b>                                | \$69     |      | \$    |
| 16       | Salicylic Acid Gel (50ml tube)                                                | \$29     |      | \$    |
| 16       | Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)                       | \$43     |      | \$    |
| 17       | Silver Rods (pair)                                                            | \$75     |      | \$    |
| 16       | Skin Clear (120 vege capsules)                                                | \$43     |      | \$    |
| 23       | The Sunshine Vitamin (60 capsules)                                            | \$34     |      | \$    |
| 23       | Throat Spray (50ml) <b>Glass bottle</b>                                       | \$35     |      | \$    |
| 19       | Turmeric (60 capsules) <b>Super Special</b>                                   | \$25     |      | \$    |
| 19       | Turmeric (180 capsules) <b>Super Special</b>                                  | \$45     |      | \$    |
| 15       | Turn Back Time Capsules (60 capsules)                                         | \$43     |      | \$    |
| 15       | Turn Back Time Cream (50ml tube)                                              | \$43     |      | \$    |
| 15       | Turn Back Time Combo (50ml cream and 60 capsules)                             | \$65     |      | \$    |
| 9        | Ultimate Cleanse kit (410 capsules)                                           | \$135    |      | \$    |
| 9        | Ultimate Cleanse kit (410 capsules) <b>2 OR MORE</b>                          | \$125    |      | \$    |
| 6        | Vitamin B5 (90 capsules)                                                      | \$36     |      | \$    |
| 6        | Vitamin B Complex (60 capsules)                                               | \$39     |      | \$    |
| 20       | Withania (Ashwagandha) (60 capsules)                                          | \$39     |      | \$    |

| PAGE NO. | BOOKS                                                                            | PRICE EA | QTY. | TOTAL |
|----------|----------------------------------------------------------------------------------|----------|------|-------|
| 7        | Colostrum - Life's first food                                                    | \$20     |      | \$    |
| 7        | Heal your Eye Problems (Limited stock levels)                                    | \$20     |      | \$    |
| 7        | Medicinal Cannabis a simple guide for New Zealanders <b>New - Second Edition</b> | \$35     |      | \$    |
| 7        | Medicinal Cannabis a simple guide for New Zealanders <b>2 FOR \$60 New</b>       | \$60     |      | \$    |
| 7        | Natural Remedies that really work                                                | \$29     |      | \$    |
| 7        | New Zealand's Greatest Doctor, Ulric Williams                                    | \$18     |      | \$    |
| 7        | Should I take fish oil?                                                          | \$20     |      | \$    |
| 7        | Should I take...Probiotics?                                                      | \$19     |      | \$    |
| 7        | Stay Healthy by supplying what's lacking in your diet <b>Best Seller</b>         | \$31     |      | \$    |
| 7        | The Eczema Diet (Fully revised and updated)                                      | \$29     |      | \$    |
| 7        | Which Natural Therapies Should You Try?                                          | \$21     |      | \$    |

Deduct any loyalty rewards shown on your last invoice \$

Customer ID

TOTAL \$

Please tick your preference ☐ No signature required ☐ Signature required (Sorry, not rural delivery)

Name

Address

Phone

Post code

Email

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

Please direct debit by bank account (pre registration required) ☐



Credit Card Number

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

Visa ☐ Mastercard ☐ Exp. date  /  Security code



## MITCHELLS RANGE General health

### Bone Broth Protein Powder

Packed full of essential amino acids our body needs to survive and thrive.

**\$79ea** 500g Vanilla flavour

### Bone Broth Powder

Made with quality NZ grass fed beef bones and NZ grown vegetables.

**\$74ea** 200g tub



## FREEPOST

Fill out this order form and send to:

FreePost Authority Number 206782  
Health House, Private Bag 12029,  
Tauranga, 3143.

Include your credit card details or call us to set up direct debit.

## EMAIL

enquiries@healthhouse.co.nz

## HOW TO ORDER

### Direct Debit Banking

To set this up please call us on 0800 140 141  
Mon - Fri 8.00am - 4.30pm

### Online Banking

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.

**0800 140 141**

AUS call free on 1800 140 141

Other countries call +64 7 543 0491



## THE SUNSHINE VITAMIN Vitamin D

Vitamin D is produced by the body in response to exposure to the sun. Unfortunately, we don't get enough when UV levels are low in the colder months, or we are not getting outside enough.

To ensure your levels are optimal it is recommended you take a supplement daily. Vitamin D is a powerful nutrient required for optimum health and is known to support emotional wellbeing.

**\$34ea** 60 capsules

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



## THROAT SPRAY Throat tonic

Soothe a dry scratchy throat with the 100% natural honey and blackcurrant flavoured throat spray.

**\$35ea** 50ml bottle

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

The bottle contains about 200 sprays.

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

Rinse nozzle under hot water if spray volume reduces.



## COLD SORE 100% Natural Kanuka Honey

HoneyLab Cold Sore formulation is created with pharmaceutical - grade Kanuka honey. Completely natural, it is a strong natural antiseptic and a deep moisturiser.

HoneyLab Cold Sore combines this activity with proven cold sore wound and lesion healing power.

### Benefits

-  Creates an environment on the skin that supports healing.

**\$35ea** 10 gram tube

## 7-DAY IRON Energy

High quality, easy to digest iron for increased energy. Our 7-Day Iron has remained very popular as our customers see real improvements in the iron levels of their blood, and conveniently **you only require one capsule per week.**

**\$33ea** 25 capsules

-  **1** per week
-  Anytime
-  Empty stomach



# PROTECT YOUR SKIN

# 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 current NZ/AUS standards.

#### The 100% natural ingredients

- ✓ Sweet almond oil
- ✓ Zinc oxide
- ✓ Coconut oil
- ✓ Macadamia nut oil
- ✓ Shea butter
- ✓ Silica
- ✓ Natural fragrance
- ✓ Natural vitamin E

- No preservatives
- No allergens
- No parabens
- No nanoparticles

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

**Tip:** Avoid prolonged sun exposure and wear protective clothing, hats and eye wear to further reduce risk.

**Directions** Shake well. Apply generously to clean, dry skin at least 20 minutes prior to sun exposure. Reapply frequently and after swimming, exercise or towelling dry.

**\$30ea** 100ml tube



Back  
in stock



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

NOV 2025 - JAN 2026

**Free delivery**  
**IN NEW ZEALAND**

Health House | Private Bag 12029, Tauranga 3143, New Zealand  
Retail Store / Head Office | 1 Whakakake Street, Tauriko, Tauranga 3110

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