FREE DELIVERY IN NEW ZEALAND

NOV-JAN
2026-27

EST. 1986
HealthHouse
NEW ZEALAND

Quality, natural health products

100% PROUDLY NZ OWNED & OPERATED

All our products are GLUTEN FREE

All our products are SOY FREE

Rest-Eze

Supporting relaxation and healthy, restful sleep

Page 5

Passion Flower

By David Coory - *page 4*

Evaluating Berberine as a supplement

By John Arts - *page 6*

David's gift to you

Double refer-a-friend reward $20

Nov 2026 - Jan 2027



Specials

Curcumin 95% - page 7

Natural Sunscreen - page 14

0800 140 141

www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

PP6413

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.

THREE EASY WAYS TO BUY

1. **Free phone:** 0800 140 141
2. **Website:** www.healthhouse.co.nz
3. **Visit our shop:** 1 Whakakake St, Tauriko, Tauranga

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

THREE EASY WAYS TO PAY

1. **Free phone** 0800 140 141
2. **Direct Debit Banking** To set this up please call us on 0800 140 141 Mon - Fri 8.00am - 4.30pm
3. **Online banking** Deposit payment into Westpac bank account **Health House 03 1548 0039888 00**

Use your customer ID as the reference. As soon as your payment shows, your order will be dispatched.

PRODUCT ICONS

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

- Capsules
- Vegetarian capsules
- Take anytime
- Take in the evening
- Take in the morning
- Tablets
- Powder
- Take with food
- Take with or without food
- 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 - Double Reward

When you refer a friend to us as a new customer, you will receive $20 towards your next order, when they make a purchase. Nov 2026 - Jan 2027.

In this issue

Christmas

I would like to thank you all for your support throughout the year and wish you and your families a very Merry Christmas and a happy, healthy New Year. This Christmas is especially meaningful for our family as we celebrate two very special milestones — Dad's 80th birthday and Mum and Dad's Diamond 60th wedding anniversary.

Refer a Friend - Double Reward

To celebrate these special occasions, we are doubling our Refer a Friend reward until 31 Jan 2027. If you refer a new customer to Health House and they make a purchase, you will receive $20 towards your next order instead of the usual $10.

Metaberine®

John has taken a closer look at Berberine and Metaberine®, the specialised berberine extract we use in Berberine Balance. His article explains why we chose Metaberine®, its improved absorption and some of the scientific research behind it.



Passion Flower & Rest-Eze

Dad has written a very interesting article about Passion Flower, its history and its traditional use for relaxation and sleep. We have also launched our new Rest-Eze, combining 600 mg of SIVI™ Passion Flower with Magnesium Bisglycinate – the sleep magnesium.

Grape Seed OPC (Oligomeric Proanthocyanidins)

John talks about Grape Seed OPC, an ingredient that has been a major part of Abundant Health products since 1998 and is in many Abundant Health formulas. We use New Zealand Extracts' OPC which is naturally extracted from Marlborough Sauvignon Blanc grape seeds.



Vitamin D3 & K2

We have combined our Health House Sunshine Vitamin with Abundant Health's Vitamin D3-K2 product to create one streamlined formula.

Rather than offering two similar products, we now have one Vitamin D3 + K2 formula containing 50 mcg of active Vitamin K2 (Vita MK7®), sourced from Europe.

This gives you the benefits of both products in one convenient formula.

Keeping in touch

On the next page we explain how to make sure you continue to receive your Health House catalogue, as well as how to subscribe to our emails if you would like to keep in touch with us online.

Kind regards

Mike Coory

Managing Director

Christmas Hours

Just to let you know, any orders received **before 11:30am on Wednesday 23rd 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 January 2027.**

The Health House shop will close at **12:00 noon on the 23rd December** and will reopen at **8:30am Monday the 11th January 2027**.

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

60 DAY MONEY BACK GUARANTEE

DOUBLE
Refer a Friend Reward

1 November 2026 - 31 January 2027

NOW $20

From November 2026 - January 2027 we're doubling our Refer a Friend reward from $10 to $20. When a friend who is new to Health House makes their first purchase, we'll add a $20 credit to your account, to use on your next order.

How it works online

1. Give your friend your **Customer ID**
2. When they register online, they pick **"Refer a Friend"** under "How did you hear about us?"
3. They enter your Customer ID in the box
4. Their first purchase earns you $20

How did you hear about us? *

Refer a Friend

Customer ID of the friend who referred you: *

your customer ID goes here

Prefer to phone? Call 0800 140 141, Mon-Fri 8:00 am-4:30 pm, and we'll do it all for you.

Keeping in touch

Catalogues by post

Postage costs have risen massively, so we now post fewer catalogues. If you haven't ordered for a while we may stop posting to you – just buy something and we'll start again. We still put the latest catalogue in every order. Don't want one by post? Let us know and we'll turn it off.

Email – the easiest way

If you've asked us not to email you, we can't tell you when a new catalogue is out, send you the online link, or share specials, clearance items and shop news. Too many emails are the bane of all our lives, so we'll respect the privilege and keep ours few and targeted.

To turn on emails at healthhouse.co.nz - it takes 30 seconds

1 Log in

Email

Password

LOGIN

2 Click your name

(0) **Hi Mike** Logout

View Current order

SCROLL DOWN

3 Tick, then save

☑ Special offer email

New products and special offers

SAVE EMAIL PREFERENCES

Merry Christmas

It's that time of the year again!

I would like to take this opportunity to say a heartfelt thank you to all our Health House customers for your wonderful support throughout the year. We are so grateful for each and every one of you.

This Christmas is a particularly special one for our family. David will be celebrating his 80th birthday, and David and I have been married for 60 years — our Diamond Wedding Anniversary!

It will be such a lovely and special time celebrating these milestones with all our family over the Christmas period.

I would like to wish you all a very Merry Christmas and a happy and healthy New Year, surrounded by family and friends.

Take care of each other, share what you have, and enjoy this beautiful summer break.

Have a wonderful Christmas, everybody.
Much love from our family to yours.



Marie Coory



Stay Healthy Book

Stay Healthy by supplying what's lacking in your diet.

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**

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

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

The Eczema Diet Book **$29ea**

Article by: **DAVID COORY**

Passion Flower

the calming herb with a fascinating history

Back in July, my wife Marie came into my home office, as she often does, to see what I was working on. I told her that our son, Mike, and his team at Health House were developing a Passion Flower extract, also combined with Magnesium Glycinate (the best absorbing magnesium) and I was writing an article about them.

I mentioned that Passion Flower has been used for thousands of years as a traditional herb, to calm nerves and support restful sleep.

Marie replied that she had heard good things about Passion Flower and went inside to do some research of her own.

A little while later Marie came back quite excited. "Yes, it's really good, I'll be first to try it."

Marie has struggled with nervous worry in recent years, thankfully she sleeps well.

What is Passion Flower?

Passion Flower is a beautiful flowering herb, from the same family as the domestic Passionfruit. Native Americans were among the first to discover its calming properties. They made teas from its leaves and flowers to calm stress and support deep restful sleep. They valued this as it was gentle and well tolerated.

Later, European settlers in the Americas experienced the same benefits and Passion Flower soon became a highly effective herb in both American and European herbal practice.

How did Passion Flower get its name?

When Spanish missionaries arrived in the Americas, they saw the symbols of the crucifixion-or Passion of Christ- in the flower's remarkable structure. The petals looked like a crown of thorns, the three stigmas represented the nails, and the five anthers symbolised Christ's wounds.

This symbolism gave rise to the name Passion Flower.

Why Passion Flower works?

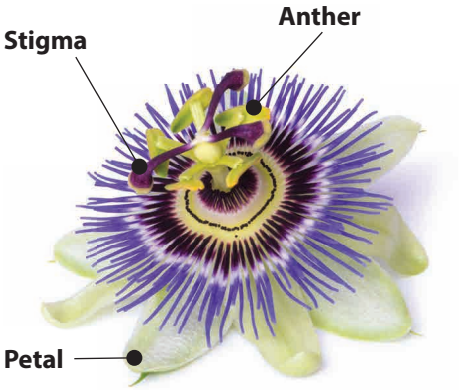
Passion Flower naturally contains flavonoids and alkaloids that support our natural GABA (Gamma-aminobutyric acid), the brain's main nerve calmer. GABA supports a calm response to stress and supports relaxation and deep healing sleep.

When researching a new product, I like to read about other people's experiences online.

I found that without exception, they all reported the same benefits of Passion Flower, it helped them relax, supported a calm mind, and they slept well.

One person wrote:
"I'm absolutely thrilled with Passion Flower! It's exceeded my expectations in every way, and I'm so happy with the results."

Another common theme was that, unlike some sleep products, people reported waking up feeling refreshed, without any side effects whatsoever.



Why combine it with Magnesium Glycinate?

Magnesium Glycinate is the best absorbed magnesium available. Magnesium is a widely deficient diet mineral and plays an essential role in over 300 healthy reactions throughout our body, especially to do with relaxation and sleep.

Magnesium Glycinate is well absorbed because it is bound with Glycine (a relaxing protein), that gives it its name.

I've also begun supplementing glycine myself and have found it certainly supports deep sleep. When I wake up, I feel as though I only just put my head on the pillow.

From a nutritional point of view, Passion Flower and Magnesium Glycinate make perfect partners for supporting relaxation and deep, healthy sleep.

Enjoy peaceful relaxation, seven days a week.

Modern life seldom gives our minds a chance to switch off. Whether it's work pressures, financial concerns, family responsibilities or simply an overactive mind at bedtime. Millions of people struggle to truly relax.

Passion Flower has earned a reputation as nature's most gentle and calming herb. And when combined with a little highly absorbable Magnesium Glycinate, it may provide additional support for calming worried minds and deep, restful sleep – the best healer of all.

Marie, the love of my life, is looking forward to trying it, and so am I.



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.



New

Rest-Eze

SIVI™ Passion Flower and Magnesium Bisglycinate make ideal partners for supporting relaxation and healthy, restful sleep.

How does Passion Flower work?

Passion Flower contains natural flavonoids and GABA. GABA (gamma-aminobutyric acid) is one of the brain's main calming messengers, helping to reduce nerve activity and support:

- A calm response to everyday stress
- Relaxation and restful sleep

How does Magnesium Bisglycinate work?

Magnesium Bisglycinate is a well-absorbed form of magnesium and is particularly suited to an evening formula because it combines magnesium with glycine, an amino acid associated with relaxation and sleep.

Together, magnesium and glycine support:

- Relaxation and winding down before bed
- A calm nervous system and healthy sleep

Scientifically studied SIVI™ Passion Flower

SIVI™ is a standardised Passiflora incarnata extract containing at least 5% total flavonoids as vitexin.

The exact SIVI™ extract was studied at 600 mg daily in a study involving 65 adults. After 30 days, the SIVI™ group showed significant support for stress and sleep compared with placebo.

Rest-Eze also contains 600 mg of SIVI™ passionflower combined with 200 mg of Magnesium Bisglycinate (giving 23 mg of elemental magnesium).

1 per day
Evening
With or without food

$67ea
60 capsules



New formula



90 capsules

Now with 50mcg of K2

Vitamin D³ and K²

The Sunshine Vitamin

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.

Vitamin D supports calcium absorption and helps maintain healthy bones and teeth. It also supports normal immune system function. Vitamin K2 supports healthy bones and helps maintain normal bone health.

Supports

- Calcium absorption
- Emotional wellbeing
- Relaxed body and mind

$34ea 90 capsules

1 per day · Anytime · With food

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.

$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.



60 DAY MONEY BACK GUARANTEE

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

Article by: **JOHN ARTS**

Evaluating Berberine as a supplement

It is well known that metabolic health in New Zealand has deteriorated over recent decades, as reflected in rising rates of obesity and diabetes. Health New Zealand reports that diabetes increased from 34.3 per 1,000 people in 2011 to 48.6 per 1,000 in 2025.

Nutraceuticals are biologically active compounds used in dietary supplements. This article explains how we evaluated berberine, focusing on *Metaberine®* as used in Health House Berberine Balance. The first test for an effective berberine supplement is whether it has a credible biological pathway for the desired outcome. For berberine, this means assessing its potential to support metabolic health, including blood-sugar balance, blood-fat metabolism, and related factors such as abdominal fat.

Berberine has clear pathways that may support metabolic health

Berberine supports several pathways involved in energy balance and glucose metabolism. Laboratory studies show that it supports the hormones required for AMP-activated protein kinase (AMPK), an enzyme that helps cells use energy efficiently. Through this pathway, berberine supports normal sugar metabolism, healthy blood-sugar balance, and liver glucose production.

Berberine also supports healthy lipid metabolism including cholesterol and triglyceride levels. It can support normal blood fat processes including liver fat production and the processes that remove triglycerides from the bloodstream.

Scientific research strongly suggests *Metaberine®* supports normal body composition, especially waist circumference when combined with a diet that restricts foods that rapidly convert to blood sugar such as sugars and refined carbohydrates. What we do know is that quality berberine supports the complex hormone and enzyme pathways involved with satiety, the feeling of fullness after meals. Supporting these pathways is the first step towards supporting normal body composition and healthy blood sugar regulation.

The berberine problem

A key limitation of traditional berberine supplements is poor absorption. Berberine is largely insoluble in water which limits absorption in the small intestine, where most nutrient absorption occurs. As a result, high and frequent doses are often used, which may contribute to digestive issues such as nausea and diarrhoea and make standard berberine hard for some people to tolerate.



Berberine Flower

Introducing *Metaberine®*

Metaberine® is a patented berberine extract designed to improve water solubility and small-intestine absorption while maintaining low levels of digestive discomfort. Because of this improved absorption profile, a lower daily dose may be sufficient. Scientific evaluation of *Metaberine®* indicates a dose of 200 mg once daily is sufficient to support normal metabolism with minimal stomach discomfort.

Scientific support for *Metaberine®* Berberine Extract

Berberine's metabolic pathways are well established. The key question is whether *Metaberine®*, as a patented extract, can support metabolic responses in people who need to move towards normal blood sugar balance and fat metabolism. Early findings appear promising, although larger and longer studies are needed to confirm the benefits.

Recent scientific analysis of *Metaberine®* demonstrated support for normal levels of:

- Hormones and enzymes involved with satiety
- Blood sugar and associated energy pathways
- Blood fats including normal cholesterol and triglycerides

Metaberine® has a strong scientific basis as a nutraceutical for supporting metabolic health including the pathways involved in blood-sugar, lipid metabolism, appetite, and body composition. Standard berberine is limited by poor absorption and digestive tolerability, which can make effective dosing difficult.

Metaberine® is designed to address this by providing a more water-soluble, well-absorbed form of berberine at a lower daily dose.

Although larger studies are needed, the reported support for normal blood sugar, gut hormones, cholesterol and triglycerides suggest science-based support for *Metaberine®* as a promising ingredient to support metabolic health.



ABOUT THE AUTHOR

John Arts (Adv.Dip.Nut. Med) is a nutritional medicine practitioner and founder of Abundant Health. For questions or advice contact John at john@healthhouse.co.nz

REALSALT

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

We regret that, due to increases in USA pricing and freight costs, we have had to increase the prices of some of our RealSalt products.

We have tried to keep these increases to a minimum and sincerely appreciate your understanding and continued support.

Health benefits of RealSalt

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.

$39ea 737 g pouch

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

RealSalt Shaker (original)

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

$17ea 284 g Shaker

RealSalt Fine Combo

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

$51ea COMBO
Save $5

RealSalt Fine Organic Seasoned Shaker

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

$39ea 234 g 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 454 g pouch

RealSalt Coarse Grinder

Gives a dramatic salty flavour

$19ea 135 g Grinder

While stocks last

RealSalt Coarse Combo

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

$39ea COMBO
Save $5

While stocks last



Curcumin 95%

Turmeric powder

Made in New Zealand with premium Indian-sourced ingredients.

1/3–2/3 tsp per day
Anytime · With food

Directions: Adults - recommended dosage is 500-1000 mg per day (approximately 1/3 to 2/3 teaspoon). For best absorption, consume with meals. It can also be added to smoothies, juice or water.

Precautions: Do not use for two weeks prior to or following surgery. Avoid if you have gallbladder issues. Consult a healthcare professional if taking blood-thinning medication, or if pregnant or breastfeeding.

SPECIAL

$99ea
90 g powder

Buy one get one **FREE**



Alert Plus

Lion's Mane Mushroom, traditional Chinese herbs, Ginkgo Biloba and Ginseng are traditionally used to support mental clarity, focus and overall wellbeing. With antioxidant properties, this blend is designed to complement a balanced lifestyle and support everyday vitality.

$59ea 60 capsules

1–2 per day
Anytime
With food

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



60 DAY MONEY BACK GUARANTEE

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



NEW ZEALAND KELP
An overall health tonic

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.

1 every 2 days | Morning | With or without food

Small size capsules each containing 1000mcg of Iodine.

WITHANIA /ASHWAGANDHA
Mood and vitality

Withania, also known as Ashwagandha, is traditionally used to support mental and physical wellbeing. It may help support energy levels, mood balance, relaxation and restful sleep, and is commonly used to support general health and recovery during times of stress or fatigue.

1 per day | Anytime | With or without food

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





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.

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.

DHEA 7-KETO
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

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.



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

60 DAY MONEY BACK GUARANTEE

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.



1 per day | Morning | With food

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)



1 per day | Morning | With food

Supports heart, artery and brain health

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

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

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



1 per day | Anytime | With food

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.



60 DAY MONEY BACK GUARANTEE

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

Probiotic Multi 9

Optimum health begins in your bowel

Restore intestinal bacteria with our unique capsule in a capsule technology. Designed to help protect probiotic bacteria survive the trip through the stomach acid., so they reach the small intestine alive.

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines.

Supports

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

Probiotic Multi-9 60 capsules
$59ea

1-2 per day | Anytime
Empty stomach



Top Seller

Vegetarian capsules

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.

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

The original and proven Ultimate Cleanse over 24,000 sold.

How the Ultimate Cleanse works

The Ultimate Cleanse contains 14 highly effective herbs, all in capsule form, to be taken at different times, over a 10 or 25 day period, you choose.

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

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

$135ea

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

MULTI BUY **$125ea**

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



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

60 DAY MONEY BACK GUARANTEE

Super C Powder

The next generation of Vitamin C from Health House, with three forms of Vitamin C plus a Super Fruit Blend

At the heart of Super C Powder is a blend of three complementary forms of vitamin C: calcium ascorbate, sodium ascorbate, and ascorbic acid. Each form dissolves and absorbs slightly differently, supporting different absorption rates while remaining gentle on the stomach. This mixed-form approach has been a hallmark of our vitamin C products for years, and Super C Powder continues that with a cleaner taste and improved dissolvability.

Where Super C Powder is a step up is the premium Australian sourced Super Fruit Powder. It combines blackcurrant, blueberry, pomegranate, raspberry, strawberry, cranberry, elderberry with açaí.

The Super Fruit Powder delivers the characteristic berry colour and aroma you would expect, along with an extra ORAC (antioxidant) value of 31,200 µmol per tub adding a natural fruit flavour and colour to each serving.

½–1 tsp per day · Anytime
With or without food

$45ea
120 g powder



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.

This cranberry powder is unique as it uses the entire cranberry plant.

Supports

- Normal urinary flow/urinary tract health in both men and women
- Normal prostate function in men

$37ea 60 capsules

1 per day · Anytime
With or without food

Seek advice if taking blood thinning medication.



Fruit Antioxidant

A superfood smoothie in a capsule

A powerful fruit antioxidant, naturally extracted from New Zealand grown fruits.

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

Supports

- Reduction of free radicals
- Protecting cells from damage caused by free radicals
- Mental clarity
- Ageing and skin health
- Healthy cell replication
- Cardiovascular health
- Circulation

$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.



60 DAY MONEY BACK GUARANTEE

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

Abundant Health
Grape Seed OPC Extract

Grape Seed OPC Extract has been part of Abundant Health's story since 1998, when our original supplement was an OPC-based multi-antioxidant. Over the years, OPC became closely associated with our brand, because so many people experienced the benefits of this remarkable plant compound.

OPC stands for Oligomeric Proanthocyanidins, a group of flavonoids found naturally in grape seeds, pine bark, berries and apple skins. These compounds are especially valued for their antioxidant properties, helping protect cells and tissues from damage caused by free radicals.

Among the most researched natural antioxidants, OPC is recognised for its ability to neutralise a wide range of oxygen and nitrogen free radicals.

This broad-spectrum activity makes it a valuable ingredient in formulas designed to support everyday wellbeing, healthy ageing and resilience against oxidative stress.

The modern history of OPC supplements began in the 1950s, when French scientist Jack Masquelier identified these compounds and helped pioneer early extracts from pine bark.

Early extraction methods often relied on strong solvents, but later advances introduced cleaner water-and-alcohol processes that produced higher-quality OPC without unwanted residues. Abundant Health used these improved extracts for many years.

This high-potency ingredient features in Cell eXtra, Antiox Plus, Curcumin Plus and MTQ10, contributing significantly to the effectiveness of these formulas.

Today, we are proud to use naturally extracted OPC made in New Zealand, from Marlborough Sauvignon Blanc grape seeds



ABOUT THE AUTHOR

John Arts (Adv.Dip.Nut. Med) is a nutritional medicine practitioner and founder of Abundant Health. For questions or advice contact John at john@healthhouse.co.nz

MTQ10

MTQ10 blends PQQ (Pyrroloquinoline quinone), Coenzyme Q10, B vitamins, and grape seed extract (OPC) to support cellular energy production.

Supports
- Energy levels
- Cell antioxidant
- Energy conversion in our cell mitochondria
- Converting food into energy
- Good cell energy function.

For energy and nerve support

$85ea 60 capsules

MULTI BUY

3 pack **$237** save $18

1 per day | Morning | With food



Cell eXtra

Cell eXtra is a comprehensive multi-antioxidant, multi-vitamin and multi-mineral that has been formulated to support healthy cell function. The vitamins, antioxidants and trace minerals in Cell eXtra are the micronutrients our cells need to function properly.

Supports:
- Normal energy
- Circulation
- Immune system responses
- General wellbeing

$70ea 120 capsules

MULTI BUY

3 pack **$198** save $12

2 per day | Morning | With food



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

60 DAY MONEY BACK GUARANTEE

"Live Life to the Fullest with the Best Quality Supplements to Suit Your Needs."

Bettaflex

Bettaflex is formulated with Chondroitin Sulphate, Glucosamine Sulphate and BioSolve Curcumin extract (from turmeric).

These ingredients are included to support joint health and mobility. Bettaflex is suitable for individuals seeking nutritional support for their joints as part of their daily routine. Individual results may vary.



$37ea 60 capsules

MULTI BUY

3 pack **$99** save $12

2 per day | Anytime

With or without food

CoQsol®

CoQsol® is a coenzyme Q10 supplement developed for those looking to support cardiovascular health and support energy metabolism.

CoQ10 is an antioxidant that occurs naturally in the body and plays a role in cellular energy production.

A fish-free CoQ10 option.



$55ea 60 capsules

MULTI BUY

3 pack **$147** save $18

1-2 per day | Anytime

With food

Bone Plus

Bone Plus contains purified New Zealand bone extract (MCH Cal®), Marine Magnesium, vitamin D, and vitamin K2.

These nutrients support mineralisation and normal bone development.



$55ea 120 capsules

MULTI BUY

3 pack **$147** save $18

2 per day | Evening

With or without food

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

Magnesium Triple

Magnesium Triple offers a blend of Marine Magnesium, Magnesium Citrate and Magnesium Glycinate for rapid absorption.

Supports

- Muscle function
- Nerve function
- Heart rhythm
- Restful sleep



$44ea 120 capsules

MULTI BUY

2 pack **$82** save $6

1-2 per day | Anytime

With or without food

Antiox Plus

Antiox Plus is a multi-antioxidant supplement formulated to help protect cells from oxidative stress.

Supports

- Normal cell aging
- General wellbeing
- Healthy circulation
- Respiratory function



$55ea 60 capsules

MULTI BUY

3 pack **$147** save $18

1-2 per day | Anytime

With or without food

Curcumin Plus

Curcumin Plus contains a 95% water-soluble BioSolve® Curcumin (from turmeric) and Oxifend NZ grape seed extract (OPC).

This supplement is intended to provide antioxidant support for the normal functioning of the immune system.



$45ea 60 capsules

MULTI BUY

3 pack **$123** save $12

1-2 per day | Anytime

With food

60 DAY MONEY BACK GUARANTEE

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

Summer **SKIN**

100% Natural



SPECIAL $25 Save $5

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 50 ml tube

COMBO **$43ea**

Salicylic Acid Gel 50 ml and Aloe Vera Gel 100 ml combo Save $8

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

$43ea 100 ml tube

Not recommended for children under 2 years.

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

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, Ecocert approved preservative.

$22ea 100 ml 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 50 ml tube

$25ea 100 ml tube

Natural Sunscreen

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

SPF 25, water resistant, easy and pleasant to apply and most importantly, uncompromisingly 100% natural.

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

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

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

Safe for the whole family

SPECIAL **$25ea** 100 ml tube **Save $5**

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.

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

60 DAY MONEY BACK GUARANTEE

Premium Fish Oil

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



Hemp Seed Oil

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 soft gel capsules

2–6 per day
Anytime
With food





Skin Clear

We're sorry to inform our valued customers that we will no longer be manufacturing Skin Clear in the future. Thank you for choosing this product over the years.

Vitamin B5 converts excess oil to Coenzyme A, a natural enzyme that deals with fatty acids.

Carnitine plays a role in fatty acid transport within the body.

Vitamin C contributes to normal collagen formation for normal skin function and helps protect cells from oxidative stress.

Excess oil production by the body can cause a build up behind the pores, causing pimples and acne. Treating this topically is not always effective.

Supports:

- Clear unblemished skin
- Normal oil production and the breakdown of excess oil that can clog pores

2–4 per day Anytime
With food

Green vegetarian capsules

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

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)



60 DAY MONEY BACK GUARANTEE

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

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 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.

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

$43ea 50 ml tube

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

COMBO **$65ea**

50 ml tube and 60 capsules combo



Premium Collagen

Collagen helps maintain youthful skin and supports digestive wellness

This premium collagen is free from added flavours 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.

Ingredient imported from Europe and packed in New Zealand.

2 tsp per day | Anytime

With or without food

$39ea 240 gram tub
24 x 10 g serves



Creatine Monohydrate

More than just a sports supplement

Creatine is a natural part of the body's energy system and plays a key role in both muscle function and brain energy.

Used daily, creatine may support strength, energy, mental clarity, and healthy ageing. Recent studies suggest it may be particularly helpful for supporting brain energy and performance when suffering from fatigue or sleep deprivation, with promising benefits for older adults.

We chose a pharmaceutical-grade creatine monohydrate made in India to an extremely high manufacturing standard, with strong quality control and batch testing. Our focus is on purity, consistency, and quality you can trust.

Supports:

- Brain energy and mental clarity
- Muscle strength and function
- Healthy ageing and active living
- Brain performance during fatigue
- Everyday energy production

A simple daily addition for people wanting to stay strong, sharp and active.

5 g 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.

60 DAY MONEY BACK GUARANTEE

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.

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

Colloidal Silver liquid & gel

$17ea 100 ml liquid spray

$28ea 100 ml tube gel

$38ea 500 ml liquid

Colloidal Silver Cream

This 100% natural, soothing and moisturising cream is enriched with colloidal silver, avocado oil, aloe vera, lavender essential oil, shea butter, cocoa butter, jojoba oil and calendula oil.

Its gentle, nutrient-rich formula is ideal for dry, sensitive, or easily irritated skin. Used as a daily moisturiser, to help calm, hydrate and nourish the skin.

$31ea 100 ml tube

Directions: Gently massage into clean, dry skin morning and night, or apply as needed for extra hydration and comfort.

EYE HEALTH

Do you experience eye strain or fatigue?

Eye Health is a comprehensive blend of herbs, vitamins, and minerals specifically formulated to support and maintain healthy eyes. Whether you're dealing with daily screen time or general eye fatigue, Eye Health offers targeted, natural support for long-term vision and eye comfort.

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.



DRY EYE RELIEF

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

Benefits

- Supports dry, irritated eyes
- 100% natural
- Easy rollerball applicator
- Gentle on sensitive skin
- Pharmaceutical grade castor oil

Directions: Apply a thin layer twice daily to both the upper and lower eyelids. Remove contact lenses before applying. Avoid direct eye contact.

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

$34ea 10 ml rollerball



60 DAY MONEY BACK GUARANTEE

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



Maca-X

Stress support

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.

Men's Boost

Energy and vitality

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



$44ea
60 capsules

1 per day | Morning | With food

Easy-Lax

Promotes easy, regular bowel movements

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.

- Psyllium husk
- Wormwood
- Cascara sagrada
- Fennel seed
- Slippery elm

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.

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
- Magnesium absorption
- Men's sexual health

$43ea 60 capsules

1 per day | Evening | With food

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
- Cleansing the blood
- Detoxing
- Restores electrolytes
- Protecting and restoring the liver from toxic damage



$37ea 60 capsules

1 per day | Morning | With food

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

60 DAY MONEY BACK GUARANTEE

MSM Sulphur

Mobility support

A highly bioavailable, non-allergenic source of sulphur. 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.

Healthy Joints

Glucosamine-chondroitin

Healthy Joints contains 400 mg of natural glucosamine sulphate and 400 mg 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**

Multi Buy Special $98



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.

Pain-Eze

Natural herbal muscle relief cream

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. All ingredients are 100% natural and there are no chemicals, perfumes or additives.



$37ea 100 ml tube

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



Magnesium

An extremely important mineral

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

Available as capsules or a topical magnesium chloride cream

Magnesium Cream

$35ea 100 ml 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

Magnesium helps relax your mind, supports healthy blood pressure and contributes to a sound sleep. It is also vital for a healthy heart.

$33ea 60 capsules
$55ea 180 capsules

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.

1-3 per day | Anytime
With or without food

Magnesium Combo

$85ea 100 ml tube and 180 capsules
COMBO **Save $5.00**

60 DAY MONEY BACK GUARANTEE

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



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.**

Supports

- Alertness
- Natural weight management
- Strong bones and muscles
- High energy

$33ea 25 capsules

1 per week
Anytime
Empty stomach



IMMUNE SUPPORT
Immune health

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



COMPLETE C
Powerful antioxidants

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

Grape seed and pine bark extracts help support collagen integrity and skin elasticity, supporting the maintenance of firm, healthy-looking skin. Rutin and hesperidin are citrus bioflavonoids that help support collagen and blood vessel health and capillary integrity.

Contains

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

Convenient chewable tablets

$39ea 200 chewable tablets

3 per day
Anytime
With or without food

Original



THROAT SPRAY
Soothe a dry scratchy throat

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

Directions: Spray as often as required, but it is recommended you do not exceed 20 ml (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.

$35ea
50 ml bottle



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

60 DAY MONEY BACK GUARANTEE

Order form and price list

Prices valid until 31 Jan 2027

EST. 1986 HealthHouse NEW ZEALAND

PAGE No.	ABUNDANT HEALTH	PRICE EA	QTY.	TOTAL
13	Antiox Plus *(60 capsules)*	$55		$
13	Antiox Plus *(60 capsules)* 3 pack	$147		$
13	Bettaflex *(60 capsules)*	$37		$
13	Bettaflex *(60 capsules)* 3 pack	$99		$
13	Bone Plus *(120 capsules)*	$55		$
13	Bone Plus *(120 capsules)* 3 pack	$147		$
12	Cell eXtra *(120 capsules)*	$70		$
12	Cell eXtra *(120 capsules)* 3 pack	$198		$
13	CoQsol *(60 capsules)*	$55		$
13	CoQsol *(60 capsules)* 3 pack	$147		$
13	Curcumin Plus *(60 capsules)*	$45		$
13	Curcumin Plus *(60 capsules)* 3 pack	$123		$
13	Magnesium Triple *(120 capsules)*	$44		$
13	Magnesium Triple *(120 capsules)* Twin Pack	$82		$
12	MTQ10 *(60 capsules)*	$85		$
12	MTQ10 *(60 capsules)* 3 pack	$237		$

PAGE No.	PRODUCTS	PRICE EA	QTY.	TOTAL
23	5-HTP *(90 capsules)*	$38		$
20	7 - Day Iron *(25 capsules)*	$33		$
7	Alert Plus *(60 capsules)*	$59		$
14	Aloe Vera Gel *(100 ml tube)*	$22		$
14	Aloe Vera Gel with Colloidal Silver *(50 ml tube)*	$18		$
14	Aloe Vera Gel with Colloidal Silver *(100 ml tube)*	$25		$
23	Apple Cider Vinegar *(180 capsules)*	$41		$
24	Berberine Balance *(60 capsules)* New	$69		$
9	Bone Health *(60 capsules)*	$47		$
18	Boron and Selenium *(60 capsules)*	$43		$
9	CAA - Multi *(60 capsules)*	$51		$
9	CAA - Sensitive *(60 capsules)*	$51		$
23	Carnitine *(60 capsules)*	$32		$
22	Cold Sore *(10 gm)*	$35		$
17	Colloidal Silver Cream *(100 ml tube)*	$31		$
17	Colloidal Silver Gel *(100 ml tube)*	$28		$
17	Colloidal Silver Generator	$165		$
17	Colloidal Silver Liquid *(500 ml)*	$38		$
17	Colloidal Silver Liquid Spray *(100 ml)*	$17		$
20	Complete C *(200 chewable tablets)*	$39		$
9	CoQ10-Omega3 *(60 gel capsules)*	$54		$
5	Coral CAA *(60 capsules)*	$49		$
11	Cranberry *(60 capsules)*	$37		$
16	Creatine Monohydrate *(300 g)* New	$49		$
7	Curcumin 95% *(90 g powder)* 2 pack Special	$99		$
8	DHEA 7-Keto *(60 capsules)*	$42		$
17	Dry Eye Relief *(10 ml rollerball)*	$34		$
18	Easy-Lax *(100 capsules)*	$37		$
17	Eye Health *(60 Capsules)*	$49		$
11	Fruit Antioxidant *(60 capsules)*	$55		$
23	Harmony *(60 capsules)*	$40		$
19	Healthy Joints *(90 capsules)*	$74		$

PAGE No.	PRODUCTS	PRICE EA	QTY.	TOTAL
19	Healthy Joints *(180 capsules)*	$109		$
19	Healthy Joints *(180 capsules)* 2 OR MORE	$98		$
15	Hemp Seed Oil *(150 gel capsules)*	$39		$
20	Immune Support *(60 capsules)*	$33		$
8	Kelp *(60 capsules)*	$33		$
18	Liver Cleanse *(60 capsules)*	$37		$
18	Maca-X *(60 capsules)*	$37		$
19	Magnesium *(60 capsules)*	$33		$
19	Magnesium *(180 capsules)*	$55		$
19	Magnesium Cream *(100 ml tube)*	$35		$
19	Magnesium Cream & Magnesium Combo *(100 ml tube/180 Capsules)*	$85		$
14	Manuka Oil Cream *(100 ml tube)*	$43		$
18	Men's Boost *(60 Capsules)*	$44		$
23	Mitchells Bone Broth *(100 g pouch)*	$39		$
23	Mitchells Bone Broth Protein Powder *(Vanilla flavour 500g)*	$79		$
19	MSM Sulphur *(180 capsules)*	$45		$
14	Natural Sunscreen *(100 ml tube)* Special	$25		$
9	Optimum Health Triple Pack *(CAA - Multi, CoQ10, Bone Health)* ☐ *CAA - Multi* ☐ *CAA-Multi Sensitive (no iron or sulphur added)*	$135		$
9	Optimum Health Triple Pack *(CAA - Multi, CoQ10, Bone Health)* 2 OR MORE ☐ *CAA - Multi* ☐ *CAA-Multi Sensitive (no iron or sulphur added)*	$130		$
19	Pain-Eze *(100 ml tube)*	$37		$
15	pH Test Strips *(5 packs of 10)*	$16		$
16	Premium Collagen *(240 g tub)*	$39		$
15	Premium Fish Oil *(150 gel capsules)*	$34		$
10	Probiotic Multi 9 *(60 capsules)*	$59		$
10	Probiotic Multi 9 *(60 capsules)* Special with Optimum Health Triple Pack	$55		$
7	RealSalt Coarse Grind Combo *(Coarse Salt Grinder 135 g/ Coarse Salt Pouch 454 g)*	$39		$
7	RealSalt Coarse Refill Pouch *454 g*	$25		$
7	RealSalt Coarse Grinder *135 g*	$19		$
7	RealSalt Combo *(Original 284g Shaker & Refill Pouch)*	$51		$
7	RealSalt Fine Refill Pouch *(737 g)*	$39		$
7	RealSalt Fine Refill Pouch *(454 g)* Budget Pack Size	$19		$
7	RealSalt Fine Shaker Original *(284 g)*	$17		$
7	RealSalt Organic Seasoned Shaker *(234 g)*	$39		$
23	Relax *(60 capsules)*	$35		$
5	Rest-Eze *(60 capsules)* New	$67		$
22	Rosacea *(50 ml tube)*	$35		$
22	Rubeeven *(30 ml pump)*	$35		$
14	Salicylic Acid Gel *(50 ml tube)*	$29		$
14	Salicylic Acid Gel & Aloe Vera Gel Combo *(50 ml & 100 ml)*	$43		$
17	Silver Rods *(pair)*	$75		$
15	Skin Clear *(120 vege capsules)*	$43		$
11	Super C Powder *(120 g powder)*	$45		$
20	Throat Spray *(50 ml)* Glass bottle	$35		$

More products over page

PAGE No.	PRODUCTS	PRICE EA	QTY.	TOTAL
16	Turn Back Time Capsules *(60 capsules)*	$43		$
16	Turn Back Time Cream *(50 ml tube)*	$43		$
16	Turn Back Time Combo *(50 ml cream and 60 capsules)*	$65		$
10	Ultimate Cleanse kit *(410 capsules)*	$135		$
10	Ultimate Cleanse kit *(410 capsules)* **2 OR MORE**	$125		$
24	Vitamin B5 *(90 capsules)*	$36		$
8	Vitamin B Complex *(60 capsules)*	$39		$
5	Vitamin D^3 - K^2 *(90 capsules)* **New**	$34		$
8	Withania (Ashwagandha) *(60 capsules)*	$39		$
PAGE No.	**BOOKS**	**PRICE EA**	**QTY.**	**TOTAL**
3	Colostrum - Life's first food	$20		$
3	Heal your Eye Problems	$20		$
3	Medicinal Cannabis: a simple guide for New Zealanders **- Second Edition**	$35		$
3	Natural Remedies that really work	$29		$
3	New Zealand's Greatest Doctor, Ulric Williams	$18		$
3	Should I take fish oil?	$20		$
3	Should I take...Probiotics?	$19		$
3	Stay Healthy by supplying what's lacking in your diet	$31		$
3	The Eczema Diet	$29		$
3	Which Natural Therapies Should You Try?	$21		$

Deduct any loyalty rewards shown on your last invoice $

TOTAL $

Customer ID

Please tick your preference ☐ No signature required

☐ Signature required *(Sorry, not rural delivery)*

Name

Phone

HOW TO ORDER

Call us to set up direct debit.

0800 140 141

AUS call free on **1800 140 141** | Other countries call **+64 7 543 0491**

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

Health House 03 1548 0039888 00

Use your customer ID as the reference.

As soon as your payment shows, your order will be dispatched.

Fill out this order form and send to:

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

Rosacea

Soothing support for red, sensitive skin.

Honey lab 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.

Benefits

- 100% natural
- Moisturising face mask
- Natural and gentle
- Strong natural antiseptic
- Pharmaceutical-grade Kanuka honey



$35ea 50 ml tube

Directions: Apply gently onto affected area twice daily for best results.

Cold Sore

100% Natural Kanuka Honey

Nature's remedy for fast, effective cold sore relief.

Honey lab 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.



$35ea 10 g tube

Directions: Apply Honevo from the applicator, as frequently as you wish, to the affected lip. It will keep the area moist and aid healing time.

Rubeeven

Rapid joint stiffness support

Rubeeven™ combines capsaicin (cayenne) and bee venom for rapid joint stiffness support. Made in New Zealand, it delivers bee venom through a chilli 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
30 ml pump

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

60 DAY MONEY BACK GUARANTEE

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 contribute 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. Best results occur when taken two to three hours after a meal (or on an empty stomach). But if you feel queasy, take with food.



Apple Cider Vinegar

Capsules with no strong taste

Enjoy our naturally fermented apple cider vinegar which contains the "mother". 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.

Benefits

- Aids detoxification
- High in antioxidants

$41ea 180 capsules

3 per day Anytime

With or without food



Harmony

Natural youth hormone

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.

Supports

- Hormone balance
- PMS and menopause

$40ea 60 capsules

1-4 per day Anytime

With or without food

Seek advice if taking blood thinning medication



Mitchells Nutrition

Bone Broth for all ages and stages

Mitchells products are family-friendly, rich in nutrients and offer total body health benefits.
Traditional nutrition for modern life.
The products are free from dairy, gluten, yeast, GMOs, sugar and additives.



Bone Broth Protein Powder

$79ea 500 g

Vanilla flavour

Bone Broth Powder

$39ea 100 g pouch

Relax

Natural stress, tension and sleep support

A blend of the world's three most relaxing and calming herbs - valerian, hops and kava, along with magnesium to promote a general sense of wellbeing and supports a peaceful relaxing sleep without chemicals.

$35ea 60 capsules

2-3 per day Evening With food

May cause drowsiness. Take care when driving or operating machinery. This product contains Kava extract and Valerian which may interfere with prescription medication, especially for those being treated for liver or kidney malfunction or on psychotropic medication. Please discuss with your healthcare professional before use.



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 348 mg a day. Maximum support for calorie metabolism is usually achieved at about 1750 mg a day or five capsules. Maintenance dose is 348 mg or one capsule a day.

$32ea 60 capsules

3-5 per day

Morning

Empty stomach

Seek advice if taking blood thinning medication



60 DAY MONEY BACK GUARANTEE

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

Berberine Balance

A smarter way to take berberine

Berberine has become one of the most talked-about natural ingredients for supporting healthy blood sugar balance, weight management and overall metabolic health. Unfortunately, traditional berberine extracts are poorly absorbed, often require high daily doses, and can cause digestive discomfort in some people.

Health House's new Berberine Balance features

Metaberine®

Each capsule provides 200 mg of Metaberine®, a new generation of berberine developed using patented BioSOLVE® technology (optimising water solubility). This advanced extract is designed to be absorbed more efficiently than standard berberine extracts, allowing a much lower daily dose.

Chromium

Each capsule combines Metaberine® with chromium polynicotinate. Chromium is an essential trace mineral that also complements the benefits of berberine.

Berberine Balance combines modern ingredient technology with one of the world's most researched botanical ingredients to provide a well-absorbed and well-tolerated option for everyday use.

Supports:

- Normal blood glucose metabolism
- Healthy fat metabolism
- Your body's natural metabolic balance
- Natural energy and general wellbeing

For best results, take Berberine Balance alongside a balanced diet: lower in sugar and refined carbohydrates, higher in fibre, lean protein and healthy fats such as those found in olive oil, avocado and nuts.

Combined with good daily habits, it's an easy way to look after your metabolic wellbeing.

1–2 per day · Anytime · With food

Can interact with prescription medications for blood sugar management such as metformin, and certain blood thinners.







Vitamin B5

Overall wellbeing

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

Pantothenic acid, commonly known as Vitamin B5, is a water-soluble vitamin found naturally in a wide range of foods, including meat, liver, eggs, milk and whole grains. Pantothenic acid contributes to normal energy-yielding metabolism and supports the normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.

Pantothenic acid is also involved in normal mental performance and helps reduce tiredness and fatigue.

Each capsule contains 490 mg of calcium pantothenate, providing 450 mg of pantothenic acid and 40 mg of calcium.

Supports

- Artery and blood health
- Friendly probiotic bacteria in the intestines from damage by antibiotics
- Healthy cholesterol levels
- Ability to metabolise macronutrients

1–2 per day · Morning · With or without food

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

Free delivery IN NEW ZEALAND

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