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SEP/OCT
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Nutrition for your brain

NATURAL SUPPORT TO HELP FOCUS
AND MENTAL CLARITY

Alert Plus with lion's mane
New - page 3

Memory and Alzheimer's

By David Coory - pages 4-5

Myth busting our brain

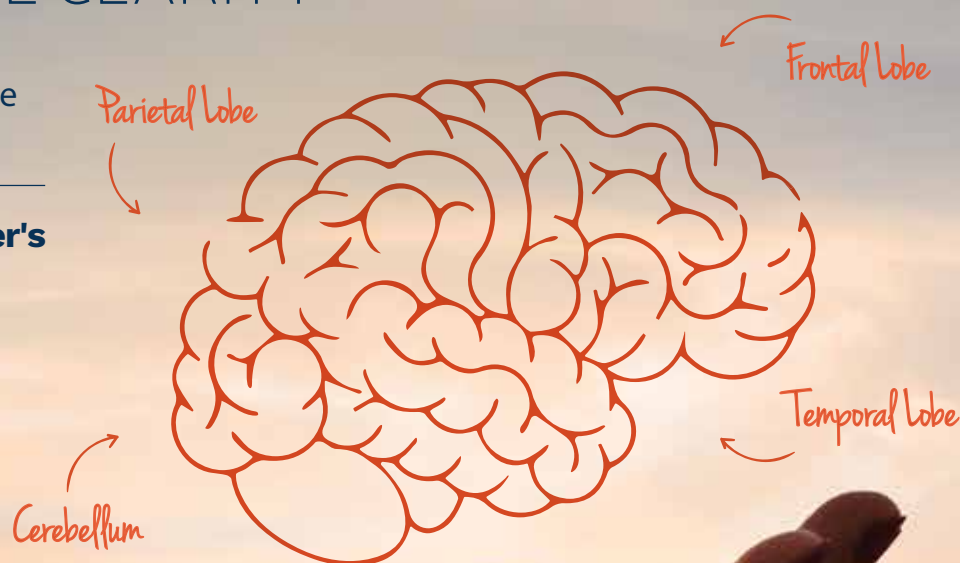
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Medicinal mushrooms

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For the love of
fragrance

By Andrea Walker
page 11



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60 DAY MONEY BACK GUARANTEE

PP7869

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new

Lion's Mane
the wonder
mushroom

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SEPT / OCT In this issue

As spring is starting and the weather is improving, I hope that all those winter sniffles are behind us. If not, don't worry we have extended our Colloidal Silver special for another two months, see the back cover for more info.

Although nature refreshes itself each year, our brains age and it feels like it gets harder to remember names and places and why I walked into that room. There are so many distractions and demands on our attention, so we have focused this catalogue and the articles on the brain.

Our new product Alert Plus is specially formulated to support brain alertness, mental clarity, focus and general brain function. We sourced the strongest lion's mane mushroom extract (20:1) we could find with 20% polysaccharides, while most similar products on the market only have half that amount (10% via a 10:1 extract).



pg. 3

new

We also added the traditional herbs ginseng and ginkgo. These herbs when taken together have a synergistic effect (greater result) than when just taken alone.

We have introduced the fragrance-free version of the Turn Back Time Cream, great for us blokes that don't want to smell like roses. I have been using it as an aftershave each day with great results.

We also have a new article contributor Andrea Walker. Andrea is a registered Medical Herbalist and Naturopath and also worked in the Creams and Liquids area in our factory for six years, so she knows her creams. Her article is about fragrances and she shares with us her favourite essential oils.

Shaun's article is about the brain, while Nadia gives us her insight and experience on medicinal mushrooms and their health

benefits. There is a lot of interest in the medical properties of mushrooms and we are carefully watching these products and seeing what clinical testing is being done.

David's article is about reversing the

NEW
fragrance free
50ml tube

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effects of a bad memory and Alzheimer's. He highlights some of the recent findings on this topic that he uncovered during the Stay Healthy Book research. Denise should be back next month with a new article.

The 11th edition of the Stay Healthy Book is progressing well, the final editing by the team is down to the last few chapters, then just the index to finalise. We have added colour coding and improved design elements to make it easier to read, and the feedback so far is very positive. The layout looks fantastic. Please do not hesitate to put in your pre-orders and we are quietly confident in having this in the next, dare I say it, Christmas Catalogue.

You will note that the price increases I referred to last catalogue are now in place. I hope you understand this was something we have had to implement, reluctantly.

Kind regards

Mike Coory

Managing Director



Alert Plus provides

NUTRITIONAL SUPPORT FOR HEALTHY BRAIN FUNCTION

Two powerful herbal extracts and the highest strength Lion's Mane Mushroom Extract, combined to support how we think.

"Lion's Mane Mushroom" is a traditional Chinese mushroom which grows on fallen hardwood trees and looks like the mane of a lion. By taking this high strength (20%) Lion's Mane Mushroom extract combined with the traditional benefits of Ginkgo Bilboa and Ginseng extracts, you will notice support for your mind in both alertness and clarity. These ingredients have also been found to support a wide range of other health conditions.

Alert Plus supports general wellbeing, mood balance and restful sleep. All three ingredients contain powerful antioxidants and work together to have a relaxing and calming effect on the body.

Taken regularly, Alert Plus provides the added benefit of supporting good digestion, strength and general wellbeing.

 **1-2** per day

 Anytime

 With food

Seek advice if taking blood thinning medication.

Benefits

- ✓ Lion's Mane 20:1 extract
- ✓ Ginseng 4:1 extract
- ✓ Ginkgo 50:1 extract
- ✓ High in antioxidants

Supports

- ✓ Mental clarity and brain function
- ✓ Normal mood balance
- ✓ General wellbeing
- ✓ Immune system



OUR PROMISE TO YOU

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

FIVE EASY WAYS TO BUY

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

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

PRODUCT ICONS

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

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

LOYALTY REWARDS

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

4 OR MORE

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

REFER A FRIEND

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

Is reversing Alzheimer's and a bad memory now possible?

ONE OF THE GREATEST HEALTH CONCERNS WE OLDER NEW ZEALANDERS (INCLUDING MYSELF) HAVE IS THE FEAR OF GETTING ALZHEIMER'S.

My dad developed Alzheimer's in his early 90s. Not to the extent that he didn't recognise me, but still serious and requiring 24-hour care. My mum in her 90s fortunately remained clear minded, but would often repeat things she'd already told us.

My dad's younger brother, developed full blown Alzheimer's, starting about age 75, the age I'm at now. He needed full time care and eventually died of the disease. I remember visiting him with dad in the rest home at Napier and seeing him staring blankly. He didn't recognise any family members during his final 12 years, not even his wife and at age 90 died of the disease. Understandably, I'm keen to avoid dementia of any type and to help my customers also avoid it.

Alzheimer's – fast becoming our biggest killer

Alzheimer's is now the biggest killer in the UK. I didn't believe it until I checked and found it true.

Here in NZ the incidence of Alzheimer's is doubling every 20 years, and there is no promising drug on the horizon.

Alzheimer's can now be reversed

The outlook would be bleak, were not for the successes of a Dr Dale Bredesen. This researcher on ageing has now found a way to consistently reverse Alzheimer's disease, provided it hasn't progressed too far and has numerous recovered patients to prove it. He now spends his time training other doctors.

He has authored a very interesting book *'The End of Alzheimer's'* which reveals his method, or to use his medical term – his protocol.

Multiple causes need to be treated

He likens Alzheimer's to a roof with many holes. Every hole needs to be plugged to stop the leaks, not just one or two. He insists that poor nutrition, poor sleep, insufficient exercise and stress reduction all need to be addressed.

Dr Bredesen likens Alzheimer's to Type 2 diabetes and calls Alzheimer's 'Type

3 diabetes'. He maintains that plaque build-up in the brains of those with the disease, is not the cause of Alzheimer's, but the result of the brain's built-in protective mechanisms doing their best to protect the brain from excitotoxins and toxic metals in our food. These toxins are expelled from our body provided we have enough omega 3, minerals, vitamin D and sleep well.

I'll be outlining his treatment in a future book I'm working on, entitled (at this stage) *'Avoiding and Reversing 40 Health Disorders.'*



Good nutrition vitally important

Dr Bredesen's stress on good nutrition makes perfect sense to me. You might remember that some years back I reported on my personal, two-month experiment of not taking any supplements at all, and how I was alarmed after just two weeks, when I found my brain and memory not processing as fast as before. I thought at the time, 'My mind feels like an old, slow computer'.

I thought this might be due to me not taking my daily DHEA capsule, so after just one month I started taking DHEA again, and began to return to normal. The nutrients in CAA -Multi and CoQ10-Omega3 brought me fully back to normal when I began taking my supplements again after two months.

Toxic brain minerals and memory problems

I've found in my research on dementia, that a brain contaminated with mercury, aluminium or iron, creates problems with verbal recall.

Evidently dentists, who are constantly exposed to mercury fumes have difficulties with verbal recall as they age past 50. My own recall of names has never been good, and seems to be getting worse, so I recently had my remaining four mercury amalgam fillings removed. While I was at the surgery I asked my dentist, who's in his mid-50s and experienced in amalgam removal, if verbal recall was a problem for him. He replied, "For sure."

Protecting our brain from toxins

Mercury fumes from amalgam fillings have easy access to our brain and are far more damaging than mercury from fish. Mercury in our food passes through our digestive system and rarely accumulates in the brain.

The minerals magnesium, zinc, selenium, chromium, vitamins D and C, DHEA 7-Keto, folate and omega 3 fats are vital to protect our brain. These, with perhaps the exception of vitamin C are often lacking in our NZ diet and in my opinion should ideally be supplemented.

Choline, which our body makes from protein foods and phosphatidylserine, also found in protein foods, help also. These and carnitine can be important, especially for vegans. NAC (N-acetylcysteine) can detox our brain from mercury, aluminium and lead. All rather complex, but I cover all this more clearly in the new 11th edition update of my 'Stay Healthy' book which is in the process of being edited.

Herbs such as lion's mane, ginkgo biloba and ginseng can also help a malnourished brain to function much better.

Sound natural sleep, as always, is absolutely vital. As a writer, if I have a disturbed sleep, it becomes obvious the next day in lack of clear thinking and word recall.

5-HTP to increase serotonin can be useful if natural sleep is a problem.

Our brain need not age

Our brain is the one organ in our body not programmed to age. As long as our brain is nourished properly, especially with the nutrients listed, and exercised with puzzles, games, new learning, etc, it can renew its neurons and cells indefinitely.

Alzheimer's vs Dementia

Alzheimer's is a specific disease that affects the brain. It is one of many diseases that leads to dementia.

Dementia is a general term for a decline in 'cognitive ability' that includes memory loss and thinking difficulties. Dementia is caused by damage to the cells in the brain.

For more information visit alzheimers.org.nz



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.

Normal urinary flow and supports urinary tract health

Researchers believe that cranberries discourage bacteria from sticking to the urinary tract walls.

While this specific cranberry ingredient has been optimised for men's prostate health, the benefits to the urinary tract for both men and women from cranberry, is well proven.

1 per day Anytime With or without food

Do not take with blood thinning medication.



\$37ea
60 capsules

4+

pH Test Strips

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

\$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.

Pain-Eze an all natural, warming cream with powerful essential oils and potent extracts

Pain-Eze contains
11 active ingredients.

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

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

Directions:

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



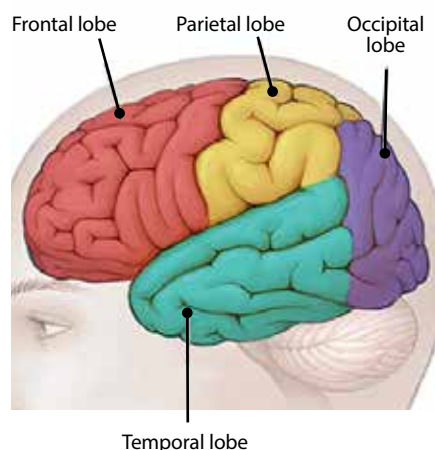
Myth busting our brain

Our brains weigh around 1.4kg, about the same weight as a laptop computer, but with far more processing power! And I take no pleasure in saying this, but male brains are on average around 10% larger than female brains, presumably because they are less efficient. However, studies have shown that brain size does not correlate with intelligence.

What is the brain made of? Mostly fat actually, but this fat helps to make up brain nerve cells, of which we have around 86 billion. The electrical power which these cells produce has been estimated to be around 23 watts, in other words, only enough to power a small lightbulb.

The structure of the brain is very complex. But overall, the largest part, 85%, is called the cerebrum. This is divided into two hemispheres, and each hemisphere has 4 lobes which have different functions:

- frontal lobe - thinking, planning, moving
- temporal lobe - memory, emotion
- parietal lobe - spatial orientation
- occipital lobe - vision



The two hemispheres have different roles as well, and you may not have heard about "left brain" and "right brain" qualities. In general, the left brain focuses more on language, comprehension and math skills, and the right brain focuses more on hearing, spatial skills and creative skills.

As well as the cerebrum we have the brainstem, which connects to the spinal cord and relays information between the brain and the body. Other smaller but no less important parts of the brain are the thalamus, hypothalamus, cerebellum, and the fluid-filled ventricles.

There are a couple of myths about the brain which I think would be well worth debunking.

Firstly, something I discovered the hard way, is that the brain cannot multitask. Instead, what the brain does is keep switching from one task to another and this results in more errors and it taking longer to complete tasks. The studies are clear on this - it is far more efficient to focus on one thing at a time.

Secondly, one of the biggest myths in medicine is that we only use 10% of our brain - around 65% of people believe this. In fact, brain imaging studies show that the majority of the brain is almost always active. Even when we are resting or sleeping a lot of the brain is being used. It is a mystery where this myth originates from. Most likely, it comes from Dale Carnegie's 1936 book *How to Win Friends and Influence People*.

As to what a person can do to improve or maintain brain health, this is mostly the same as for general health e.g. eating a healthy diet with lots of fruit, vegetables, antioxidants and oily fish, and exercising regularly. In addition, keeping the brain active certainly helps, with activities such as reading, sudoku and brain training exercises. And there are various nutritional supplements, including fish oil, which are thought to help as well.



ABOUT THE AUTHOR




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

Spring Essentials

Energy Boost AND STRESS RELIEF

B vitamins are water soluble so your body does not retain them in your fat stores like minerals and other vitamins.

When your body is stressed or working hard (or over working) it uses a greater amount of B vitamins. Alcohol, sugar and caffeine also deplete the B vitamins from your body.

-  1 per day
-  Morning
-  With or without food




\$39ea
60 capsules



Vitamin B5 for HEART AND ARTERY HEALTH

Pantothenic acid is the most common form of vitamin B5 and readily converts to Pantethine in the body.

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

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

\$36ea
90 capsules



Vitamin C AND MUCH MORE

Three forms of vitamin C and six powerful antioxidants.

Complete C is a world renowned blend of vitamin C, as a dissolvable powder that makes a tasty, tangy drink. 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, makes bones stronger and is necessary to expel harmful toxins from your body.

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

These are Pine bark extract (Pycnogenol), Grape seed extract, Bioflavonoids, Rosehips, Rutin, Hesperidin and Quercetin.




Available in powder or chewable tablets.

Complete C Powder

-  ¼-½ tsp per day
-  Anytime
-  With or without food

\$39ea 100g powder

Convenient chewable tablets

-  3 per day
-  Anytime
-  With or without food

\$39ea
200 chewable tablets



Medicinal mushrooms

AND THEIR HEALTH BENEFITS

Lion's Mane (Latin name *Hericium Erinaceus*) is a medicinal mushroom that mostly grows on fallen hardwood trees and looks a little like the mane of a lion with a long dangling spine.



It has historically been very popular in Asia, known for giving you '*nerves of steel and the mind of a lion*'.

In traditional Chinese practice, it is said to be nutritive particularly to five of our internal organs; the lungs, heart, spleen, kidneys and liver. It is used to support good digestion, strength and general wellbeing, and is often prescribed for issues involving the brain and nervous system.

Cognition and brain function

Lion's mane is most frequently used to support relief from worry and low mood, and cognitive diseases such as brain health. It helps to support slowing cell degeneration. Lion's mane has also been found to support the treatment of nerve conditions and a recent study in Malaysia even found that lion's mane supported regeneration of damaged cells following peripheral nerve injuries.

It also seems that lion's mane has a particularly positive support for PC12 cells; the cells that make, store and release dopamine and norepinephrine;

by protecting them from damage and drastically slowing down cell death.

It can also help to support worry and low mood, healthy sleep patterns and general wellbeing.

Cancer

A variety of research has shown that lion's mane mushroom may in fact be supportive for a number of different types of cancer.

Cardiovascular health

Lion's mane may support heart and circulatory health and healthy cholesterol balance.

It may also be able to support healthy blood clotting.

Digestive health

Due to lion's mane's anti-oxidant properties, it may help to support gastric health and function.

Antioxidant properties

Lion's mane is also high in antioxidants, which help to prevent and relieve the oxidative stress our bodies are under

from both nutritional and environmental factors. The antioxidants also can drastically speed up wound healing, support joint mobility, slow skin ageing and protect the liver from alcohol damage.

Studies have also shown that lion's mane may have the ability to support immune function and healthy blood sugar levels. The mushroom is also believed to be high in vitamins and minerals, particularly potassium, zinc, iron and selenium

There are no known adverse effects from ingesting lion's mane mushrooms, however, it's always a good idea to speak to your natural health practitioner to see if it's the right choice for you.



ABOUT THE AUTHOR

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

Reduce stress and manage your appetite

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

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

- 2-4 per day
- Anytime
- With food



Natural energy boost

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

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

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



NEED A DAILY Boost?

Well balanced supplements just for you.

Nutrient support for a vegan lifestyle

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

It is important to maintain a well-balanced diet and with veganism this can be more of a challenge to achieve.

To make this easier we have designed a supplement to support your nutritional balance and well-being.

With our Vegan Boost we have formulated a product to supply essential nutrients that may not be readily available on a vegan diet. We have included vitamin D3, vitamin B12, iron and calcium which are normally readily available from meat, dairy products, seafood and poultry.

Vitamin K2 and vitamin D3 work with the calcium to support stronger and more flexible bones. Zinc and vitamin C aid nutrient absorption, along with supporting your immune system.

What we wanted to achieve when designing Vegan Boost is to optimise energy levels, maintain strong healthy bones and to support general good health.

We believe with our Vegan Boost nutritional supplement, combined with a well-balanced diet and exercise, excellent health can be achieved.

Supports

- ✓ Your immune system
- ✓ Energy levels
- ✓ General well being

Nov 2021 expiry

1 per day

Anytime

With food

SPECIAL
Limited time



Supercharge performance and support your prostate health

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

Are you going to the gym, wanting a boost with your exercising or just feeling the natural decrease in testosterone that affects all men as they age, then Men's Boost is right for you, or for the man in your life.

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

Supports

- ✓ Long term sexual vitality
- ✓ Healthy testosterone levels
- ✓ Normal prostate function in men
- ✓ Optimal sexual desire and enhanced libido

1 per day Morning With food

SHOP THE ENTIRE NEW LOOK **MITCHELLS RANGE**



COLLAGEN

Collagen is the glue that holds us together, it's one of the most important proteins in the human body, but as we age our bodies produce less and less of it.

Available in either bovine collagen or marine collagen.
200g - 25 serves.

BONE BROTH PROTEIN POWDER

Bone Broth Protein Powder is a natural way to give your body all the support it needs to stay active. This product is packed full of essential amino acids - the 'building blocks' our body needs to survive and thrive. Natural vanilla and monk fruit for pleasant flavour. 500g powder - 17 serves

COLLAGEN REPAIR

Throughout our lives we put a lot of strain on our bodies – particularly when we're exercising. Essentially, over time we're doing damage to our joints, our muscles, our skin, our organs and even our brains. When it comes to repairing that damage, our bodies know best. We just need to give them the right fuel. 200g - 25 serves.

BONE BROTH

Bone broth is a simple, natural, traditional way of extracting all the nutrition you can out of ingredients and getting that goodness into your body. Packed full of protein and amino acids. Made using quality NZ beef bones and NZ grown vegetables. 200g - 29 serves or 100g - 14.5 serves.

Reduce your stress levels with Withania

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

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

\$39ea 60 capsules

1 per day Anytime With or without food

If taking thyroid or any other prescription medication, please discuss this with your healthcare professional.



FOR THE LOVE OF *Fragrance...*

Our love of fragrance has been around for millennia and is deeply rooted in many cultures.

As early as 4500 B.C. the ancient Egyptians were extracting natural plant essences to use on their bodies. They used them for medicine, health, religious ceremonies as well as to embalm their dead.

By the 1700s essential oils were used in mainstream medicine. In the 1920s a French chemist, Rene-Maurice Gattefossé famously discovered the soothing and healing properties of Lavender oil after seriously burning his arm. It was he who coined the term "aromatherapy".

Now more than ever, fragrances play a crucial role in our everyday living.

However, most of the products we use are scented with artificial fragrances.

They are much cheaper to produce and are composed almost entirely of petroleum by-products such as benzene derivatives, aldehydes, toluene and other known toxic chemicals. They use binders like phthalates which help them retain their aroma for longer. These fragrances pass from the skin and into the blood and are linked to a number of health risks.

Whether in a cleaning product, laundry detergent, deodorant, shampoo, face or body product, fragrance chemicals are not actually making your product perform better. We have the perception that 'clean' has a smell, when in truth that's not the case.

Choosing fragrance free products will dramatically reduce your family's exposure to toxic chemicals.

For those of you who love fragrance the answer lies within pure essential oils, with their magnificent aromas and many benefits.

Essential oils are powerful natural oils extracted from aromatic plant material including flowers, leaves, needles, peels of fruit, seeds, bark and roots.

It takes a great deal of work to produce a tiny amount of essential oil. Over 240,000 rose petals are required to produce just 5ml of rose oil!

The oils are part of the plants defence mechanism against fungi, infection from bacteria as well as pests. They also protect the plant from extreme temperature changes. Essential oils are chemically very complex and have around 100 components. They have an immediate impact on our sense of smell causing neurochemicals to be released in the brain which are then passed on via the nervous system to relax or stimulate it, according to the aroma. Our skin is the second fastest mode of getting essential oils absorbed into the body.

Essential oils can be extremely helpful to reduce stress, improve mood and help with memory and concentration. They fight pathogens and viruses and are very good at relieving respiratory complaints. In creams or added to an oil base, they are the perfect solution for tired and sore muscles and joint pain. They can be used around the home to clean and sanitise.

NB Some essential oils are not suited for babies and young children, in pregnancy or people with certain medical conditions. If in doubt, seek advice from your natural health practitioner.



ABOUT THE AUTHOR

Andrea Walker -
N.D., Dip. Herb. Med.
Registered Medical
Herbalist and
Naturopath

Here are some of my favourite oils and simple ways to use them at home:

Stress/worry/relaxation

- 3 drops of lavender, 2 drops each of bergamot and ylang ylang in a diffuser or added into a warm/hot bath. A few drops of lavender on a pillow can aid sleep.

Head tension

- 2 drops lavender or peppermint oil neat onto the temples.

Clarity / focus

- 4 drops rosemary, 2 drops basil in a diffuser.

Tired/swollen feet

- Foot bath - 1 drop lavender, 2 drops each clary sage and peppermint.
- Stir into bowl of warm/hot water with 1 tablespoon Epsom salts.

Muscle/joint discomfort

- 4 drops each lavender, rosemary, peppermint, ginger diluted in 1 tbsp of vegetable oil. Massage into affected area.

Ease breathing/respiratory symptoms

- 3 drops eucalyptus, 2 drops peppermint, 1 drop thyme
- Add into a basin of boiling hot water and inhale, you can cover your head with a tea towel. Keep eyes closed.

Sanitise and freshen surfaces

- 8 drops each lemon and eucalyptus, 10 drops orange.
- Combine into a 50ml water spray bottle.

Laundry

- Lavender, lemon or pine.
- Add 5-7 drops of your choice to the softener compartment of your washing machine.

Detox with The Ultimate Cleanse

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

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

\$110ea

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

Supports

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

\$95ea **MULTI BUY**

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

**The original
and proven
Ultimate
Cleanse over
22,000 sold.**

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.

INNER HEALTH

GUT HEALTH




Replacing wiped out probiotics is essential for good gut health and vital for a healthy functioning body.

Optimum health begins in your bowel

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

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

\$43ea

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

Inner capsule contains nine strains of probiotics






Outer capsule contains prebiotic



Store in a cool dry place, no refrigeration needed.

Help your body burn calories




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

-  **3-5** per day  Morning
-  Empty stomach



Easy and convenient apple cider vinegar capsules

These Apple Cider Vinegar capsules have no taste and are easy and convenient to take with you to work or when travelling.

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






\$37ea
100 capsules

Supports easy, regular bowel movements

Containing five herbs proven to be beneficial to the bowel.

Easy-Lax works gently over a 12 hour period reducing wind and lubricating the colon for a softer more regular motion.

Directions: Take one or two capsules daily with a large glass of water after your evening meal. Do not use if pregnant or while breast feeding.

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

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

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

-  **1** per day  Morning  With food



Improve your Everyday health

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

David Coory – Health researcher and author, formulated the three Optimum Health Triple Pack products, to provide the average New Zealander with all of the minerals, vitamins, Omega 3 and antioxidants needed for optimum health, especially those lacking in the typical Kiwi diet.


CAA – Multi - a New Zealand formulation of minerals and vitamins.


Bone Health - a calcium supplement that won't build up in your arteries.


CoQ10-Omega3 - an energy boost with support for heart and artery health.

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

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

 **1** per day of each

 Morning

 With food

1 Triple Pack

Save \$19 off the individual product prices.

\$131ea

2 or more Triple Packs

Save \$52 off the individual product prices.
Available with non-sulphur and non-iron CAA - Multi versions.

\$124ea **MULTI BUY**

1 Triple Pack + 1 Probiotic

Save \$23 off the individual product prices.

\$170 **MULTI BUY**

2 Triple Packs + 2 Probiotics

Save \$80 off the individual product prices (multi buy price already includes the 4+ product discount).

\$306 **MULTI BUY**



Available in
non-sulphur
and non-iron
versions



The most effective multi-mineral-vitamin

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

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

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

Supports:

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

\$49ea 60 capsules

1 per day Anytime With food

Supports heart, artery and brain health

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

Supports:

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

\$54ea 60 capsules

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

1 per day Morning With food

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 improving our health, as Bone Health is scientifically designed to do.

Supports:

- ✓ Normal sleep patterns
- ✓ Stronger more flexible bones
- ✓ Raises your pH to protect against common health problems

\$47ea 60 capsules

1 per day Anytime With food



Nurture the skin you're in

ALOE VERA

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 now with an all natural, paraben free, eco-cert approved preservative.

\$16ea 50ml **\$22ea** 100ml



ALOE VERA WITH COLLOIDAL SILVER GEL

Repair irritations and revitalise your skin with our 50/50 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 **\$25ea** 100ml



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

Salicylic Acid Gel 50ml and Aloe Vera Gel 100ml combo

\$43ea **MULTI BUY**



Clear Skin STARTS FROM WITHIN

Skin Clear gives the body the tools it needs to deal with excess oil in the form of pantothenic acid (vitamin B5) and carnitine.

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

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

Supports:

- ✓ Support for clear unblemished skin
- ✓ Addresses the cause of the problem, not the symptom
- ✓ Supports normal oil production and the breakdown of excess oil that can clog pores

2-4 per day

Anytime

With food

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



\$43ea
120 capsules



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

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

With so many anti-ageing products on the market, we should all look like teenagers. So why don't most anti-ageing beauty products work?

To properly address the signs of ageing requires an inside-out approach to skin care.

We have put together a capsule that contains the most important ingredients to combat the appearance of ageing skin.

What natural products assist with anti-ageing?

Vitamin C, firms up wrinkling and sagging skin and is helpful for the production of collagen.

Coenzyme Q10 (ubiquinone), is the secret ingredient in a lot of anti-ageing products. As we age we make less of it, which contributes to our ageing appearance.

What's in our Turn Back Time Capsules?

They contain the three types of vitamin C, plus quercetin and grape seed extract. We also supplement these ingredients with chelated zinc, organic silica, natural vitamin E and the same high quality coenzyme Q10 that is in our CoQ10-Omega3.

Together these ingredients create a potent supplement to help you have beautiful skin, working from the inside out.

Turn Back Time Cream fragrances.

Choose from our selection of fragrance free cream or cream which is mildly scented with a few drops of natural rose essential oil.

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

\$43ea 50ml tube

Fragrance free Turn Back Time cream.

\$43ea 50ml tube

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

4+ **\$43ea** 60 capsules

Take one morning and night 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 \$62 and save \$20 off the individual product prices.

\$65ea Combo

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



4+

\$37ea
150 capsules

New Zealand grown Hemp Seed oil Capsules

A healthy plant based source of omega oils

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

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.

Benefits

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

2-6 per day Anytime

With food



4+

Special

\$26ea
90 soft gel capsules

100% New Zealand made

We all know how good omega oils are for the skin. Evening primrose oil has been called the most sensational discovery since vitamin C.

If you have cracked heels and rough feet, then this is for you. It makes your skin soft and your hair shiny and manageable.

The gamma-linoleic-acid (GLA) and other nutrients are essential for cell health and maintaining the elasticity of the skin. Both oils have proven excellent in addressing dry skin conditions and pimple prone skin. Primrose has also been known to support hormonal balance during PMS.

Supports

- ✓ Beneficial for skin, hair and nails
- ✓ Non-fish sourced omega 3,6 and 9
- ✓ Support for PMS and menopause
- ✓ Heart and artery health

2-3 per day Anytime

With food

If pregnant, this product is not recommended during the first trimester.



4+

\$33ea
200 soft gel capsules

Triple strength fish oil for brain and artery health

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

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

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

The ratio of omega 6 to omega 3 is important. For good health we should ideally have equal parts omega 6 to omega 3.

Contains

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

1-2 per day Anytime

With food

Support JOINT HEALTH NATURALLY

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

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

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

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

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

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

\$74ea 90 capsules

\$109ea 180 capsules

MULTI BUY

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

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

2-3 per day

Anytime

With or without food



Are you CONCERNED ABOUT YOUR EYES?

As we age our eye health can begin to deteriorate.

Our Eye Health formulation can help you. We identified the vitamins and minerals vital for good eye health and combined them with lutein, zeaxanthin and bilberry.

\$49ea 60 capsules

1 per day

With or without food

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

MSM SULPHUR

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

1-6 per day

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.

The NUTRIENT SUPERSTAR

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

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

Magnesium helps relax your mind and supports healthy blood pressure and contributes to 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 for optimum cardiovascular health.

Benefits

- ✓ Helps relax your mind
- ✓ Supports healthy blood pressure
- ✓ Supports a deep restful sleep
- ✓ Vital for a healthy heart

1-3 per day Anytime
With or without food

\$33ea
60 capsules

\$55ea
180 capsules

Directions:

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



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

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

New Formula

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

Zinc 10mg active

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

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

Selenium 150mcg active

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

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

Boron 10mg active

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

\$43ea 60 capsules

1 per day
Evening
With food



Joint digestion and general health

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

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

\$43ea 60 capsules \$104ea 180 capsules

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.



Support your IMMUNE SYSTEM

High quality, easy to digest iron for increased energy

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

Our 7-Day Iron has remained very popular as our customers see real improvements in the iron levels of their blood.

Iron-containing red blood cells carry energy-giving oxygen to every part of our body. Yet iron deficiency is the world's most common nutritional disorder. 25% of the world's population is iron deficient. This is a major cause of low energy.

 1 per week  Anytime  Empty stomach



A blend of high quality minerals and vitamins

Complete mineral and vitamin blend

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

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

 1-2 per day
 Anytime
 With food







Boost your immune health

Four powerful herbs and two powerful nutrients.

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

Take as soon as you feel a chill coming on or can be taken regularly as a preventative measure.

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



Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

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

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

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

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

The bottle contains about 200 sprays.

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

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

MALE AND FEMALE

HORMONE SUPPORT

As we age our delicate balance of hormones may require support.

Enhance both male and female libido

Enhanced libido and sexual vitality

Potion No. 9 is not an instant fix like the pharmaceutical products, but the natural herbs and minerals contained in Potion No. 9 enhance both male and female libido and increase long term sexual vitality.

Always read the label and use only as directed. Do not take if pregnant or breastfeeding.




 1 per day  Morning  With food



Enhance energy and support fertility

Extra Strength Maca extract from Peru

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

 1-2 per day  Anytime  With or without food




If pregnant, not recommended during the first trimester.



Support your hormonal balance naturally

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

This herbal and mineral combination supports hormonal balance making it an excellent supplement during menopause. Shatavari specifically helps avoid temperature imbalance.

 1-4 per day  Anytime  With or without food

If pregnant, not recommended during first trimester.






Reduce stress and support a deep restful sleep

If you are having trouble sleeping or there is stress in your life, this is a natural alternative to soothe tension and stress.

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

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




 2-3 per day  Evening  With food

Nature's best source of iodine

This rich sea herb, Kelp is harvested from nutritious New Zealand waters.

It is beneficial for your nails and hair and is especially rich in iodine for a healthy thyroid. It has all the trace colloidal minerals and elements (over 70) needed by your body and in a highly absorbable form.

Small size capsules each containing 1000mcg of iodine.

 1 every 2 days  Morning  With or without food





RealSalt

Exactly as nature made it – and mined just a short distance away from Salt Lake City, Utah.

RealSalt Refill

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

\$24ea 737g pouch

283g shaker and refill combo

\$30ea **MULTI BUY**

RealSalt Shaker (seasoned)

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

\$17ea 234g Shaker

RealSalt Shaker (garlic)

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

\$17ea 234g Shaker

RealSalt Shaker (original)

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

\$11ea 283g Shaker



Low calorie, natural sweetening tablets for hot and cold drinks

These healthy, all natural tablets are a much better alternative to artificial sweeteners or sugar.

Enjoy sweet drinks without worrying about your blood sugar levels.

Benefits

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

\$25ea
200 tablets

One tablet =
approx. one
teaspoon
of sugar



Healthy READING

Everything you need to know about Colloidal Silver

\$20ea

Stay Healthy by supplying what's lacking in your diet

10th edition currently out of stock - 11th edition coming soon

New Zealand's Greatest Doctor, **Ulric Williams**

\$18ea

Which Natural Therapies Should You Try?

\$21ea

Laugh with Health

\$25ea or two for **\$40**

Colostrum - Life's First Food

\$20ea

Heal Your Eye Problems

\$20ea

Should I take Probiotics?

\$15ea **Special**

Should I take fish oil?

\$20ea

Medical Cannabis

\$30ea

Special 2 for \$25ea



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

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.

SPECIAL OFFER

Purchase our 500ml Colloidal Silver Liquid and receive a 100ml Colloidal Silver Spray free.



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.

\$17^{ea} 100ml liquid spray

\$28^{ea} 100ml tube gel

\$31^{ea} 100ml tube cream

\$38^{ea} 500ml liquid

Free 100ml Spray - Nov 2021 expiry

\$43^{ea} 250g tub

\$32^{ea} 4 or more 500ml bottles

MULTI BUY

Free offer not included with multi-buy

Colloidal Silver Generator

Make your own colloidal Silver

\$140^{ea} one year guarantee

\$50^{pair} replacement silver rods

Colloidal Silver Meter

Measure the content of your homemade colloidal silver

\$113^{ea}

test meter



Make
your own
at home

ORDER FORM AND PRICE LIST

Prices valid until 31 October 2021

CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ 5-HTP (90 capsules)	\$38	\$	\$
4+ 7 - Day Iron (25 capsules)	\$33	\$	\$
4+ Alert Plus (60 capsules) New	\$59	\$	\$
Aloe Vera Gel (50ml tube)	\$16	\$	\$
Aloe Vera Gel (100ml tube)	\$22	\$	\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$18	\$	\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$25	\$	\$
4+ Apple Cider Vinegar (180 capsules)	\$41	\$	\$
4+ Bone Health (60 capsules)	\$47	\$	\$
4+ Boron and Selenium (60 capsules)	\$43	\$	\$
4+ CAA - Multi (60 capsules)	\$49	\$	\$
4+ CAA - Multi Iron free (60 capsules)	\$49	\$	\$
4+ CAA - Multi Sulphur free (60 capsules)	\$49	\$	\$
4+ Carnitine (60 capsules)	\$32	\$	\$
Colloidal Silver Cream (100ml tube)	\$31	\$	\$
Colloidal Silver Gel (250g tub)	\$43	\$	\$
Colloidal Silver Gel (100ml tube)	\$28	\$	\$
Colloidal Silver Generator	\$140	\$	\$
Colloidal Silver Liquid (500ml) Plus 1 free Colloidal Silver Spray (100ml)	\$38	\$	\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$32	\$	\$
Colloidal Silver Liquid Spray (100ml)	\$17	\$	\$
Colloidal Silver Test Meter	\$113	\$	\$
Complete C (100g powder)	\$39	\$	\$
4+ Complete C Tablets (200 chewable tablets)	\$39	\$	\$
4+ CoQ10-Omega3 (60 gel capsules)	\$54	\$	\$
4+ Coral CAA (60 capsules)	\$49	\$	\$
4+ Cranberry (60 capsules)	\$37	\$	\$
4+ DHEA 7-Keto (60 capsules)	\$42	\$	\$
4+ Easy-Lax (100 capsules)	\$37	\$	\$
4+ Evening Primrose & Flaxseed Oil (90 gel capsules) Special	\$26	\$	\$
4+ Eye Health (60 Capsules)	\$49	\$	\$
4+ Harmony (60 capsules)	\$38	\$	\$
4+ Healthy Joints (90 capsules)	\$74	\$	\$
4+ Healthy Joints (180 capsules)	\$109	\$	\$
4+ Healthy Joints (180 capsules) 2 OR MORE	\$98	\$	\$
4+ Hemp Seed Oil (150 capsules)	\$37	\$	\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
4+ Immune Support (60 capsules)	\$33	\$	\$
4+ Kelp (60 capsules)	\$33	\$	\$
4+ Liver Cleanse (60 capsules)	\$37	\$	\$
4+ Maca-X (60 capsules)	\$37	\$	\$
4+ Magnesium (60 capsules)	\$33	\$	\$
4+ Magnesium (180 capsules)	\$55	\$	\$
4+ Men's Boost (60 Capsules)	\$44	\$	\$
Mitchells Bone Broth (100g pouch)	\$36	\$	\$
Mitchells Bone Broth (200g tub)	\$69	\$	\$
Mitchells Bone Broth Protein Powder (Vanilla flavour 500g) New	\$69	\$	\$
Mitchells Collagen Peptides - Bovine (200g tub)	\$49	\$	\$
Mitchells Collagen Peptides - Bovine (200g tub) Old Packaging Special	\$39	\$	\$
Mitchells Collagen Peptides - Marine (200g tub)	\$59	\$	\$
Mitchells Collagen Peptides - Marine (200g tub) Old Packaging Special	\$39	\$	\$
Mitchells Collagen Repair (200g tub)	\$69	\$	\$
4+ MSM Sulphur (180 capsules)	\$45	\$	\$
4+ Omega 3 Fish Oil (200 gel capsules)	\$33	\$	\$
4+ Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$131	\$	\$
4+ Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$124	\$	\$
Pain-Eze (100ml tube)	\$33	\$	\$
pH Test Strips (5 packs of 10)	\$16	\$	\$
4+ Potion No. 9 (60 capsules)	\$44	\$	\$
4+ Probiotic Multi 9 (60 capsules)	\$43	\$	\$
4+ Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$39	\$	\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$30	\$	\$
RealSalt Refill Pouch (737g)	\$24	\$	\$
RealSalt Shaker Garlic (234g)	\$17	\$	\$
RealSalt Shaker Original (283g)	\$11	\$	\$
RealSalt Shaker Season (234g)	\$17	\$	\$
RealSalt gift pack	\$41	\$	\$
4+ Relax (60 capsules)	\$35	\$	\$
Salicylic Acid Gel (50ml tube)	\$29	\$	\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43	\$	\$
Silver Rods (pair)	\$50	\$	\$
4+ Skin Clear (120 capsules)	\$43	\$	\$

MORE PRODUCTS OVER PAGE

PRODUCTS		PRICE EACH	QUANTITY	TOTAL
4+	Sweet Stevia Tablets (200 tablets)	\$25		\$
	Throat Spray (50ml) Glass bottle	\$30		\$
4+	Turmeric (60 capsules)	\$43		\$
4+	Turmeric (180 capsules)	\$104		\$
4+	Turn Back Time Capsules (60 capsules)	\$43		\$
	Turn Back Time Cream (50ml tube)	\$43		\$
	Turn Back Time Cream (fragrance free 50ml tube) New	\$43		\$
	Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
	Turn Back Time Fragrance Free Combo (50ml cream and 60 capsules) New	\$65		\$
	Ultimate Cleanse kit (410 capsules)	\$110		\$
	Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$95		\$
4+	Vegan Boost (60 capsules) Special - limited time	\$25		\$
4+	Vitamin B5 (90 capsules)	\$36		\$
4+	Vitamin B Complex (60 capsules)	\$39		\$
4+	Withania (Ashwagandha) (60 capsules)	\$39		\$
BOOKS		PRICE EACH	QUANTITY	TOTAL
	Colostrum - Life's first food	\$20		\$
	Everything you need to know about Colloidal Silver	\$20		\$
	Heal your Eye Problems	\$20		\$
	Laugh with Health	\$25		\$
	Laugh with Health Special 2 for \$40	\$20		\$
	Medical Cannabis a brief guide for New Zealanders	\$30		\$
	Medical Cannabis a brief guide for New Zealanders Special 2 for \$50	\$25		\$

4+ FOUR OR MORE PRICING

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

BOOKS		PRICE EACH	QUANTITY	TOTAL
	New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
	Should I take fish oil?	\$20		\$
	Should I take...Probiotics? Special	\$15		\$
	Stay Healthy by supplying what's lacking in your diet Out of Stock	TBA		\$
	11th edition coming soon			
	Which Natural Therapies Should You Try?	\$21		\$

4+ ☐ I have bought four or more of the icon products

- \$20

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

☐ No signature required

☐ Signature required (Sorry, not rural delivery)

CUSTOMER ID

Name

Address

Phone Post code

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

Please direct debit by bank account (pre registration required)

Credit Card Number

Visa ☐ Mastercard ☐ Exp. date / Security code



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

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Operators available 24/7 – 365 days

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enquiries@healthhouse.co.nz

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STEP 1: Call us to place your order.

STEP 2: Deposit payment into Westpac bank account 03 1548 0039888 00.

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

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Health House, Private Bag 12029, Tauranga, 3143.

Include your credit card details or set up direct debit.