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HealthHouse
Quality, natural health products NEW ZEALAND

 100%
PROUDLY
NZ OWNED
& OPERATED

All the benefits of Apple Cider Vinegar without the taste

PAGE 3



**How can fruits and juices
alkalise our body?** David Coory | **P4-5**

Iodine deficiency re-emerging Dr Shaun Holt | **P6**

Benefits of apple cider vinegar Nadia McMorran | **P8**

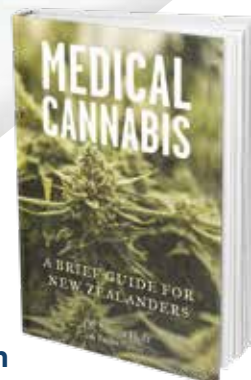
Sunscreen - which to choose Denise Elliot | **P10**

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60 DAY MONEY BACK GUARANTEE



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Available from 20 September 2019.

WHAT'S not NEW

It was a bit of relief to finally see paper bags at the supermarket. Such an obvious solution to the problem of single use disposal plastic bags. At Health House we have always used paper bags for our shop customers.

We also recycle our clean cardboard, our bottles are recyclable and we recycle our Pure Dew water containers (that we use for our colloidal silver manufacture).

Some of our customers are concerned about the plastic flow wrapping on our catalogues. This material is 100% degradable, the degradation process commences with heat, light and stresses and it is also 100% recyclable.

The paper we use for our catalogues, (though not from recycled paper), is from wood fibre from sustainable forests and bleached using processes that do not use elemental chlorine gas. The paper supplier and our catalogue printer are members of the forest stewardship council (FSC®) and the catalogue is printed using a vegetable based ink.

In our dispatch division the packing chips are from 50% recycled material and are reusable. The bubble wrap bags are made with 30% recycled material and are 100% recyclable. Even the rubber bands that the catalogues arrive bundled in, are returned to our printing company for re-use.

Now we just need Courier Post to hurry up with their goal of all products reusable, recyclable or compostable by 2025.

However, if you don't want a catalogue posted, please advise our phone operators and they will turn off the posting of them.

Kind regards

Mike Coory

Director

Products

- 7 5-HTP
- 8 7-Day Iron
- 23 Aloe Vera Gel
- 23 Aloe Vera with Colloidal Silver Gel
- 15 Bone Health
- 20 Boron and Selenium
- 15 CAA - Multi
- 19 Cacao Tea (bags)
- 11 Carnitine
- 16 Coconut Body Butter
- 13 Colloidal Silver Cream
- 13 Colloidal Silver Products
- 12 Colostrum Powder
- 10 Complete C Powder/ Tablets
- 15 CoQ10-Omega 3
- 12 Coral CAA
- 19 Cranberry
- 9 DHEA 7-Keto
- 19 Easy-Lax
- 16 Evening Primrose and Flaxseed Oil
- 7 Eye Health
- 11 Garcinia
- 22 Harmony
- 11 Healthy Joints 90/180
- 12 Immunity Support
- 9 Kelp
- 7 Liver Cleanse
- 7 Maca-X
- 21 Magnesium 60/180
- 23 Melrest

P14



Natural Sunscreen

See our latest sunscreen testing results on Page 5

P5



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

P12

NZ Only



Healthy Reading

Everything you need to know about Colloidal Silver **\$19**

Stay Healthy by supplying what's lacking in your diet

\$25 or two for **\$20ea**

New Zealand's Greatest Doctor, Ulric Williams **\$17**

Which Natural Therapies Should You Try? **\$21**

Laugh with Health **\$24** or two for **\$40**

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

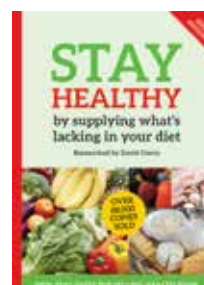
Easy Way To Stop Smoking **\$18 Special**

Heal Your Eye Problems **\$19**

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

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

The DHEA Breakthrough **\$25**



Easy and convenient apple cider vinegar capsules



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

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

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

The apple cider vinegar is turned into a powder using a unique low temperature drying process that gently removes moisture from delicate products. Once the optimal dryness has been reached the heat no longer penetrates the product, preserving all the natural colours, flavours and nutritional elements which are often lost due to overheating or over processing.

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

Other benefits:

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

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

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

\$39ea 180 capsules

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



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.



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.

How can acid fruits and juices have an alkalising effect on our body?

We now have a new product – Apple Cider Vinegar powder in capsules.

Most readers will know that I recommend we keep our body cells as close to a neutral pH as much as possible for optimum health. Ideally it should be at around pH 6.8, when measured by our saliva.

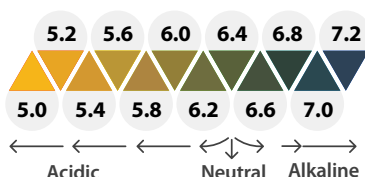
So when our product development team were discussing the making of this product, they asked me whether we should sell an acid product, they asked "Won't Apple Cider Vinegar make our bodies more acidic?"

I had to admit it was a great question and that I really didn't know the answer off the top of my head and I'd often wondered why myself. I knew the text book explanation was that healthy, unsweetened acid fruits and juices actually have an alkaline effect on our body and it was something to do with 'ash'.

But exactly how does this occur? I did some further research and it turned out the text books were right. Unsweetened acid fruits and juices do have a healthy alkaline effect on our body, but before explaining this mystery, let's take a look at why an acidic body is unhealthy.

Health risk of an acidic body

The pH scale is an acid-alkaline measurement between 0 and 14. 0 is very acidic and 14 is very alkaline.



The ideal for our body cells is a neutral pH of 6.8, best measured in our saliva. A pH level below 6.2 is said to be acidic and disease is known to thrive in an acidic body, especially many cancers.

Now we are not talking about the pH of our blood – the blood in our veins is regulated to a very precise pH 7.46. It can fluctuate as low as 7.40 and as high as 7.49, but readings outside these two limits are generally only found among psychiatric patients.

You can easily check your cell pH at home with one of our Saliva Test Strips, (see page 17). Just soak the tip of the strip with your saliva and

then compare the colour change to the colour ranges on the packet. A consistent reading of lower than 6.0 is reason for concern.

Four main causes of low pH

1. Too much acid-mineral (phosphorus) containing foods such as meat, sugar, alcohol, coffee and processed grains.
2. Not enough alkaline-mineral (potassium, calcium and magnesium) containing foods such as vegetables, fruit and dairy.
3. Long periods of stress.
4. Some pharmaceutical medications.

Free booklet on how to raise your pH

If your pH does test low, I've put together a free 17 page booklet called "Is your pH Healthy?" It shows you how to raise your saliva pH to a healthy 6.8. It also gives you a list of acid and alkaline foods and the phosphorus (acid) and calcium (alkaline) content of 500 common NZ foods. Just phone us and we'll happily include a copy with your order, or read it online at our website (click on downloads).

Reduce stress and support a deep restful sleep

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

- 2-3 per day
- Evening
- With food

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

\$33ea
60 capsules



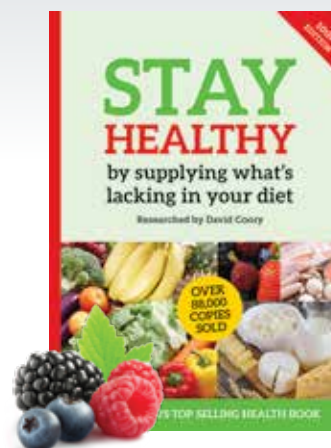
You need New Zealand's top selling health book

This is an invaluable health reference book for your home. It shows how to prevent or heal just about any diet related health problem, by making small but critical changes to your diet.

\$25ea 288 pages

\$20ea **MULTI BUY**

Buy two books and save \$10



Acid	pH
Battery Acid	1.0
Stomach Acid	2.0
Lemon Juice	2.4
Cider Vinegar	2.5
Coffee and nuts	4.5
Grains and beans	5.0
Meat (avg)	5.5
Water and Milk	7.0
Alkaline	
Fruit (avg)	8.0
Baking Soda	9.0
Vegetables (avg)	10.0
Magnesium	10.5
Washing Soda	11.0
Bleach	12.5
Caustic Soda	14.0

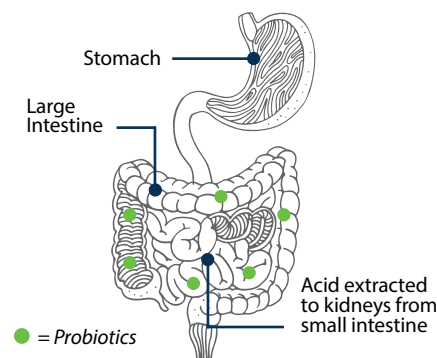
Why acid fruits and juices have an alkaline effect on the body

So back to our main question, how can unsweetened acid fruits and juices, including Apple Cider Vinegar which is very acid (pH 2.5) have a healthy, alkalising effect on our body.

The answer turns out to be relatively simple – first, the fruits or juices (not being a fat or protein) pass quickly and mostly unchanged, from our stomach into our small intestine. Here the fruit acid has a suppressing effect on any unhealthy bacteria living in our small intestine – the acetic acid of Apple Cider Vinegar is particularly effective at this.

As the fruit and juice pass along the

small intestine the liquid acid content is extracted and sent to our kidneys to be expelled in the urine. This does make our urine temporarily acid.



What remains in our small intestine is a high fibre alkaline plant residue, which scientists call 'ash'. This alkaline 'ash' then passes into our large intestine and is an excellent prebiotic food for the trillions of healthy probiotic bacteria in our large intestines. This assists our probiotics to better digest our food which ultimately has a healthy alkalising effect on our body cells.



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.

Protect your skin with our 100% Natural Sunscreen

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

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

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

Independently tested

\$19ea

50ml tube

\$29ea

100ml tube



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

Sunscreen re-testing

Last year Consumer magazine tested sunscreens and 60% failed to meet their SPF levels. Even the sunscreen testers are not meeting standards with one USA company closing and the owners of another USA company being charged with fraud. We use the respected Dermatest/Eurofins lab in Australia for all our SPF testing.

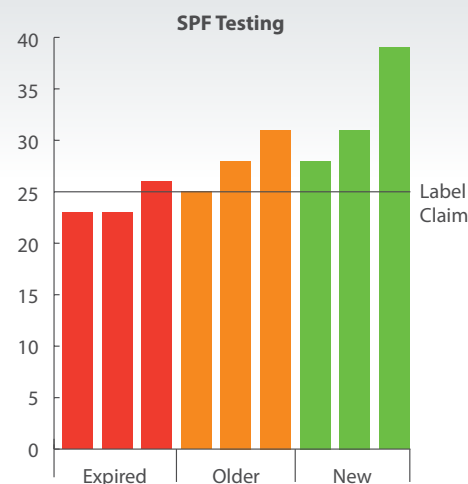
Health House Natural Sunscreen was tested when we first formulated it but we decided to do a follow up test to make sure everything was still fine.

Now testing is not an exact science as we all have different skin tones and

different reactions. As the testing is done on humans (students) there is always some variance. We tested three batches (expired, one year old and new) on three different subjects.

We are pleased that our sunscreen does meet its label claim and does so until its expiry date, but we always recommend you get new sunscreen each year.

Health House sunscreen is truly natural containing only zinc oxide and natural oils, with no nano-particles, parabens or other nasties.



Iodine deficiency re-emerging

Iodine is an essential element - our body needs it, but cannot make it on its own.

It has to come from our diet and although only small amounts are needed, iodine levels in food are generally very low, so it can be a challenge to get enough. Dietary sources of iodine include vegetables, seafood, milk and eggs. The iodine content of vegetables, fruits and grains reflects the iodine content of the soil that they were grown in and as New Zealand soils are low in iodine, levels in these foods are low. A normal diet would not give us sufficient iodine. However this is mitigated by fortifying foods with iodine and so many vegetables have iodine added. Salt often has iodine added to it. Commercially prepared bread has to be made with iodised salt making this where most people get the bulk of their iodine.

Low iodine levels used to be a common and important problem that was mostly solved with the use of iodised salt. Unfortunately there appears to be a re-emergence in iodine deficiency with the main reasons being an increased consumption of commercially-prepared foods that are often manufactured with non-iodised salt, and less salt being used generally as a result of health promotion campaigns to reduce salt intake.

There are two main problems that can arise from iodine deficiency, and it also has two other therapeutic uses:

Thyroid disease - iodine assists the thyroid gland to make hormones which maintain the body's metabolic state. Without iodine, thyroid hormone production is reduced and hypothyroidism occurs. Possible symptoms include fatigue, weakness, weight gain or increased difficulty losing weight, hair loss, constipation, depression, memory loss and infertility. One of the earliest signs may be goiter, an enlargement of the thyroid gland which can be visible in the neck area region.

Pregnancy and Breastfeeding - thyroid hormones are particularly important for normal growth and brain development in foetuses and children. If pregnant women are iodine deficient this can cause major neurodevelopmental deficits and growth retardation in the foetus, as well as miscarriage and stillbirth.

This condition in children is called cretinism and is characterised by mental retardation, deafness, spasticity, stunted growth and many other physical and neurological abnormalities. Less severe

iodine deficiency can also cause neurodevelopmental deficits such as lower-than-average intelligence as measured by IQ. Women who are pregnant or breastfeeding are recommended to take an iodine supplement (which may be part of a multivitamin preparation) and/or choose high iodine foods.

The recommended daily intake for iodine varies according to age. For children 1 to 8 years it is 90mcg a day, for 9 to 13 years, 120mcg a day and for people aged over 14 years, 150mcg a day. The RDI is higher still for breastfeeding or pregnant women, with around 250mcg a day recommended for those who are pregnant or who are breastfeeding.



ABOUT THE AUTHOR

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

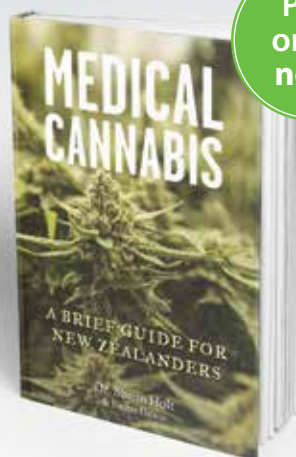
Not sure what medical cannabis is?

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

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

\$30ea 120 pages (approx.)

Available 20 September 2019



Pre-order now!



Check out the other titles by Professor Shaun Holt

See the price list for more information

Are you concerned about your eyes?



\$47ea
60 capsules

Many of us spend far too much time staring at our computers or phones and our eyes are suffering. Our Eye Health formulation can help you. We identified the vitamins and minerals vital for good eye health and combined them with lutein, zeaxanthin and bilberry.

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

1 per day Anytime With or without food



75mg of
5-Hydroxytryptophan

Reduce stress and manage your appetite

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

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

\$36ea 90 capsules

2-4 per day Anytime With food



3000mg of
organic Maca

Enhance energy and support fertility

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

If pregnant, not recommended during the first trimester.

\$35ea 60 capsules

1-2 per day Anytime With or without food

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



\$35ea
60 capsules

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

1 per day Morning With food

The benefits of apple cider vinegar

Apple cider vinegar has long been touted as a cure all for a number of different ailments – it is easily produced with apples (or apple scraps), water, sugar and time.

You may have heard of good quality apple cider vinegar containing the 'mother'. This is the strands or sediment you might see in the bottle that is made up of beneficial proteins, enzymes and bacteria that give the liquid a murky look. The main compound of apple cider vinegar is acetic acid, which has a number of health benefits.

Lowering blood pressure

Regularly taking apple cider vinegar can result in lower blood pressure. It is thought that apple cider vinegar works by reducing an enzyme present in the body called renin. Renin is responsible for regulating the body's water and blood pressure levels and therefore lowering blood pressure. Acetic acid can also help with nutrient absorption, particularly calcium which also helps to lower blood pressure.

Prevents acid reflux and heartburn

Generally, people that suffer from acid reflux actually have stomach acid with a higher pH than necessary (i.e. it is not acidic enough), so drinking apple cider vinegar can help increase this acidity and therefore the digestion of food, preventing the awful symptoms of heartburn. Medications such as omeprazole may soothe symptoms, but are actually exacerbating the root cause by reducing acidity in the stomach.

Managing blood sugar

The acetic acid present in apple cider vinegar improves insulin sensitivity, significantly lowering blood sugar levels. It can be used safely by people with diabetes, pre-diabetes (metabolic syndrome) or those that just want to manage their blood sugar levels for other reasons.

Weight loss

Acetic acid helps to stop body fat accumulation and liver lipids, effectively changing the body's response to how fats and lipids are processed. It also significantly improves digestion and can help with appetite management.

Lowers cholesterol

Regularly taking apple cider vinegar helps to increase HDL (high density lipoprotein, or 'good' cholesterol) while lowering LDL (low density lipoprotein, or 'bad' cholesterol) and triglycerides because it contains a strong antioxidant that helps to break these lipids down.

Detoxification

Apple cider vinegar can promote healthy liver and lymph function, therefore helping your body to detoxify and process excess toxins.

Apple cider vinegar is best taken prior to meals, especially breakfast. When

taking liquid apple cider vinegar, it is important to mix this with water, as straight vinegar can damage the enamel on your teeth. Ideally, a dose of between 1 teaspoon and 1 tablespoon, mixed into a glass of water should be taken a minimum of once daily. If you find it too strong, start with a lower dose and add a touch of honey for sweetness, however make sure that you don't use hot water, or this will kill a lot of the beneficial bacteria. A much easier option is to take apple cider vinegar capsules, or even use apple cider vinegar to make delicious salad dressings, which would be another way to incorporate it into your daily diet.

If you suffer from stomach ulcers or oesophageal lesions, it is best to avoid additional vinegar in your diet as this may exacerbate the symptoms.



ABOUT THE AUTHOR

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

High quality, easy to digest iron for increased energy

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

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

- 1 per week
- Anytime
- Empty stomach

\$31ea 25 capsules



Nature's best source of iodine

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

\$31ea 60 capsules

1 every 2 days

Morning

With or without food

1000mcg
of Iodine



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. However the current New Zealand average is estimated to be around 18 parts omega 6 to one part omega 3.

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

\$31ea 200 soft gel capsules

1-2 per day

Anytime

With food



Natural youth hormone

Naturally produced, DHEA declines as you age. DHEA will support your youthful vigour, mental focus and clarity of mind.

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.

\$40ea 60 capsules

1 day or every 2 days

Morning

With or without food



Sunscreen – which to choose

New Zealand is still one of the worst countries in the world for horrific skin cancers, and destructive UV rays are the main cause.

Is the word still getting put out there to protect your skin from these damaging UV rays? Of course the summer sun is harshest, but even during the winter months the sun can still damage our skin.

Use of sunscreen

For those that have been burnt severely by being too long in the sun you will remember that at the time it is happening, you often don't notice it. It is only later when the sun goes down, and then ouch and the seriousness of the situation becomes a very sore reality.

Any product needs to be reapplied after excessive sweating or swimming. Plan your time around the sun, find shade, wear light clothing, and sunglasses are important, as yes you can get melanoma in the eye. Basically don't get burnt! Seek first aid help if necessary.

The old sunscreen from last year is probably not a good option, as it may not still offer the protection you are hoping for.

Sun protection factor

The higher the sun protection factor (SPF) levels the increased possibility

that the product contains parabens and other chemicals. A sunscreen with around 25 SPF offers a good cover, generally without needing the extra chemicals used in the higher SPF products.

Sunscreens are made in two ways - either a mineral block, such as zinc oxide, titanium dioxide or other chemical inclusions. They have all been shown to offer broad spectrum protection against UVA & UVB rays.

Chemicals in sunscreens

Chemicals in sunscreens deserve close scrutiny because most are known to permeate the skin to some degree. Laboratory studies of some sunscreen chemicals indicate that they may mimic hormones and may disrupt the hormonal system. A European study in 2010 involving 54 breastfeeding mothers detected UV filter chemicals present in 85.2% of breastmilk samples.

Oxybenzone is an example of a chemical found in some sunscreens. It may act like oestrogen/estrogen in the body and has also shown sperm production changes in small animals. It also shows high rates of skin allergic reactions.

Preliminary investigations of human populations suggest a link between higher concentrations of oxybenzone and its metabolites in the body, and an increased risk of endometriosis.

While the number of chemicals in many of our daily personal care products is ridiculously excessive, there is no doubt that skin cancer is a horrific scenario, and it is important to protect our skin from damaging UV rays. It is then our own informed choice as to whether we choose a chemical or mineral sunblock. There has been no evidence of hormone disruption with mineral sunblocks.



ABOUT THE AUTHOR

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

Convenient chewable tablets

Made from our Complete C Powder, these tangy orange flavoured tablets contain three different forms of 100% absorbable vitamin C, each designed to complement the others and avoid stomach irritation.

\$37^{ea} 200 chewable tablets



3 per day Anytime With or without food

Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants.

- Fewer ills and chills and faster recovery
- Supports the production of collagen
- Assists the body to expel waste and toxins

\$37^{ea} 100g powder



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



Help your body burn calories

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

\$30ea 60 capsules

3-5 per day Morning Empty stomach



Help manage your appetite and food cravings

- ✔ The key active ingredient is hydroxycitric acid (HCA 50%-60%)
- ✔ The recommended dose of garcinia for weight management is between 3000mg and 6000mg per day
- ✔ Each capsule contains 2760mg active garcinia cambogia

\$31ea 60 capsules

Use in conjunction with a balanced diet and exercise. Consult your healthcare professional before taking if on any medication.

1-2 per day Anytime Empty stomach



How to support joint health naturally

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

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

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

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

\$70ea 90 capsules

\$104ea 180 capsules

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

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

2-3 per day Anytime With or without food



Boost your immunity

Four powerful herbs and two powerful nutrients

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

\$31ea 60 capsules

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



Supports physical and mental rejuvenation and optimum health

6000mg
of Withania



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

\$37ea 60 capsules

- 1** per day Anytime With or without food

Boost your immune system with colostrum antibodies

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

NZ only,
cannot be
exported



\$39ea
100g powder

- 1-2** per day Anytime Empty stomach

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



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

- ✓ Complete mineral and vitamin blend
- ✓ All the benefits of CAA - Multi and the benefits of Bone Health in one capsule
- ✓ Great for lighter people and children

\$47ea 60 capsules

- 1-2** per day Anytime With food



Colloidal Silver

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

Colloidal silver and bacteria

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

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

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

Is it safe?

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

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

Historic Silver Facts

1st Century

The Romans used silver to treat wounds, skin ulcers and compound fractures.



\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



Measure the content of your homemade colloidal silver

\$108ea test meter



Make your own colloidal silver

\$133ea one year guarantee

\$48pair replacement silver rods



A natural moisturising and soothing cream

\$30ea 100ml tube

Improve your everyday health

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



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

1 Triple Pack

Save \$18 off the individual product prices.

\$125ea

2 or more Triple Packs

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

\$118ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162

MULTI BUY

2 Triple Packs + 2 Probiotics

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

\$290

MULTI BUY

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

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

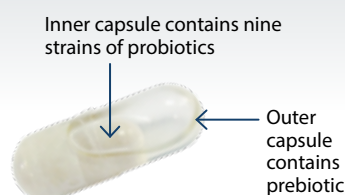
1 per day of each Morning With food

Optimum health begins in your bowel

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

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

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



Store in a cool dry place, no refrigeration needed.



Supports heart, artery and brain health

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

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

\$51ea 60 capsules

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



1 per day Morning With food



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.

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

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

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

\$47ea 60 capsules

1 per day Anytime With food

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



Keep calcium in your bones

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

\$45ea 60 capsules

1 per day Anytime With food



Beneficial for skin, hair and nails

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

\$32ea 90 soft gel capsules

2-3 per day Anytime With food

If pregnant, not recommended during first trimester.



LOVE SOFT SMOOTH SKIN?

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

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

\$21ea 60g tub

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

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.

\$31ea 100ml tube

DIRECTIONS:

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



272mg
active Sulphur

Research shows nearly 50 separate health benefits

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

\$43ea 180 capsules

1-6 per day Anytime With or without food

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

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

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

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

\$62ea

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

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



Containing important ingredients to combat ageing

\$41ea 60 capsules

2 per day Anytime With food

If taking blood medication please discuss with your health professional.



A rich all natural moisturising cream with jojoba oil, cocoa butter, shea butter, vitamin E, marine collagen and CoQ10

\$41ea 50ml tube

Clear skin starts from within

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

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

\$41ea 120 capsules

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

2-4 per day Anytime With food



pH Test Strips

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

\$15ea (five packs of 10)

A spring clean and detox for your insides

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



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

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

\$105ea

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

\$90ea **MULTI BUY**

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

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



RealSalt Refill

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

\$28ea **MULTI BUY**



RealSalt Shaker (original)

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

\$10ea 283g shaker



RealSalt Shaker (season)

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

\$16ea 234g shaker



RealSalt shaker (garlic)

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

\$16ea 234g shaker

Always read the label and only use as directed.

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



Low calorie, natural sweetening tablets for hot and cold drinks

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

\$24ea 200 tablets

Boost your antioxidant levels

Our Cacao Tea contains high levels of antioxidants and with barely a trace of caffeine it's a great drink for anytime of the day or night.



The cacao is single origin and dairy free, nut free, gluten free, soy free, GMO free and refined sugar free. Free of everything but a wonderful aroma, health benefits and a great taste. Cacao is also vegan and kosher friendly.

\$20ea 30 tea bags

Normal prostate health and urinary flow

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

\$35ea
60 capsules



1 per day **Anytime** **With or without food**
Do not take with blood thinning medication.



Promotes easy, regular bowel movements

Containing five herbs proven to be beneficial to the bowel. Easy-Lax works gently over a 12 hour period reducing wind, lubricating the colon and promoting a softer more regular motion.

\$35ea 100 capsules

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

Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

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

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

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

DIRECTIONS:

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

The bottle contains about 300 sprays.

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



\$29ea
50ml liquid

Boron and Selenium: MINERALS

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

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

New Formula

In this new formula we have replaced the selenium with selenium yeast. When yeast is grown in a selenium-enriched environment, it absorbs the selenium and converts it into the organic form of selenium naturally found in food (selenomethionine) along with two other forms (selenite and selenate).

Each of these forms of selenium have specific therapeutic benefits and based on our current scientific knowledge, the best form of supplemental selenium is believed to be a combination of these three.

The yeast's organic conversion of the selenium, helps your body metabolise and absorb a greater amount of the three forms of selenium.

The National Cancer Institute requested selenium yeast for use in its research and the Life Extension Foundation (USA), recommends the use of a mixture of several forms of selenium.

Selenium

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 single form of selenium in our CAA-Multi, but if you are looking for a more comprehensive selenium supplement (with three types of selenium) then this is the product for you.




Boron

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, 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.

\$41ea

60 capsules


-  1 per day
-  Evening
-  With food



A refreshing and rejuvenating tea

Yerba Maté Tea contains vitamins, minerals, amino acids and beneficial antioxidants.

It has been called 'the healthy alternative to coffee' due to its ability to stimulate the mind without the negative side effects of caffeine.

-  ORGANIC
-  GLUTEN FREE
-  GMO FREE
-  196 ACTIVE COMPOUNDS

\$20ea 30 tea bags



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 traditional practice.

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

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

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

 **1-3** per day

 Anytime

 With food

\$41^{ea} 60 capsules

\$99^{ea} 180 capsules

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.

400mg active Curcumin



The nutrient superstar

Magnesium is perhaps one of the most overlooked minerals. With a recommended daily intake of between 300mg and 400mg for adults, are you getting enough?

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

Without sufficient amounts of magnesium, your body simply cannot function properly. Unfortunately, this essential nutrient is lacking in most New Zealand diets.

Magnesium helps relax your mind, supports healthy blood pressure and contributes to a sound sleep.


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

\$31^{ea} 60 capsules

\$52^{ea} 180 capsules

 **1-3** per day

 Anytime

 With or without food



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 it uses a greater amount of B vitamins. Alcohol, sugar and caffeine also deplete your B vitamins.

\$37ea
60 capsules



1 per day Morning With or without food



Support your hormonal balance naturally

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

\$36ea 60 capsules

1-4 per day Anytime With or without food



Available
while stocks
last. See
Men's Boost.

Enhance both male and female libido

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

\$42ea 60 capsules

1 per day Morning With food

Vitamin B5 for heart and artery health

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

1-2 per day
 Morning
 With or without food

\$34ea
90 capsules



Would you like support for a deep, restful and healing sleep?

You can, with this improved Melrest formula.

It contains three natural active ingredients for supporting sleep.

Tart Cherry Extract: over 13kgs of fresh tart cherries are used to make 1kg of BerryShield™ Tart Cherry from Denmark. Berryshield™ test for the cherries' naturally occurring anthocyanin levels.

Chamomile Powdered Extract: chamomile tea is great for supporting sleep, so we have added a more powerful organic 4:1 powdered extract from France.

Magnesium: deficiency of this important dietary component is common especially as we get older. Magnesium helps relax your mind and supports normal sleep patterns.

Melrest also contains honey and a natural cherry flavour, so enjoying a

deep, restful healing sleep is not only easy, but can also taste great.

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

\$32ea 90ml

\$59ea 240ml



Sunburn relief and soothes skin irritations

\$15ea 50ml

\$21ea 100ml



Repairs irritations and revitalises your skin

\$17ea 50ml

\$24ea 100ml

Mitchells Products

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

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

MULTI BUY

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



\$69ea 200g tub

\$36ea 100g pouch

\$69ea 200g tub



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**

60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

QUALITY NATURAL HEALTH PRODUCTS SINCE 1986

FREE DELIVERY in New Zealand

23

Supercharge your 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, Men's Boost is right for you, or 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.

\$42ea 60 capsules

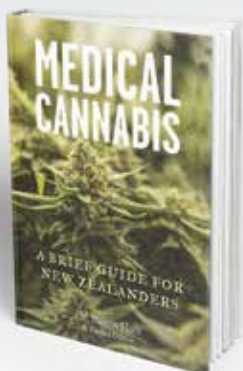
1 per day Morning With food

Not sure what medical cannabis is?

**Pre-
order
now!**

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

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



FOR MORE INFORMATION CHECK OUT WWW.HEALTHHOUSE.CO.NZ

Health House
Private Bag 12029,
Tauranga 3143, New Zealand



















New Zealand
Permit No. 193050




















Permit

ORDER FORM AND PRICE LIST

Prices valid until 31 October 2019

CUSTOMER ID

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

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 Harmony (60 capsules)	\$36		\$
 Healthy Joints (90 capsules)	\$70		\$
 Healthy Joints (180 capsules)	\$104		\$
 Healthy Joints (180 capsules) 2 OR MORE	\$93		\$
 Immunity Support (60 capsules)	\$31		\$
 Kelp (60 capsules)	\$31		\$
 Liver Cleanse (60 capsules)	\$35		\$
 Maca-X (60 capsules)	\$35		\$
 Magnesium (60 capsules)	\$31		\$
 Magnesium (180 capsules)	\$52		\$
Melrest (90ml)	\$32		\$
Melrest (240ml)	\$59		\$
 Men's Boost (60 capsules) New	\$42		\$
Mitchells Bone Broth (100g pouch)	\$36		\$
Mitchells Bone Broth (200g tub)	\$69		\$
Mitchells Collagen Repair (200g tub)	\$69		\$
Mitchells Products 2 OR MORE <input type="checkbox"/> Bone Broth <input type="checkbox"/> Collagen repair	\$59		\$
 MSM Sulphur (180 capsules)	\$43		\$
 Omega 3 Fish Oil (200 capsules)	\$31		\$
 Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$125		\$
 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	\$118		\$
Pain-Eze (100ml tube)	\$31		\$
pH Test Strips (5 packs of 10)	\$15		\$
 Potion No. 9 (60 capsules)	\$42		\$
 Probiotic Multi 9 (60 capsules)	\$41		\$
 Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$37		\$
RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$28		\$
RealSalt Refill Pouch (737g)	\$23		\$
RealSalt Shaker Garlic (234g)	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Season (234g)	\$16		\$
RealSalt wooden gift pack	\$39		\$
 Relax (60 capsules)	\$33		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Salicylic Acid Gel (50ml tube)	\$27		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$41		\$
Silver Rods (pair)	\$48		\$
Sunscreen (50ml tube)	\$19		\$
Sunscreen (100ml tube)	\$29		\$
☼ Skin Clear (120 capsules)	\$41		\$
☼ Sweet Stevia Tablets (200 tablets)	\$24		\$
Throat Spray (50ml) New glass bottle	\$29		\$
☼ Turmeric (60 capsules)	\$41		\$
☼ Turmeric (180 capsules)	\$99		\$
☼ Turn Back Time Capsules (60 capsules)	\$41		\$
Turn Back Time Cream (50ml tube)	\$41		\$
Turn Back Time Combo (50ml cream and capsules)	\$62		\$
Ultimate Cleanse kit (410 capsules)	\$105		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$90		\$
☼ Vitamin B5 (90 capsules)	\$34		\$
☼ Vitamin B Complex (60 capsules)	\$37		\$
☼ Withania (60 capsules)	\$37		\$
Yerba Maté Tea (30 herbal tea bags)	\$20		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$
Heal your Eye Problems	\$19		\$



FOUR OR MORE PRICING

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

HOW TO ORDER

FREE PHONE

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

FAX NUMBER

0800 140 142 (NZ) International +64 7 530493

VISIT OUR WEBSITE
www.healthhouse.co.nz

DIRECT BANKING

STEP 1: Call us to place your order.
STEP 2: Deposit payment into Westpac bank account 03 1548 0039888 00.
Use your customer ID as the reference.
As soon as your payment shows, your order will be dispatched.

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

☐ I have bought four or more of the icon products **- \$20**

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Please tick your preference

☐ No signature required
☐ Signature required (Sorry, not rural delivery)

CUSTOMER ID

Name

Address

Phone Post code

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

Credit Card Number

Cheque ☐ Visa ☐ Mastercard ☐ Exp. date / Security code

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



VISIT OUR SHOP

1 Whakakake Street, Tauriko, Tauranga.
OPEN FIVE DAYS A WEEK Mon - Fri 8.30am - 4.30pm.

FREEPOST

Fill out this order form and send to:
Freepost Authority Number 206782
Health House, Private Bag 12029, Tauranga, 3143.
Include your cheque or credit card details.