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& OPERATED

Naturally *deal with* STRESS

This issue contains articles
and products to help.

WITHANIA / ASHWAGANDHA

By David Coory - pages 4-5

Modulating your body's response to stress

By Nadia - page 7

**NATURAL THERAPIES
FOR STRESS**

By Shaun - page 8

COPING WITH STRESS AND WORRY

By Denise - page 10



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60 DAY MONEY BACK GUARANTEE

PP6297

WHAT'S NEW

We have decided to dedicate this catalogue to dealing with stress. It all came about due to a personal experience affecting David's wife (and my mother) which seems to have resulted from the COVID-19 lockdown.

We know that a lot of people were (or are) affected by stress, whether it is from fear of illness, worry about work, finances and all the other issues flowing through the community at this time.

I have to admit that running the business during lockdown was one of the most difficult trading experiences I have undertaken for a while. That's coming from someone who is trying to work through all the myriad of licencing for medical cannabis as well as building complicated pharmaceutical growing rooms.

Keeping everyone safe while still producing our products was a delicate balancing act and then of course we had extra audit activity from Ministry of Primary Industries (MPI). Fortunately we have good systems and procedures in our business for people and product safety and we constantly work on improving them.

In this catalogue

David is talking about Withania (Ashwagandha) and the benefits this special herb can provide.

Shaun updated one of his articles about stress, while Denise looks at physical ways of dealing with this problem and Nadia talks about some herbal methods.

With summer on its way, hopefully we can all spend some time outdoors, get vitamin D from the sun and take some time off to enjoy this beautiful country, while supporting NZ businesses.

Kind regards

Mike Coory

Director

Products

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Optimum Health Triple Pack

Improve your everyday health

P15



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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**

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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**

Medical Cannabis **\$30**

Limited Stock

Stay Healthy Book 10th Edition



Reduce your stress levels with Withania

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




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

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

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

Benefits

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

 1 per day  Anytime  With or without food



6000mg of active withania/ashwagandha & 18mg withanolides



\$37ea
60 capsules

OUR PROMISE TO YOU

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

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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.



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

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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.



Withania / Ashwagandha

The most effective calming herb in 5000 years of natural health

During the past year, my sweet wife Marie was beginning to suffer from fearfulness and not wanting to venture out from home or drive in traffic. She tried one popular natural remedy, but it only made her feel worse.

My daughter Teresa, who works for Health House, recommended that she try the herb Withania (which is another name for Ashwagandha) as she receives so much positive feedback from users. So Marie began taking one capsule a day. The improvement was immediate. Her fearfulness diminished,

she began driving again, sleeping like a baby and she gained a boost in energy.

Impressive scientific studies

I was impressed, so I did some more research into this herb and was even more impressed. There are over 14,000 studies in which this herb is mentioned, and in every instance I saw, the results were favourable, especially in stress related disorders. In fact there was hardly any mind or body disorder that wasn't normalised or improved, and no harmful or unpleasant side effects were reported.

The most common reports were a calming and clearing of the mind, deeper sleep, normalising of body

functions, increased libido and more energy. But also reported were, reduced inflammation, normalising of lipid blood fats and cholesterol, increased production of immune system red and white blood cells, improved skin tone, normalising of thyroid function, less sore joints and improved growth in children.

Glowing reports from practising Herbalists

I also found practising Herbalists all around the world, glowing in their testimonies of the healthful effects on their patients from Ashwagandha, especially its calming effects, its boosting of vitality, improved sleep and clearing of the mind. Christchurch Herbalist Richard Whelan writes,

You need New Zealand's top selling health book

This is an invaluable health reference book for your home.

Updated in 2016, this edition of New Zealand's most popular and easy to understand health book (over 93,000 copies sold) is packed full of priceless health information.

Enjoy optimum health from your diet

This book shows you how to dramatically improve your health by making small but critical changes to your diet. When you supply your body with the correct balance of minerals,

vitamins and fats, you will enjoy a clearer mind, sharper memory, sound heart, efficient immune system, clear arteries, healthy bones, loads of energy, a worry free outlook on life and refreshing sleep.

\$25ea 288 pages

\$20ea

MULTI BUY

Buy two books and save \$10

Limited Stock.
New edition due 2021



"People sleep better, they feel less irritable and it takes more to get them upset. I notice that people look a little younger after a short while of taking Ashwagandha and I guess this is because they are frowning less and smiling more!"

A very safe herb

Richard also states, "Ashwagandha has been used by millions of people for thousands of years with no adverse reactions reported or expected for this herb." (However as Ashwagandha appears to normalise thyroid function, if you are taking thyroid medication you should let your doctor know.)



Withania root and powder

Where does Ashwagandha come from?

Ashwagandha herbal powder is made from the dried root of a shrub by the same name. It grows about knee-high in hot, dry conditions and has red berries inside yellow pods. The root powder has an aroma that's described as 'horse-like' which is how the plant gets its name. 'Ashwa' is Sanskrit

for 'horse' and 'gandha' is 'smell'. Traditionally the herb is said to 'Instill the vitality of a horse.'

Amazing results of a double-blind study on 64 stressed men and women

A clinical trial was done in India to determine the reduction of stress and worry in 64 healthy men and women between 18 and 54 with a history of chronic stress. Half the group took one 300mg capsule of concentrated Ashwagandha root extract twice a day after food, with water for 60 days, and the other half, the placebo group took a look-a-like capsule.

Using industry standard stress-assessment questionnaires, after 60 days the results of the Ashwagandha group showed a huge 73% reduction in stress symptoms from their baseline figures. Whereas the placebo group only averaged 2%, even though stress management talks were part of the study. The stress hormone cortisol also dropped 28% in the Ashwagandha group. 'Indian Journal of Psychological Medicine' 2012 34(3): 255-262

What Christchurch Herbalist Richard Whelan is finding in his practice

"What happens after a while, usually about a week, I hear people say things like – they feel more motivated and have been getting more things done. This is a sign of true tonic effect – first it relaxes you, then it turns round and starts energising you."

"I find it so helpful in clinical practice where many of my patients have been ill

for a long time. The increased sleep and relaxation moves the healing process along."

"I could no more imagine treating people's tiredness without Withania (Ashwagandha) than I could treat immune problems without Echinacea."

"People in their 60s, 70s, 80s and beyond do very well on Ashwagandha and, so long as they keep taking it for long enough you see a consistent renewal of vitality and improved health."

"I think this is the single most important herb to help a person with a low thyroid function. The improving numbers from lab tests speak for themselves."

"Speaking for myself, but also having experimented with many students and colleagues, I can say that the energy of this humble looking but potent herb can usually be felt right down at the very core – in one's bone marrow you might say. It truly is quite a remarkable tonic, but I think you will have to try it for yourself to see what I mean."



ABOUT THE AUTHOR

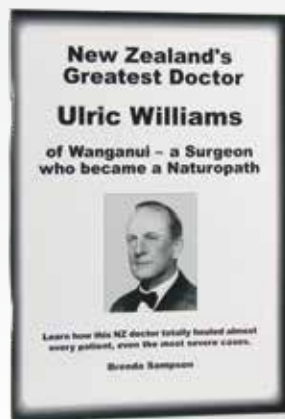
David Coory is the founder of Health House and author of Stay Healthy by supplying what's lacking in your diet, New Zealand's top selling health book.

Wise words from Dr Ulric are still valid today

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

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

\$17ea 96 pages



pH Test Strips

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

\$15ea
(five packs of 10)



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

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.

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

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

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

\$31ea
60 capsules

\$52ea
180 capsules



Energy boost and stress relief

B vitamins are water soluble so your body does not retain them in your fat stores like minerals and other vitamins. So although you might get more than enough B vitamins one day you might be low the next day, depending on your diet.

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




All B vitamins are sensitive to heat, light, processing, milling, preservatives and cooking. These processes, so common in the manufacturing and preparation of our modern western foods, means less of these essential vitamins are available than if consuming whole, fresh, raw food.

As with all vitamins, ideally we should get them from a healthy balanced

diet. That can be difficult these days even with the best of intentions. If a person's diet is lacking in B vitamins, or they are simply unsure they are consuming enough, then usually a good multivitamin like CAA will top up B vitamin levels.

\$37ea
60 capsules



 **1** per day  Morning  With or without food

Modulating your body's response to stress

With the way that 2020 has been going so far, I think we can all be forgiven for feeling a little more stressed than we normally might!



There has been so much going on around the world on top of the day to day stress that we deal with regardless of a pandemic and economic uncertainty.

There are things that we can do to help us cope with stress including herbal medicine, good nutrition and supplementation, breathing, meditation and mindfulness techniques, outlets and hobbies such as sport or crafts, optimal sleep and social engagement (which of course was difficult during level 4 lockdown).

There are a number of herbs, vitamins and minerals that can work to modulate your body's response to stress, by making sure that your adrenal glands are working optimally and not flooding the body with too much cortisol. One of my favourite herbs for this is withania, which I have written about in previous catalogues (this article is available at www.healthhouse.co.nz/articles/withania-somnifera should you wish to read it again).

The gut-brain connection is an important factor in how your body deals with stress and anxiety. A diet high in whole foods with a focus on healthy fats (especially omega 3 oils), vitamin C and probiotic rich food and low in processed, sugary food can make a huge difference to your stress response and anxiety levels. The GAPS (Gut and Psychology) diet by Dr Natasha Campbell-McBride is a book that has detailed information on how this works and very specific dietary recommendations to follow for good gut and brain health.

Meditation can seem overwhelming – it can be a real struggle to clear your mind without unwanted thoughts

running through your head. If you can, just focus on each breath. Breathe in for a count of five, and out for a count of 10, making sure that you are breathing from your diaphragm rather than your lungs. If you put your hand on your chest, you should not feel it rise. Even just five minutes twice a day of this diaphragmatic breathing can make a big difference to your stress levels.

Any hobbies that you have whether it be walking, sport, knitting, colouring in or playing cards or board games are a great way to distract your mind and allow you to focus on something different, even if it is just for a short time. Sometimes a short time is all we need to reduce our stress levels!

Social engagement is also important, whether it's talking to friends or family on the phone, meeting for coffee or even just talking to someone at the supermarket, it can lift your spirits and make a big difference to your mood just to interact with other people.

Ultimately, in these uncertain times (which thankfully are improving) it is important to take care of yourself. Make sure you're checking in on family or friends, especially those that live alone and focus on breathing, good food and recognise when you may need to change your routine in order to maintain healthy stress levels.



ABOUT THE AUTHOR

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

GLASS BOTTLE

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



Natural therapies for stress

Stress is defined as a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

It seems that most of us are stressed these days. A bit of stress at the right time is useful. For example, if you are being chased down the street by muggers, the stress that this causes triggers a surge in adrenaline and a "fight or flight" response from the body. Your blood pressure rises, respiratory rate increases, heart rate increases, muscles tense etc etc. In this situation these short-term effects are useful as they can help you physically perform better and help you to run away faster and escape danger.

However long-term, ongoing stress, resulting from things such as worries about health issues, family issues, employment problems etc, results in these physical effects being present all or most of the time. Over time, this can take a huge toll on the body, contributing to high blood pressure, blocked arteries, lack of sleep and brain changes that can lead to anxiety, depression, and addiction.

Because reducing stress is so important, I promote any natural therapy that can help. People are often surprised that I recommend therapies such as aromatherapy, music therapy, yoga and relaxation. But these have all been shown to reduce stress, which is

arguably one of the most important things we need to do to be healthy.

Some supplements can also help, including:

B Vitamins. Many people take B vitamins to reduce stress. A promising study found that increasing vitamin B intake could potentially reduce work-related stress. In this three month trial, participants were given a course of either high dose vitamin B supplements or a placebo, participants taking vitamin B experienced an almost 20% improvement in stress levels.

Kava Kava. This is derived from the kava plant and has been historically used among Pacific Island cultures as a relaxing drink and in cultural ceremonies. Studies concluded that kava significantly lowers anxiety and stress. However care must be taken as it has been implicated in a number of cases of liver failure.

Passionflower. This is a plant from North and South America for sleep disorders, nervous tension, and stress. There have not been many clinical studies to test it, but those that have been done are generally positive.

Valerian Root. This dietary supplement has a long history of use



for the treatment of anxiety. It has been well studied and reduced stress in healthy volunteers who were placed in stressful social conditions. Valerian is considered safe if used appropriately and for short-term periods but some people can feel sluggish in the morning after taking valerian, and it is best not to drive after taking valerian.

Lemon Balm. A few small studies have found lemon balm can help with calmness and reduce anxiety. For example, in a study a dose of 1600mg of dried lemon balm was associated with increased self-reported calmness for up to six hours after ingestion. Based on this and other small studies, lemon balm appears to have a positive effect on stress, with few if any side effects.



ABOUT THE AUTHOR

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

Want a deep, restful and healing sleep?

You can, with this improved Melrest formula.

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

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

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

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

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

- ✓ General Health
- ✓ Stress/Sleep

\$39^{ea} 240ml

Expiry date Dec 2020
While stocks last



Nutrient Support for a Vegan Lifestyle

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

Benefits

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

\$31ea 60 capsules

- 1 per day
- Anytime
- With food



Research shows nearly 50 separate health benefits



272mg of active sulphur

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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.

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- Anytime
- With or without food

Healthy reading

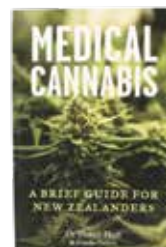
Popular titles written by Professor Shaun Holt.

Medical Cannabis

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

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

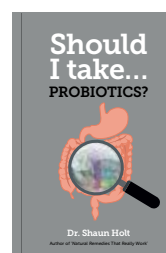
\$30ea 133 pages



Should I Take Probiotics?

This easy to read and understand book tells you what probiotics are and shows you what to look for when choosing a product. It also tells you what all the research means in terms of health benefits for you. After reading this book, you will be able to make an informed choice on whether you should take probiotics.

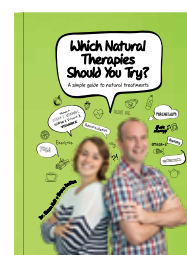
\$19ea 82 pages



Which Natural Therapies Should You Try?

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

\$21ea 135 pages



Should I Take Fish Oil?

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

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

\$20ea 84 pages





Coping with stress and worry

Hans Selye says in his book *The Stress of Life* :

"Stress is not even necessarily bad for you; it is also the spice of life, for any emotion, any activity causes stress. But, of course, your system must be prepared to take it."

So basically we may not be able to take away our stressors we ideally need to make a strong body to cope.

It is not a stressor that determines the response – it is the individual's internal reaction, which then triggers the response. The internal reaction is of course so individual that what one perceives as stress may be of no concern to another.

There will never be only one answer to our wellness - though every small positive step is a step in the right direction. Look closely at your sleep patterns because if you are not getting adequate sleep it will be harder for all daily activities and will confuse your thinking. Aim for a routine with your sleep, slow down in the evening preferably with no social media or computer games. If mind chatter is

keeping you awake at night with all that you have to do - try bach flower White Chestnut - tis a wee miracle worker. You will find bach flowers through a natural health practitioner or at a health food store. There are 38 bach flowers altogether and they can gently help ease negative thoughts and patterns. Rescue remedy is made up of five bach flowers and is appropriate for anything that creates fear and panic in an individual. They are wonderfully gentle in their healing.

Exercise has been written often as an anti-depressant - and there is no doubt moving the body does create 'feel good' endorphins. Any form of exercise is relevant, just move - as we age it may be that the movement becomes more placement of limbs rather than speedy aerobic classes. Walking is difficult to beat - so if you can walk do so - get out to your local beach or out in our beautiful bush and feel that amazing energy.

Meditation does not have to be just sit and be still - it can be active as well - out in New Zealand's native bush is meditative in its own right. Be quiet with your thoughts and you will often find the answer you may have been seeking.

It is true that sometimes we can be our own worst enemy in that we can as humans worry. It gets us no where apart from an early grave. Really when we stand back and look at the situation

we find that the worry is a waste of time - often it does not happen or if it does we work our way through it anyway, one step at a time. I have said to my clients before if you cannot stop worrying try it for just ten minutes a day, set a time and sit and worry solid for ten minutes. This will help you see how really foolish it is.

Don't worry, be happy, is so easy to say, but it takes practice to put in place. Make a plan to move forward, create a SMART goal (Specific, Measurable, Attainable, Realistic and with a Time line) and plan your way out.

Seek out support where necessary. The more alone we feel the more stressed life can feel, because a feeling of lack of support can be overwhelming. Please reach out.

Without a doubt the most important thing is to be kind to yourself !!



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.

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





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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 per day or every 2 days Morning With or without food



Vitamin B5 for heart and artery health

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

\$34ea 90 capsules

1-2 per day Morning With or without food



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.

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

Serotonin is a neurotransmitter generally thought to be the contributor to feelings of well being and happiness, along with regulation of mood, appetite and sleep.

It can also help manage food cravings and support weight management.

Each capsule contains 75mg of 5-HTP.

- Feeling of well being
- Relaxing and calming effects
- Helps manage food cravings
- Support for weight management
- Supports the production of serotonin in the brain

\$36ea 90 capsules

2-4 per day Anytime With food

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

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.

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

- 🌿 1 per day
- 🌞 Morning
- 🍴 With food

\$42ea
60 capsules



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Three forms of vitamin C and six powerful antioxidants.

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

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

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

Complete C Powder

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

\$37ea 100g powder

Convenient chewable tablets

- 🌿 3 per day
- 🌞 Anytime
- 🍴 With or without food

\$37ea 200 chewable tablets



Boost your immunity

Four powerful herbs and two powerful nutrients.

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

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

\$31ea 60 capsules

- 🌿 1-2 Maintenance dose
- 🌿 3-6 When unwell
- 🌞 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

Middle Ages

Silver cutlery and vessels were used by nobility as protection against disease and plague.



\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



Measure the content of your homemade colloidal silver

\$108ea test meter



Make your own colloidal silver

\$133ea one year guarantee

\$48pair replacement silver rods



New Look

A natural moisturising and soothing cream

\$30ea 100ml tube

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



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



Keep calcium in your bones

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

\$45ea 60 capsules

1 per day Anytime With food

Improve your everyday health

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



Available in non-sulphur and non-iron versions

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

1 Triple Pack

Save \$18 off the individual product prices.

\$125ea

2 or more Triple Packs

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

\$118ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$162

MULTI BUY

2 Triple Packs + 2 Probiotics

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

\$290

MULTI BUY

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

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

1 per day of each Morning With food

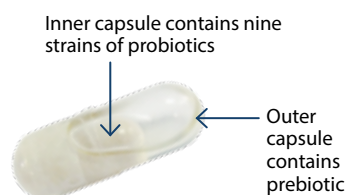
Optimum health begins in your bowel

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

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

\$41ea 60 capsules

1-2 per day Anytime Empty stomach



Store in a cool dry place, no refrigeration needed.



Joint mobility, digestion and general health

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

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

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

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

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

\$41ea 60 capsules

\$99ea 180 capsules

1-3 per day

Anytime

With food



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

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

New Formula

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

Zinc 10mg active

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

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

Selenium 150mcg active

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

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

Boron 10mg active

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

1 per day

Evening

With food



\$41ea

60 capsules

Enhance both male and female libido

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

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

\$42ea 60 capsules

1 per day

Morning

With food





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



Nature's best source of iodine

Certified
organic from
Rangiora

Sourced from New Zealand waters

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

\$31ea 60 capsules

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



Triple strength fish oil for brain and artery health

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

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.

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

\$31ea
200 soft gel capsules



1-2 per day Anytime With food

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

Always read the label and only use as directed.

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.

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



How to support joint health naturally

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

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

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

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

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

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

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

\$70ea 90 capsules

\$104ea 180 capsules

MULTI BUY

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

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



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.

Collagen Peptides: Bovine collagen for skin, hair, nails and joint support. 200g - 25 serves.




Collagen Peptides: Marine collagen for skin, hair, nails and joint support. 200g - 25 serves. **New**



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

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

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.



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.

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

\$41ea 120 capsules

-  **2-4** per day
-  Anytime
-  With 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 protect and restore the liver from toxic damage.

\$35ea 60 capsules

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



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

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

\$47ea 60 capsules

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





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

\$15ea 50ml

\$21ea 100ml



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

\$17ea 50ml

\$24ea 100ml



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**

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

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

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

\$41ea 50ml tube

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

\$41ea 60 capsules

Take one morning and night with food.

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

\$62ea Combo

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



\$62ea
combo
save \$20

Love soft smooth skin?

Treat yourself, or a friend to our 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 tin

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



SPECIAL
Buy one get one free- while stocks last.
Nov 2020 expiry



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



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.



Easy and convenient apple cider vinegar capsules

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

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

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

Taken regularly apple cider vinegar supports the digestive system and can support balanced blood sugar

levels and pH levels in the body. It has been known to support normal blood pressure and cholesterol levels.

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

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

3 per day Anytime With or without food

one capsule = one teaspoon



\$39ea
180 capsules



Time for a spring detox

The Ultimate Cleanse

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



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

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

\$105ea

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

\$90ea **MULTI BUY**

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

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



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

Sorry we are currently out of stock, awaiting delivery from the USA



RealSalt shaker (garlic)

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

\$16ea 234g shaker



One tablet =
approximately
one teaspoon
of sugar

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



Help your body burn calories

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

When you exercise, it increases your energy as your stored fat is burned. Carnitine keeps you warmer both day and night.

- ✓ 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



Are you concerned about your eyes?



\$47ea
60 capsules

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

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

1 per day Anytime With or without food



Normal urinary flow and supports urinary tract health

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

\$35ea 60 capsules

Do not take with blood thinning medication.

1 per day Anytime With or without food

Reduce stress and **SUPPORT** A DEEP RESTFUL SLEEP

A blend of the world's three most relaxing and calming herbs - valerian, hops and kava.

This along with magnesium promotes a general sense of well being and supports a peaceful relaxing sleep without chemicals.

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

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

 **2-3** per day  Evening  With food

Relaxing
and Calming
Effects



\$33ea
60 capsules

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.

Our sunscreen has been independently tested by the Dermatest Laboratory in

Australia and meets the latest NZ/AUS standards.

Ingredients: Sweet almond oil, zinc oxide, coconut oil, macadamia nut oil, shea butter, silica, natural fragrance, vitamin E.

Independently Tested

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

\$19ea
50ml tube



















\$29ea
100ml tube






















ORDER FORM AND PRICE LIST

Prices valid until 31 October 2020

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)	\$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		\$
 Carnitine (60 capsules)	\$30		\$
Coconut Body Butter (60g) Buy one get one free - while stocks last - Nov 2020 expiry	\$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		\$
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) Temporarily out of stock, awaiting ingredient.	\$40		\$
Dude's Face Cream (60g) While stocks last	\$21		\$
 Easy-Lax (100 capsules)	\$35		\$
 Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
 Eye Health (60 Capsules)	\$47		\$
Geezer's Face Cream (60g) While stocks last	\$21		\$
 Harmony (60 capsules)	\$36		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
 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 (240ml) Close to expiry special - while stocks last	\$39		\$
 Men's Boost (60 Capsules)	\$42		\$
Mitchells Bone Broth (100g pouch)	\$36		\$
Mitchells Bone Broth (200g tub)	\$69		\$
Mitchells Collagen Peptides - Bovine (200g tub)	\$49		\$
Mitchells Collagen Peptides - Marine (200g tub) New	\$59		
Mitchells Collagen Repair (200g tub)	\$69		\$
 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) <i>Sorry we are currently out of stock, awaiting delivery from the USA</i>	\$16		\$
RealSalt Shaker Original (283g)	\$10		\$
RealSalt Shaker Season (234g) <i>Sorry we are currently out of stock, awaiting delivery from the USA</i>	\$16		\$
RealSalt wooden gift pack While stocks last	\$39		\$
 Relax (60 capsules)	\$33		\$
Salicylic Acid Gel (50ml tube)	\$27		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
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) 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		\$
Vegan Boost (60 capsules)	\$31		\$
Vitamin B5 (90 capsules)	\$34		\$
Vitamin B Complex (60 capsules)	\$37		\$
Withania (60 capsules)	\$37		\$
BOOKS	PRICE EACH	QUANTITY	TOTAL
Colostrum - Life's first food	\$20		\$
DHEA Breakthrough	\$25		\$
Easy Way to Stop Smoking Clearance special while stocks last	\$18		\$
Everything you need to know about Colloidal Silver	\$19		\$
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.

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	\$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.

HOW TO ORDER

FREE PHONE

NZ 0800 140 141 – AUS 1800 140 141

Other countries call +64 7 543 0491

Operators available 24/7 – 365 days

FAX NUMBER

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

DIRECT BANKING

STEP 1: Call us to place your order.
STEP 2: Deposit payment into Westpac bank account 03 1548 0039888 00.

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

VISIT OUR SHOP

1 Whakakake Street, Tauriko, Tauranga.

OPEN FIVE DAYS A WEEK Mon - Fri 8.30am - 4.30pm.

FREEPOST

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