

## Optimum Health Triple Pack

David Coory - health researcher and author of New Zealand's top selling health book "Stay Healthy - by supplying what's lacking in your diet" explains why he highly recommends the Triple Pack.

*“I formulated the three Triple Pack products, to provide the average New Zealander with all of the minerals, vitamins, omega 3 and antioxidants needed for optimum health, especially those lacking in the typical Kiwi diet. They are as good as I can make them, and I improve them whenever possible. I take the Triple Pack myself and really feel the difference in my body when it's supplied with every nutrient needed for optimum 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.

This supplement approach to optimum health is proven by New Zealand farming experience with animals. Also by the testimonials received from our customers.

A common comment we hear from users of the Triple Pack is -

*“I can't believe how much better I feel and sleep. I don't know what was missing, but I know I'm now receiving it.”*

## BENEFITS

- All the minerals needed for optimum health
- All the vitamins needed for optimum health
- All the omega oils needed for optimum health
- All the antioxidants needed for optimum health



**FREE**  
capsule case  
with every  
triple pack if  
requested

Seven daily compartments for your convenience.

When you supply your body with the correct balance of minerals, vitamins, omega oils and antioxidants you can dramatically improve your health.

### Two months supply of

- 1 bottle (60 capsules) of CAA - Multi
- 1 bottle (60 soft gel capsules) of CoQ10-Omega 3
- 1 bottle (60 capsules) of Bone Health

## DIRECTIONS

Take one capsule of each product daily with food.

**Storage** Store away from direct sunlight, heat and humidity. Keep sealed after opening.

Always read the label and use only as directed. Supplements should not replace a balanced diet. If you are on prescribed medication, (especially blood medication) please consult with your doctor.



1 Whakakake Street, Tauranga, 3110 New Zealand  
Private Bag 12029, Tauranga 3143, New Zealand  
0800 140 141 (NZ) 1800 140 141 (AUS) +64 7 543 0491 (INT)

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

 60 day money back guarantee

 Free Delivery within New Zealand



# Optimum Health Triple Pack

All the essential minerals, vitamins, CoQ10, antioxidants and Omega 3 oils for optimal health.



# Optimum Health Triple Pack

The development of the Triple Pack commenced when David Coory read a book written by Percy Weston (an Australian sheep farmer) called "Cancer: Cause and Cure."

Percy Weston's book detailed his life experiences, which began when his sheep started suffering from serious illnesses. He traced the problem to a lack of minerals in the soil and the highly acidic super phosphate fertiliser, which had upset the soil's mineral balance. After much experimenting, Percy was able to save his sheep with a salt lick containing the depleted minerals.

At age 39, Percy himself also became seriously ill. When orthodox medicine could not heal him, he began to take the same mineral powders that had saved his sheep. In just four months, he was no longer ill and lived to be 100 years old.

Over 25 years ago while researching his own father's ill health, David immediately recognised the importance of Percy's findings. David then formulated CAA, (now named CAA - Multi) specifically for New Zealanders. He added the minerals known to be lacking in our soil and also added important vitamins and antioxidants missing from our food chain.

We believe that this is the most complete supplement on the market. All ingredients are the best quality and the most bio-available for your optimum health. (We constantly monitor and when necessary revise the formulations to ensure they are as good as we can make them).

The success of this formulation and the information found when authoring his best selling NZ health book "Stay Healthy - by supplying what's lacking in your diet", led to the development of the other products in the Triple Pack.

The Triple Pack contains all the minerals, vitamins, omega oils and antioxidants required for optimum health and in the correct balance for our New Zealand conditions.

## CAA - Multi

**A New Zealand formulation of minerals and vitamins**

CAA - Multi is a high quality mineral and vitamin blend, based on research by Australian farmer Percy Weston, who lived to be 100 years old. CAA - Multi is made for New Zealand conditions by the addition of those minerals lacking in New Zealand soils. It has proven highly effective in helping the body avoid and heal itself of numerous health problems.

	Ingredients per capsule	Weight	Active
MINERALS	Boron (chelated)	50 mg	2.5 mg
	Chromium (polynicotinate)	250 mcg	30 mcg
	Copper (gluconate)	11 mg	1.5 mg
	Iodine (natural from sea kelp)	20 mg	100 mcg
	Iron (chelated)	25 mg	5 mg
	Magnesium (citrate complex)	435 mg	87 mg
	Manganese (chelated)	32 mg	6.4 mg
	Potassium (potassium chloride)	153 mg	80 mg
	Selenium (amino acid chelate)	12.5 mg	125 mcg
	Silica (bamboo extract)	20 mg	14 mg
	Sulphur (MSM non-allergenic)	75 mg	75 mg
	Zinc (zinc citrate)	33 mg	10 mg
VITAMINS	Antioxidants & Bioflavonoids	25 mg	25 mg
	Vitamin A (beta carotene) - 1800 IU	5mg	500mcg
	Vitamin B1 (thiamine)	1000 mcg	1000 mcg
	Vitamin B2 (riboflavin)	1000 mcg	1000 mcg
	Vitamin B3 (niacinamide)	10 mg	10 mg
	Vitamin B5 (calcium pantothenate)	8 mg	8 mg
	Vitamin B6 (pyridoxine)	1000 mcg	1000 mcg
	Vitamin B9 (folic acid)	300 mcg	300 mcg
	Vitamin B12 (high absorption)	50 mcg	50 mcg
	Vitamin C	35 mg	35 mg
	Vitamin D (natural) - 1000 IU	10 mg	25 mcg
	Vitamin E (natural) - 15 IU	10 mg	10 mg

Encapsulating aids | Gluten, dairy and soy free



REGULAR



NON IRON



NON SULPHUR

## CoQ10-Omega 3

**Energy boost – heart and artery health**

CoQ10 is a natural enzyme made by the body, especially during youth and is vital for life long muscle energy and a healthy, alert old age. It supports blood health and mental clarity. CoQ10-Omega 3 uses the highest quality naturally fermented, Japanese CoQ10. You also get a high amount of omega 3 from high potency, pure concentrated fish oil and natural vitamin A and D from time proven cod liver oil.

Ingredients per capsule	Weight	Active
Concentrated Fish Oil	700mg	
Cod Liver Oil	225mg	
CoQ10 (Ubidecarenone)	75mg	
Omega 3 (Total)		500mg
Omega 3 (DHA)		190mg
Omega 3 (EPA)		270mg
Omega 3 (Other)		40mg
Omega 6		70mg
Vitamin A		360IU
Vitamin D		25IU



## Bone Health

**A calcium supplement that won't build up in your arteries**

Calcium is vital for bone health and coral calcium is the best. The calcium in Bone Health is from organic deposits found above sea level. Your bones only absorb calcium when enough magnesium is available, so Bone Health contains the scientifically proven optimum ratio of 2 parts calcium to 1 part magnesium. The added natural vitamin K2 and vitamin D3 further helps your bones absorb calcium and prevents it from building up in your arteries.

Ingredients per capsule	Weight	Active
Coral Calcium	500mg	
Calcium		170mg
Magnesium		7mg
Magnesium Citrate Complex	485mg	97mg
Vitamin K2 (Menaquinone-7)	22mg	44mcg
Vitamin D3 (1000 IU)	10mg	25mcg

Encapsulating aids

