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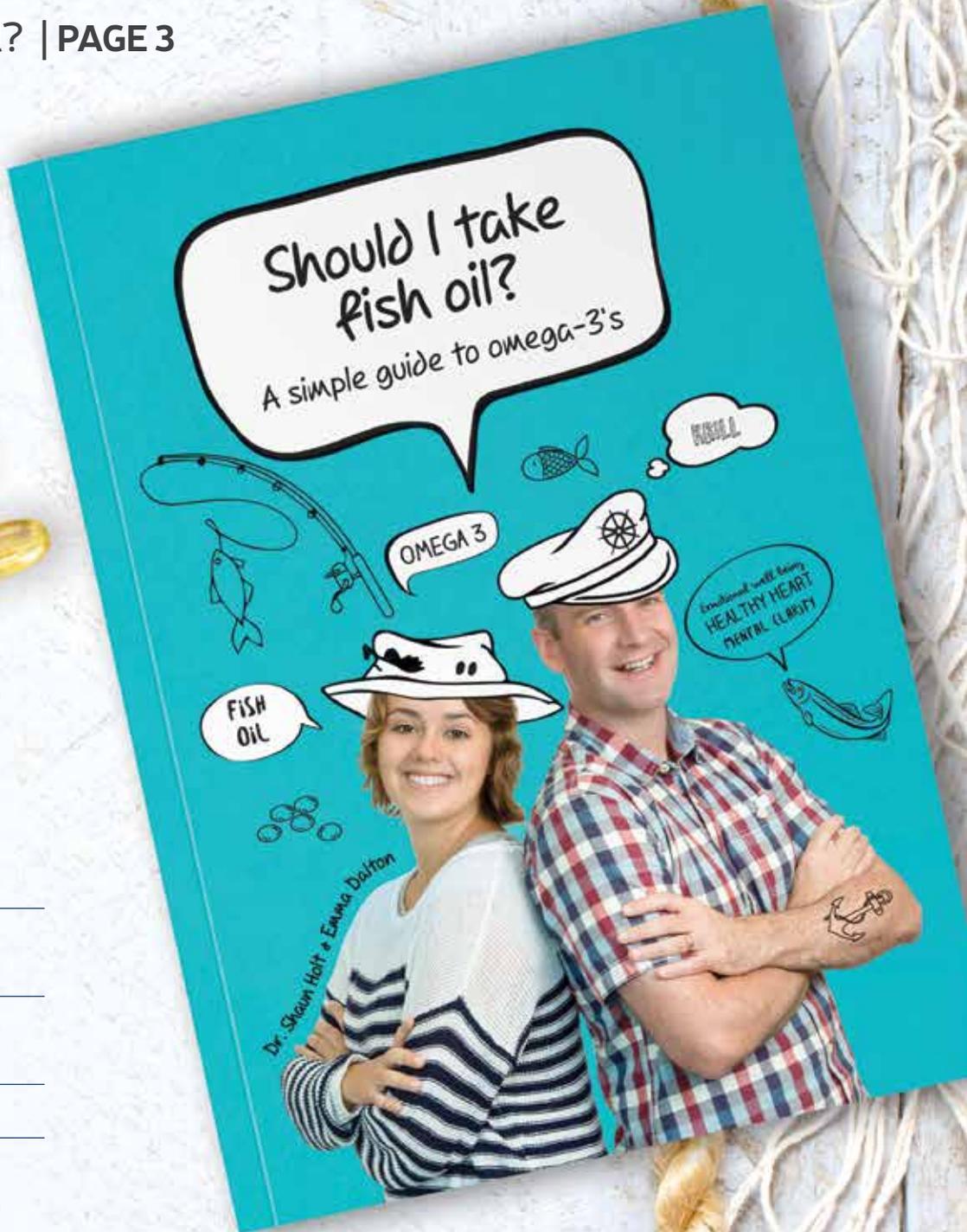
NEW ZEALAND

100%
PROUDLY
NZ OWNED
& OPERATED

Dr Holt's latest book

Should I take fish oil? | PAGE 3

All our products are
GLUTEN FREE



Saturated fat is healthy

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Fish oil, the simple truth

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Herbs for blood pressure

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60 DAY MONEY BACK GUARANTEE

WHAT'S NEW

Proudly 100% New Zealand Owned

It seems like my column is just me apologising lately, but it is so important to get things right.

Last catalogue we talked about how we changed to a new selenium, based on David's and our research of the best form. However, we were not prepared for the unpleasant smell of the new selenium and as our manufacturing staff wear face masks they did not notice the difference.

We have done some more research and have managed to locate a new supplier and source the same type of amino acid chelate selenium we used in our original formula.

We also checked and we believe using amino acids to extract the selenium results in an effective delivery method.

So if you find the smell of the new formula CAA-Multi too difficult to bear, we will replace it with the new batch of the original formula. However, other than the smell, the formulas are the same.

We apologise to you our customers and as always, we will do what it takes to get it right.

Kind regards

Mike Coory

Director

Products

- 17 5-HTP
- 17 7-Day Iron
- 8 Aloe Vera Gel
- 8 Aloe Vera with Colloidal Silver Gel
- 12 Bone Health
- 21 Boron and Selenium
- 5/12 CAA - Multi
- 22 Cacao Tea (bags)
- 14 Carnitine
- 11 Colloidal Silver Cream 100ml
- 30/11 Colloidal Silver Products
- 23 Complete C Powder/ Tablets
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- 17 Cranberry
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- 9 Easy-Lax
- 18 Evening Primrose and Flaxseed Oil
- 18 Eye Health
- 14 Garcinia
- 20 Harmony
- 15 Healthy Joints 90/180
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- 9 Kelp
- 14 Liver Cleanse
- 20 Maca-X
- 19 Magnesium 60/180
- 26 Mitchells Collagen Repair
- 26 Mitchells Bone Broth
- 15 MSM Sulphur



Vitamin C and much more

Three forms of vitamin C and six powerful antioxidants that all complement each other



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- 13 Optimum Health Triple Pack
- 19 Pain-Eze
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- 20 Potion No. 9
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- 9 The Ultimate Cleanse Kit
- 23 Throat Spray
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- 16 Turn Back Time Cream 50ml tube
- 16 Turn Back Time Capsules
- 22 Vitamin B Complex
- 15 Vitamin B5
- 20 Withania
- 22 Yerba Maté Tea (bags)



WHAT WE OFFER?

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.

LOYALTY REWARD

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

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

Heal Your Eye Problems \$19

Should I take...Probiotics? \$19

Should I take fish oil? \$20 New

The DHEA Breakthrough \$25



At last, a simple guide to omega-3 fatty acids and fish oils

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?

Should you eat fish or take a supplement? What's the difference between omega-3 and omega-6, between fish oil and krill oil, between DHA and EPA?

For most people, what fish oil is, where it comes from, what all the different products are and how it can help their health is pretty much a mystery.

Many of us take an omega-3 supplement every day, or try to eat more fish in our diet, but is it really good for our health? And is it safe?

There is a time and a cost involved when deciding whether to take a health supplement every day.

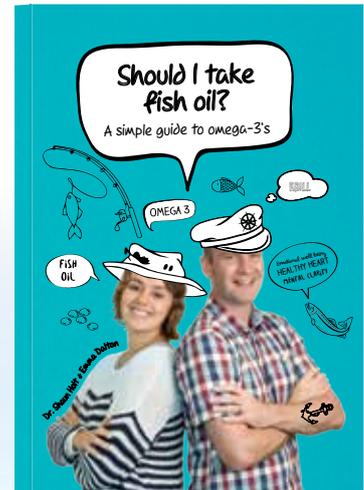
Solid facts are needed to make such a decision and this book provides them in an easily digestible (no pun!) format.

It would be easier if you could get this information from watching the news or reading the newspaper.

Unfortunately, the media cannot be relied upon to give you good information and particularly in the last few years they have published a number of very negative and very unfair stories on fish oil.

Dr. Shaun Holt and Emma Dalton have spent many hours going through hundreds of scientific papers, to bring you an easy to read guide with the latest information on this confusing, but very important supplement.

After reading this book you will probably know more about omega-3 fatty acids than your doctor!



\$20ea 85 pages

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, Tauranga

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

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.



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.



Why saturated fat is healthy for you and vegetable oils can be harmful

For years, I've tried to share the proven fact that saturated fats, like cream, butter, lard, cheese, meat fat and coconut oil are healthy and do not cause heart disease as some commonly believed.

Numerous studies over recent years have proved this beyond doubt, and it makes perfect sense – millions have eaten saturated fats for centuries and suffered little or no cardiovascular disease.

Before 1920, when nearly all fats were butter and lard, heart disease was virtually unknown. The International Journal of Medicine reports *“At the beginning of the 20th century, CHD (coronary heart disease) was effectively unknown in the UK”*. It received no mention in the writings of Sir James MacKenzie, the father of cardiology in the UK, and the 1912 edition of the first textbook of UK medicine states:

“Angina is a rare disease in hospitals: a case a month is the average even in the larger metropolitan hospitals”.

Even after the 1920's a coronary heart attack was such a rare event that Dr. Dudley White, Harvard's famous cardiologist, remarked that when a case arrived at the local hospital, other doctors were alerted so they could witness this disease first-hand.

Yet, month after month, on popular TV and in print media (even Consumer magazine) we continue to hear or read that saturated fats like butter are to be avoided and are a major cause of heart disease. That we should instead

use polyunsaturated vegetable oils and margarine. This is wrong, wrong, wrong!

Polyunsaturated oils linked with severe disorders

What is now painfully clear, is that polyunsaturated vegetable oils are not healthy for us. In fact they are largely responsible for the epidemic of cancer, diabetes, rheumatoid arthritis and depression that we see all around us.

All the disorders mentioned above were rare when saturated animal fats like butter and lard were a mainstay of our diet. This is because polyunsaturated vegetable (seed) oils

You need New Zealand's top selling health book

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 and lots of energy.

You can say goodbye to, or avoid altogether, many embarrassing and misery causing health problems. Your body is able to heal them naturally with small but important changes to your diet.

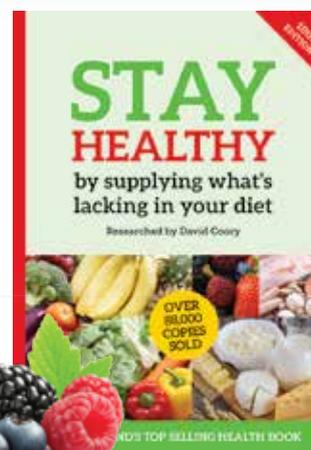
The book is easy to read, has large print, cartoons and very informative health hints. There are over 40 sections covering nutrients including all common minerals and vitamins.

There is information on each nutrient, the role it plays in your body, the effects of having too much or not enough, the recommended daily intake levels and a table of food sources rich in that nutrient.

\$25ea 288 pages

\$20ea **MULTI BUY**

Buy two books and save \$10



are high in omega 6 fats – typically 70%, whereas saturated fats like butter and coconut oil are only about 3% omega 6. When our omega 6 fat intake exceeds our omega 3 intake by more than 4 to 1, it causes inflammation in our body and depresses our immune system. This is because omega 3 fat counteracts the inflaming effect of omega 6. Our average NZ ratio is a dangerous 18 parts omega 6 to one part omega 3.

Interestingly, animal fats in the past contained useful amounts of omega 3, reportedly on par with fish, but nowadays, due to modern farming methods it has dropped markedly. For example, wild kangaroo meat remains typically three times higher in omega 3 than farm-grazed beef. I explain the vitally important roles of the different fats more fully in my "Stay Healthy by supplying what's lacking in your diet" book. Essential information if we are to enjoy a healthy old age.

British Medical Journal warning on seed oils and inflammation

In September 2018 British Medical Journal reports "Numerous lines of evidence show that the omega-6 polyunsaturated fat linoleic acid (ie, omega 6 fat) promotes oxidative stress, oxidised LDL (cholesterol), chronic low-grade inflammation and atherosclerosis and is likely a major dietary culprit for causing CHD (coronary heart disease), especially when consumed in the form of industrial seed oils commonly referred to as 'vegetable oils'."

Fats not associated with actual heart attacks however

Although inflammation from high omega 6 seed oils is a major cause of many health problems, fatal heart attacks do not seem to be related to fats. (Stress and too much sugar, causing blood clots seem to be the main culprits.) In November 2017 the UK medical journal 'The Lancet' reported the results of an 18 nation study of dietary fats which concluded: "Total fat and types of fat were not associated with cardiovascular disease, myocardial infarction, or cardiovascular disease mortality".

High cholesterol life extending

Also proven wrong is the warning that high cholesterol is dangerous – it's quite the opposite in fact, especially for older people. The Lancet medical journal reported as far back as 1989

"In older people high cholesterol levels give a survival advantage." Vol. 333 pg. 868-70

Healthy cooking oils

Not all oils are high in omega 6 – olive, coconut and avocado oils are healthy exceptions, all being very low in omega 6 fat. These, along with butter should ideally be used for our cooking, baking and salad dressings. Flaxseed oil is high in omega 3 (four times higher than its omega 6 content).

Why polyunsaturated fats were once recommended

Our current serious health problems due to excessive use of polyunsaturated fats, dates back to the 1950's when health authorities mistakenly concluded that saturated animal fat caused cardiovascular disease. (They now realise the real reasons are excess sugar, stress, lack of walking and not enough omega 3 fat in our diet.)

With hindsight it's now clear this recommendation, to avoid saturated fats, was a major mistake. As a result, in America by 1980, three times more omega 6 fat was being eaten. Heart disease however continued to soar until blood thinners were introduced, and although the proportion of men who were smokers dropped from 75% down to 30%, the number of lung cancer deaths soared 60 times higher – other cancers have also skyrocketed.

Hopefully the truth will quickly filter through to our popular media and NZ health will begin to turn around to what it was before the wholesale change from saturated to polyunsaturated fats? Meanwhile, unsuspecting people worldwide continue to succumb to heart disease, diabetes, cancer and Alzheimers due to this false diet advice. So spread the good word and let us save much suffering.



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.

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.

\$47ea 60 capsules (Original Formula)

1 per day Anytime With food

Fish oil, the simple truth

As one of the only academic doctors in New Zealand specialising in the scientific evidence behind natural products, I need to keep up-to-date with the latest findings.

Omega-3 fatty acids are one of the most actively studied natural products, with many new studies being published every week. So I decided to put all the research I did together into an easy-to-read book, written both for the public and health professionals. As with the last book it was written with the help of my niece Emma.

This is my 10th book and I'm particularly pleased with it. It can be very tricky and technical to understand the difference between all the different products we see on the shelves and in the supermarkets. Should we eat fish or take a supplement? What's the difference between omega-3 and omega-6, between fish oil and krill oil, between DHA and EPA? It's all covered in this book and reading it won't hurt your brain (in fact, the book may well encourage you to keep taking or start taking an omega-3 supplement, which is good for the brain!).

Around 10% of us take an omega-3 supplement every day and this rate is increasing if anything, especially in children. It is a big commitment to take a supplement every day, not to mention the cost involved and we

wanted this book to provide all the key information needed to make an informed decision.

Omega-3 supplements are one of the most common recommendations I make and people often ask me at my lectures which supplements they can take. I make the case that almost everyone will benefit from taking a fish oil supplement and a multivitamin every day. I practice what I preach and have taken omega-3 supplements for years for joint, brain and heart health in particular.

Another purpose of the book is to correct some of the misconceptions on omega-3 products that the media have disseminated. A few years ago the headlines were that they caused a dangerous form of prostate cancer (they don't) and more recently that they do not help prevent heart disease (they do). These erroneous stories often arise from a single study which has been undertaken badly or has drawn the wrong conclusions. In researching the book we looked at all the good quality studies, as should be done in order to draw the correct conclusions.



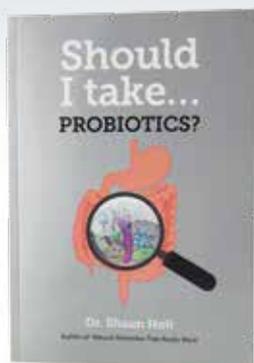
Finally, in writing the book we came across all sorts of interesting facts about fish in general, so many that we added dozens of fishy facts throughout the book. Some of our favourite facts are that:

- seahorses can move each of their eyes separately so that one eye can look forward while the other looks backward
- there are around 32,000 different kinds of fish in the world, which is more than all the other kinds of vertebrates combined and new species are being discovered all the time
- most fish are unable to swim backwards and those that can are mainly members of one of the eel family



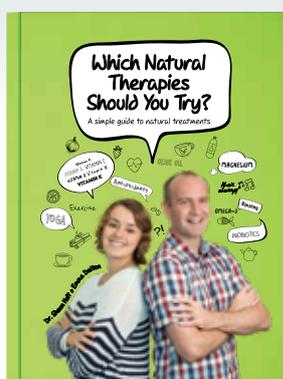
ABOUT THE AUTHOR

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



Make an informed choice on whether you should take probiotics, written by Dr Shaun Holt

\$19ea 82 pages



A simple guide to the best natural therapies

\$21ea 136 pages



An easy to read guide to omega-3 and other fish oils

\$20 85 pages

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.

Triple strength fish oil for brain and artery health

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



\$31ea
200 soft gel capsules

- ✓ Healthy cholesterol levels
- ✓ Heart and artery health
- ✓ Joint health and mobility
- ✓ Emotional well being
- ✓ 1000mg capsules
 - ✓ Omega 3 570mg
 - ✓ EPA 300mg
 - ✓ DHA 200mg
 - ✓ Omega 6 60mg

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 less than nine parts omega 6 to one part 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 found in a lot of food whereas omega 3 is much harder to obtain from our diet.

- 1-2 per day
- Anytime
- With food

Supplement pack for travellers

Boost your defences against ills and chills, settle stomach queasiness and travellers' bowel upsets. Help manage stress and support normal sleep patterns for that perfect trip.



STOMACH

Deal with dietary changes, bowel issues or queasiness.

Prebiotic (55mg), nine strains of probiotics (4 billion), encapsulation aids.



SLEEP AND STRESS

Support normal sleep and the stresses of travelling.

Magnesium (300mg), vitamin B complex (475mg) includes B1,2,3,5,6,9 and 12.

\$25ea 7 day pack

\$39 **MULTI BUY**

Buy two 7 day packs and save \$11



IMMUNITY

Defend against ills and chills with this immunity boost.

Vitamin C (500mg), zinc (13mg active), encapsulation aids.

Take the contents of one compartment (3 capsules) each day you are travelling, with food, for that perfect trip.



Herbs for blood pressure



These days, medication seems to be readily prescribed for patients in order to lower blood pressure, when in reality there are a number of herbs, vitamins, minerals and changes to lifestyle that can instigate a positive change in blood pressure.

Hawthorn

The leaf and berry are the most potent parts of the hawthorn, full of flavonoids that have important cardioprotective properties. There have been a number of studies that show hawthorn can increase exercise tolerance, decrease blood pressure, decrease pulse rate, reduce cholesterol levels and improve the blood supply to the heart. It has also been used positively to treat congestive heart failure.

Olive leaf

Most recently, olive leaf has been touted as a herb used to bolster immunity, however the more traditional use is around cardiovascular health. Oleuropein is found in high concentrations in the olive tree, and is the component responsible for lowering blood pressure. Studies have shown that in just eight weeks, olive leaf can reduce systolic blood pressure by 11.5mmHg and diastolic blood pressure by 4.5mmHg.

Garlic

I know that garlic seems to be mentioned for just about every ailment, but that's because it really can benefit your health in a number

of ways. To have a positive effect on blood pressure, you need to consume at least 600-900mg of dried garlic per day, which is the equivalent to approximately 1-4 cloves. This dose can drop systolic blood pressure by 11mmHg and diastolic blood pressure by 5mmHg in one to three months.

Liquorice

This tasty herb actually has the opposite effect and raises blood pressure, so is one to be very wary of if you have high blood pressure or are taking prescribed medications designed to lower your blood pressure. If you tend to have very low blood pressure, however, it may be beneficial.

Bilberry

The antioxidants in bilberry soften and strengthen arteries, veins and capillaries, therefore lowering blood pressure. Because of these actions on the cardiovascular system, it is also extremely beneficial for varicose veins as well as improving circulation and reducing blood sugar and blood cholesterol levels.

Something to be mindful of when you have your blood pressure reading

taken is 'white coat syndrome'. This is a term used when being at the doctor's office or hospital raises anxiety or stress levels and therefore blood pressure – it can be quite a dramatic rise. You may have a reading with a nurse or GP that is significantly higher than what it is in other situations such as when you are comfortable at home.

Home blood pressure machines can be bought relatively inexpensively online, and if you are concerned about your blood pressure they can be a great tool to keep a closer eye on what may increase your blood pressure.

If you are taking medication prescribed by your doctor for blood pressure, it is important that you do not stop taking it without consulting your health professional.



ABOUT THE AUTHOR

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



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**



Sunburn relief and soothes skin irritations

\$15ea 50ml

\$21ea 100ml



Repairs irritations and revitalises your skin

\$17ea 50ml

\$24ea 100ml

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 and 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.

Nature's best source of iodine

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

\$31ea 60 capsules

- 🕒 1 every 2 days
- 🌞 Morning
- 🍽️ With or without food



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.

🌿 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.



Silver Meter

Measure the content of your homemade colloidal silver.

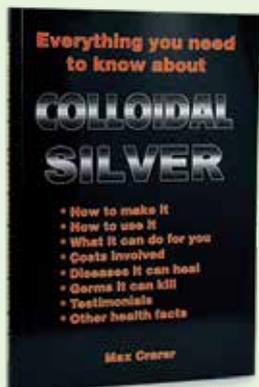
\$108ea test meter



Colloidal Silver Generator

\$133ea one year guarantee

\$48pair replacement silver rods



Everything you need to know about Colloidal Silver

\$19 100ml tube 79 pages

Fish oil testing

We have had a few enquiries this year about fish oil which appear to have been triggered by media reports, many of which are a combination of media hype and questionable research.

One such report had a headline that read, *“fish oil made little or no difference to the risk of cardiovascular events, coronary heart deaths, coronary heart disease events, strokes or heart irregularities”*. But when you actually read the report it in fact said *“fish oil probably slightly reduces the risk of coronary heart disease and cardiovascular disease events, may slightly reduce the risk of coronary heart disease mortality and strokes”*.

A similar thing happened in 2013 when the media claimed that fish oil increased the risk of prostate cancer. Again this was poor reporting and was founded on bad research where the testing was not specifically based on fish oil and included outside influences.

In fact more focused and reliable studies have found the exact opposite.

In 2018 a New Zealand study which involved relevant testing on fish oil, looked into the accuracy of label claims and fish oil freshness. The outcome was; many Australian and New Zealand companies were not meeting these standards. Health House fish oil was not included in this study, however, you will be pleased to know that we constantly test our fish oil, along with our retention samples. (When we manufacture or pack a product, we retain at least one sample of every batch so it can be reviewed or tested at a later date.)

To guide you through the murky waters of the current fish oil debate, we highly recommend Dr Shaun Holt’s new book *“Should I take fish oil?”* The book is written in plain english so is very easy to read and understand.

Health House Fish Oil Tests

At the beginning of this year, we tested three different batches of our fish oil.

MERCURY FISH OIL TESTING

EXPIRY DATE	2013	2018	2021
Lab	ELS	ELS	Eurofins
Detection level	<0.01 mg/kg	<0.01 mg/kg	<0.007 mg/kg
Level found	none	none	none

Rancidity Testing

This involved three different tests. We found that our samples were less than the recommended levels and in some cases this was even well after the expiry date.

Omega Levels

We also tested our omega levels to make sure that we were meeting our label claims. The results were:

OMEGA 3	TOTAL	DHA	EPA
Label claim	57%	20%	30%
Actual amount	69%	26%	37%
Difference	12% over	6% over	7% over

There are a lot of fish oil products on the current market that come from cheap sources. At Health House we only use European based Croda Fish Oil, which was the first omega 3 fish oil supplier to achieve the International

Fish Oil Standards Supplier 5-Star Certification. You can buy Health House fish oil confident in the freshness and our label claims, knowing that our standards and levels are maintained and constantly monitored.

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



500BC

The Phoenicians used silver vessels to keep water, wine, oils and vinegar pure on voyages.

\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



A natural moisturising and soothing cream.

A 100% natural moisturising cream with colloidal silver, avocado oil, calendula oil, aloe vera and lavender. It is ideal for problem skin or as a daily moisturiser. Apply morning and night or as needed.

Benefits

- 100% natural
- Effective for dealing with skin problems
- No harsh additives
- Moisturises and soothes the skin

\$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



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



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.



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.

Always read the label and only use as directed. If taking Warfarin or any other blood thinning medication please discuss this with your health professional.

1 per day of each Morning With food

Joint, digestion and general health

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

The key active in Turmeric is curcumin and is one of the most intensely studied bioactives. Curcumin has been found to be supportive of a wide range of health conditions.

1-3 per day Anytime With food

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





Help your body burn calories

- ✔ Supports the body's process of converting fat to energy
- ✔ Helps manage 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.

✔ 1-2 per day 🕒 Anytime 🕒 Empty stomach



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



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

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.

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.

The glucosamine we use in Healthy Joints is a natural substance, derived from shellfish and is found in and around the cells of your joint cartilage and connective tissue. Glucosamine helps improve lubrication and nutrition to your joints and protects cartilage from wear and tear.

Our high quality chondroitin is extracted from commercial species shark cartilage, which is why it costs so much. (A cheaper less effective form can be obtained from cow, pig or chicken cartilage). Chondroitin is also found naturally in normal joints and helps the cartilage of your joints to retain water, elasticity, resist compression and aids the lubrication of the joints. Chondroitin is also a major source of the protein building-blocks used in your joints and helps form new cartilage.

As we age, these building blocks become in short supply, but are important for elasticity, resilience and maintaining the shock-absorbing properties of your cartilage.



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

\$70ea 90 capsules

\$104ea 180 capsules

MULTI BUY

\$93ea Buy 2 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.

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.

-  1-6 per day
-  Anytime
-  With or without food

\$43ea 180 capsules

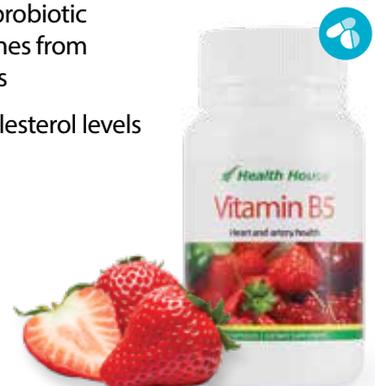


Vitamin B5 for heart and artery health

-  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



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.

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

All testing on our sunscreen was undertaken 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.

\$19ea 50ml tube

\$29ea 100ml tube

TIP: Check the expiry date on the tube crimp seal. Sunscreen past this date won't be effective.



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.



Always read the label and only use as directed.

60 DAY MONEY BACK GUARANTEE



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



Easy to digest iron

For increased energy



\$31ea
25 capsules

This high quality, chelated iron, gives you a net 24mg of energy producing iron, plus 60mg of vitamin C, to boost absorption by up to 300%.

1 per week Anytime Empty stomach



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



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

Reduce stress and support a deep restful sleep

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

\$33ea

60 capsules



2-3 per day Evening 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

BENEFICIAL FOR SKIN, HAIR & 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



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

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

- ✓ All natural, no chemicals or additives
- ✓ Soothing of ligaments and joints
- ✓ Soothes tired and stiff muscles
- ✓ For bumps, bruises and strains

- 🌿 Comfrey infused oil
- 🌿 Wintergreen essential oil
- 🌿 Arnica liquid extract
- 🌿 Lavender essential oil

- 🌿 Peppermint essential oil
- 🌿 Cayenne liquid extract
- 🌿 Ginger liquid extract
- 🌿 Turmeric liquid extract

- 🌿 Clove essential oil
- 🌿 Tincture of benzoin
- 🌿 Camphor essential oil

DIRECTIONS: Massage gently into the affected area 2 or 3 times daily or as required.

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.

\$31ea 60 capsules

\$52ea 180 capsules

- 🌿 1-3 per day
- 🌙 Anytime
- 🍽️ With or without food



60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

Support your hormonal balance naturally

\$36ea
60 capsules



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

1-4 per day Anytime With or without food



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 Potions No. 9 enhance both male and female libido and increase long term sexual vitality.

\$42ea 60 capsules

1 per day for at least a week 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

Supports physical and mental rejuvenation and is reversed for bringing optimum health into the elder years



\$37ea
60 capsules

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

1 per day Anytime With or without food

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



Old formulation special \$36ea
(while stocks last)



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



A refreshing and rejuvenating tea

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

\$20ea 30 tea bags



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.

\$20ea 30 tea bags



pH Test Strips

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

\$15ea (five packs of 10)

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. The manufacturing and preparation of our modern western food also means less of these essential vitamins are available.

When do I need a B vitamin top up?

- In times of stress or tension
- When feeling low in energy
- When needing extra energy especially for sports
- When overworked or doing heavy physical labour

- 1 per day
- Morning
- With or without food



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 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





Protect yourself all year round

- ✔ Supports the immune system and the bodys defences
- ✔ Potent immune support and antioxidant properties

\$31ea 60 capsules

✔ 1-6 per day 🕒 Anytime 🍴 With food



SOOTHE A DRY SCRATCHY THROAT

with our 100% natural spray



\$31ea
100ml liquid

Our all natural pleasant tasting honey based spray. Being non alcohol based it is great for both adults and children.



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.

\$37ea 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
- ✔ Helps keep your skin supple and elastic
- ✔ Assists the body to expel waste and toxins

\$37ea 100g powder



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

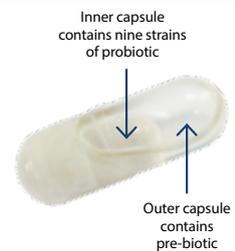
Optimum health begins in your bowel

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

- ✓ Optimal immune support and less food allergies
- ✓ Assist bowel and digestive health
- ✓ Improved mineral and vitamin absorption
- ✓ Restore bowel bacteria after taking antibiotics



\$41ea
60 capsules



There is about a kilogram of different types of bacteria lining your small intestine. These bacteria are necessary to convert and break down your food so it can be used in your body. If any of these strains of bacteria are missing, various kinds of food will not be digested properly. This causes gluten

and dairy allergies and numerous other health or digestive problems.

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.

- 1-2 per day
- Anytime
- Empty stomach

Mitchells Products

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

Bone Broth: Packed full of protein and amino acids. Made using quality NZ beef bones and NZ grown vegetables.



\$69ea

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 28 February 2019

CUSTOMER ID

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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		\$
Bone Health (60 capsules)	\$45		\$
Boron and Selenium (60 capsules)	\$41		\$
Boron and Selenium (60 capsules) Old formulation clearance - white stocks last	\$36		\$
Cacao Tea (30 herbal tea bags)	\$20		\$
CAA - Multi (60 capsules)	\$47		\$
CAA - Multi Iron free (60 capsules)	\$47		\$
CAA - Multi Sulphur free (60 capsules)	\$47		\$
Carnitine (60 capsules)	\$30		\$
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)	\$40		\$
Easy-Lax (100 capsules)	\$35		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
Eye Health (60 Capsules)	\$47		\$
Garcinia (60 capsules)	\$31		\$
Harmony (60 capsules)	\$36		\$
Healthy Joints (90 capsules)	\$70		\$
Healthy Joints (180 capsules)	\$104		\$
Healthy Joints (180 capsules) 2 OR MORE	\$93		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Helfee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Helfee - What Happened Last Night? (30 capsules)	\$20		\$
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		\$
Mitchells Bone Broth	\$69		\$
Mitchells Collagen Repair	\$69		\$
MSM Sulphur (180 capsules)	\$43		\$
Omega 3 Fish Oil (200 capsules)	\$31		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) □ CAA - Multi □ CAA - Multi Non-iron □ CAA - Multi Non-sulphur	\$125		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE □ CAA - Multi □ CAA - Multi Non-iron □ 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 Seasoned (234g)	\$16		\$
RealSalt wooden gift pack (White stocks last)	\$39		\$
Relax (60 capsules)	\$33		\$
Rubeeven (30ml pump) Special	\$25		\$
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		\$

