

FREE DELIVERY
IN NEW ZEALAND & AUSTRALIA

Health House

Quality, natural health products since 1986

JUL/AUG 2017

 **0800 140 141**

 www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

FEELING STRESSED OR LACKING ENERGY?

You might be low on B vitamins. Our new Vitamin B Complex could be just the boost you need.

See page 3



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TAPS PP9818

WHAT'S NEW AT HEALTH HOUSE

Dear Customers

Our catalogue is packed full of great winter specials. Immunity is so important this time of year, so take advantage of our multi buy Immunity Support specials on page 5.

As usual we have a lot of great articles from David, Nadia, Shaun and Denise and we are always interested in what you think so please give us feedback. If you have any suggestions for future catalogues we are happy to hear them.

We are giving away a free gift if you buy Kanu Bee Venom 30ml or Serum 15ml (see page 6 for terms and conditions). This free gift is for a limited time only and won't last long.

You may notice that the RealSalt refill pouches look different. Yes RealSalt have rebranded, but don't worry it is the same high quality RealSalt you have always purchased. If you haven't tried it and you want a 'try before you buy, sample,' just ask our phone operators or our friendly shop staff for some free sachets.

Kind regards

Mike Coory

Managing Director

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- Colostrum - Life's First Food** \$20 72 pages
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- Heal Your Eye Problems** \$19 109 pages
- Laugh with Health** \$29 224 pages
- New Zealand's Greatest Doctor, Ulric Williams** \$17 96 pages
- Should I take Probiotics** \$19 82 pages
- Stay Healthy by supplying what is lacking in your diet** \$25 288 pages \$20 each for two books
- The DHEA Breakthrough** \$25 348 pages
- Which Natural Therapies should you try?** \$21 136 pages



4 OR MORE PRICING

Purchase four or more of any product 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.

Always read the label and only use as directed.

Vitamin B Complex



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.

CAA provides 50% of your recommended daily B vitamin needs (with the other 50% coming from the average NZ diet). BUT there are times when the recommended daily intake might not be enough or there is a benefit from a higher intake of B vitamins.

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 then whole, fresh, raw food would contain.

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

Why are there no B4, B8 and B10?

Have you ever wondered why there are no vitamin B4, B8 and B10's?

The B vitamins were numbered in the order they were discovered, but these three were later found not to be actual vitamins.

What exactly is a vitamin?

What exactly is a vitamin?
A vitamin is an essential nutrient that is needed for life but not manufactured by the body.



\$35
60 capsules

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Vitamin B1	100mg	100mg
Vitamin B2	25mg	25mg
Vitamin B3	100mg	100mg
Vitamin B5	100mg	100mg
Vitamin B6	150mg	150mg
Vitamin B9	300mcg	300mcg
Vitamin B12	50mcg	50mcg
Vitamin C	300mg	300mg

DIRECTIONS Take 1 capsule per day in the morning with food. Taking at night may keep you awake. Vitamin B2 may cause your urine to turn yellow, this is normal.

FIVE EASY WAYS TO ORDER

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.



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.

How I've avoided tooth decay for decades

If only I'd known 60 years ago what I know now, I believe I wouldn't have a single filling.

When I was 13, back in 1959 I had an after school job at a Four Square shop in a Lower Hutt suburb, delivering groceries to customer's homes on a special bike with a front carrier.

Each day, after my deliveries, around 6pm, I'd walk to a nearby milk bar and spend some of my earnings, buying myself a milkshake and a Buzz Bar. A Buzz Bar is made of chocolate, caramel and marshmallow, similar to a Pinky bar. After finishing the milkshake I'd ride my bike home to the nearby farm my Dad managed, eating the chewy Buzz Bar as I went.

Happy days – but not when my six month school dental checks came around. There was always at least one filling needed. By the time I left school at 16, everyone of my molars was filled with silver amalgam. In those days, drilling by a dentist was a long, painful, grinding affair with a slow, string operated drill. Pure hell on earth. (What suffering we go through because of our lack of knowledge.)

After I left school, I was free of cavities for a few years, probably because there

wasn't a lot of my molars top surface to decay. I got married at 20 and assumed my dental worries were in the past. Not so. About the age 23 I started working from home and began finishing my lunch every day with two squares of chocolate. In due course the time for my next six monthly dental check rolled round, so off I went, expecting the normal all clear. The dentist probed around with his pointy instrument and began to frown. To my horror he told me I had five new cavities – one in each of my four wisdom teeth and one to the side of an existing filling. The dental work wasn't quite as traumatic as it was previously, due to the new high speed drill that was used. They still used mercury amalgam as a filler though.

A few days later I pondered the reasons for the sudden change – it could only be the chocolate, nothing else had changed. I'd eaten my usual two pieces of chocolate after lunch that day, then about an hour later, out of curiosity I went and had a look at my teeth in the mirror. I could still see a residue of chocolate in the recesses of my back molars, so I ate a dry piece

of bread and checked again and all the residue was gone. The next day I ate an apple after my chocolate and again checked in the mirror. There was no sign of chocolate residue. So for nearly the past 50 years, I've always eaten a small piece of dry bread or a piece of fruit after any sticky sweet food, and I haven't had a cavity since.

Over the years old fillings have failed and been replaced (at huge cost) but no new decay. So I've passed my advice onto my children and my grandchildren to never end a meal or snack with a sticky sweet food without immediately eating something to



Why your bookcase needs New Zealand's top selling health book

This 10th edition of New Zealand's most popular and easy to understand health book (over 88,000 copies sold) is packed full of invaluable health information and now contains international measurements.

\$25ea 288 pages

\$20ea **MULTI BUY**

Buy two books and save \$10



The most effective multi-mineral-vitamin

This absorbable New Zealand mineral-vitamin supplement CAA-Multi contains all the minerals and vitamins required for optimum health and in the correct balance for our New Zealand conditions.

We believe that this is the most complete mineral-vitamin 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 formula to ensure it is as good as we can make it.

\$45ea 60 capsules

Available in Non-sulphur and Non-iron versions.



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.



Loyalty Programmes

REFER A FRIEND

We appreciate you telling your friends about Health House and we are happy to reward you for your referral. When your friend registers to become a new Health House customer and buys something from us, you will receive a \$10 credit.

All we ask is that you let your friend know what your Customer ID number is, so that when they register we know that you referred them. After they make their first purchase, you will receive a \$10 credit on your account which you can use towards your next order.



LOYALTY DISCOUNT

We appreciate you choosing Health House and as a thank you we will give you a \$30 credit. This credit is automatically applied to your next order after you have spent a total of \$300 with us.

No need for loyalty cards or anything complicated, it will be automatically done for you. We will let you know how close you are towards your discount on your invoice, or on our website. Any questions, or to find out more, please do not hesitate to phone our friendly sales team.

remove the residue, or brushing your teeth. I now pass it onto to you, our customers.

I used to also tell my children that every lolly they eat will cost them a dollar in dentist bills – probably a conservative figure nowadays. It's not hard, brittle lollies that cause tooth decay, but the sticky, toffee, caramel, chocolate type ones that leave the acid-sugar residue in the hollows of our molars – just as my childhood Buzz Bars did.

None of my 16 front teeth ever developed cavities. I put this down to there being no significant crevices to trap sticky, sweet food. I still have all my teeth and have never had a root canal.

Today there are many cases of young children having a mouthful of rotten teeth. The problem appears to be an excess of sugar in their diet, causing an acidic system, acidic saliva, (you can purchase a saliva pH

test kit if you have concerns) and also a deficiency of minerals in their diet, especially magnesium, zinc, selenium, molybdenum, and of great importance, vitamin D from sunshine. Fluoride offers little real benefit and only slows down decay due to its unnatural hardening of the enamel. There is much more I could share about teeth (and gums) but space is limited. Our dental health is a good indication of our overall body health.



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.

Immunity Support Multi Buy

Multi buy specials for winter Immunity Support contains three powerful herbs and two powerful supplements.

2 Bottles

Save \$8 when you purchase two bottles of Immunity Support

\$50

MULTI BUY

3 Bottles

Save \$21 when you purchase 3 bottles of Immunity Support

\$66

MULTI BUY

4 Bottles

Save \$32 when you purchase 4 bottles of Immunity Support

\$84

MULTI BUY



Please note the 4+ discount does not apply to the multi buy pricing.

Free 10ml Bee Venom Eye Lift Roll-On when you buy either a:

30ml Bee
Venom Gel



15ml Bee
Venom Serum

KANU[®]

Bee Venom

Kanu Bee Venom is a range of highly effective anti-ageing products combining a unique, high strength natural bee venom, sourced exclusively from New Zealand.

The bee venom causes a very small amount of temporary swelling. This **firms** the skin, “irons out” fine lines and wrinkles or plumps up the lips. Effects can be seen within minutes and the beneficial effects last for around **12 hours**.

Gel 30ml \$89each

Serum 15ml \$59each

Eye Lift 10ml \$39each

Lip Plumper 13ml \$29each

LIMITED OFFER – only while Health House’s stocks last.



Do not use if allergic to bees. Patch test first. Avoid contact with eyes.

Powerful. Proven. Kind.

Honevo[®]

Honevo[®] is filtered, treated and tested high grade honey that provides skin condition sufferers with natural, topical treatments. For treating red face, nappy rash, lip sores, and preventing acne. Honevo’s unique formulation of kanuka honey combines powerful antibacterial activity with deep moisturising and conditioning properties.

Nappy Rash - 50ml \$30each

Draws moisture away from baby’s skin

Red - 50ml \$30each

Soothes and calms facial redness

Acne - 50ml \$30each

Leaves skin cleansed and smooth

Sore Lip - 10ml \$20each

Helps to heal lip lesions fast

Do not use if allergic to bees. Patch test first. Avoid contact with eyes. If irritation occurs, use less or stop using.



Always read the label and only use as directed.

Natural products for children

More and more parents want to treat medical problems in children with natural products rather than what they often consider to be less healthy, synthetic chemicals.

A huge health survey in the USA which collected data from nearly 10,000 children under the age of 18, found that 12% of children were using some form of natural products.

There are several issues to consider when it comes to recommending natural products for children. The products must be very safe of course and so can be a fine balance between giving a pill or capsule to help with a medical problem, while also encouraging good health habits from having a good diet and exercising.

Some of the most useful, natural products that can be recommended for common medical problems experienced by children are:

Probiotics for allergic conditions - can be helpful for preventing common and troublesome childhood allergic disorders such as eczema, asthma, hayfever and peanut allergies. There have been a number of studies and in some of these the probiotics were given to the infants themselves and in others they were given to the pregnant or breastfeeding mothers who pass them on. Probiotics were most effective in reducing the chance of developing eczema and intriguingly, probiotics may reduce the chances of developing a severe allergy to peanuts.

Fish oil for ADHD - omega 3 fatty acid supplements were found to be modestly effective in the treatment of ADHD with very few side effects.

Multivitamins for nutritional support - for various reasons, as has been discussed in previous articles, it is

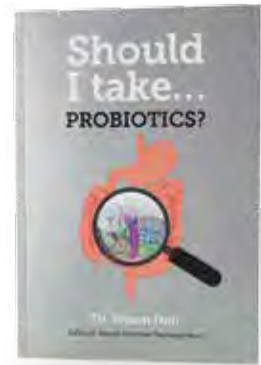
very hard to study the effects of taking multivitamin supplements, and I have argued that they provide "nutritional insurance" i.e. they top up anything that we may be missing in our diet and if all or some of the components are not needed we easily excrete them. For children, they are potentially useful for "fussy eaters" who may have one or more low grade vitamin or mineral deficiencies.

Honey for coughs - coughs in children most commonly occur in conjunction with a throat infection and at night can disrupt sleep. Several studies have shown that honey can be an effective treatment for a tickly cough in children, particularly at bedtime. For example, a study of over 100 children showed that taking honey around 30 minutes before they went to bed, coated the nerve endings in their throat and reduced coughing and improved sleep. So a spoonful of sugar does help the medicine go down and in this case, it is the medicine. The honey can be eaten plain or mixed in with a soothing drink. The good news is that for treating a cough, parents can give any honey that they have in the house, it does not have to be expensive medical-grade honey.



ABOUT THE AUTHOR

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



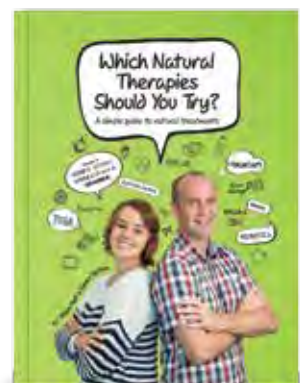
Make an informed choice on whether you should take probiotics, written by Dr Shaun Holt.

\$19ea 82 pages



The power of capsaicin (cayenne) and bee venom is harnessed to support joint movement.

\$35ea 30ml pump



At last, a simple guide to the best natural therapies.

\$21ea 136 pages

The anti-inflammatory diet and autoimmunity

Inflammation can manifest itself in many different ways in the body, including pain and various illnesses and imbalances.

Over the years, autoimmune diseases have become far more prevalent than ever, particularly in the Western world. Autoimmune disorders occur when the body's immune system cannot tell the difference between foreign pathogens and healthy tissue, causing a hypersensitive reaction. There are over 80 different types of autoimmune disease, with most being genetic and they are triggered at some point over a lifetime.

Some of the most common autoimmune diseases include Graves' disease, Hashimoto's thyroiditis, coeliac disease, multiple sclerosis, systemic lupus erythematosus, Addison's disease, myasthenia gravis, Sjögren's syndrome, rheumatoid arthritis, pernicious anaemia and type 1 diabetes.

Unfortunately, an autoimmune disorder is for life and there is no cure, however it is possible to be in remission and symptom free. One way to do this is with an anti-inflammatory diet, also known as the AIP (autoimmune protocol) diet. This diet addresses inflammation in the gut and

throughout the body that promotes autoimmune diseases and causes many of the painful symptoms.

When you remove inflammatory foods and potential allergens and begin nourishing your body with whole foods that heal the gut and reduce inflammation, it can result in the body going into full remission

from autoimmune disease and living a symptom free life. An anti-inflammatory diet isn't only beneficial to those with autoimmune disorders as it can also help to balance hormones, boost your immune system, increase energy levels, reduce joint stiffness, help healing from injury, clear a foggy mind and heal various digestive complaints.

Food to avoid:

- Grains (corn, wheat, millet, buckwheat, rice, sorghum, amaranth, rye, spelt, teff, kamut, oats, etc.)
- Nuts and nut oils (including almonds, walnuts, pecans, hazelnuts, pistachios, cashews and macadamias)
- Seeds (including flax, chia, pumpkin, sunflower and sesame)
- All dairy products (except ghee)
- Legumes (including all beans, chickpeas, peas and peanuts)
- Chocolate and cacao
- All processed food
- Eggs (all varieties)
- Soy
- Nightshade vegetables (potato, tomato, eggplant, paprika, capsicum, goji berries and chilli)
- Alcohol
- Alternative sweeteners (including stevia)
- Vegetable oils
- Coffee and black tea
- Malt vinegar

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 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.

Do not use for 2 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.

\$39ea
60 capsules



Food to eat:

- All grassfed meat, poultry and seafood
- Vegetables (other than nightshade vegetables detailed previously)
- Fruit (except dried, do limit the amount you eat daily to a maximum of 2 pieces)
- Coconut products (including oil, cream, milk, aminos and shredded coconut, but not coconut sugar or nectar)
- Fats (including olive oil, coconut oil, lard and cultured ghee)
- Fermented foods (including coconut yoghurt, kombucha, water and coconut kefir and fermented vegetables)

- Bone broth or meat stock
- Herbal tea
- Vinegars (including apple cider vinegar, coconut vinegar, red wine vinegar and balsamic vinegar with no added sugar)
- Honey and maple syrup (however this should be limited to 1 tsp daily)
- Herbs (but not those that are seeds such as coriander, mustard or cumin seed)



This diet must be strictly adhered to for a minimum of 8 weeks, however, the longer the better. Foods can then be reintroduced very slowly – only one new food in small amounts (ie. one teaspoon daily) for a minimum of five days with no reaction before thinking of introducing another. You should also record a symptom diary so that anything can be noted and tracked back to the specific food you had tried at that time – for example joint stiffness, brain fog, digestive symptoms, mucous production etc.

If you are interested in learning more about an anti-inflammatory diet, you can find a lot of information available on the internet, however it is always

advisable that with any major dietary changes you work with a naturopath to guide you.

“Let food be thy medicine and medicine be thy food.”
– Hippocrates.



ABOUT THE AUTHOR

Nadia McMorran - BNatMed is a registered Naturopath/Medical Herbalist and member of our Tauranga team.



Research shows nearly 50 separate health benefits, including maintenance of your joint cartilage.

\$39ea 180 capsules



Three types of vitamin C and six powerful antioxidants.

\$35ea 100g powder

Vitamin B5 for heart and artery health

Pantothenic acid (vitamin B5) is found in breast milk and in most food, in very small amounts.

Benefits

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

DIRECTIONS: Take one or two capsules per day.



\$31ea
90 capsules



Each chewable Complete C tablet gives you 220mg of blended vitamin C.

\$35ea 200 tablets

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.

Gum Disease

Without our gums, we would have no teeth. It was this exact scenario, when vitamin C was first recognised as being vital for life.

British sailors who were out at sea for years had nothing to stop scurvy, so their teeth began to fall out as the health of their gums deteriorated. Once gum disease was identified as the predominant cause, lemons and limes were then taken to sea, resulting in the term 'limey' for the sailors. Vitamin C, critical for gum health is not found in cooked food, as heat and light destroy it very quickly, so we need fresh, raw, fruit and vegetables, or dietary supplementation.

Periodontal disease is the medical term used to describe a disease of the supporting structures (jawbone and gums) of the teeth. Gingivitis is referring specifically to inflammation of the gums, characterised by extreme redness in the gums, swelling and a tendency for the gums to bleed.

Bleeding gums is one of the first signs of gum disease, often seen when brushing or flossing. When gum health is compromised, bacteria may enter the blood stream directly from the gum tissue. This may increase risk factors

for serious health concerns such as strokes and heart disease. There is the possibility of causing inflammation of the blood vessels, increasing chances of plaque in the arteries and the hardening of blood vessels.

Direct proof of the cause-and-effect relationship between oral mouth bacteria and heart disease and stroke risk has not been proven 100% (some studies disagree on this point), however more than one study cites at least a 25% increased risk in coronary heart disease.

One study presented in the British Medical Journal in 1993 showed males younger than 50 with periodontitis, were 72% more likely to develop coronary heart disease compared to those healthy research counterparts without the disease.

Epidemiology (the study of distribution and determinants of health related states in populations) has shown that individuals who have pre-existing diabetes, heart disease, and occurrences of strokes, who receive treatment for periodontal disease show substantially



reduced overall health care costs. From these studies a potential link can clearly be seen between periodontal disease and coronary heart disease. This information can help oral healthcare professionals identify patients with risks of serious complications from heart disease.

Brushing and flossing twice daily and regular dental visits for a professional clean and check up is the best way to keep your own teeth into old age, and to lessen at least one possible risk factor for heart disease. If the state of your gums is poor it would pay to discuss your concerns with your dentist.



ABOUT THE AUTHOR

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

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) does not always seem to be effective.

Skin Clear contains the full range of B vitamins and vitamin C to support the healing of the skin.

Skin Clear gives the body the tools it needs to deal with this excess oil in the form of pantothenic acid (vitamin B5) and carnitine. Vitamin B5 converts the excess oil to co-enzyme A, a natural enzyme that deals with fatty acids. The role of carnitine is to take this excess

oil to the cells so that the excess oil is burned off as energy.

While the process by which this product works is technical, results are dramatic.

Each bottle contains enough for one month's treatment or two months maintenance.

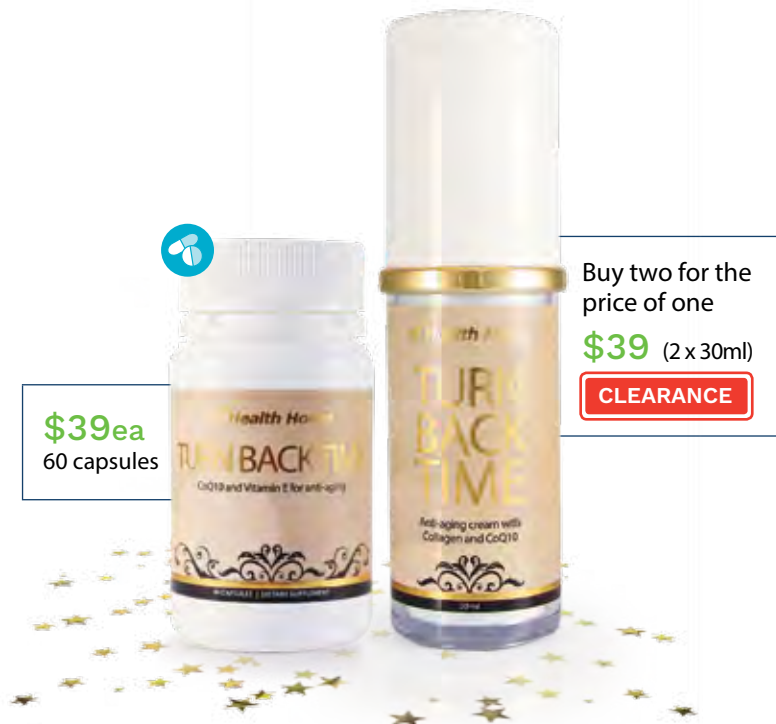
If taking blood thinning medication please discuss this with your health care professional.



\$39ea
120 capsules

Turn Back Time

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



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

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

We are discontinuing this pump as it does not work as well as we would like. So we have a clearance special on the pumps and we will be bringing out a 50ml tube of Turn Back Time cream.

Aloe Vera Gel

Sunburn relief and soothes skin irritations.

Our aloe vera gel is made from organically grown, soothing aloe vera.

It is all natural, paraben free and uses one of the safest Eco-cert approved preservatives.



\$20ea 100ml

Aloe Vera with Colloidal Silver

This combination of ingredients repairs skin irritations and revitalises your skin.

It can prevent sun damage, assist with the faster healing of pimples and is fantastic at soothing sunburn.



\$16ea 50ml

\$22ea 100ml

Colloidal Silver Cream

A 100% natural soothing and moisturising cream.

A natural moisturising and soothing cream with colloidal silver, avocado oil, calendula oil, aloe vera and lavender. It is ideal for problem skin or as a daily moisturiser. It is one of our best kept secrets and is now available to all of our customers.

Benefits

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



\$28ea
100ml

Salicylic Acid Gel

Manage common sun spots on your face, head or hands.

Sun damage spots are not large brown freckles, but rough, scaly spots caused by years of exposure to strong sunlight.

\$25ea 50ml

MULTI BUY

\$39ea

Also available as a multi buy with a 100ml Aloe Vera Gel tube



Your nutritional insurance

Take the guess work out of your supplement decisions with these three specially formulated products, to cover most of your nutritional needs.



\$45ea
60 capsules



\$49ea
60 capsules



\$43ea
60 capsules

The most effective multi mineral vitamin.

The development of CAA was inspired 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.

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

Benefits

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

INGREDIENTS: For a full list of ingredients check out www.healthhouse.co.nz/product/CAA - Multi

Supports your 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.

We also include cod liver oil, which has 360IU's of all natural vitamin A and 25IU's of all natural vitamin D3. The traditional evidence of the benefits of cod liver oil is well known and respected.

We looked for a well researched fish oil, with the highest levels of omega 3 we could find. (The concentration process not only increases the omega levels, it also removes unpleasant odours).

Benefits

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

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

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Concentrated Fish Oil	700mg	
Cod Liver Oil	225mg	
CoQ10 (Ubidecarenone)	75mg	
Vitamin D3		25IU
Omega 3		500mg
Vitamin A		360IU
EPA 270mg / DHA 190mg / Omega 3 (other) 40mg		

Absorb calcium into your bones not your arteries with vitamin K2.

Bone Health uses the power of vitamin K2 and vitamin D3 to obtain optimum bone absorption of calcium.

It is really important to have the proper balance between the four bone nutrients (calcium, vitamin D3, vitamin K2 and magnesium).

Bone Health provides the correct balance of these four nutrients to keep calcium in your bones and out of your arteries.

Lack of balance between these four nutrients is why some calcium supplements became associated with an increased risk of heart attacks or strokes.

Benefits

- Stronger more flexible bones
- Water soluble for better absorption
- Raises your cell pH to protect against common health problems

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Coral Calcium	500mg	
Calcium		170mg
Magnesium		7mg
Magnesium Complex	485mg	82mg
Vitamin K2 (Menaquinone-7)	22mg	44mcg
Vitamin D3 (1000 IU)	10mg	25mcg

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.

\$119ea

2 or more Triple Packs

Save \$48 off the individual product prices. Available with non-sulphur and non-iron CAA - Multi versions.

\$113ea

MULTI BUY

1 Triple Pack + 1 Probiotic

Save \$22 off the individual product prices.

\$154

MULTI BUY

2 Triple Packs + 2 Probiotics

Save \$76 off the individual product prices (multi buy price already includes the 4+ product discount).

\$276

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. **Free 7 day capsule case available by request.**

Optimum health begins in your bowel

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

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.

\$39ea 60 capsules **\$49ea** Probiotic Multi 9 & Probiotic book

MULTI BUY

Store in a cool dry place - no refrigeration needed.



Always read the label and only use as directed.

Colloidal Silver prevents bacteria spreading

Use our scientifically proven Colloidal Silver to heal your body in an all natural way. It supports your immunity, helps avoid winter illness, is a great healer and prevents the spread of bacteria.

Use our scientifically proven Colloidal Silver to enhance the health of your body. Colloidal Silver is recognised as nature's antiseptic and all round general healer. Silver has been used for thousands of years for a variety of purposes ranging from keeping food and liquids from spoiling, purifying water and recently to coat medical dressings.

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.

How do I take Colloidal Silver?

Colloidal Silver can be taken several ways - by drinking it, by holding it under the tongue, by using a sprayer for

the nose, throat, mouth 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, nonstinging and suitable for the whole family when used as directed.

Colloidal Silver gel

It is excellent for dry skin conditions, cuts and scratches, burns and other skin disorders. It is odourless, non stinging and suitable for the whole family.

\$15ea 100ml liquid spray

\$21ea 50ml tube

\$24ea 100ml tube

\$35ea 500ml liquid

\$39ea 250g tub

\$28ea 4 or more 500ml bottles

MULTI BUY



Colloidal Silver Generator

\$133ea one year guarantee

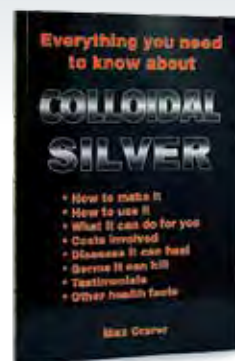
\$48ea replacement rods



Silver Meter

Measure the content of your homemade silver.

\$108ea test meter



Colloidal Silver book

This book answers everything you want to know about colloidal silver.

\$19ea 79 pages

Always read the label and only use as directed.

Great proven Health House products wrapped in amusing packaging. The perfect way to encourage your friends and family to try natural products.

Helfee

When life's little problems get you down, Helfee's serious supplements are just what you need for all your first world problems.

SERIOUS SUPPLEMENTS

FOR THE NOT SO SERIOUS

WHEN YOU JUST CAN'T BE BOTHERED

and your get up and go has got up and left, this is just what you need. Contains Caffeine, Taurine, CoQ10 and DHEA 7-Keto and is basically a supercharged energy drink in a capsule.



WHAT HAPPENED LAST NIGHT?

WARNING YOU MAY LOOK AS BAD AS YOU FEEL



IF YOU WANT TO AVOID A HANGOVER,

don't drink the night before. Good idea, but if that advice is too late, you will need this to replace the missing electrolytes and B vitamins.

PUT A SHIZZLE IN YOUR DIZZLE,

or a fizzle in your vagizzle. The results from these all natural herbs won't be instantaneous like the little blue or pink pills, but over a short time your sexual vitality and stamina will improve and that can only be good.



I'M SURROUNDED BY IDIOTS

QUICKER AND EASIER THAN COUNTING TO TEN



BEFORE YOU DECIDE TO HIT SOMEONE

there are some natural herbs and minerals that will calm your nerves and help you relax.

A PILL TO MAKE YOU A SUPERMODEL

just does not exist. Sensible eating is what's needed. To help there are some natural herbs that science has proven will support weight management.



POOP LIKE A TROOPER

LESS TIME ON THE LOO WAITING FOR NUMBER 2s



SOME PEOPLE FIND POO FUNNY

but when it just ain't happening there's no laughing going on. When you feel a little blocked and the turtle just won't poke his head out, take one or a couple of these natural herbal capsules.

TINS \$20ea | Take 1 capsule daily

SURVIVAL KIT
for all your first world problems



SAVE \$20

\$99 free delivery for NZ/AUS

Kit contains one of each - Poop like a trooper, My Jeans have Shrunk, I'm surrounded by Idiots, What happened last night, Love Potion Number 9, Kick up the Backside.

WWW.HELFEES.CO.NZ



60 DAY MONEY BACK GUARANTEE

Read the label and do as you're told. Taking pills is all good, but you still gotta eat real food.

QUALITY NATURAL HEALTH PRODUCTS SINCE 1986

FREE DELIVERY on ALL New Zealand and Australian orders 15

Health and Wellbeing



7-Day Iron

High quality, easy to digest iron for increased energy.

- A clear mind
- Alert quick brain
- Strong bones and muscles
- Increased energy
- Natural weight management

\$29ea 25 capsules

Directions: Take one capsule weekly between meals. Do not take within 70 minutes of drinking tea, coffee or taking a calcium supplement.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Iron amino acid chelate (Organic) 20%	120mg	24mg
Ascorbic acid (vitamin C)	290mg	290mg

Evening Primrose and Flaxseed Oil

Omega oils for glowing skin and a healthy heart.

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

\$29ea 90 capsules

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Evening primrose oil	500mg	
Flaxseed oil	500mg	
Vitamin E	1mg	870mcg
Omega 3		283mg
Omega 6		505mg
Omega 9		114mg

Coral CAA

Half serving of the minerals and vitamins in CAA Multi.

- Complete mineral and vitamin blend
- All the benefits of CAA-Multi and the benefits of coral calcium
- Great for lighter people and children
- High quality coral calcium

\$45ea 60 capsules

Directions: Take two capsules per day. Always read the label and use only as directed.

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

INGREDIENTS: For a full list of ingredients check out www.healthhouse.co.nz/product/coral-caa

Harmony

Support your hormonal balance naturally.

- Assists with emotional wellbeing
- Promotes libido and female reproductive health
- Support for hormone balance
- Support for PMS and menopause

\$34ea 60 capsules

Directions: Take one or two capsules per day for maintenance. Take three or four capsules per day in times of need. Always read the label and use only as directed. If pregnant, not recommended during the first trimester.

INGREDIENTS: For a full list of ingredients check out www.healthhouse.co.nz/product/harmony

Kelp

Nature's best source of iodine.

- An overall health tonic
- Especially rich in iodine
- Supports a healthy thyroid
- Helps protect from radiation damage

\$29ea 60 capsules

Directions: Adults take one capsule every second day. Children under 14 one capsule every third day. Always read the label and use only as directed.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Kelp	475mg	
Iodine		1000mcg

Maca-X

Over five times more Maca.

- Extract for greater potency
- Promotes libido and supports healthy sperm production
- Support during menstruation/ menopause
- Optimises energy and stamina
- Supports optimal sexual desire

\$33ea 60 capsules

Directions: Take one or two capsules per day. Always read the label and use only as directed.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Organic Maca Extract 4:1	750mg	3000mg

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.

THE ULTIMATE WORKOUT RANGE FOR WOMEN

You work hard to keep your body healthy and additive free, we think your supplements should be the same.

Prepare

Pre workout

Carnitine, taurine and beta alanine are important nutrients (amino acids) that improve your exercise capacity and support fat burning. Carnitine helps the body transport fat to the cells to be burned to produce energy. Taurine is an amino acid with antioxidant properties and beta alanine is a pre-workout amino acid.

\$32 100 capsules (Take two or three capsules before you exercise)

Sustain

Fruit + Protein

Combining pure New Zealand protein with freeze dried fruit from Australia, SUSTAIN is the perfect end to a workout. Giving your body the protein it needs along with a 1/3 serving of fruit and a pinch of appetite managing chromium. Contains apple, mango and super fruit juice powder.

\$35 200g (33 serves)

\$21 80g (13 serves)

Sustain

Veggie + Protein

Combining pure New Zealand protein with freeze dried carrot and spinach from Australia, SUSTAIN is the perfect end to a workout. Giving your body the protein it needs along with one serving of vegetables and a pinch of appetite managing chromium.

\$35 200g (33 serves)

\$21 80g (13 serves)

Restore

Post workout

It is important to restore the key minerals (electrolytes) that are used by the body when exercising. RESTORE contains the key minerals that need replacing along with the key vitamins that help them to be absorbed into your muscles and bones. This combination, along with fennel for appetite management, ensures optimum results.

\$32 100 capsules (Take two or three capsules after you exercise)

100%
PURE

NO ADDED
SUGAR

ZERO
ADDITIVES



Supports the body's process of converting fat to energy.

Buy two bottles of Carnitine for

\$45 (2 x 60) capsules

MULTI BUY



Help manage your appetite and food cravings with the key ingredient hydroxycitric acid (HCA).

\$29ea 60 capsules



Triple strength fish oil for brain and artery health. Our fish oil capsules contain 570mg of responsibly sourced omega 3 oil.

\$29ea 200 soft gel capsules

60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

QUALITY NATURAL HEALTH PRODUCTS SINCE 1986

FREE DELIVERY on ALL New Zealand and Australian orders

17

Unlike any salt on earth

Ancient fine sea salt for everyday use



\$23ea
737g pouch

- ✓ Rich in colloidal minerals
- ✓ Award winning taste
- ✓ Imported direct from Utah, USA
- ✓ Unrefined, mineral rich sea salt
- ✓ Vital for optimum health

What's in your Salt?

A quick glance at the ingredients label on most salts might surprise you! Some contain anti-caking agents, sugar and they have been stripped of their natural trace minerals. RealSalt® is unrefined and full of minerals and flavour.

Where does it come from?

RealSalt is an all-natural sea salt that comes from an underground salt deposit in Central Utah. The deposit was left there by the pristine ancient sea that covered much of North America, millions of years ago.



Visit Redmond Salt's Mine

<https://realsalt.com/mine/>



RealSalt Shaker (Original)

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

\$10ea 283g shaker



RealSalt Shaker (Garlic)

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

\$16ea 234g shaker



RealSalt Shaker (Seasoned)

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

\$16ea 234g shaker

Always read the label and only use as directed.

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

Natural youth hormone



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

DHEA peaks around the age of 25 and then steadily declines, more rapidly after the age of 35 in both men and women. As it declines, so does your youthful vigour, mental focus and clarity of mind.

Our pure DHEA is made from a natural plant extract

A natural extract from the Mexican yam plant is modified to produce an exact copy of natural DHEA.

Our 7-Keto variety of DHEA, has been further modified so as not to affect the stability of the sex hormones like the pharmaceutical version. DHEA 7-Keto retains full effectiveness in all other regards - youthful energy, enthusiasm, clarity of mind and mental focus.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
DHEA (7-Keto)	40mg	40mg
Encapsulating aids		

Always read the label and use only as directed. 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.

DIRECTIONS: 25 to 35 years of age, one capsule every second day. Over 35 years of age, one capsule daily. Not generally required for people under 25 years of age.

\$37ea
60 capsules



Reduce stress and manage your appetite with 5-HTP.

\$34ea 90 capsules



Boron is an important mineral for bone and joint health. Selenium is a powerful antioxidant.

\$39ea 60 capsules



Normal prostate health and urinary flow

An all natural, full spectrum cranberry powder, that supports normal prostate function in men and normal urinary flow/urinary tract health in both men and women.

We have sourced a quality North American cranberry powder (vaccinium macrocarpon) which is not only unique as it uses the entire cranberry plant, but also has a gold standard clinical study to support it.

Many other products use powder that is reconstituted from cranberry juice which means some of the key parts of the plant are not provided.

\$33ea
60 capsules



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

Our new enhanced formula for long term sexual vitality.

\$40ea 60 capsules



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.

What is glucosamine?

Glucosamine is a naturally occurring substance found in the cartilage of our joints. It acts as a natural shock absorber, joint lubricator and is vital for building new cartilage.

As we age our glucosamine levels diminish, which can lead to joint deterioration.

What is chondroitin?

Chondroitin is also found naturally in our joints. It helps the cartilage to resist compression, retain water, aids elasticity and helps with lubrication. It is also a major source of the protein building blocks used in our joints to help form new cartilage.

Like glucosamine, chondroitin levels also decline as we age.

Equal quantities of glucosamine and chondroitin

Research has proven the effectiveness of combining sulphur based marine glucosamine in equal parts with chondroitin (extracted from shark cartilage). However, due to the high

price of chondroitin, it is rare to find a product on the New Zealand market that contains enough chondroitin to make it fully effective.

An effective formula

We have specifically formulated Healthy Joints to contain 400mg of natural glucosamine sulphate and 400mg of a high quality chondroitin sulphate. We then added boron, natural vitamin D, organic silica along with MSM (Methylsulfonylmethane).

What glucosamine and chondroitin do we use?

The glucosamine we use in Healthy Joints is from the finest shellfish sources.

Our high quality chondroitin is extracted from commercial species of shark cartilage, which is why it costs so much. We do not use shark fin.

Are there any allergy concerns taking this product?

Yes, if you are allergic to fish, sulphites or crustaceans.

DIRECTIONS: Adults: Take three capsules a day. When joints are more comfortable, reduce to two capsules per day. **Children:** Take only on medical advice.

\$66ea 90 capsules

\$99ea 180 capsules

\$89ea **MULTI BUY**

Buy two or more Healthy Joints 180 and save \$20



An all natural, warming cream with powerful essential oils and potent extracts

Pain-Eze contains 11 active ingredients. These are five essential plant oils, four liquid plant extracts, a plant based preservative, and a natural healthy coconut base. It is an all natural product containing no additives or chemicals.

Benefits

- Soothing of ligaments and joints
- Relaxes tired and stiff muscles
- For bumps, bruises and strains



\$29ea
100ml tube

\$21ea
50ml tube

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.

Powerful milk thistle combined with essential vitamins and electrolytes

Your liver is the largest internal organ in your body. It removes waste and toxins from your blood and plays an important part in the process of absorbing vitamins and minerals.

With all the toxins and poisons that you absorb through your food and the atmosphere, it is important to help the liver do its job. Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

Milk thistle is the main ingredient in Liver Cleanse and works to protect and restore the liver from toxic damage, while also aiding liver regeneration.

Liver Cleanse contains B vitamins for energy and stress relief, vitamin C for protection, cell regeneration and additional antioxidant activity.

The ginger in the Liver Cleanse, supports good circulation, digestion and fat management around the liver.

Benefits

- Aids in liver regeneration
- Cleanses the blood
- Assists with detoxing
- Protects and restores the liver from toxic damage



INGREDIENTS: Milk Thistle Extract 25:1, Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacinamide), Vitamin B5 (Calcium Pantothenate), Vitamin B6 (Pyridoxine), Vitamin B9 (Folic acid), Vitamin B12, Vitamin C, Potassium, Iodine (from Kelp), Magnesium Complex (16%), Ginger Extract 10:1.

DIRECTIONS: Take one capsule per day. If taking Warfarin or any other blood thinning medication please discuss this with your health professional.

\$33ea 60 capsules

Are you concerned about your eyes?

Many of us are spending far too much time staring at our computers or phones and our eyes are suffering. This Eye Health formulation can help you.

We have included vitamin C, bio-flavonoids, vitamin E and betacarotene, all powerful antioxidants to help maintain the connective tissue found in the cornea of the eye, the capillaries in the retina and support healthy eyesight.

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

\$45ea
60 capsules



Low calorie, natural sweetening tablets for hot and cold drinks.

\$22ea 200 tablets



Soothes dry scratchy throats and prevents winter chills. Kids love it.

\$29ea 100ml liquid spray



Reduces stress and supports a deep and more restful sleep.

\$31ea 60 capsules

The nutrient superstar

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



\$29ea
60 capsules

\$49ea
180 capsules

- ✓ Vital for a healthy heart
- ✓ Supports a healthy blood pressure
- ✓ Easily absorbed

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.

DIRECTIONS: **Children:** One capsule per day.
Men: Two or three capsules per day.
Women: One or two capsules per day.
Otherwise as advised by your health professional.

INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Magnesium Complex 16%	830mg	132mg

Boost your immune system with colostrum antibodies

Colostrum contains many antibodies which have anti-aging, cell repair and natural weight management qualities. Regular takers of colostrum report that their skin appears more youthful, age spots disappear, they have support for optimum bone density and sexual function, plus their athletic endurance is enhanced.

\$49ea 100g tub

buy 2 for **\$39ea** **MULTI BUY**



Easy-Lax promotes easy, regular bowel movements

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

\$30ea 100 capsules

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



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.

A spring clean and detox for your insides

This complete inner body cleanse system is made from the purest herbs. Refresh your mind and detoxify your body. The ultimate treat you deserve



Benefits

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

\$99ea

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

MULTI BUY

\$85ea

Buy two or more of The Ultimate Cleanse Kits and save \$28



Protect your skin with this 100% natural sunscreen.

\$27ea 100ml

\$18ea 50ml



Pure Skin will nourish and improve skin texture, while hydrating and restoring critical moisture.

\$19ea 50ml orange

\$30 for two

A refreshing, rejuvenating tea

Yerba Maté (pronounced 'martee') is a well known South American herb made from the leaves of the subtropical Yerba Maté tree.

Yerba Maté tea contains vitamins, minerals, amino acids and beneficial antioxidants. These reduce fatigue, increase energy levels and assist weight management naturally, by supporting calorie burning and helping to manage your appetite.



\$19ea 30 tea bags



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.

Are you wanting to 'bounce back' after illness?

Withania is a powerful herb that supports physical and mental rejuvenation and is revered for bringing optimum health into the elder years.



- ✓ Builds vitality
- ✓ Helpful during convalescence
- ✓ Supports a restful sleep
- ✓ Immune system support

It is particularly helpful during convalescence for restoring energy levels after illness.

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 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 medicine of India, withania has written records 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.

Withania is an excellent choice when looking to support energy levels, mood lifting, a restful sleep and help to recover from an illness.

COLOSTRUM POWDER

Boost your immune system with colostrum antibodies.

Colostrum contains many antibodies which have anti-aging, cell repair and natural weight management qualities.

100g tub **\$49ea**

Buy two for **\$39ea**

MULTI BUY



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

Health House
Private Bag 12029,
Tauranga 3143, New Zealand

New Zealand
Permit No. 193050

Permit

ORDER FORM AND PRICE LIST

Prices valid until 31 August 2017



CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
5- HTP (90 capsules)	\$34		\$
7 - Day Iron (25 capsules)	\$29		\$
Aloe Vera Gel (100ml tube)	\$20		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$16		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$22		\$
Bone Health (60 capsules)	\$43		\$
Boron and Selenium (60 capsules)	\$39		\$
CAA - Multi (60 capsules)	\$45		\$
CAA - Multi Iron free (60 capsules)	\$45		\$
CAA - Multi Sulphur free (60 capsules)	\$45		\$
Carnitine (60 capsules) 2 for 1 Special	\$45		\$
Colloidal Silver (book)	\$19		\$
Colloidal Silver Cream (100ml tube)	\$28		\$
Colloidal Silver Gel (250g tub)	\$39		\$
Colloidal Silver Gel (50ml tube)	\$21		\$
Colloidal Silver Gel (100ml tube)	\$24		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$35		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$28		\$
Colloidal Silver Liquid Spray (100ml)	\$15		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum - Life's first food (book)	\$20		\$
Colostrum Powder (100g tub) (NZ Only)	\$49		\$
Colostrum Powder (100g tub) (NZ Only) 2 OR MORE	\$39		\$
Complete C (100g powder)	\$35		\$
Complete C Chewable Tablets (200 tablets)	\$35		\$
CoQ10-Omega3 (60 capsules)	\$49		\$
Coral CAA (60 capsules)	\$45		\$
Cranberry (60 capsules)	\$33		\$
DHEA 7-Keto (60 capsules)	\$37		\$
DHEA Breakthrough (book)	\$25		\$
Easy-Lax (100 capsules)	\$30		\$
Easy Way to Stop Smoking (book) Clearance special white stocks last	\$18		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$29		\$
Eye Health (60 Capsules)	\$45		\$
Garcinia (60 capsules)	\$29		\$
Harmony (60 capsules)	\$34		\$
Healthy Joints (90 capsules)	\$66		\$
Healthy Joints (180 capsules)	\$99		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Healthy Joints (180 capsules) 2 OR MORE	\$89		\$
Heal your Eye Problems (book)	\$19		\$
Heifee - Survival Kit (Poop like a Trooper, My Jeans have Shrunk, I'm Surrounded by Idiots, What Happened Last Night, Love Potion Number 9, Kick up the Backside.) Special	\$99		\$
Heifee - I'm Surrounded by Idiots (30 capsules)	\$20		\$
Heifee - Kick up the Backside (30 capsules)	\$20		\$
Heifee - Love Potion Number 9 (30 capsules)	\$20		\$
Heifee - My Jeans have Shrunk (30 capsules)	\$20		\$
Heifee - Poop like a Trooper (30 capsules)	\$20		\$
Heifee - What Happened Last Night? (30 capsules)	\$20		\$
Honevo - Acne (50ml)	\$30		\$
Honevo - Sore lip (10ml)	\$20		\$
Honevo - Nappy Rash (50ml)	\$30		\$
Honevo - Red (50ml)	\$30		\$
Immunity Support (60 capsules)	\$29		\$
Immunity Support (60 capsules) 2 BOTTLES	\$25		\$
Immunity Support (60 capsules) 3 BOTTLES	\$22		\$
Immunity Support (60 capsules) 4 BOTTLES	\$21		\$
Kānu Bee Venom Eye Lift (10ml)	\$39		\$
Kānu Bee Venom Gel (30ml)	\$89		\$
Kānu Bee Venom Lip Plumper (13ml)	\$29		\$
Kānu Bee Venom Serum (15ml)	\$59		\$
Kelp (60 capsules)	\$29		\$
Laugh with Health (book)	\$29		\$
Liver Cleanse (60 capsules)	\$33		\$
Maca-X (60 capsules)	\$33		\$
Magnesium (60 capsules)	\$29		\$
Magnesium (180 capsules)	\$49		\$
Melsip Travel (100ml) White stocks last	\$30		\$
Melsip (250ml) White stocks last	\$34		\$
Melzing Travel (100ml) White stocks last	\$32		\$
Melzing (250ml) White stocks last	\$45		\$
MSM Sulphur (180 capsules)	\$39		\$
New Zealand's Greatest Doctor, Ulric Williams (book)	\$17		\$
Omega 3 Fish Oil (200 capsules)	\$29		\$
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	\$119		\$
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	\$113		\$
Pain-Eze (50ml tube)	\$21		\$

MORE PRODUCTS OVER PAGE

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Pain-Eze (100ml tube)	\$29		\$
pH Test Strips (5 packs of 10)	\$15		\$
Potion No. 9 (60 capsules)	\$40		\$
Prepare (100 capsules)	\$32		\$
Probiotic (book)	\$19		\$
Probiotic (book) Special with Probiotic Multi 9	\$10		\$
Probiotic Multi 9 (60 capsules)	\$39		\$
Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$35		\$
Pure Skin Orange (50ml tube) Clearance special	\$19		\$
Pure Skin Orange (50ml tube) Clearance special 2 for \$30	\$30		\$
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 Box	\$39		\$
Relax (60 capsules)	\$31		\$
Restore (100 capsules)	\$32		\$
Rubeeven (30ml pump)	\$35		\$
Salicylic Acid Gel (50ml tube)	\$25		\$
Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$39		\$
Silver Rods (pair)	\$48		\$
Skin Clear (120 capsules)	\$39		\$
Stay Healthy (book)	\$25		\$
Stay Healthy (book) 2 OR MORE	\$20		\$
Sunscreen (50ml tube)	\$18		\$
Sunscreen (100ml tube)	\$27		\$
Sustain Fruit + Protein (80g)	\$21		\$
Sustain Fruit + Protein (200g)	\$35		\$
Sustain Veggie + Protein (80g)	\$21		\$
Sustain Veggie + Protein (200g)	\$35		\$
Sweet Stevia Tablets (200 tablets)	\$22		\$
The Ultimate Workout Range for Women Starter Kit	\$99		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Throat Spray (100ml)	\$29		\$
Turmeric (60 capsules)	\$39		\$
Turn Back Time Capsules (60 capsules)	\$39		\$
Turn Back Time Cream (30ml) 2 for 1 Special	\$39		\$
Turn Back Time Combo (30ml cream and capsules)	\$59		\$
Ultimate Cleanse kit (410 capsules)	\$99		\$
Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$85		\$
Vitamin B5 (90 capsules)	\$31		\$
Vitamin B Complex (60 capsules)	\$35		\$
Which Natural Therapies Should You Try? (book)	\$21		\$
Withania (60 capsules) New	\$35		\$
Yerba Maté Herbal Tea (30 tea bags)	\$19		\$

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)

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Address

Phone

Email

Credit Card Number

Cheque Visa Mastercard Exp. date

Security code



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