

FREE DELIVERY IN NEW ZEALAND

MAY/JUN
2019

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HealthHouse

Quality, natural health products

NEW ZEALAND

100%
PROUDLY
NZ OWNED
& OPERATED

Nature's immunity booster

Back by popular demand | PAGE 3



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0800 140 141

www.healthhouse.co.nz

60 DAY MONEY BACK GUARANTEE

WHAT'S NEW

We are pleased to be able to bring back La Belle Colostrum powder at a good price. Sorry it's still only available to New Zealand customers due to regulations.

Twelve of us suffered for science by having our blood taken to find a common NZ omega 3/6 ratio and that information is being analysed now. We will report in more detail in the next catalogue and will find out who has the best ratios.

Our sunscreen has just been retested to make sure that the SPF is accurate over time. Preliminary results are in and they confirm our SPF 25 rating.

We have also put our Throat Spray in glass bottles to improve the taste. Unfortunately the natural ingredients and the packaging price has increased, so we have put it into a smaller more convenient sized bottle to keep the price comparable.

There is also a special on Mitchells products (page 7) where you can buy two or more of their products for \$59ea.

As always our contributors have great articles, David's on B12, Shaun's on manganese and molybdenum, Denise's on colostrum and Nadia's on irritable male syndrome, or as I like to refer to it, 'just a sign of getting older.'

Kind regards

Mike Coory

Director

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Immunity Support

Boost your immunity with four powerful herbs and two powerful nutrients.



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LOYALTY REWARDS

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

4 OR MORE

Purchase four or more of any product with this blue icon and you will automatically save \$20 off your current order.

REFER A FRIEND

When you refer a friend to us as a new customer, you will receive \$10 towards your next order, when they make a purchase.

Healthy Reading

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

Stay Healthy by supplying what's lacking in your diet **\$25** or two for **\$20ea**

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

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

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

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

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

Heal Your Eye Problems **\$19**

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

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

The DHEA Breakthrough **\$25**



Boost your immune system with colostrum antibodies

Containing millions of immune antibodies to optimise your health. These antibodies mirror human antibodies and when the colostrum from hundreds of cows is combined, its effectiveness is multiplied dramatically.

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

Regular takers of colostrum report that their skin appears more youthful, age spots disappear, they have support for optimum bone density and sexual function and their athletic endurance is enhanced. Many body builders maintain that colostrum is the most effective muscle building supplement they have ever used.

Cow colostrum is over 10 times richer than human colostrum in antibodies. These antibodies are the same as human antibodies and support the immune system to protect you against thousands of common immune threats.

People who take colostrum also report they get less seasonal ills and chills.

We source our colostrum from La Belle, one of the top colostrum suppliers in the world.

DIRECTIONS: Adults: Mix one scoop (1.5g) into a small glass of milk or water or add to your smoothie/protein drink. For maximum health benefits take twice a day, at least 45 minutes before eating. Children: Half the adult dose. Not recommended for infants.



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.



Soothe a dry scratchy throat

100% natural honey and blackcurrant flavoured throat spray.

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

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

Along with the antiseptic properties of echinacea to support your recovery

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

DIRECTIONS:

Spray as often as required, but it is recommended you do not exceed 20ml (80 sprays) per day. The bottle contains about 300 sprays.

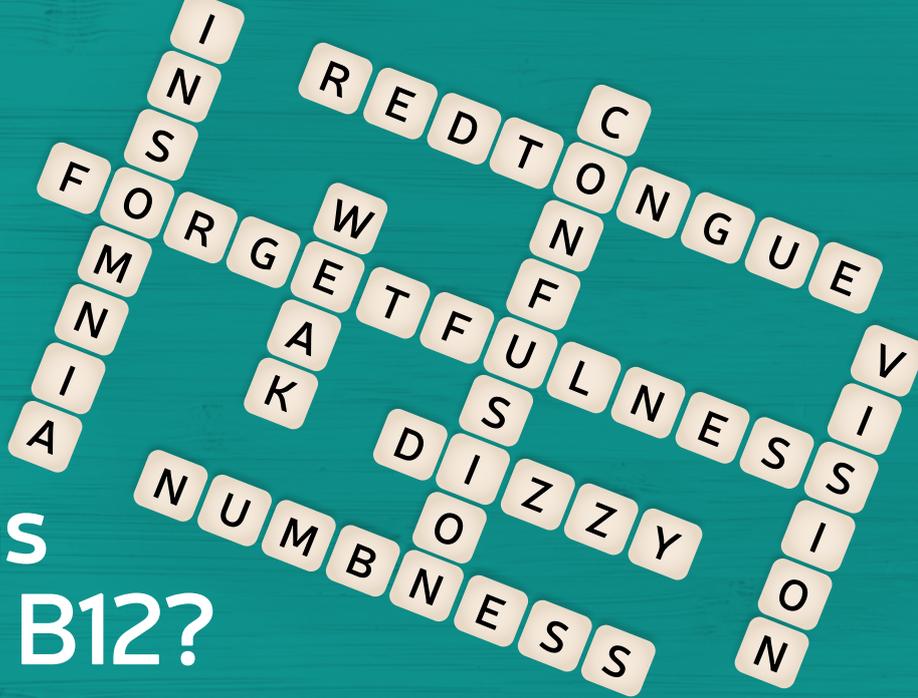
Due to the syrup containing honey, we do not recommend it for infants (under two years old).

New look

\$29ea
50ml liquid



Do you have any of these nine symptoms of low vitamin B12?



Vitamin B12 deficiency is a major problem nowadays. Excess sugar, smoking and the pill can affect absorption. Drugs like Metformin and stomach acid lowering drugs like Losec also hinder absorption, as does old age. But all ages can be affected – American president John F. Kennedy said he would “never have become president without injections of B12”. He was only 43 when elected.

The last NZ Nutrition Survey found that most of us had an inadequate intake of B12 from food, but absorption wasn't measured, and this is where the problem lies. Absorption is highly complex and easily disrupted. In western countries, around 39% of adults over the age of 26 have low blood levels, this increases to 80% in India where there are many vegans. But again, this is not measuring body and brain cell absorption.

So check and see if you have any of the nine common symptoms of B12

deficiency, and if so, read on to see what you can do about it.

Nine symptoms of B12 deficiency

1. Numbness, burning, or pins and needles in hands or feet. B12 deficiency eventually causes nerve damage leading to these symptoms, (however B12 is not the only cause of these symptoms).

2. Poor balance, shaky hands, clumsiness or falling. Nerve damage B12 deficiency often affects our steadiness and walking balance and

makes us more prone to hand tremors, falling or bumping into things.

3. Easily puffed on exertion and sometimes feel dizzy. This is a sign of anaemia – the main problem caused by B12 deficiency. It's caused by our body failing to make sufficient red blood cells to carry oxygen to our muscles. B12 is needed by our DNA to make new red blood cells. (This symptom can also be caused by cardiovascular blockages or a weak heart.)

What are New Zealander's omega 3 - omega 6 ratio's?

Due to the high number of questions and because we were interested in the result, twelve of our team here at Health House and Zealand Health Manufacturing volunteered to be guinea pigs.

We sourced omega 3 - omega 6 ratio test kits from Auckland and with the help of Gray (a nurse and brother of one of the team) we had our fingers pricked, our blood taken and sent to the USA for testing.

The results have just come back and David is going through them now. We will report our findings in the next catalogue.



4. Depression, confusion, forgetfulness and insomnia. Low levels of B12 are frequently found in people who suffer mood and brain disorders like depression, confusion, forgetfulness, slow thinking, halting speech, poor concentration and insomnia. Supplementing with B12 can speedily reverse these symptoms.

5. Rapid heart rate or irregular heartbeat. A rapid or irregular heartbeat is often caused by mental anxiety or panic attacks. These are side effects of the brain disorders listed above. High blood homocysteine is usually also found.

6. Pale skin or yellow tinge to whites of eyes. B12 deficient people often look pale, or have a slight yellow tinge to their skin or whites of their eyes – a condition known as jaundice. Again this is due to weak red blood cell production. The continual breakdown of weak red blood cells releases excess bilirubin (the yellow substance in bile) and this is what gives skin and eyes a yellow tinge.

7. Weakness and low energy. Muscle weakness or stiffness, low energy and overall weariness are common symptoms of B12 deficiency. Again, this is because our body doesn't have enough B12 to make healthy red blood cells to transport oxygen to our muscles. This can also result in weight loss, low blood pressure, and in young people, infertility.

8. Inflamed red tongue. Lack of B12 can make our tongue red and swollen and feel painful or numb. This can also affect the way we speak and greatly lessen our taste of food.

9. Blurred vision. This can occur when prolonged B12 deficiency causes nerve damage to our optic nerve. Fortunately it can often be reversed by supplementing with B12.

Japanese health

The Japanese regularly monitor the B12 levels of their elderly and treat dementia symptoms with this vitamin. As a result, the Alzheimer's death rate in Japan is only 2.5%, six times lower than the 15% death rate in NZ and 10 times lower than the USA rate of 25%. In one USA study, over 60% of early dementia patients made a complete recovery with B12 supplementation. Monitoring and treating B12 deficiencies would appear to be a

more cost effective health measure in NZ than monitoring and treating high cholesterol.

Food sources of vitamin B12

B12 is not found in grains, fruit or vegetables but in animal products such as milk, eggs and meat. Liver, pipis and sardines are rich sources. (There is a full NZ food table on page 90 of my Stay Healthy Book). The recommended intake in NZ is 2.4mcg daily.

Blood testing and supplementing

Blood tests are unreliable in checking B12 status – our blood level can be fine, but absorption by our body and brain cells poor. Japanese doctors consider B12 blood levels of 350-1000 pmol/L to be the normal range.

A more reliable method is the little known MMA (methylmalonic acid) test. Doctors consider an MMA level above 0.3umol/L to be a reliable indication of B12 deficiency, especially if homocysteine levels are also high. This test can be done overseas with a fasting urine test, followed by a blood test if confirmation is required, but NZ seems to offer only blood tests at this stage. The cost is around the \$120 mark.

A simpler method is to just inject the vitamin and see if there's any improvement. The medical procedure for this is to inject 1000mcg of B12 cobalamin every day (usually into a muscle) for three days, then once a week for a month. This can be done by a nurse at a medical centre. If an improvement is noted, then oral supplements can be taken, or a two monthly injection of 1000mcg continued indefinitely.

The normal cobalamin form of B12 can be difficult for the elderly to absorb, as a supplement, but there is another supplement form called methylcobalamin, which although expensive, is easily absorbed by the body.



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.

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

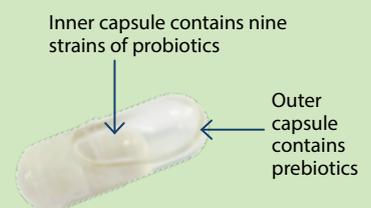
Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Our unique 'Capsule in a Capsule' technology ensures the probiotics are protected from your stomach acid and get to your small intestine before they open.

- ✓ Optimal immune support and less food allergies
- ✓ Assists bowel and digestive health
- ✓ Improves mineral and vitamin absorption
- ✓ Restores bowel bacteria after taking antibiotics

1-2 per day

Anytime

Empty stomach



Store in a cool dry place - no refrigeration needed.

Manganese and molybdenum

These two minerals are often found in multivitamin preparations and a lot of people do not know what they are or what they may be useful for.

Molybdenum is a trace mineral that is found in a surprisingly large number of common foods including nuts, legumes, leafy green vegetables, milk and cheese. As with selenium, the amount of molybdenum in a plant based food depends on how much of it was in the soil that the plant grew in. Molybdenum travels from the soil, into plants and into any animals that also feed off those plants. It can also be present in water in various amounts. In the body it is stored in the liver, kidneys and bones and can also be found in the lungs, spleen, skin and muscles. 90% of the molybdenum that is eaten is excreted and the small amount that remains primarily acts as an essential helper to the many important enzymes in the body.

Only a very small amount of molybdenum is needed and most of what is eaten is not needed and is not retained by the body. Unless someone has a molybdenum deficiency there is no good reason to take a supplement of molybdenum and it can even be harmful. The most common side effect is gout and cases of gout have been seen in people who have been regularly exposed

to industrial levels of the mineral. For adults, the recommended upper limit of molybdenum is 2mg/day. The Recommended Dietary Allowance is around 50mcg/day and most people consume at least twice this amount.

Manganese, another mineral found in many healthy foods including nuts, legumes, seeds, whole grains and leafy green vegetables, is an essential element that the human body requires to continue functioning properly. Manganese is involved in many important processes in the body, including breaking down cholesterol, carbohydrates and proteins. It is also thought to be involved in the formation of bones. Unlike molybdenum however, manganese supplementation may help with certain health conditions. The maximum recommended daily dose of manganese is 11mg/day.

Osteoporosis - studies have shown that manganese, when taken with calcium, zinc and copper, can slow decreases in bone density that occur in post-menopausal women. While calcium alone can have this affect, the addition of the other elements, including manganese, seems to

increase the effects obtained from the calcium.

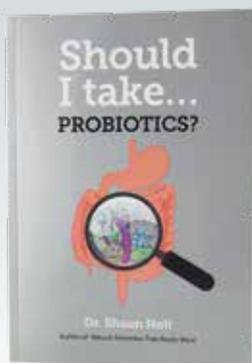
Osteoarthritis - there is some evidence to support the use of manganese, alongside glucosamine and chondroitin, for both slowing the development of osteoarthritis of the knee and hip and also to relieve symptoms. Studies have revealed improvements in pain levels and functionality, as well as an improvement in the time taken to run a set distance! But the amount that manganese contributes towards the improvements is not known.

Manganese deficiency - this can occur and can be discovered as part of routine blood testing. Levels can be increased with either oral or intravenous manganese.



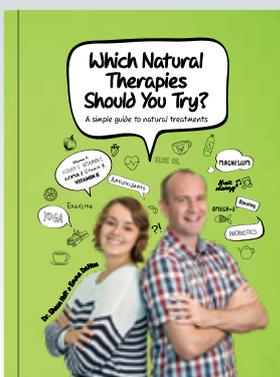
ABOUT THE AUTHOR

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

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



Mitchells Products

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

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

Would you like a deep, restful and healing sleep?

You can, with this improved Melrest formula.

It contains three natural active ingredients for supporting sleep.

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

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

Magnesium: deficiency of this important dietary component is

common especially as we get older. Magnesium helps relax your mind and supports normal sleep patterns.

Melrest also contains honey and a natural cherry flavour, so enjoying a deep, restful healing sleep is not only easy, but can also taste great.

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

\$32ea 90ml

\$59ea 240ml

**NEW
FORMULA**



Irritable male syndrome

As men age, hormones such as testosterone start to naturally decrease. This can have an affect physically, but importantly it can also affect mental capacity and mood. Men that have lowered testosterone levels due to age are more likely to suffer from fatigue, depression, anxiety, irritability, anger and lack of focus. Technically, this is known as andropause and has more recently become known by researchers as irritable male syndrome.

After a man reaches the age of 30, testosterone very gradually begins to decline. In fact, 40% of men over the age of 45 have testosterone levels considered below 'normal'. It has been surmised by researchers on the subject, that this could result in a reduction of brain opioids that are necessary for mood elevation. One reason for this can be holding excess fat in the body, meaning that more testosterone is being converted to oestrogen, therefore lowering overall testosterone levels and resulting in the irritability and other symptoms mentioned earlier. Stress and elevated cortisol levels (the long term stress hormone) can also be a factor in lowered testosterone levels.

The danger with taking prescribed synthetic testosterone from your doctor is that it can have negative side effects, as with any hormone replacement therapy (HRT). It is important to restore balance, which is why a natural approach can be much more successful. Taking herbs and minerals that nourish the body means that testosterone levels can be stabilised and balanced safely, rather than increased to an unhealthy level, causing some of the rage or frustration that can be associated with high testosterone.

Treatments: Luckily, there are natural ways to increase testosterone levels which in turn can stabilise moods and can often work relatively quickly to make you feel like yourself again. When herbs are used to help with hormone balance, they do not specifically boost or contain these hormones – what they are in fact doing is modulating – they help the body to synthesise and balance, therefore increasing the hormones by making sure everything else is working as it's supposed to.

Avoidance of unnecessary plastics: Plastics, particularly those that carry our foods or drinks contain various chemicals that can increase oestrogen in the body – this in turn reduces testosterone levels. Avoiding these plastics, particularly single use water bottles, cling film and making sure that foods are never heated in plastic (pop it in a bowl before microwaving rather than leaving it in your Tupperware!) can help to prevent some of these chemicals from having a negative hormonal impact.

Healthy diet and exercise: Obesity and lack of exercise is related to lowered testosterone levels, so maintaining a healthy diet with a reduction in sugar and alcohol can have a positive impact, as well as moving regularly to stimulate testosterone producing organs and metabolism.

Horny Goat Weed stimulates the cells responsible for production of testosterone and balances cortisol levels. Too much cortisol can have a negative effect on testosterone levels. It also increases blood flow to the pelvic area, where testosterone is created.

Damiana helps to inhibit the enzyme aromatase, which is responsible for converting testosterone to oestrogen. As we age, aromatase activity increases causing a higher ratio of female (oestrogen) to male (testosterone) hormones. By inhibiting this enzyme, less testosterone is converted to oestrogen resulting in higher testosterone levels.

Zinc is an essential mineral that helps to boost testosterone by also inhibiting aromatase. The minimum amount of zinc you should be consuming daily is 15mg, and this will help to maintain normal endocrine function.

Withania supplementation has had positive results in a number of studies showing dramatic increases in testosterone levels over three months, partly by helping to balance cortisol levels as well as regulating testosterone production.

DHEA is a naturally occurring hormone in the body that tends to start declining with age, just as testosterone does. Because it has a role in boosting testosterone and balancing oestrogen levels in the body, it is very successful in increasing the levels of testosterone, with studies showing that it can boost levels by up to 20% when compared to a placebo.



ABOUT THE AUTHOR

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

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.

Always read the label and only use as directed.



60 DAY MONEY BACK GUARANTEE

Boost your immunity

Four powerful herbs and two powerful nutrients

Astragalus has been used medicinally for over 2000 years for a broad range of conditions, with a particular focus on immunity and stress.

Echinacea supports the immune system and the body's defences.

Olive leaf contains compounds that have demonstrated potent immune supporting and antioxidant properties.

Garlic, a trial conducted in the UK showed that people who received a garlic supplement were less likely to get ill and chills and recovered faster if they did.

Vitamin C and zinc have both been proven to support recovery.

 **1-2** Maintenance dose

 **3-6** When unwell

 Anytime

 With food



\$31ea

60 capsules



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 ill 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

Colostrum



Colostrum is the very first milk produced by all mammals. Bovine (cow) colostrum is collected within the first few hours after birth. Herds used for colostrum are under strict conditions to keep them at a high level of health, in a good state of hygiene and without any exposure to pesticides.

Ayurvedic (traditional Indian medicine) physicians have used bovine colostrum for thousands of years, particularly for gastrointestinal conditions. By the late 18th century western medicine started investigating the use of colostrum and since then it has been prescribed for many immune conditions. In the 20th century it was used for bacterial infections prior to the discovery of penicillin and other synthesized antibiotics. It was during this time that it was noted that antibody levels were much higher in the first milk than 72 hours later.

Early colostrum, produced immediately after birth, will provide a higher immunoglobulin (Ig) level. Immunoglobulins are a family of closely related proteins capable of acting as antibodies. IgG is the principal immunoglobulin in human serum. Human colostrum has been shown to

be particularly high in immunoglobulins and bovine colostrum also has a similar profile, which is why bovine colostrum is sold commercially. The nutrient profile of colostrum contains more proteins than older milk, and is extremely rich in antibodies that offer passive immunity, it crosses the placental barrier which is important in producing immunity in the infant. It is the major antibody for viruses and bacteria, and may also activate the immune stimulating group of proteins called complement.

There is more than one clinical trial on the beneficial effects of colostrum on body composition and performance. It is commonly used by athletes to increase strength, lengthen endurance and shorten recovery time. Colostrum may help, as part of an exercise program to build lean muscle mass and burn body fat. It also may boost immunity which is definitely advantageous as after strenuous exercise it is common for your immunity to drop.

As a food supplement, anecdotal evidence has shown support for the respiratory system with allergies and hayfever improving. Many pharmacy hayfever sprays can have a rebound affect i.e. if you overuse it, it starts causing the same problems that you were originally trying to treat. By helping the immune system nutritionally it may help our body to repair itself.

In August 2013 the Department of Food and Nutrition, Mumbai, India presented an article - 'Colostrum - its composition and benefits as a nutraceutical'. They reported on strong support for the immune system and that Colostrum's many growth factors offer a broad spectrum boost to the body to encourage positive health and healing by providing vital nutrients for tissue development.

Another study in 2002 in the Medical Science Sports Exercise Journal reported colostrum doses for two groups, at 20 grams and 60 grams daily. The colostrum provided a small but significant improvement in the cyclists' performance.

Health benefits may be gained by both healthy individuals and those experiencing poor health by consuming colostrum as a food supplement.



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.



Sunburn relief and soothes skin irritations

\$15ea 50ml
\$21ea 100ml



Repairs irritations and revitalises your skin

\$17ea 50ml
\$24ea 100ml



Manage common sun spots

\$27ea 50ml

Salicylic Acid Gel and Aloe Vera Gel 100ml combo

\$41ea **MULTI BUY**

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.

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

A refreshing and rejuvenating tea

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

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



\$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.

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



\$20ea
30 tea bags

60 DAY MONEY BACK GUARANTEE

Always read the label and only use as directed.

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

High quality, easy to digest iron for increased energy

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

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

- 1 per week
- Anytime
- Empty stomach
- \$31ea** 25 capsules



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.

Supports heart, artery and brain health

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

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

\$51ea 60 capsules

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

1 per day Morning With food



The most effective multi-mineral-vitamin

We believe that this is the most complete mineral-vitamin supplement on the market.

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

It allows your body to heal itself of numerous health problems by providing all the minerals and vitamins it needs.

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

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

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

\$47ea 60 capsules

1 per day Anytime With food

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



Keep calcium in your bones

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

\$45ea 60 capsules

1 per day Anytime With food



Containing important ingredients to combat ageing

\$41ea 60 capsules

2 per day Anytime With food

If taking blood medication please discuss with your health professional.



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

\$41ea 50ml tube



pH Test Strips

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

\$15ea (five packs of 10)

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.



Clear skin starts from within

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

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

\$41ea 120 capsules

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

2-4 per day Anytime With food



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



1990's

FDA (USA) and Pharmac (NZ) both approve silver coated medical dressings.

\$16ea 100ml liquid spray

\$26ea 100ml tube

\$36ea 500ml liquid

\$41ea 250g tub

\$30ea 4 or more 500ml bottles

MULTI BUY



Measure the content of your homemade colloidal silver

\$108ea test meter



Make your own colloidal silver

\$133ea one year guarantee

\$48pair replacement silver rods



A natural moisturising and soothing cream

\$30ea 100ml tube

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 two or more Healthy Joints 180 and save \$22

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

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





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



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

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

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



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

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

\$47ea 60 capsules

✔ 1-2 per day 🌙 Anytime 🍴 With food

Normal prostate health and urinary flow

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

\$35ea
60 capsules



✔ 1 per day 🌙 Anytime 🍴 With or without food

Do not take with blood thinning medication.

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



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

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 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



Enhance both male and female libido

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

\$42ea 60 capsules

1 per day Morning With food

Supports physical and mental rejuvenation and is revered 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

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
- ✓ Relieves 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.

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.





Beneficial for skin, hair and nails

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

\$32ea 90 soft gel capsules

2-3 per day Anytime With food



Help manage your appetite and food cravings

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

\$31ea
60 capsules

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

1-2 per day Anytime Empty stomach



Energy boost and stress relief

B vitamins are water soluble so your body does not retain them in your fat stores like minerals and other vitamins.

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

\$37ea
60 capsules



1 per day Morning With or without food



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

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 total 570mg
 - ✓ EPA 300mg
 - ✓ DHA 200mg
 - ✓ Other 70mg
 - ✓ 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 equal parts omega 6 to omega 3. However the current New Zealand average is estimated to be around 18 parts omega 6 to one part omega 3.

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

- 1-2 per day
- Anytime
- With food

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



Protect your skin with our 100% Natural Sunscreen

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

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

Independently tested

\$19ea 50ml tube
\$29ea 100ml tube



NEW!

LOVE SOFT SMOOTH SKIN?

Then you will adore our brand new all over skin product. Treat yourself, or a friend to our new luxurious Coconut Body Butter.

Developed after two of our management team were brainstorming for a product that was missing from our product range.

The result is a new gorgeous smelling Coconut Body Butter that feels beautiful on your skin. After approval from the directors, off they went.

The whipped body butter is enriched with all natural oils, has a subtle coconut fragrance and contains no nasty chemicals. Suitable for all ages and skin types, it will leave your skin feeling nourished and soft.

Coconut Body Butter is full of the skin loving ingredients, coconut oil, shea butter, macadamia nut oil, sweet almond oil, vitamin E and more. Designed especially for arms, hands, legs and feet, all those areas we tend to forget about that need moisturising too!

We have had amazing feedback from everyone who tried this new body butter and we are excited to bring it to you.

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



"Feels silky and nourishing, a small amount goes a long way." – Stacey



Prepare for winter

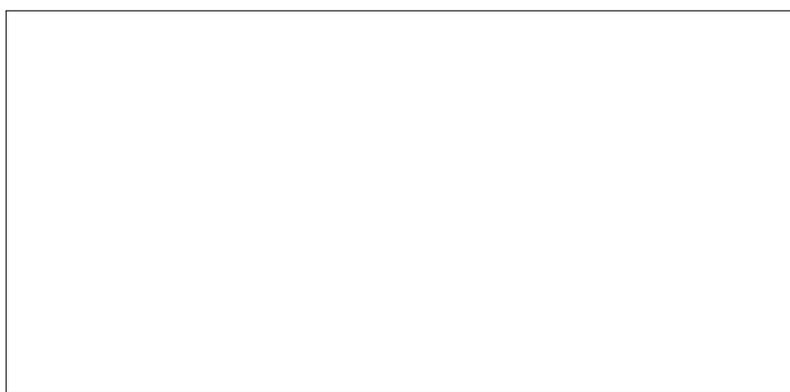
See page 9 for more details



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

Health House
Private Bag 12029,
Tauranga 3143, New Zealand

New Zealand Permit No. 193050	Permit
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Always read the label and only use as directed.

MAY/JUN 2019

ORDER FORM AND PRICE LIST

Prices valid until 30 June 2019

CUSTOMER ID

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
5-HTP (90 capsules)	\$36		\$
7 - Day Iron (25 capsules)	\$31		\$
Aloe Vera Gel (50ml tube)	\$15		\$
Aloe Vera Gel (100ml tube)	\$21		\$
Aloe Vera Gel with Colloidal Silver (50ml tube)	\$17		\$
Aloe Vera Gel with Colloidal Silver (100ml tube)	\$24		\$
Bone Health (60 capsules)	\$45		\$
Boron and Selenium (60 capsules)	\$41		\$
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		\$
Coconut Body Butter (60g) New	\$21		\$
Colloidal Silver Cream (100ml tube)	\$30		\$
Colloidal Silver Gel (250g tub)	\$41		\$
Colloidal Silver Gel (100ml tube)	\$26		\$
Colloidal Silver Generator	\$133		\$
Colloidal Silver Liquid (500ml)	\$36		\$
Colloidal Silver Liquid (500ml) 4 OR MORE	\$30		\$
Colloidal Silver Liquid Spray (100ml)	\$16		\$
Colloidal Silver Test Meter	\$108		\$
Colostrum Powder (100g) New	\$39		\$
Complete C (100g powder)	\$37		\$
Complete C Tablets (200 chewable tablets)	\$37		\$
CoQ10-Omega3 (60 capsules)	\$51		\$
Coral CAA (60 capsules)	\$47		\$
Cranberry (60 capsules)	\$35		\$
DHEA 7-Keto (60 capsules)	\$40		\$
Easy-Lax (100 capsules)	\$35		\$
Evening Primrose & Flaxseed Oil (90 gel capsules)	\$32		\$
Eye Health (60 Capsules)	\$47		\$
Garcinia (60 capsules)	\$31		\$
Harmony (60 capsules)	\$36		\$
Healthy Joints (90 capsules)	\$70		\$
Healthy Joints (180 capsules)	\$104		\$

PRODUCTS	PRICE EACH	QUANTITY	TOTAL
Healthy Joints (180 capsules) 2 OR MORE	\$93		\$
Helifee - I'm Surrounded by Idiots (30 capsules) White stocks last	\$20		\$
Helifee - What Happened Last Night? (30 capsules) White stocks last	\$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		\$
Melrest (90ml) New Formula	\$32		\$
Melrest (240ml) New Formula	\$59		\$
Mitchells Bone Broth	\$69		\$
Mitchells Collagen Repair	\$69		\$
Mitchells Products 2 OR MORE	\$59		\$
<input type="checkbox"/> Bone Broth <input type="checkbox"/> Collagen repair			
MSM Sulphur (180 capsules)	\$43		\$
Omega 3 Fish Oil (200 capsules)	\$31		\$
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health)	\$125		\$
<input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur			
Optimum Health Triple Pack (CAA - Multi, CoQ10, Bone Health) 2 OR MORE	\$118		\$
<input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur			
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 (237g)	\$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		\$

MORE PRODUCTS OVER PAGE

