

FREE DELIVERY IN NEW ZEALAND

AUG-OCT
2024

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Quality, natural health products NEW ZEALAND



PREMIUM Collagen

One of the most important proteins in the human body.

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How I suddenly doubled my daily push-ups

By David Coory
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Collagen
The nutrient we all want more of

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Understanding the importance of Probiotics

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Gut Health

By Nadia - page 10



0800 140 141
www.healthhouse.co.nz
60 DAY MONEY BACK GUARANTEE

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.




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 21)
5. Visit our shop - 1 Whakakake St, Tauriko, Tauranga
6. Direct Debit call 0800 140 141

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

PRODUCT ICONS

These icons help explain the products and when and how to take them.

- | | |
|--|---|
|  Capsules |  Take anytime |
|  Vegetarian capsules |  Take in the evening |
|  Tablets |  Take with food |
|  Powder |  Take with or without food |
|  Take in the morning |  Take on an empty stomach |

Loyalty rewards

Earn a 10% Discount

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

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.

In this issue

Catalogue Packaging

You would have noticed that this August 2024 catalogue arrived to you in an envelope. We have made this change to enable us to continue sending out the catalogue to more customers. I mentioned last time that catalogues would only go out to those who had bought from us in the past twelve months, but with a change in mailing size, we have managed our mailing costs and can now send them out to more customers.

The added advantage, being the envelope, is bio-degradable and recyclable. The plastic wrap we used previously was compostable, but this new packaging is more eco-friendly.

To achieve this, we had to fold the catalogue and also make it slightly lighter. You will see that the tear-off page has been removed, but there is still an order form that can be cut out, if you want to post in your order.

The Health House product list, order form and page index can now be found on pages 21 and page 22.

Premium French Collagen

Also new is our own brand of Premium Collagen, we were previously selling another brand, but have managed to source the same top quality French Bovine Collagen and can pass on the savings to you, our customers.

Megan's article (pg9) covers the critical role collagen plays in the health of our bones, skin and joints, while David does an interesting experiment with the new Premium Collagen and the Fruit Antioxidant with surprising results.

Gut Health and Probiotics

Andrea's article (pg8) and Nadia's article (pg10) both cover gut health and highlight some of the recent findings on the importance that gut health plays in the absorption of vitamins and minerals.

I have mentioned before that our Probiotic Multi-9 capsules are now made in Japan (previously it was in the USA) and we are very pleased with the quality of the capsules. The gut health benefits from our probiotics, capsule in a capsule technology, are impressive.



Loyalty Rewards

We do appreciate our loyal customers and thank you for choosing Health House for your supplement needs. Remember if you refer a friend to Health House you will receive \$10 off your next order, after they have made a purchase.

We also have a \$30 loyalty reward, that applies after every \$300 spent with Health House. Our loyalty rewards do not expire and we manage them for you so, you don't miss out on using them. Just please make sure that when buying off the website, you are logged in before finalising your order so, we can credit any available rewards before you checkout.

Kind regards

Mike Coory

Managing Director

PREMIUM COLLAGEN

Collagen helps maintain youthful skin and supports digestive wellness

Collagen is one of the most important proteins in the human body as it is used in skin, bones, muscle and the intestinal lining.

Collagen provides structure to the tendons and ligaments which support our skin and bones. However, through the aging process, our bodies produce less collagen, this structure then weakens and breaks.

Taking Premium Collagen is a simple and easy way to support our body's needs.

Health House Premium Bovine Collagen is split into smaller molecules through the process called hydrolysis (like pre-digestion), creating short chain amino acids called peptides. This process makes the collagen easier for the body to absorb and use.

As we age, the body naturally produces less collagen, but collagen has great tensile strength and is the material the body uses to construct the ligaments and tendons that holds our skin in place.

Our collagen is sourced from a world leading French collagen company,



Rousselot, who can trace their beginnings as a family owned business to 1891.

Health House Premium Collagen can be added to beverages, smoothies and sprinkled on food.

No added flavours or sweeteners.

Supports

- ✓ A healthy gut
- ✓ Energy levels
- ✓ Skin elasticity and hydration
- ✓ Hair and nail strength
- ✓ Bone and joint health

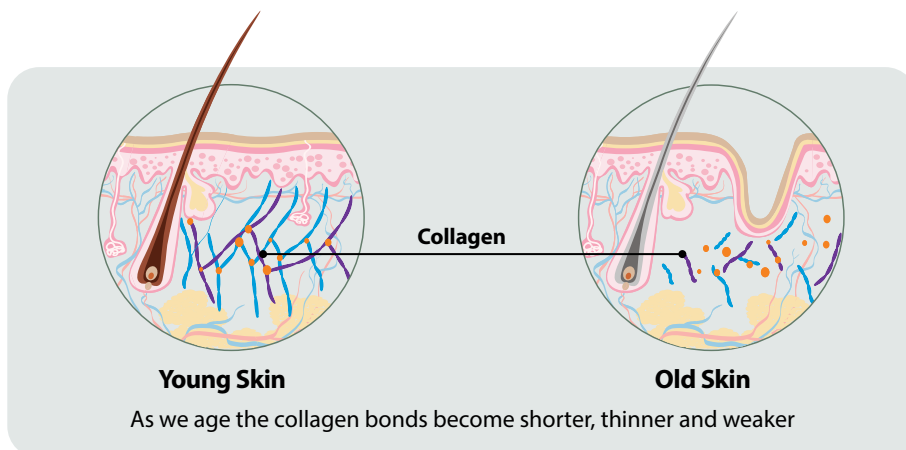
Storage: Store below 30°C away from direct sunlight, heat and humidity.

Ingredient imported from France and packed in New Zealand.

\$39ea

240 gram tub - 24 x 10g serves

- ✓ 2 tsp per day
- 🌙 Anytime
- 🍴 With or without food



\$49ea
60 capsules

CORAL CAA

A blend of high quality minerals and vitamins

Coral CAA contains approximately a half serving of all the minerals and vitamins found in our CAA-Multi and half the vitamins and minerals found in Bone Health.

Especially designed for smaller-framed people and those with sensitive systems.

- 📄 1-2 per day
- 🌙 Anytime
- 🍴 With food

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

RELAX

Deep restful sleep

Valerian, hops and kava, along with magnesium promote a general sense of well being and supports a peaceful relaxing sleep without chemicals.

- 📄 2-3 per day
- 🌙 Evening
- 🍴 With food

\$35ea
60 capsules

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



How I suddenly doubled my daily push ups

When our skilled team at Health House is developing a new product, I am given samples to trial, as I like to feel confident that new products work well for the majority of our customers.

Our latest new product is a soluble powder called 'Premium Collagen' (a peptide). Peptides are small proteins that our liver manufactures and uses to make collagen, especially during our younger years. We make much less collagen peptide as we age.

These small collagen proteins provide the raw material to slow down our aging process. They help maintain the plumpness of our skin and minimise wrinkles. Collagen peptides also produce more luxuriant hair and help maintain or rebuild muscle mass. Our body is made up of 30% collagen and our skin 75% collagen.

Our Premium Collagen peptide powder's trade name is 'Peptan' and has been developed in France by Rousselot, the world's leading collagen research and production company. Peptan's health benefits are backed by substantial scientific evidence.

Fruit Antioxidant

The other product I trialed at the same time is our Fruit Antioxidant. This new

capsule product was introduced in our latest May catalogue. It's a highly concentrated extract of healthy fruit antioxidants and flavonoids. These anti-aging nutrients promote a long, healthy life.

Each capsule of Fruit Antioxidant contains concentrated antioxidants. The equivalent of 85grams (1/3 cup) of flavonoids and carotenoids from New Zealand grown blackcurrants, boysenberries, kiwifruit and grapes. These nutrients are extracted from the skin, seeds and flesh of these four healthy fruits.

My trial of Premium Collagen and Fruit Antioxidant

So, for the past five days I have been substituting two tablespoons of whey protein which I normally take in my daily smoothie, with Premium Collagen. And taking one capsule of Fruit Antioxidant.

I was not expecting to notice much, or any difference, due to my lifestyle and healthy eating habits. However, after three days I began to notice a major change during my morning exercises.

I always start my morning exercise routine by doing 30 push-ups. I've been doing this for a number of years now and find the last 5 push-ups are a real

effort – probably understandable as I turn 78 this year. But to my surprise, the last two mornings I've found my push-ups to be effortless, right up to 30, and felt I could easily continue. So, tomorrow morning, I am going to try for 50 push-ups.

Next morning

Well, good news, I did 50 push-ups this morning. I tried for 60, but 50 was all I could manage. I noticed that lifting heavy dumbbells during my workout, was also more effortless.

Following morning

Wow, I managed 60 push-ups today. Now, whether it's the Premium Collagen or the concentrated Fruit Antioxidant that's making the difference, I don't know. It must be either one, or both, because nothing else in my life or diet has changed.

So, I'm going to stop the Fruit Antioxidant today and carry on with the Premium Collagen to see what happens.

Next two mornings

Back down to 50 push-ups yesterday, and only 40 today without taking the Fruit Antioxidant capsule. This was most unexpected. So, I'll begin taking a 'Fruit Antioxidant' capsule again.



Following week

It's definitely the Fruit Antioxidant capsule that's making the difference. Who would have thought such a small amount would make such a difference? After just two days, I can again do 50 push-ups without difficulty, and 60 with effort. This has continued every morning since.

What about premium collagen?

This is not to say that the Premium Collagen doesn't work. I've been adding regular whey protein and Mitchell's Bone Broth Protein Powder to my daily smoothie for years now. Bone broth also contains collagen peptides.

The Whey Protein and the Bone Broth Protein Powder both contain protein. So I was just substituting one source of collagen and protein for another and the extra boost was from the Fruit Antioxidant.

Health House's new Premium Collagen has a similar effect to Bone Broth at a more competitive price.

My current supplement regime

So now my daily breakfast drink uses the Premium Collagen (instead of my regular whey protein), along with the Bone Broth Protein Powder, blended with milk and a raw egg into a smoothie.

Along with this, my morning supplements are the Fruit Antioxidant, Hemp Seed Oil and DHEA 7-Keto capsules.

My lunchtime supplements are CoQ10-Omega 3, Turmeric and Boron/Selenium. At night I take my CAA-Multi and Bone 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.

SWEET STEVIA

Enjoy sweet drinks without worrying about your blood sugar levels.

One tablet = approx. one teaspoon of sugar

\$25ea
200 tablets



PH TEST STRIPS

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

You can easily check your pH at home with this simple Saliva Test kit. For optimum health and immunity, your saliva pH should be between 6.8 and 7.0.

\$16ea
(five packs of 10)



\$44ea
60 capsules

MEN'S BOOST For vitality and Energy

Whether you are young or old, men can always do with a bit of assistance.

The natural herbal extracts and important minerals contained in Men's Boost, support energy, libido, stamina and normal testosterone levels. It can also support your sexual energy and performance and is supportive of general prostate health.

- 1 per day Morning
- With food

EYE HEALTH Supporting good eye health

Health House's Eye Health formulation is a combination of herbs, vitamins and the minerals shown to support good eye health.

- 1 per day Anytime
- With or without food

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



\$49ea
60 capsules

Collagen - the nutrient we all want more of



What is collagen and what does it do?

Collagen is commonly known as the nutrient that helps maintain a youthful appearance. However, it also serves as the glue that holds the body together and provides structural support. It is the most abundant protein in the body and can be found in the skin, bones, tendons, arteries, organs, muscles, and ligaments.

Collagen production begins to decline in the mid to late 20s and early 30s. By the age of 40, collagen production decreases significantly. Joint cartilage is made up of 60% collagen which can be the reason we may start to feel more discomfort in our joints as we age. Age is not the only factor working against us; lifestyle choices like stress, poor sleep, smoking, excessive sun exposure, and alcohol or caffeine intake can also reduce collagen production.

Collagen plays a crucial role in maintaining the integrity of the intestinal lining and supporting the prevention or healing of 'leaky gut.' The intestinal lining is made up of tight junctions, which can become loose and cause leaking, hence the term 'leaky gut.' Several factors can compromise these tight junctions, including long-term stress, antibiotic use, refined sugars, artificial colours and flavourings, vegetable oils, celiac disease, alcohol, and medications.

While this list is not exhaustive, it provides a fair idea of the range of factors that can cause a 'leaky gut.' When these junctions become loose, half-digested food and larger proteins can leak into the bloodstream. Since this is not supposed to happen, the immune system sees these substances as invaders, triggering an immune response. This process can be one of the causes of food sensitivities/allergies and inflammation throughout the body.

The amino acids glycine, proline, and glutamine, which are found in collagen, aid in the regeneration and repair of the intestinal lining. A strong intestinal lining is important for proper nutrient absorption and immune function. Additionally, collagen has been found to regulate gastric secretions, which aids in the breakdown of food. Collagen also exhibits anti-inflammatory properties through its amino acids.

Breakdown on collagen supplements

There are several types of collagen in the body, with type I, type II, and type III being the most common. Type I collagen makes up 90% of collagen in the body and is found in skin, hair, bone, tendons and ligaments. The majority of type I collagen is sourced from bovine sources. Marine collagen also contains type I collagen. Type II collagen is the major component of joint cartilage and intervertebral discs, playing an important role in the skeletal system and can be sourced from chicken. Type III collagen is a

major structural component for hollow organs, such as the intestines, bladder and uterus. Type III collagen can be found in bovine sources.

The term hydrolysed is often seen on collagen supplement labels, indicating that the proteins have been broken down into peptides through a process called hydrolysis. Peptides are short chains of amino acids typically 2-50 amino acids and are linked by chemical bonds. Hydrolysis is a chemical reaction that occurs with water and is used to break down the chemical bonds. This process makes collagen easier for the body to absorb and utilise, ensuring that your money is well spent.

Extra collagen support

There are times when the body needs additional support with collagen, such as when hair and nails are brittle, you have painful joints, or when recovering from surgery to aid in the healing of affected tissues, bones, or organs. Collagen supplementation has also shown to be beneficial in enhancing exercise performance and supporting recovery after workouts.



ABOUT THE AUTHOR

Megan Amrein -
BNatMed. Registered
Naturopath and
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Reset your gut health

Probiotic Multi-9

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

There is about a kilogram of different types of bacteria lining your small intestine. These bacteria are necessary to convert and break down your food so it can be used in your body.

If any of these strains of bacteria are missing, various kinds of foods will not be digested properly. This causes gluten and dairy allergies and numerous other health or digestive problems.

Our Probiotic Multi 9 contains the nine most important live bacteria that tend to be missing in our intestines. Once in your small intestine, these bacteria recolonise and multiply, just like plants in a garden. If any of these bacteria were missing, the improvement in your health and ability to digest all types of foods can be dramatic.

Food preservatives and antibiotics are like weed-killer

Intestinal bacteria are destroyed by food preservatives and antibiotics (which are fully intended to kill bacteria). But they kill both good and bad bacteria indiscriminately, just like weed-killer destroys plant life.

Our 'Capsule in a Capsule' technology - no refrigeration or coating needed

To make our Probiotic Multi 9 more effective, we use an exceptionally effective capsulation technique called 'Capsule in a Capsule'. This process was developed by a leading international pharmaceutical firm.

In this process, the delicate, living probiotic bacteria are enclosed in a small inner capsule, made not from regular gelatin (which unless refrigerated, can activate the bacteria prematurely) but from a super dry,

plant sourced material called HPMC which actually repels moisture.

This small HPMC capsule containing the probiotics is then placed inside another regular size HPMC capsule, which is filled with a liquid plant sugar, similar to honey, that promotes the growth of intestinal bacteria. This is known as a pre-biotic and also completely seals the inner probiotic capsule. It later provides nourishment for the probiotics when the capsules open in your intestines.



Dissolves in your intestines not your stomach

The big advantage of the capsule within a capsule design, is that the inner capsule does not dissolve in your stomach acid. It dissolves over several hours in the lower pH environment of your small intestine. Scientific testing has verified this.

So 'Capsule in a Capsule' technology overcomes both the need for refrigeration and the need for enteric (acid resistant) coating of gelatin capsules to prevent the probiotics from being destroyed by stomach acid.

Optimum health begins in your bowel

Healthy, live, probiotic bacteria in your small intestine are absolutely essential for optimum health. Health begins and ends in your bowel.

Your small intestine, where these useful probiotic bacteria live, is located just below your stomach. It is about seven metres long and the convoluted, internal area is enormous - about the size of a tennis court if it was spread out flat. It contains about a kilogram of bacteria.

When all the required strains of healthy bacteria are present and in balance, your small intestine is able to fully extract all the minerals and vitamins from all kinds of food as it passes through. You should be able to eat any common food, wheat, milk and eggs without allergic reactions.

Huge potential health benefits

If you have never taken probiotics before, you may not realise just how energetic you can feel and how clear your mind can be, as a result of a properly working digestive system.

Supports

- ✓ bowel and digestive health
- ✓ digestion of food, soft, regular bowel movements
- ✓ mineral and vitamin absorption
- ✓ bowel bacteria after taking antibiotics

1-2 per day

Anytime

Empty stomach



\$59ea 60 capsules

Store in a cool dry place, no refrigeration needed.



Understanding the importance of Probiotics

We have trillions of bacteria, both good and bad that reside in our gut. There are around 1000 different species and thousands of unique strains that contribute to a diverse microbiome.

We co-exist with these micro-organisms. We give them a place to live and in return, they support our health by helping us to digest food, produce vitamins, protect us against harmful bacteria, and regulate responses of the immune system.

The gut microbiome can become out of balance or wiped out for many reasons such as antibiotic use, a diet high in processed and sugary foods, high stress levels, or environmental factors such as pesticides.

Studies have identified the important strains of live friendly bacteria (probiotic) that can be beneficial when taken orally. However, it is a long journey through the digestive system and orally administered probiotics encounter various challenges on their journey through the mouth, stomach, intestines, and colon. They must battle the harsh conditions of the gastric acid, bile salts and degrading enzymes before they get to their destination.

Choosing a probiotic that can make the journey safely to the intestines is key. Health House Probiotic Multi 9 not only contains nine of the key strains of live bacteria, but equally important, has a proven delivery system that helps these friendly bacteria stay alive throughout their journey.

Probiotic Multi 9 uses a unique capsulation called 'capsule in a capsule'. This consists of two capsules in one. The inner, smaller capsule contains the nine strains of living probiotic bacteria which are protected by moisture repelling material. The outer capsule is filled with a liquid plant sugar (pre-biotic) similar to honey which promotes the growth of intestinal bacteria. This technology ensures that the whole inner capsule will travel through the stomach to reach the small intestines intact. Regular gelatine capsules start to dissolve in the stomach acid, killing most of the strains off.

When the capsule reaches the intestines, it starts to dissolve as it travels several hours through the six metres of intestines, releasing its contents. Because the pH environment of the small intestine is much lower (around 6.0 – 7.0) than the pH of the stomach (around 1.0-3.0) the bacteria is able to successfully colonize giving you the full benefit of the probiotic. This is further enhanced by the pre-biotic in the outer capsule which boosts the activity of the probiotic, helping them

to recolonize and multiply in your intestines. It is here that the probiotics interact with your immune cells, gut cells, and existing bacteria to deliver benefits like these:

Supports

- ✔ Nutritional status
- ✔ Overall gut health
- ✔ Intestinal comfort and the body's immune defences
- ✔ Improved digestion of food, soft regular bowel movements
- ✔ Metabolic and immune health
- ✔ Mood and increased energy

" Everyone may benefit from taking probiotics to treat a wide range of medical conditions or simply to support their everyday health."



ABOUT THE AUTHOR

Andrea Walker -
N.D., Dip. Herb. Med.
Registered Medical
Herbalist and
Naturopath.

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 practice.

The range of benefits that have been, and are currently being studied are too long to list here. These studies investigate the effect of curcumin for supporting joint mobility and brain health.

The key active ingredient in turmeric is curcumin and is one of the most intensely studied bio-actives.

Curcumin has been found to be supportive of a wide range of health conditions.

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

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

Supports

- ✔ Healthy blood pressure
- ✔ Healthy cholesterol levels
- ✔ Liver detoxification
- ✔ Bowel and digestive health
- ✔ Mental clarity and focus
- ✔ Joint mobility

\$75ea 180 capsules **Save \$9**

\$35ea 60 capsules **Save \$5**

✔ 1-3 per day

🌙 Anytime

🍴 With food

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



Easy-Lax

Easy-Lax is a gentle, herbal stool softener that supports easy, regular bowel movements without straining. It contains five herbs that have been proven to be beneficial to the bowel. Easy-Lax works gently over a twelve-hour period.

How the five effective herbs work:

Psyllium seed is the finest source of soluble fiber. It swells in water, encourages movement of stools, and lubricates and soothes the mucous membranes of the digestive tract.

Wormwood invigorates the entire digestive process, supports production of bile and good cholesterol.

Cascara sagrada invigorates the large intestine and supports regularity in moderate doses.

Fennel seed soothes many digestive disorders, helps manage hunger, and can support weight management.

Slippery elm soothes the digestive tract by coating the lining, and can relieve stomach rumbling, bowel issues, and excessive wind.

To be effective, you need to increase your intake of water when using Easy-Lax.

\$37ea 100 capsules

✔ 1-2 per day

🌙 Evening

🍴 With or without food

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.

Gut Health

The gut is known in natural health circles as the second brain, due to the fact that the health of your gut can be reflected in so many other bodily functions.



If you don't have a healthy gut it can affect your sleep patterns, ability to maintain a healthy weight, cognitive function, trigger autoimmune flares, cause digestive issues, cause or worsen skin disorders, muscle and joint pain, worsen anxiety and depression and so much more.

A healthy gut requires a diverse range of 'good' bacteria, also known as probiotics. Different strains of bacteria have different jobs within the gut, so it's very important that you either replenish these with a range of fermented foods such as yoghurt, sauerkraut, kombucha, tempeh, kefir and pickled vegetables, or supplement with a good quality multi-strain probiotic to maintain the right balance.

A common problem now is 'leaky gut, a term used when the cells on the intestinal barrier become loose, creating small gaps which enable toxins to leak out into your bloodstream. This can include small food particles and proteins, causing your immune system to launch an attack on these perceived foreign

invaders, causing an inflammatory response to the food. This can cause a number of issues, particularly related to food sensitivities and intolerances, bloating, inflammation, digestive upset and skin issues. In order to repair a leaky gut, it's important to maintain a good diet, high in nutrients and whole foods and add in extra supplementation such as probiotics, collagen, bone broth and slippery elm to help to repair the gaps in the wall of the intestine. They will help to seal those loose cell walls back together. During this time of repair, it's a good idea to remove inflammatory foods, such as dairy, gluten, sugar and alcohol from your diet.

Gut dysbiosis is an imbalance of good and bad bacteria in the gut that can result in indigestion, bad breath and sugar cravings. Simply taking a multi strain probiotic and reducing your sugar intake can be enough to achieve balance again. Antibiotics are a very common cause of dysbiosis – they kill the good bacteria along with the bad, so following a course of antibiotics, it's very important that you take probiotics to replenish that good bacteria. I recommend taking a double dose for at least a week following the antibiotics, then staying at a maintenance dose.

SIBO (small intestine bacterial overgrowth) is another common gut issue, which often results in inflammation and bloating in your lower abdominal area. It's so important to have a diverse microbiome in order to maintain a healthy gut. A great place to start with this is apple cider vinegar to promote good digestion and enable your gut to break down foods effectively.

With our modern diet and the lack of fermented foods consumed it's a good idea to add a probiotic to your daily supplement routine, and even better still if you also include apple cider vinegar, collagen and bone broth in order to maintain a healthy gut and gut lining. If you feel that you may have any of these gut issues, seek guidance from a naturopath to get a personalised plan.



ABOUT THE AUTHOR

Nadia McMorran -
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Medical Herbalist.

The Ultimate Cleanse

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

**SPRING/
SUMMER
DETOX**

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

What do I get in the kit

- Full bowel and intestine cleanse
Gentlelax and Cleansa
- Full liver and kidney cleanse
Digestaïd
- Full nutritional support
Supafood
- Full bowel flora renewal
Probiotic Multi 9 pouch

\$135ea

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

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.

Supports

- ✓ An internal spring clean and detox
- ✓ Liver and kidneys are cleansed and revitalised
- ✓ Digestive secretions
- ✓ Normalise bowel transit time
- ✓ Optimise your metabolism
- ✓ Total body flush out
- ✓ Weight management

\$125ea

MULTI BUY

Buy two (or more) of The Ultimate Cleanse Kits and save **\$20** per kit.



5-HTP Stress and appetite

A feeling of well-being obtained naturally and help with managing food cravings.

\$38ea 90 capsules

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.

- 2-4 per day
- Anytime
- With food

Books

Which Natural Therapies Should You Try? \$21ea

Colostrum Life's First Food \$20ea

Heal Your Eye Problems \$20ea

Should I take Probiotics? \$19ea

Should I take fish oil? \$20ea

Stay Healthy by supplying what's lacking in your diet \$31ea

Medical Cannabis \$30ea

New Zealand's Greatest Doctor, Ulric Williams \$18ea

The Eczema Diet Book \$29ea
Back by popular demand

Support your immune system this spring



IMMUNE SUPPORT Immune health

Support your immune health all year round. Four powerful herbs and two powerful nutrients.

Contains olive leaf extract, echinacea, astragalus, zinc, vitamin C and garlic, providing support for ills and chills.

Take as soon as you feel a chill coming on as a preventative measure. Not intended for prolonged use.

\$33ea 60 capsules

-  **1-6** per day
-  **3-6** When unwell
-  Anytime
-  With food

THE SUNSHINE VITAMIN Vitamin D

To ensure your levels are optimal it is recommended you take a supplement daily. Vitamin D is a powerful nutrient required for optimum health and is known to support emotional wellbeing.

Vitamin D works hand in hand with vitamin K2 for maximum benefit. Together these vitamins help ensure calcium is absorbed into the bones and teeth rather than getting deposited in the arterial walls.

\$34ea 60 capsules

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



7-DAY IRON Energy

High quality, easy to digest iron for increased energy.

Our 7-Day Iron has remained very popular as our customers see real improvements in the iron levels of their blood, and conveniently you only require one capsule per week.

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

\$33ea 25 capsules

-  **1** per week
-  Anytime
-  Empty stomach





COMPLETE C

Three forms of vitamin C and six powerful antioxidants.

Complete C is a world renowned blend of vitamin C, as a dissolvable powder that makes a tasty, tangy drink. It contains three different forms of 100% absorbable vitamin C, each designed to complement the others and avoid stomach irritation.

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

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

These are

- ✔ Pine bark extract (Pycnogenol)
- ✔ Grape seed extract
- ✔ Bioflavonoids
- ✔ Rosehips
- ✔ Rutin
- ✔ Hesperidin
- ✔ Quercetin

Grape seed and pine bark extracts assist by strengthening and protecting the collagen in the skin, slowing the rate of collagen breakdown and keeping the skin firm, supple and vibrant by maintaining its integrity and elasticity.

Rutin and hesperidin are two flavonoids found in plentiful supply in grapefruit, mandarins, lemons, oranges and other citrus fruits. They are the most active of the citrus flavonoids also supporting the integrity of blood vessels, capillaries, and collagen and to help protect from bruising.

One quarter teaspoon of Complete C mixed with water will give you approx 750mg of vitamin C.

Available in powder or chewable tablets.

Complete C Powder

\$39ea 100g powder

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

Convenient chewable tablets

\$39ea 200 chewable tablets

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



MOBILITY

MSM Sulphur

Methylsulfonylmethane (MSM) is a sulphur compound that is naturally present in our body's system. Predominantly MSM is used for supporting joint health and mobility.

Sulphur supports the health of your joint cartilage, collagen, skin, muscles, nails and hair. It also supports the health and vigour of good probiotic bacteria in your intestines. You can enhance the effectiveness of MSM with vitamin C.

A highly bioavailable, non-allergenic source of sulphur

Supports

- ✔ Healthy, youthful feeling and comfortable joints
- ✔ Fast growing, less brittle fingernails
- ✔ Expelling of waste and toxins from the body
- ✔ Soft, hydrated skin - less wrinkles with age
- ✔ Recovery for stiff muscles and tendons

\$45ea 180 capsules

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

Support 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.



\$51ea
60 capsules

1 per day Morning
With food

Our top selling product

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.

Available in non-sulphur and non-iron versions.



\$54ea
60 capsules

1 per day Morning
With food

Supports heart, artery and brain health

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

EPA 270mg / DHA 190mg / Omega-3 (other) 40mg

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



\$47ea
60 capsules

1 per day Anytime
With food

Keep calcium in your bones with Bone Health

Bone Health provides the correct balance of the four bone nutrients.

It is really important to have the proper balance between the four bone nutrients (calcium, vitamin D, vitamin K2 and magnesium). An imbalance of these four nutrients is why some calcium supplements have become associated with increased risk of heart attack and stroke, instead of supporting our health, as Bone Health is scientifically designed to do.

Optimum Health Triple Pack

1 Triple Pack

Save \$17 off the individual product prices.

\$135ea

2 or more Triple Packs

Save \$44 off the individual product prices. Available in non-sulphur and non-iron CAA - Multi versions.

\$130ea **MULTI BUY**

1 Triple Pack + 1 Probiotic

Save \$21 off the individual product prices.

\$190 **MULTI BUY**

2 Triple Packs + 2 Probiotics

Save \$52 off the individual product prices.

\$370 **MULTI BUY**

Available in non-sulphur and non-iron versions.

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



Colloidal Silver

Use our scientifically researched 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.

If you are suffering cold and flu symptoms, stay at home and call Healthline for advice.



Make your own at home

Make fresh, high quality Colloidal Silver Liquid yourself at home for a fraction of the cost.

Colloidal Silver Generator

Make your own Colloidal Silver

\$140ea one year guarantee (includes silver rods)

\$50pair replacement silver rods

\$17ea 100ml liquid spray

\$28ea 100ml tube gel

\$31ea 100ml tube cream

\$38ea 500ml liquid

\$43ea 250g tub



\$35ea
per bottle

THROAT SPRAY

Soothe a dry scratchy throat this spring

100% natural honey and blackcurrant flavoured throat spray.

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.

A couple of sprays should soothe your throat. The antiseptic properties of the echinacea will support your recovery and healing.

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 200 sprays.

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

Rinse nozzle under hot water if spray volume reduces.

MITCHELLS RANGE

Bone Broth Protein Powder

Packed full of essential amino acids our body needs to survive and thrive.

\$79ea 500g Vanilla flavour

Bone Broth

Made with quality NZ grass fed beef bones and NZ grown vegetables.

\$74ea 200g tub



Energy and vitality

Well balanced supplements just for you.




Vitamin B5

A popular product for the support of overall well-being.

About one third of pantothenic acid is destroyed if food is cooked at high temperatures and baking soda can also neutralise pantothenic acid in food.

Pantothenic acid is required by our immune system to support artery and blood health in the body. It also supports weight management, helps the body make better use of omega-3 and helps protect the friendly probiotic bacteria in our intestines from damage by antibiotics.




\$36ea 90 capsules

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






Boron and Selenium - including zinc

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

-  Supports calcium absorption
-  Supports magnesium absorption
-  Supports joint mobility

\$43ea

60 capsules

-  **1** per day
-  Evening
-  With food






Alert Plus

Provides nutritional support for healthy brain function.

Two powerful herbal extracts and the highest strength Lion's Mane Mushroom extract, combined to support how we think.

The high strength (20:1) Lion's Mane Mushroom extract is combined with the traditional benefits of Ginkgo Bilboa and Ginseng extracts, providing support for your mind in both alertness and clarity.

-  **1-2** per day
-  Anytime
-  With food

Seek advice if taking blood thinning medication.

\$59ea
60 capsules






Vitamin B Complex

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.

\$39ea 60 capsules

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

Taking at night may keep you awake. Vitamin B2 may cause urine to turn yellow, this is normal.



Maca-x

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.

-  **2-4** per day
-  Anytime
-  With food

\$37ea 60 capsules

If pregnant, not recommended during the first trimester.





Liver Cleanse

Powerful milk thistle combined with essential vitamins and electrolytes for your liver health.

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.

Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

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

\$37ea 60 capsules

- 1 per day
- Morning
- With food



Carnitine

Carnitine assists with the body's energy conversion process even while you sleep.

Carnitine's role in the body is to transport stored body fat to the cells to be burned for energy, even when you sleep.

When you take Carnitine you will wake up in the morning warmer than normal because your body has been producing energy and burning calories while you sleep. When you exercise, it increases your energy as your stored fat is burned.

Each capsule of Carnitine gives you 348mg a day. Maximum calorie burning is usually achieved at about 1750mg a day or five capsules. Maintenance dose is 348mg or one capsule a day. Carnitine is 100% natural.

\$32ea 60 capsules

- 3-5 per day
- Morning
- Empty stomach



Apple Cider Vinegar

These Apple Cider Vinegar capsules have no taste and are easy and convenient to take with you to work or when travelling.

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

Taken regularly apple cider vinegar supports the digestive system and can support balanced blood sugar levels and pH levels in the body.

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

\$41ea 180 capsules

- 3 per day
- Anytime
- With or without food

Prostate and urinary tract health

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.

Do not take with blood thinning medication.

- 1 per day
- Anytime
- With or without food

\$37ea 60 capsules

500mg pure "Flowens™" cranberry powder per capsule.

No additives or fillers.



NEW ZEALAND GROWN HEMP SEED OIL CAPSULES

A healthy plant based source of omega oils, high in vitamins, minerals and amino acids.

Our bodies are unable to produce the essential fatty acids DHA and EPA so they have to be sourced from supplements and diet.

While hemp seed oil is not as high in omega levels as our Premium Fish Oil capsules it is a good alternative for those who prefer not to take fish oil.

Cold pressed from New Zealand grown hemp seeds, this high quality hemp seed oil also contains vitamin E, folate, niacin, magnesium, zinc, copper, manganese, calcium and iron.

\$39ea 150 capsules

- 2-6 per day
- Anytime
- With food



PREMIUM FISH OIL, FOR BRAIN AND ARTERY HEALTH

Not all fish oil is created equal. The source, type of fish and how it is processed makes a big difference.

The best fish oil is made from small fish sourced from clean oceans. Having a fish oil manufacturer that has a good fishing conservation programme and high standards justifies the cost for a premium quality product.

Health House Premium Fish Oil is imported from the United Kingdom from fish sourced principally from the Pacific and Atlantic Ocean, using wild sources of small fish (anchovy/sardines) and operating within global standards (IFFO). They use the latest refining technology to ensure much lower fat and calories than regular fish oil.

\$34ea 150 soft gel capsules

- 1-2 per day
- Anytime
- With food



BENEFICIAL FOR SKIN, HAIR AND NAILS

Omega oils for glowing skin and a healthy heart. Evening primrose oil - nature's source of good omega-6 oils, combined with flaxseed oil - nature's richest source of omega-3 oils, in one convenient soft gel capsule.

Omega oils support soft skin, hair, cracked heels and rough feet. These oils also help with dry skin and can support hormonal balance during PMS.

Heart and artery health

The omega fatty acids in these oils are essential for heart and artery health, supporting healthy cholesterol and blood fat levels.

\$26ea 90 soft gel capsules

- 2-3 per day
- Anytime
- With food

NATURE'S BEST SOURCE OF IODINE

This rich sea herb, Kelp is harvested from nutritious New Zealand waters. It is beneficial for your nails and hair and is a great overall health tonic. Kelp is rich in iodine which supports a healthy thyroid gland and helps protect from radiation damage.

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

Small size capsules each containing 1000mcg of Iodine.

\$33ea
60 capsules





TURN BACK TIME Anti-Ageing

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

Liquid CoQ10 and marine collagen in a cream for the outside and water soluble CoQ10 and bioflavonoids in a capsule for the inside.

We have put together a combo that contains the most important ingredients to combat the appearance of ageing skin that works.

Vitamin C firms up wrinkling and sagging skin and is helpful for the production of collagen.

Coenzyme Q10 (ubiquinone) is the secret ingredient in a lot of anti-ageing products. As we age we make less of it, which contributes to our ageing appearance.

Free of parabens, paraffins, sodium lauryl sulphates and synthetic fragrances.

Benefits

- ✔ Helps keep skin firm, supple and vibrant
- ✔ Reduces the appearance of wrinkles
- ✔ Anti-ageing
- ✔ Helps protect against collagen breakdown



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

\$43ea 50ml tube

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

\$43ea 60 capsules

Purchase a Turn Back Time Combo for \$65 and save \$21 off the individual product prices.

\$65ea **COMBO**
50ml tube/60 capsules combo

Take one morning and night with food.

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

WITHANIA Reduce stress levels

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

Withania supports physical and mental energy and is revered for supporting health and wellness into the elder years.

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

Benefits

- ✔ Beneficial during times of stress
- ✔ Helpful during convalescence
- ✔ Immune system support
- ✔ Normalises energy and mood
- ✔ Builds vitality

\$39ea 60 capsules

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

If taking thyroid or any other prescription medication, please discuss this with your healthcare professional. Not recommended if pregnant or trying to conceive.

HARMONY Natural hormonal support

There are certain times in a woman's life when she needs extra support.

We have specially designed Harmony by combining shatavari with maca extract, boron and vitamin D to give support during these times.

\$40ea 60 capsules

- ✔ 1-4 per day
- ✔ Anytime
- ✔ With or without food



PAIN-EZE

An all natural, warming cream with powerful essential oils and potent extracts in a natural coconut base.

Pain-Eze contains 11 active ingredients.

Coconut Aqueous Cream, Comfrey Infused Oil, Wintergreen Essential Oil, Lavender Essential Oil, Camphor Essential Oil, Arnica Liquid Extract, Peppermint Essential Oil, Clove Essential Oil, Turmeric Liquid Extract, Ginger Liquid Extract, Benzoin Tincture, Cayenne Liquid Extract.

Soothes tired and stiff muscles

\$37ea
100ml tube

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



HEALTHY JOINTS

Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of high-quality chondroitin sulphate, along with boron, organic silica, natural vitamin D, and MSM to support cartilage integrity and joint comfort.

\$74ea 90 capsules

\$109ea 180 capsules

\$98ea Buy two or more Healthy Joints 180 and save \$22

2-3 per day

Anytime

With food

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



Body stress support

MAGNESIUM

Your body requires a high level of magnesium and is vital to support heart health.

Without sufficient amounts of magnesium, your body simply cannot function properly.

Magnesium helps relax your mind and supports healthy blood pressure and a sound sleep. It is also vital for a healthy heart. This extremely important mineral is lacking in the average New Zealand diet and is essential to support optimum cardiovascular health.

Magnesium also helps in the absorption of calcium and plays a key role in the strength of your bones and teeth.

Capsules

We use a blend of mainly magnesium citrate with a small amount of magnesium oxide to give the maximum absorbable amount of elemental magnesium we can fit in each capsule.

Although citrate is one of the more expensive of all the magnesiums, it absorbs well and provides a high amount of elemental magnesium, with a low risk of stomach and bowel upsets.

Benefits

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

Magnesium Cream

\$35ea 100ml tube

Directions: Massage gently into skin two or three times daily or as required. Avoid direct contact with eyes and other sensitive areas such as your face. If redness or irritation occurs, rinse with cool water.

Magnesium Capsules

\$33ea 60 capsules

\$55ea 180 capsules

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

Magnesium Combo

\$85ea 100ml tube/180 capsules

COMBO

1-3 per day Anytime

With or without food





REALSALT

The way salt should be - award winning RealSalt - nothing added, nothing taken away.

Smoked Flavours

- ✓ Smoked Cherry
- ✓ Smoked Hickory
- ✓ Smoked Chef's Blend

One of a kind smoky flavour. Great for BBQ's and just as good on salads. Made with ancient, unrefined RealSalt.

\$20ea 156g Shaker

Original Flavours

- ✓ Organic Seasoned Salt
- ✓ Organic Garlic Salt
- ✓ Organic Original Salt

RealSalt Shaker (original)

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

\$15ea 284g Shaker

RealSalt Shaker (seasoned)

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

\$25ea 234g Shaker

RealSalt Shaker (garlic)

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

SPECIAL

\$12ea 234g Shaker

While stocks last, expiry October 2024

RealSalt Refill

Recommended by medical professionals, fitness experts, and world-class chefs for its unique flavour and unrefined mineral content.

\$29ea 737g pouch

284g shaker and refill combo

\$39ea **MULTI BUY**



Order form and price list

Prices valid until 31 October 2024

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
11	5-HTP (90 capsules)	\$38		\$
12	7 - Day Iron (25 capsules)	\$33		\$
16	Alert Plus (60 capsules)	\$59		\$
23	Aloe Vera Gel (100ml tube)	\$22		\$
23	Aloe Vera Gel with Colloidal Silver (50ml tube)	\$18		\$
23	Aloe Vera Gel with Colloidal Silver (100ml tube)	\$25		\$
17	Apple Cider Vinegar (180 capsules)	\$41		\$
14	Bone Health (60 capsules)	\$47		\$
16	Boron and Selenium (60 capsules)	\$43		\$
14	CAA - Multi (60 capsules)	\$51		\$
14	CAA - Multi Iron free (60 capsules)	\$51		\$
14	CAA - Multi Sulphur free (60 capsules)	\$51		\$
17	Carnitine (60 capsules)	\$32		\$
15	Colloidal Silver Cream (100ml tube)	\$31		\$
15	Colloidal Silver Gel (100ml tube)	\$28		\$
15	Colloidal Silver Gel (250g tub)	\$43		\$
15	Colloidal Silver Generator	\$140		\$
15	Colloidal Silver Liquid (500ml)	\$38		\$
15	Colloidal Silver Liquid Spray (100ml)	\$17		\$
13	Complete C (100g powder)	\$39		\$
13	Complete C Tablets (200 chewable tablets)	\$39		\$
14	CoQ10-Omega3 (60 gel capsules)	\$54		\$
3	Coral CAA (60 capsules)	\$49		\$
17	Cranberry (60 capsules)	\$37		\$
22	DHEA 7-Keto (60 capsules)	\$42		\$
9	Easy-Lax (100 capsules)	\$37		\$
18	Evening Primrose & Flaxseed Oil (90 gel capsules)	\$26		\$
5	Eye Health (60 Capsules)	\$49		\$
24	Fruit Antioxidant (60 capsules) NEW	\$55		\$
19	Harmony (60 capsules)	\$40		\$
20	Healthy Joints (90 capsules)	\$74		\$
20	Healthy Joints (180 capsules)	\$109		\$
20	Healthy Joints (180 capsules) 2 OR MORE	\$98		\$
18	Hemp Seed Oil (150 gel capsules)	\$39		\$
12	Immune Support (60 capsules)	\$33		\$
18	Kelp (60 capsules)	\$33		\$
17	Liver Cleanse (60 capsules)	\$37		\$
16	Maca-X (60 capsules)	\$37		\$
20	Magnesium (60 capsules)	\$33		\$
20	Magnesium (180 capsules)	\$55		\$
20	Magnesium Cream (100ml tube)	\$35		\$
20	Magnesium Cream & Magnesium Combo (100ml tube/180Capsules)	\$85		\$
23	Manuka Oil Cream (100ml tube) New	\$43		\$
5	Men's Boost (60 Capsules)	\$44		\$
15	Mitchells Bone Broth (200g tub)	\$74		\$
15	Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$79		\$
13	MSM Sulphur (180 capsules)	\$45		\$
14	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	\$135		\$
14	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	\$130		\$
20	Pain-Eze (100ml tube)	\$37		\$
5	pH Test Strips (5 packs of 10)	\$16		\$
3	Premium Collagen (240g tub) New	\$39		\$

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
18	Premium Fish Oil (150 gel capsules)	\$34		\$
7	Probiotic Multi 9 (60 capsules)	\$59		\$
14	Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack	\$55		\$
21	RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$39		\$
21	RealSalt Refill Pouch (737g)	\$29		\$
21	RealSalt Shaker Garlic (234g) Special (while stocks last) Expiry October 2024	\$12		\$
21	RealSalt Shaker Original (284g)	\$15		\$
21	RealSalt Shaker Seasoned (234g)	\$25		\$
21	RealSalt Shaker Smoked Cherry (156g) While stocks last	\$20		\$
21	RealSalt Shaker Smoked Hickory (156g) While stocks last	\$20		\$
21	RealSalt Shaker Smoked Chef's Blend (156g) While stocks last	\$20		\$
3	Relax (60 capsules)	\$35		\$
23	Salicylic Acid Gel (50ml tube)	\$29		\$
23	Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$
15	Silver Rods (pair)	\$50		\$
23	Skin Clear (120 vege capsules)	\$43		\$
5	Sweet Stevia Tablets (200 tablets)	\$25		\$
12	The Sunshine Vitamin (60 capsules)	\$34		\$
15	Throat Spray (50ml) Glass bottle	\$35		\$
9	Turmeric (60 capsules)	\$35		\$
9	Turmeric (180 capsules)	\$75		\$
19	Turn Back Time Capsules (60 capsules)	\$43		\$
19	Turn Back Time Cream (50ml tube)	\$43		\$
19	Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
11	Ultimate Cleanse kit (410 capsules)	\$135		\$
11	Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$125		\$
16	Vitamin B5 (90 capsules)	\$36		\$
16	Vitamin B Complex (60 capsules)	\$39		\$
19	Withania (Ashwagandha) (60 capsules)	\$39		\$

PAGE NO.	BOOKS	PRICE EA	QTY.	TOTAL
11	Colostrum - Life's first food	\$20		\$
11	Heal your Eye Problems	\$20		\$
11	Medical Cannabis a brief guide for New Zealanders	\$30		\$
11	New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
11	Should I take fish oil?	\$20		\$
11	Should I take...Probiotics?	\$19		\$
11	Stay Healthy by supplying what's lacking in your diet	\$31		\$
11	The Eczema Diet (Fully revised and updated)	\$29		\$
11	Which Natural Therapies Should You Try?	\$21		\$

Deduct any loyalty rewards shown on your last invoice \$

TOTAL \$

Customer ID

Please tick your preference No signature required Signature required (Sorry, not rural delivery)

Name

Address

Phone Post code

Email We will send you an email to let you know when your order is dispatched.

Please direct debit by bank account (pre registration required)



Credit Card Number Your credit card details are fully protected by New Zealand's largest online credit card service.

Visa Mastercard Exp. date / Security code



DHEA-7 KETO

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

\$42ea 60 capsules

1 per day or 1 every 2 days

Morning

With or without food

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.



FREEPOST

Fill out this order form and send to:

Freepost Authority Number 206782
Health House, Private Bag 12029,
Tauranga, 3143.

Include your credit card details or set up direct debit.

EMAIL

enquiries@healthhouse.co.nz

HOW TO ORDER

Direct Debit Banking

Step 1: To set this up please call us on 0800 140 141
Mon - Fri 8.00am - 4.30pm

Step 2: Deposit payment into Westpac bank account
03 1548 0039888 00.

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

0800 140 141

AUS call free on **1800 140 141**
Other countries call **+64 7 543 0491**

www.healthhouse.co.nz

Discover the magic of healthy skin

MANUKA OIL CREAM

Natural support suitable for dry, reddened, sensitive and irritated skin.

Enjoy the benefits of our new soothing cream designed to support troublesome skin conditions. This product has carefully selected natural ingredients sourced from reputable New Zealand suppliers.

Directions: Apply gently onto the affected area two or three times a day or as required.

Not recommended for children under 2 years.

\$43ea 100ml tube



ALOE VERA GEL

Use our Aloe Vera Gel for sunburn relief and soothing skin irritations.

Aloe Vera Gel is the best healer of pimples and skin blemishes we have ever come across. It normally brings pimples to a head overnight and within two days they are gone.

Our Aloe Vera Gel is made from organically grown Aloe Vera, with an all natural, paraben free, eco-cert approved preservative.

\$22ea 100ml tube



ALOE VERA WITH COLLOIDAL SILVER GEL

Repair irritations and revitalise your skin with our 50/50 blend of Aloe Vera and Colloidal Silver Gel.

The cooling, soothing effect of the Aloe Vera Gel, combined with the antiseptic, healing properties of the Colloidal Silver Gel makes this a product that you should take with you wherever you go.

\$18ea 50ml tube

\$25ea 100ml tube



SALICYLIC ACID GEL

Sun damage spots are not large brown freckles, but rough, scaly spots caused by years of exposure to strong sunlight. Salicylic Acid Gel is a pleasant, easy way of helping manage these dry sun spots on your face, head or hands.

\$29ea 50ml tube

COMBO

\$43ea Salicylic Acid Gel 50ml and Aloe Vera Gel 100ml combo



SKIN CLEAR

Skin Clear gives the body the tools it needs to deal with excess oil in the form of pantothenic acid (vitamin B5) and carnitine.



Vitamin B5 converts the excess oil to Coenzyme A, a natural enzyme that deals with fatty acids.

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

Supports:

- ✓ Clear unblemished skin
- ✓ Normal oil production and the breakdown of excess oil that can clog pores

2-4 per day

Anytime

With food



\$43ea 120 capsules

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

Fruit Antioxidants

A superfood smoothie in a capsule

These days, many of us don't consume enough antioxidants in our diet to counteract the damage being done by free radicals.

It is important that we include a variety of antioxidant-rich foods to ensure we live a long, healthy life. Achieving this can be a challenge with the busy lives we lead.

Our totally New Zealand sourced antioxidant is a fruit complex extracted from New Zealand grown fruit.

Grapes (sauvignon blanc and pinot noir) contain high potency water-soluble polyphenols which support increased antioxidant capacity.

Blackcurrants are rich in anthocyanins which can assist in protection against oxidative stress.

Boysenberries supply a unique superfood containing polyphenols.

Kiwifruit contains choline, lutein, and zeaxanthin which are rich sources of antioxidants that assist in the elimination of free radicals.

This natural Fruit Antioxidant has achieved very high antioxidant activity, containing over five times that of vitamin C and other antioxidant-rich foods.

Supports:

- ✓ Reduction of free radicals
- ✓ Protecting cells from damage caused by free radicals
- ✓ Mental clarity
- ✓ Aging and skin health
- ✓ Healthy cell replication
- ✓ Cardiovascular health
- ✓ Circulation

\$55ea 60 capsules

- 1 per day
- Morning
- With or without food

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



Always read the label and only use as directed. Supplementary to a balanced diet. If symptoms persist, see your healthcare professional.

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Free delivery
NEW ZEALAND

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