

FREE DELIVERY IN NEW ZEALAND

FEB-APR
2025

EST. 1986
HealthHouse
Quality, natural health products
NEW ZEALAND

 100% PROUDLY
NZ OWNED
& OPERATED

All our
products are
**GLUTEN
FREE**

All our
products are
**SOY
FREE**

Saffron

Weight Management Support

**Satisfied, a unique specially
derived combination to support
weight management**

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Why is our CAA-Multi mineral and
vitamin better than other brands?

By David Coory - *page 4*

**Understanding blood sugar
levels and food cravings**

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Minerals, Herbs and Metabolic Health

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Bee Venom

one of my favourite natural ingredients

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Probiotic
Multi-9
SPECIAL

page 5

60 DAY MONEY BACK GUARANTEE

PP3597

0800 140 141
www.healthhouse.co.nz



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.

FOUR EASY WAYS TO BUY

1. Free phone 0800 140 141
2. Website www.healthhouse.co.nz
3. Send in the order form (page 21)
4. Visit our shop - 1 Whakakake St, Tauriko, Tauranga

For more information refer to the order form on pages 21 and 22.

PRODUCT ICONS

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

- | | |
|--|---|
|  Capsules |  Tablets |
|  Vegetarian capsules |  Powder |
|  Take anytime |  Take with food |
|  Take in the evening |  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

While I am not a big follower of American pop culture, I could not miss the recent craze centred around the diabetic pharmaceutical drug, Ozempic and its interesting off label use for weight management.

This of course was followed up by various social media personalities such as the Kardashians, selling GLP-1 hormone pills. This made me think, is there a natural alternative which has good science behind it that in conjunction with a balanced diet and exercise, would support weight management?

Gymnema came straight to mind and I remembered we had a product containing the ingredient called Satisfied which we sold here at Health House around ten years ago. I have also been researching the benefits of Saffron so, the original formula was updated to include this amazingly versatile spice. I have been trialling Satisfied over the Christmas break, which is a challenging time with all the sweet treats available and I am pleased with results to date. Sure I don't look like a celebrity, however as we age anything that helps manage our body/fat percentage is great for overall health.



We have managed to get some Honeylab stock that we are able to sell to our customers at great prices. It is pleasing to see the bee venom based Rubeeven back on the shelf and now that the medical device registration of Cold Sore has been completed, we can advertise this product which is a honey based product is used topically to treat cold sores. It is applied to the lip and promotes wound healing at least one day faster than the leading pharmaceutical option. If you suffer from these painful blisters, why not have a tube on hand ready for the next outbreak.



It has been a while since I provided a medicinal cannabis update and the project is still continuing (despite being one of the longest in my entire career). Our medicinal cannabis tea has been with the ESR lab for stability testing. Some will recall the previous test failed due to faulty foil bags. The good news is that the three-month test results have passed and we expect the six month results shortly. This hopefully is the last bit of data we need to get our product assessed by the Medicinal Cannabis Agency as meeting the quality standard.

I wish you all the best for 2025. We plan to have more new exciting products along with the same excellent service and information from David and our regular qualified contributors.

Kind regards

Mike Coory

Managing Director

Satisfied

A unique combination of gymnema and saffron along with the mineral chromium.

Designed to support normal blood sugar levels and weight management in conjunction with a balanced, nutritious diet and regular exercise.

Gymnema

Gymnema supports blood sugar balance and sweet cravings.

Gurar, which translates as "sugar destroyer," is another name for Gymnema in Ayurvedic medicine (a traditional holistic practice that originated in India on balancing the mind and body).

When we are low in energy our bodies can crave sweet food. Gymnema can assist in reducing these cravings, but it is important to ensure you consume enough protein and healthy fats to support your energy requirements.

Saffron

Saffron is one of the world's most expensive spices and has many benefits including supporting sugar balance, appetite management and mood balance.

Saffron can also support mood balance, and cholesterol levels.

Chromium

Chromium is an essential mineral that concentrates in the muscles which also supports balanced blood sugar levels and sugar metabolism in the cells.

Diets high in simple sugars can result in depleted chromium levels which increases the risk of chromium deficiency.

Supports

- ✔ Sugar balance
- ✔ Craving management
- ✔ Weight management
- ✔ Mood balance
- ✔ Appetite management
- ✔ Supports healthy cholesterol levels

\$69ea 60 capsules

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

Weight management products should be used in conjunction with a balanced diet and exercise.

Made in New Zealand from imported ingredients.

New



Why is our CAA-multi mineral and vitamin better than other brands?

David does a comparison.



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.

Many minerals and vitamins sold in New Zealand supermarkets, some pharmacies and online are very cheap. Why is this the case? I decided to look at a typical popular brand on the market and compared it to our CAA-Multi-mineral and vitamin.

Why are they so cheap?

The price is kept low by using some lower priced, and unfortunately low absorbable nutrients, also by massive bulk manufacturing runs overseas.

New Zealand cannot compete with these massive overseas manufacturing runs, but we can concentrate on quality and formulate a complete multi-mineral/vitamin for New Zealanders unique nutritional needs.

This also supports local jobs and supports our New Zealand economy.

Cheaper multis are often sold as large, oblong tablets rather than standard-size capsules like our Health House CAA-Multi. Tablets are much cheaper to produce, but in return, tablets limit the amount of nutrients contained because of the binders necessary. These binders can also affect the absorption of minerals and vitamins.

Health House prides itself on our quality ingredients

Health House takes great pride as a family-run business, focusing on quality products and meeting our customer's needs. We have received numerous testimonials over the years testifying to the effectiveness of our CAA-Multi mineral-vitamin.

Our motto is 'Quality natural health products that work'.

Our Health House policy is to always use high-quality ingredients in all our products and make them right here in New Zealand.

How does the quality of ingredients compare?

I've compared the ingredients of CAA-Multi with the ingredients in cheaper

minerals/vitamins and there were major differences.

These differences are quite technical and not always apparent at a quick glance. Sometimes it is the type of ingredient and other times it's the amount of the ingredient, but sometimes the nutrient is omitted. Getting all this right is what makes CAA-Multi so effective and our top-selling product.

In particular, it is important to include critical minerals such as boron, silica, sulphur, magnesium, iron, copper, chromium, vitamin D and very importantly vitamin B12.

ZHM prides itself on our quality system

Zealand Health Manufacturing is the sister company of Health House and runs our manufacturing facility.

We pride ourselves on our quality systems and have obtained multiple licences such as Medsafe Pharmaceutical GMP, MPI Food Manufacturing License and Cosmetic NZ GMP Certification.

Better Absorbed Nutrients		Lesser Absorbed Nutrients		Active Ingredient Levels	
CAA-Multi	Typical Popular Brand	CAA-Multi	Typical Popular Brand	CAA-Multi	Typical Popular Brand
Vit B12 - Methylcobalamin	Vit B12- Cyanocobalamin	Vit B12 - 50mcg	Vit B12 - 22mcg		
Copper Gluconate Organic	Cupric Sulphate	Copper - 1500mcg	Copper - 500mcg		
Magnesium Citrate Complex	Magnesium Oxide	Magnesium - 87mg	Magnesium - 50mg		
Selenium Amino Acid Chelate	Sodium Selenate	Selenium 125mcg	Selenium - 55mcg		
Zinc Citrate	Zinc Oxide	Zinc - 10mg	Zinc 7.2mg		
Chromium Polynicotinate	Chromic Chloride	Vit D3 - 25mcg	Vit D3 - 15mcg		
Iodine from NZ Kelp	Potassium Iodine	Vit B2 - 1mg	Vit B2 - 3.2mg much higher than the RDI		
Iron - naturally chelated	Ferrous Fumarate - InOrganic	Phosphorus - not needed in NZ and it is acid forming	Phosphorus - 65mg		
CAA-Multi Ingredients missing from Typical Popular Brand					
14mg of Silica from Bamboo for healthy skin, nails and hair	75mg of Sulphur (MSM), an important nutrient	50mg of Boron which is vital for good health and is low in NZ soils	25mg of Bioflavonoids, antioxidant protection from free radicals		

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.

**RESET
YOUR GUT
HEALTH**

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
Digestaid
- 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 \$10 per kit.



SPECIAL

**Top
Seller**



PROBIOTIC MULTI-9

Reset your gut health

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

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.

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



SPECIAL until new batch arrives in stock

\$50ea 60 capsules. While batch stocks last. **Save \$9.** Best before 31 Aug 25.

Store in a cool dry place, no refrigeration required.

WEIGHT Management

Support for healthy weight management, stable blood sugar levels, energy and food cravings.

APPLE CIDER VINEGAR

Easy and convenient apple cider vinegar capsules

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

Apple cider vinegar has been a general health tonic since before our great grandparents' time, but many of us find the taste unpleasant which is why we are pleased to offer this product in capsule form.

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.

Weight management products should be used in conjunction with a balanced diet and exercise.



Supports

- ✔ Digestive system
- ✔ Balanced blood sugar levels
- ✔ PH levels in the body
- ✔ Normal blood pressure
- ✔ Cholesterol levels

Enjoy all the health benefits of apple cider vinegar without the unpleasant taste.

\$41ea 180 capsules

✔ 3 per day

🌙 Anytime

🍴 With or without food



CARNITINE

Help your body burn calories

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. Carnitine is a natural nutrient found in red meat, which is why high protein red meat diets (like the Atkins diet) work so well.

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. Carnitine keeps you warmer both day and night.

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, and has no side effects up to 3000mg per day.

\$32ea 60 capsules

✔ 3-5 per day

🌞 Morning

🔄 Empty stomach

Seek advice if taking blood thinning medication



Back in stock soon

5-HTP Stress and appetite

5-HTP (5-Hydroxytryptophan) is a naturally occurring amino acid made from seeds of the plant Griffonia simplicifolia, that supports the production of serotonin in the brain. Serotonin is a neurotransmitter generally thought to be the contributor to feelings of wellbeing and happiness, along with supporting mood, appetite and sleep.

\$38ea 90 capsules

- 2-4 per day
- Anytime
- With food

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.

Weight management products should be used in conjunction with a balanced diet and exercise.

NEW ZEALAND KELP 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.

\$33ea 60 capsules

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

Small size capsules each containing 1000mcg of iodine.

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

Enjoy sweet drinks without worrying about your blood sugar levels.

One tablet = approx. one teaspoon of sugar.

\$25ea 200 tablets





UNDERSTANDING **blood sugar levels** **and food cravings**

When we consume sugar or carbohydrates, our body converts this to glucose through the digestive process.

As the glucose enters the blood stream, the pancreas releases a hormone called insulin. That insulin then works as a “key” to unlock our cells and allow the glucose to enter. The glucose is then either used immediately for energy or is stored for later use.

When our blood sugar levels are too high, it may mean the signals being sent to our pancreas aren’t working effectively and not enough insulin is being created and released, which can result in glucose floating around our bloodstream and not entering the cells. This can often result in a diagnosis of metabolic syndrome (prediabetes) or diabetes type 2.

Symptoms of high blood sugar (also known as hyperglycaemia), metabolic syndrome or diabetes type 2 are excessive thirst, excessive urination, fatigue, dry mouth, unexplained weight loss, blurry vision, numbness or tingling and frequent infections.

An HBA1C blood test from your GP or regular finger prick tests (taken before and after meals for a week) will tell you what your blood sugar levels are and whether you need further monitoring or intervention.

There are many things that you can do in your daily life in order to maintain healthy blood sugar levels.

Protein and good fat

It is vital to have adequate amounts of protein and good fats in your diet in order to combat sugar cravings – these macronutrients are what leave us feeling satisfied and help to dull cravings, while carbohydrates often leave us wanting more. Make sure to always consume protein and fat in every meal along with low sugar fruit or vegetables and this will help to regulate your blood sugar.

Exercise

You don’t need to exercise strenuously in order to maintain healthy blood sugar levels, going for regular walks is enough to increase insulin sensitivity and help your muscles to use excess glucose for energy.

More on sugar cravings

Sugar cravings can be hard to fight, but they are often a result of too much sugar in the diet and a lack of protein and healthy fats. By increasing these macronutrients, your digestive system will be satiated for longer and your blood sugar will remain at a stable level instead of going up and down like a roller coaster. Eating sugary foods or simple carbohydrates that provide a “quick hit” of sugar cause our blood sugar to rise and fall quickly, resulting in craving more sugar as we come crashing down. Protein and healthy

fats in a meal, when accompanying complex carbohydrates, result in a slow and steady climb and fall, meaning we don’t crave sugar as much and can generally go longer between meals.

Sometimes, food cravings can be a result of mineral deficiencies such as chromium, iron, zinc, magnesium and calcium. Supplementing with these minerals can make a huge difference to both sugar cravings and energy levels.

It’s also important to be getting good quality sleep, as when feeling tired or fatigued we often crave sugar or caffeine for an energy boost to get through the day.

If you’re having trouble managing blood sugar, cravings or are feeling fatigued and tired frequently, have a chat with your natural health professional to decide if supplementing with herbs or vitamins and minerals may be the answer.



ABOUT THE AUTHOR

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



LIVER CLEANSE

Support for a healthy liver

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.

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

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

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

\$37ea 60 capsules

- 1 per day
- Morning
- With food

EASY-LAX

Supports easy, regular bowel movements

Easy-Lax is a mild, herbal stool softener, which supports easy, regular bowel movements without straining.

Easy-Lax works gently over a 12 hour period. For best results take one capsule a day, with a glass of water, after your evening meal.

Contains five herbs proven to be beneficial to the bowel.

- Psyllium husk powder
- Wormwood powder
- Cascara sagrada powder
- Fennel powder
- Slippery elm bark powder

To be effective you need to increase your intake of water when using Easy-Lax. If taking for longer than a few weeks, please ensure an adequate amount of fruit and vegetables are part of your diet.

\$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.

CRANBERRY

Prostate and urinary 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.

As men age, lower urinary tract problems and prostate related issues can affect their quality of life. We have sourced a quality North American cranberry powder (Vaccinium macrocarpon) which is not only unique as it uses the entire cranberry plant, but also has a gold standard study to support it.

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

500mg pure "Flowens™" cranberry powder per capsule. No additives or fillers.

\$37ea 60 capsules

- 1 per day
- Anytime
- With or without food

Seek advice if taking blood thinning medication.

Stay Healthy Book

Updated in 2021, this new 11th edition of New Zealand's most popular and easy to understand health book, Stay Healthy by supplying what's lacking in your diet (over 93,000 copies sold) is packed full of priceless health information and now with international measurements.

This book shows you how to dramatically improve your health by making small but critical changes to your diet.

Paperback

\$31ea

420 pages



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**

Natural Remedies That Really Work **\$29ea**

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

The Eczema Diet Book **\$29ea**

Fruit Antioxidant

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.



Minerals, Herbs and Metabolic Health



Weight loss can be a complex issue with many factors involved.

Conditions present within the body can have an influence on causes for weight gain and as a result implications in losing weight. Other influences include diet, lifestyle, exercise levels, stress, hormones and age/life stage.

Herbs and supplements can help play a role in weight loss when used alongside a balanced diet and exercise. However, when diagnosed conditions are present it is best to work with a qualified Naturopath to manage weight loss.

Minerals and herbs can assist by a number of actions. Firstly, they can work to balance blood sugar levels. The term blood sugar levels refer to how much sugar is floating in the blood that has not been absorbed into a cell. When we consume sugar or carbohydrates, our pancreas detects this and releases insulin. Insulin's job is to transport sugar into the cells so that it does not remain in the blood. When too much sugar is in the blood this is termed as high blood sugar levels or hyperglycaemia. Consistent high blood sugar levels long-term can be damaging to our organs such as kidneys, eyes, heart, nerves and blood vessels.

Other methods of action which I am sure will grab your attention, is through altering our taste buds so

that we do not have sweet cravings, or reducing the desire for snacking.

Gymnema – *Gymnema sylvestris*

Gymnema works to block the sweet taste receptors reducing the reward factor associated with sweet food. A 14-day study carried out with gymnema and the consumption of chocolate showed a reduction in the amount of chocolate bars consumed over the study period and a reduction in the pleasantness of sweet food. Those who identified as having a sweet tooth showed even greater reduction in pleasantness for sweet taste and a reduced desire for further chocolate consumption. While gymnema does reduce sweet cravings, it is important to ensure that enough food, in particular protein and healthy fats are consumed during the day, as the body will always crave sweet food in an attempt to meet energy intake requirements.

Saffron – *Crocus sativus*

Saffron is often known as a delicacy in fine cooking, however it also offers a range of health benefits. Saffron exhibits anti-anxiety and antidepressant actions. Mood disorders and emotional eating can sometimes co-exist. An 8-week study with 61 participants assessed the potential of saffron supplementation to reduce snacking. Results found that the snacking amount was significantly decreased compared to the placebo group. Another study showed the cholesterol lowering properties of saffron; participants had a decrease in LDL cholesterol and showed triglycerides and had an increase in HDL cholesterol. HDL cholesterol is our good cholesterol, and is required to transport excess cholesterol to the liver to then be excreted from the body.

Chromium

Chromium is an essential mineral that helps to manage blood sugar levels by assisting in the process of transporting sugar into the cells. Chromium increases the sensitivity of insulin's actions to transport sugar into the cell. Chromium deficiency is often associated in today's standard western diet. Diets high in simple sugars deplete our chromium levels, increasing the risk for deficiency of chromium.

Lifestyle

While herbs and minerals can help with weight management, the importance of the correct diet and lifestyle/exercise practices cannot be stressed enough to achieve weight loss. Adequate exercise is important to help build muscle. Someone who weighs 80kg but has a higher muscle to fat ratio burns more calories at rest, compared to someone who also weighs 80kgs with a higher fat to muscle ratio. Exercise is also important for our heart health, mental health, bone health and lymphatic drainage. Consuming a balanced wholefood diet will help weight loss and can be a complex aspect to balance correctly. Working with a Naturopath can help ensure your diet is supportive for your weight loss journey, while still nourishing your body at the same time.



ABOUT THE AUTHOR

Megan Amrein -
BNatMed. Registered
Naturopath and
Medical Herbalist.

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 best 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.

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

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 \$26 off the individual product prices.

\$185 **MULTI BUY**

Special while Probiotic batch lasts

2 Triple Packs + 2 Probiotics

Save \$62 off the individual product prices.

\$360 **MULTI BUY**

Special while Probiotic batch lasts

Available in non-sulphur and non-iron versions.

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



TURMERIC 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 with antioxidant properties.

\$75ea 180 capsules

\$35ea 60 capsules

 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.






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.

Benefits

-  High quality coral calcium
-  Complete mineral and vitamin blend
-  All the benefits of CAA-Multi and Bone Health

\$49ea 60 capsules

 1-2 per day  Morning  With food

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






MSM SULPHUR Mobility

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.

\$45ea 180 capsules

 1-6 per day  Anytime  With or without food



GLUCOSAMINE CHONDROITIN Healthy Joints

We have formulated Healthy Joints to be the most effective glucosamine-chondroitin product on the New Zealand market.

Equal amounts of Glucosamine and Chondroitin

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.

Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of the highest quality chondroitin sulphate and we have added three nutrients - boron, organic silica and natural vitamin D.

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.

\$74ea 90 capsules

\$109ea 180 capsules

MULTI BUY

\$98ea Buy two or more

Healthy Joints 180 and save \$22

 2-3 per day

 Anytime

 With food

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



COLD SORE

Honevo Cold Sore formulation is created with pharmaceutical-grade Kanuka honey. Completely natural, Honevo is a strong natural antiseptic and a deep moisturiser.

Honevo combines this activity with proven cold sore wound and lesion healing power.

Benefits:

- ✓ Pharmaceutical grade Kanuka honey
- ✓ Has powerful antiseptic properties supports healing.
- ✓ 100% Natural

SPECIAL while stocks last

\$20ea 10 gram tube



Natural Remedies that really work

A New Zealand Guide

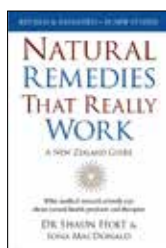
What medical research actually says about natural health products and therapies.

This ground-breaking book evaluates the latest clinical research on a wide range of natural remedies-from antioxidants to yoga.

The medical expertise of Dr Shaun Holt and Lona MacDonald, and their extensive research, ensure that this book is a trustworthy source of information we all need to make informed decisions about our personal health, wellbeing and that of our family.

\$29ea

Original 423 page version



BEE VENOM

Bee stings have been used medically for hundreds of years to help with pain and inflammation.



By way of an update, after studying and then working constantly for 35 years, I've been enjoying a few months off. I am currently based in UK after 25 years in New Zealand, and enjoying going to football matches, the "interesting" climate, catching up with my old university friends and my favourite hobby - lecturing on cruise ships. But I'll be back early in the new year with ideas for new, novel natural health products.

I did though want to talk about one of my favourite natural ingredients, bee venom. You can also see me talking about it here, on a Netflix documentary series called **(Un)Well - Season 1, Episode 6 - Bee Sting Therapy** www.tinyurl.com/SHNETFLIX

Bee stings have been used medically for hundreds of years to help with pain and inflammation. In traditional bee venom therapy, bees are picked up and placed on the area to be treated and held until they sting. This always results in the death of the bee. However, modern extraction methods mean that the venom, which is the active component of the sting, can be extracted without killing the bee, and the venom can then be administered as a cream to the skin or as an injection into a painful joint.

The venom is collected by using specially designed equipment which stimulates the bees with small electric shocks and collects the venom on glass sheets. Normally, a bee will die when it stings, as it leaves the stinging part of its body in the target, thereby tearing open it's abdomen which results in death. However, when bees attack the glass, the stinger cannot penetrate the surface and so the stinger does not

detach from the body and the bees survive.

Bee venom, also called apitoxin, causes steroid chemicals to be released by the body, and it is thought that this is the mechanism by which bee stings can help treat pain and arthritis. It is nature's own steroid injection.

As an anti-ageing product, it works within a few minutes and lasts for up to 12 hours. The mechanism of action is thought to be that it causes a mild inflammation and swelling that irons out and fills in wrinkles. In other words, it encourages the body to react as if it has been lightly stung, and increases the blood flow and supports cell renewal in the area of application. When used on a regular basis, the mild chronic inflammation is thought to stimulate collagen production that can result in longer-term wrinkle reduction.

It is estimated that 1% of the population are allergic to bee stings and so a small test patch should be used first by people who do not know if they are allergic or not, and it must never be used by people who are known to have anaphylactic reactions to bee stings (sudden, serious allergic reactions that can cause death).



ABOUT THE AUTHOR

Dr. Shaun Holt is a research, author, commentator, speaker and advisor.



RUBEEVEN

Rapid support for joint stiffness
Rubeeven™ is a combination of capsaicin (cayenne) and bee venom developed here in New Zealand.



This combination means you can now receive the benefit of bee venom by just applying the cream to the affected areas.

The natural herbal extract derived from chilli peppers delivers the bee venom to the muscle, bones and joints to provide warmth and rapid relief.

Venom from bee stings has been used therapeutically for at least 2000 years in Asia, to support joint stiffness and muscle comfort.

Supports:

- ✓ Blood flow
- ✓ Delivers active ingredients to joints and muscles
- ✓ Joint stiffness
- ✓ Muscle comfort
- ✓ 100% natural and unscented

Ingredients Distilled Water, Cayenne Liquid Extract (Capsaicin), Coconut Wax, Extra Virgin Olive Oil, Benzoin Tincture, Bee Venom.

Warning Do not use if allergic to bee products. May cause a temporary warming sensation to the area applied. If too hot, wash off and apply less.

\$35ea 30ml pump



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.



Vitamin B5

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

- ✓ Supports artery and blood health
- ✓ Supports healthy cholesterol levels
- ✓ Helps to metabolise macronutrients

\$36ea 90 capsules

- 📅 1-2 per day
- 🌞 Morning
- 🍴 With or without food



Boron and Selenium

Essential minerals 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



Nurture the skin you're in

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 blemishes. 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

Green vegetarian capsules

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



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
Save \$8



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 healthy 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

NEW ZEALAND Manuka Oil Cream

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

Supports

- ✔ Natural relief to irritated skin
- ✔ Calming sensitive skin
- ✔ Soothing reddened, flaky skin
- ✔ Bacteria balance

Not recommended for children under 2 years.

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



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

\$43ea 50ml tube

Back in stock soon

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

\$43ea 60 capsules

✔ 2 per day

✔ Anytime

✔ With food

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

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

\$65ea **COMBO**

50ml tube/60 capsules combo

Back in stock soon



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.

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

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

MAGNESIUM

Your body requires a high level of magnesium and it is critical 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 cardiovascular health.

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

Capsules

The complex we use is 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 most 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

Available as capsules or a topical cream

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

Magnesium Combo
\$85ea 100ml tube/180 capsules

COMBO Save \$5.00

- 🕒 1-3 per day 🕒 Anytime
- 🍴 With or without food

Directions:

Men: two or three capsules per day,
Women: one or two capsules per day,
Children over eight years of age: one capsule per day, or as directed by your healthcare professional.



Relax

Valerian, hops and kava, along with magnesium promote a general sense of wellbeing 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.



Pain-Eze

Pain-Eze contains 11 active ingredients and is an all natural, warming cream with powerful essential oils and potent extracts.

These are six beneficial plant oils, four liquid plant extracts and a plant based preservative in a natural healthy coconut base.

\$37ea
 100ml tube

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



Alert Plus

Support healthy brain function

“Lion’s Mane Mushroom” is a traditional Chinese mushroom which grows on fallen hardwood trees and looks like the mane of a lion.

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.

These ingredients have also been found to support a wide range of other health conditions. Alert Plus supports general wellbeing, mood balance and restful sleep. All three ingredients contain powerful antioxidants and work together to have a relaxing and calming effect on the body.

\$59ea 60 capsules

- 🕒 1-2 per day
- 🕒 Anytime
- 🍴 With food





MACA-X High quality minerals and vitamins

Maca-X is rich in essential minerals, especially selenium, calcium, magnesium, iron.

Maca is a stress support herb, which means it helps the body adapt to stress and supports a return back to its normal balance.

Maca is rich in essential minerals, especially selenium, calcium, magnesium, iron, and includes fatty acids such as linolenic, palmitic and oleic acids and polysaccharides.

\$37ea 60 capsules

1-2 per day

Anytime

With food

If pregnant, not recommended during the first trimester.

DHEA-7 KETO Natural youth hormone

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

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

Pure DHEA can now be made from a natural plant extract.

\$42ea 60 capsules

1 per day over 35 years of age

1 every 2 days from 25-35 years of age

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.

MEN'S BOOST Daily support

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.

Men's Boost is an all-round supplement that will supercharge your performance, maintain your health and is at a much lower cost, with a better formula, than other similar products.

\$44ea 60 capsules

1 per day

Morning

With food

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.

1-4 per day

Anytime

With or without food



\$40ea
60 capsules

WITHANIA Reduce stress levels

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

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.



\$39ea
60 capsules



PREMIUM FISH OIL

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



HEMP SEED OIL

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

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



COLLOIDAL SILVER
General health

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





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

MITCHELLS RANGE General health

Bone Broth Protein Powder

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

\$79ea 500g Vanilla flavour

Bone Broth Powder

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

\$74ea
200g tub

While stocks last



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)



Order form and price list

EST. 1986
HealthHouse
NEW ZEALAND

Prices valid until 30 April 2025

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
7	5-HTP (90 capsules)	\$38		\$
23	7 - Day Iron (25 capsules)	\$33		\$
18	Alert Plus (60 capsules)	\$59		\$
16	Aloe Vera Gel (100ml tube)	\$22		\$
16	Aloe Vera Gel with Colloidal Silver (50ml tube)	\$18		\$
16	Aloe Vera Gel with Colloidal Silver (100ml tube)	\$25		\$
6	Apple Cider Vinegar (180 capsules)	\$41		\$
12	Bone Health (60 capsules)	\$47		\$
15	Boron and Selenium (60 capsules)	\$43		\$
12	CAA - Multi (60 capsules)	\$51		\$
12	CAA - Multi Iron free (60 capsules)	\$51		\$
12	CAA - Multi Sulphur free (60 capsules)	\$51		\$
6	Carnitine (60 capsules)	\$32		\$
14	Cold Sore (15ml) Back in stock	\$20		\$
20	Colloidal Silver Cream (100ml tube)	\$31		\$
20	Colloidal Silver Gel (100ml tube)	\$28		\$
20	Colloidal Silver Generator	\$140		\$
20	Colloidal Silver Liquid (500ml)	\$38		\$
20	Colloidal Silver Liquid Spray (100ml)	\$17		\$
23	Complete C (100g powder)	\$39		\$
23	Complete C Tablets (200 chewable tablets)	\$39		\$
12	CoQ10-Omega3 (60 gel capsules)	\$54		\$
13	Coral CAA (60 capsules)	\$49		\$
9	Cranberry (60 capsules)	\$37		\$
19	DHEA 7-Keto (60 capsules)	\$42		\$
9	Easy-Lax (100 capsules)	\$37		\$
21	Eye Health (60 Capsules)	\$49		\$
10	Fruit Antioxidant (60 capsules)	\$55		\$
19	Harmony (60 capsules)	\$40		\$
13	Healthy Joints (90 capsules)	\$74		\$
13	Healthy Joints (180 capsules)	\$109		\$
13	Healthy Joints (180 capsules) 2 OR MORE	\$98		\$
20	Hemp Seed Oil (150 gel capsules)	\$39		\$
23	Immune Support (60 capsules)	\$33		\$
7	Kelp (60 capsules)	\$33		\$
9	Liver Cleanse (60 capsules)	\$37		\$
19	Maca-X (60 capsules)	\$37		\$
18	Magnesium (60 capsules)	\$33		\$
18	Magnesium (180 capsules)	\$55		\$
18	Magnesium Cream (100ml tube)	\$35		\$
18	Magnesium Cream & Magnesium Combo (100ml tube/180Capsules)	\$85		\$
17	Manuka Oil Cream (100ml tube)	\$43		\$
19	Men's Boost (60 Capsules)	\$44		\$
21	Mitchells Bone Broth (200g tub)	\$74		\$
21	Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$79		\$
13	MSM Sulphur (180 capsules)	\$45		\$
12	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		\$
12	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		\$
18	Pain-Eze (100ml tube)	\$37		\$
21	pH Test Strips (5 packs of 10)	\$16		\$
17	Premium Collagen (240g tub) NEW	\$39		\$
20	Premium Fish Oil (150 gel capsules)	\$34		\$
5	Probiotic Multi 9 (60 capsules) Special while this batch lasts	\$50		\$
12	Probiotic Multi 9 (60 capsules) Special with Optimum Health Triple Pack - while this batch lasts	\$50		\$

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
24	RealSalt Coarse Grind Combo (Coarse Salt Grinder 135g/Coarse Salt Pouch 454g) NEW	\$39		\$
24	RealSalt Coarse Refill Pouch 454g NEW	\$25		\$
24	RealSalt Coarse Grinder 135g NEW	\$19		\$
24	RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$41		\$
24	RealSalt Refill Pouch (737g)	\$29		\$
24	RealSalt Shaker Garlic (234g)	\$25		\$
24	RealSalt Shaker Original (284g)	\$17		\$
24	RealSalt Shaker Seasoned (234g)	\$25		\$
24	RealSalt Shaker Smoked Cherry (156g) While stocks last	\$20		\$
24	RealSalt Shaker Smoked Hickory (156g) While stocks last	\$20		\$
24	RealSalt Shaker Smoked Chef's Blend (156g) While stocks last	\$20		\$
18	Relax (60 capsules)	\$35		\$
15	Rubeeven (30ml tub) Back in stock	\$35		\$
3	Satisfied (60 capsules) NEW	\$69		\$
16	Salicylic Acid Gel (50ml tube)	\$29		\$
16	Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$
20	Silver Rods (pair)	\$50		\$
16	Skin Clear (120 vege capsules)	\$43		\$
7	Sweet Stevia Tablets (200 tablets) Temporarily out of stock	\$25		\$
23	The Sunshine Vitamin (60 capsules)	\$34		\$
22	Throat Spray (50ml) Glass bottle	\$35		\$
13	Turmeric (60 capsules)	\$35		\$
13	Turmeric (180 capsules)	\$75		\$
17	Turn Back Time Capsules (60 capsules)	\$43		\$
17	Turn Back Time Cream (50ml tube) Temporarily out of stock	\$43		\$
17	Turn Back Time Combo (50ml cream and 60 capsules) Temporarily out of stock	\$65		\$
5	Ultimate Cleanse kit (410 capsules)	\$135		\$
5	Ultimate Cleanse kit (410 capsules) 2 OR MORE	\$125		\$
15	Vitamin B5 (90 capsules)	\$36		\$
15	Vitamin B Complex (60 capsules)	\$39		\$
19	Withania (Ashwagandha) (60 capsules)	\$39		\$

PAGE NO.	BOOKS	PRICE EA	QTY.	TOTAL
10	Colostrum - Life's first food	\$20		\$
10	Heal your Eye Problems	\$20		\$
10	Medical Cannabis a brief guide for New Zealanders	\$30		\$
10/14	Natural Remedies that really work	\$29		\$
10	New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
10	Should I take fish oil?	\$20		\$
10	Should I take...Probiotics?	\$19		\$
10	Stay Healthy by supplying what's lacking in your diet	\$31		\$
10	The Eczema Diet (Fully revised and updated)	\$29		\$
10	Which Natural Therapies Should You Try?	\$21		\$

Deduct any loyalty rewards shown on your last invoice \$

Customer ID

TOTAL \$

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



THROAT SPRAY

Soothe a dry scratchy throat with the 100% natural honey and blackcurrant flavoured throat spray.

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.

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 call us to set up direct debit.

EMAIL

enquiries@healthhouse.co.nz

HOW TO ORDER

Direct Debit Banking

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

Online Banking

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**

COMPLETE C

Three forms of vitamin C and seven 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 seven powerful antioxidants and bioflavonoids, all proven excellent for maintaining health and alkalising your body.

These are

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

Grape seed and pine bark extracts support strengthening and protecting the collagen in the skin, slowing the rate of collagen breakdown and supporting firm, supple and vibrant skin 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 approximately 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

7-DAY IRON

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.

\$33ea 25 capsules

- 🍷 1 per week
- 🕒 Anytime
- 🍴 Empty stomach



THE SUNSHINE 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.

\$34ea 60 capsules

- 🍷 1 per day
- 🕒 Anytime
- 🍴 With food



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

- 🍷 1-2 per day
- 🍷 3-6 When unwell
- 🕒 Anytime
- 🍴 With food

REALSALT

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

Exactly as nature made it - and mined in Redmond, Utah. Just two hours south of Salt Lake City.

This mineral-rich salt is carefully extracted from a pure salt deposit in Utah, left behind by the evaporation of an ancient, unpolluted Jurassic sea. It is rich in over 60+ of the soluble (colloidal) trace minerals required for human health.

The health benefits of unrefined salt

During the refining of regular salt, most of the trace minerals, which our body needs for optimum health, are removed. RealSalt, which is unrefined, still contains all of these lost minerals.

Health enthusiasts swear by the benefits of unrefined salt. RealSalt also contains natural iodine that remains in the body far longer than the inorganic iodine, (which is added to refined table salt).

The body needs salt to support cells with electrolyte and fluid balances.

Supports:

- Blood pressure
- A balance of natural trace minerals
- Secretion of gastric acid in the stomach

Originals

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

\$41ea **COMBO**

RealSalt Shaker (original)

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

\$17ea 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.

\$25ea 234g Shaker

Smoked Salt | While stocks last

Made with ancient, unrefined RealSalt and no artificial flavours, colours, or additives, you can feel good about savouring our smoked salt's rich flavour on any (or every) dish.

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

\$20ea 156g Shaker

New Grinder & Refill

Coarse Salt - the biggest grain size typically used in a grinder

RealSalt is unrefined, ancient sea salt exactly as nature made it. Redmond call it "Nature's First Sea Salt®," which contains over 60 naturally-occurring trace minerals, and it's never processed or chemically treated.

RealSalt Coarse Refill Pouch

For everyday use, ancient coarse sea salt

\$25ea 454g pouch

RealSalt Coarse Grinder

Gives a dramatic salty flavour

\$19ea 135g Grinder

RealSalt Coarse Combo

Coarse Salt Grinder 135g and Coarse Salt Refill Pouch 454g

\$39ea **COMBO**

Save \$5.00

NEW



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

FEB - APR 2025

Free delivery
IN NEW ZEALAND

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Retail Store / Head Office | 1 Whakakake Street, Tauriko, Tauranga 3110

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