

FREE DELIVERY IN NEW ZEALAND

NOV-JAN  
2024-25

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**HealthHouse**  
Quality, natural health products  
NEW ZEALAND



## Grind your own RealSalt

**New**

Ancient Coarse RealSalt Grinder

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### Fruit antioxidants and stamina

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0800 140 141 | [www.healthhouse.co.nz](http://www.healthhouse.co.nz)

60 DAY MONEY BACK GUARANTEE

PP3233

## 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](http://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

## RealSalt Grinders

We have been stocking RealSalt for as long as I can remember and I am not sure why we never bought in the grinder and coarse refill packs before.

We recently got some samples sent over and David and Marie Coory are loving grinding their own salt. The staff are enjoying having it in the staff room for their lunches, so we decided to bring it in for everyone.

The main delivery has just arrived from Utah, the RealSalt grinder will make an excellent gift, and a great addition to your Christmas table.



## Colloidal Silver

While we were having a spring clean of the staff room we also found a very old bottle of Colloidal Silver. This bottle was manufactured in 2013 and I wondered what condition it would be in after over ten years. We inspected it and tested the PPM, it looked in good condition and was still at correct PPM specification. So I asked our Quality team to send it to a laboratory for testing for microbial contamination

(Aerobic Plate Count/Yeast and moulds). The results are back and there was no microbes detectable (<1 cfu/mL). Great to see Colloidal Silver's ability to avoid spoiling for such a long time.

## Pain-Eze Shortages

One of the things our production team at ZHM take pride in is always having stock. It is often challenging but having our own factory means we can manage this a lot better than many companies. Unfortunately, we decided to contract another company to make us a big blend of Pain-Eze, as we only make small batches. The bulk batch arrived but had some tiny red spots in it. We cannot send Health House products out with any problems, so we disposed of that batch and quickly remade a small one in our factory. Obtaining fresh ingredients (including the oils we infuse in house) took a while so I must apologise that we were out of stock for a short period there.

Stock levels are still a bit tight but we have it under control, but we kindly ask that you refrain from bulk ordering until we build up stock levels again.

Have a great Christmas break and I look forward to giving you a long overdue update on the Medicinal Cannabis Tea project in the new year.

Kind regards

*Mike Coory*

Managing Director

## Christmas Hours

Just to let you know, any orders received before **11:30am on Friday the 20th of December** will be dispatched on that day.

Phone and website orders placed after **11:30am on the 20th** will be dispatched on **Monday the 6th January 2025**.

The Health House shop will close at **11:00 am on the 20th December** and will reopen at **8:30am on Monday the 6th of January 2025**.





# REALSALT

## The way salt should be.

Award winning RealSalt - nothing added, nothing taken away.

Exactly as nature made it - and mined in Redmond, Utah. Just 2 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).

### Smoked Salt | While stocks last

With a warm aroma reminiscent of a summer campfire, Smoked RealSalt is a simple way to infuse your food with that one-of-a-kind smokey flavour you crave. It's a grilling game-changer, however it's just as good on a salad or grilled cheese sandwich.

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

### 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** **MULTI BUY**

#### 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



**NEW**



### NEW GRINDER & REFILL Coarse Salt

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

Redmond coarse sea salt is the biggest grain size and is typically used in a grinder. Grinding coarse salt gives your cooking a dramatic salty flavour. If you want to reuse your grinders, reduce waste, and keep your meals full of flavour, the 454g refill pouch is a great choice.

#### RealSalt Coarse Refill Pouch

For everyday use ancient coarse sea salt

**\$25ea** 454g pouch

#### RealSalt Coarse Grinder

Exactly as nature created it- an unrefined, ancient sea salt.

**\$19ea** 135g Grinder

#### RealSalt Coarse Grind Combo

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

**\$39ea** **MULTI BUY** Save \$5.00

# Why Fruit Antioxidants work to INCREASE STAMINA



You may remember I reported in my last article, how I doubled my maximum daily pushups from 30 to 60 after trialling our new product Fruit Antioxidant.

It seemed impossible that it was due to just one capsule a day, but when I stopped taking the capsules for a week, I was back down to 30 pushups again. And when I resumed taking them, I could do 60 pushups again.

## I start my second bottle

Well, after five weeks, I had completed the sample bottle my son Mike had given me to test. As I work from my home office, it was about 10 days before I obtained another bottle. Again, while I was not taking them, my pushups steadily dropped, not quite down to 30 this time, but still down to 40.

But a few days after I started the new bottle, I could again do 60, but I find it more comfortable to do 50.

## Was it just me or will they work for others?

I've since wondered whether it is just me, or whether the Fruit Antioxidant will do the same for everybody. When I mentioned this to Mike, he replied, "well it didn't work for me. I have been taking it every day and don't feel any different."

I said, "but did you try doing some exercise where you had previously exhausted your muscles?"

He admitted that he hadn't.

So, I said, "well I don't feel any different either, but when I exercise to my limit, I can do far more than I could previously."

## Stamina increase proven in athletic antioxidant studies

After I'd prepared the above short follow-up article, I sent it to Mike for comments. He soon got back to me and said that, he had reviewed some scientific studies on 'antioxidants and

enhanced athletic performance' and found many studies supporting this phenomenon. He asked me to research a bit more and explain the benefits I'm getting from this product:

A NIH study states: "In recent years, antioxidant supplements have gained significant attention as a non-invasive approach to mitigate muscle damage, enhance exercise performance, prevent oxidative stress, improve lifespan and performance, and reduce the risk of adverse health effects associated with intense exercise in athletes."

The stamina increase I am experiencing is not unique after all. Blackcurrants in particular, the main extracts in our Fruit Antioxidant product, were mentioned several times in the studies.

There is ample evidence in studies that athletes benefit from antioxidant supplements to combat muscle damage, fatigue and enhance their performance.

## Antioxidants are stored in our muscle and lung cells

The reason for this is very interesting. When we are reasonably fit, the muscle pain and fatigue we experience when we exercise a group of muscles to the maximum, is our body's way of protecting those muscles from free radical damage.

This damage is caused by the massive number of free radicals, generated by the huge amounts of oxygen needed for high muscle energy output.

This huge oxygen requirement is also the reason why our heart beats faster and we breath more heavily during vigorous exercise. As one of the studies

stated, "the body's oxygen intake during intense activity is 10 to 15 times larger than at rest, and the oxygen uptake by active muscles is approximately 100 times greater."

So, when the antioxidants stored in our muscles begin to get used up, our body generates unpleasant pain and fatigue to prompt us to stop exercising to limit muscle damage from the free radicals.

Although, if we're unfit, lack of oxygen will cause us to become breathless long before our muscles run out of antioxidants and generate fatigue and pain.

However, for fit persons, with an efficient oxygen supply, muscle fatigue and pain will normally kick in before breathlessness, because of the depletion of the antioxidant stores in our muscles.

## Recovery pain

However, the following day, after extreme muscle exertion, fit people feel muscle pain during recovery. This is due to the body's repairing of the free radical damage, it also discourages further exercise, to allow time for the muscle cells to replenish their antioxidant reserves.



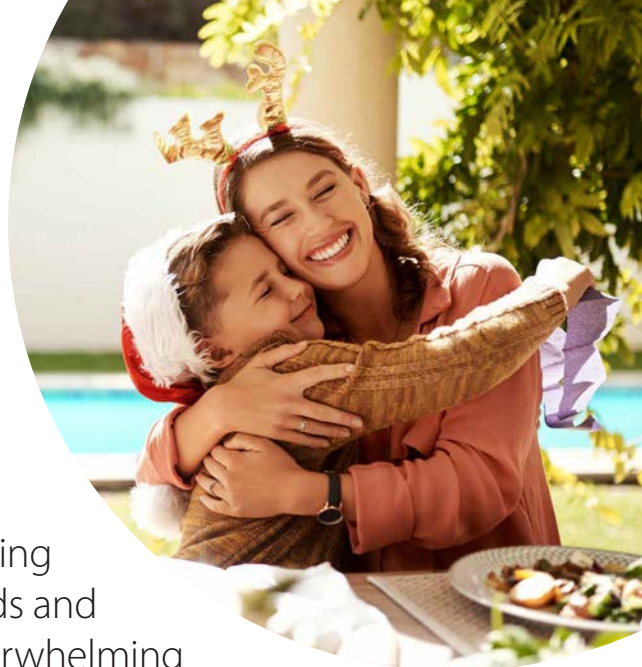
## ABOUT THE AUTHOR

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.



# Holiday Wellness:

## Support for mental and physical well-being



The holiday season is my favourite time of year! I love indulging in delicious food and drinks, soaking up the sun, and spending quality time with friends and family. With that said however, I often feel an overwhelming pressure to get everything done by Christmas day.

The holidays can be stressful, so it's essential to prioritise your well-being.

### Gratitude and mindfulness

It's the season of thankfulness, so take a few minutes each morning to reflect on what you're grateful for. It's a simple yet powerful way to set a positive and uplifting tone for the day.

Deep breathing can quickly calm your mind and body. Relax and breathe in slowly through your nose, filling your belly with air. Exhale for a count of five, pause and repeat several times.

Eat slowly and mindfully. If you live a busy lifestyle, you need to shift your body from "fight or flight" mode into the "rest and digest" mode during meals. Focus on the flavours and textures of the foods you are eating and stop when you are satisfied, not stuffed.

### Nutrients

B vitamins support energy production and the synthesis of neurotransmitters. If you are deficient in B vitamins, it can be harder to deal with stress, think clearly, get a good night's sleep, and feel energised. You may need to boost your levels with a supplement.

Antioxidants neutralise harmful free radicals, protecting your cells from damage. Increasing your intake will also help you think clearer and stay focused! Think bright coloured foods - fruits (especially berries), vegetables,

wholegrains, nuts, seeds, herbs, spices, lean meats. A good multivitamin like Health House CAA-Multi will supply you with a range of vitamins, minerals and antioxidants.

### Hydration

Dehydration can present itself as low energy, fatigue, and foggy thinking. I keep a water bottle with me throughout the day.

### Liver support

Your liver can take a beating during the holidays, working overtime to metabolise excess food and alcohol. A healthy liver is essential for proper digestion. I like to support my liver with herbs like milk thistle, turmeric and dandelion root (a great substitute for coffee).

### Sleep

Prioritise sleep, what better gift to give yourself than nourishing sleep (you deserve this). During sleep, your body repairs and rejuvenates. Try to go to bed and wake at the same time every day - aim for 7-9 hours sleep. If you really struggle with sleep, take magnesium to help your body relax or try a cup of relaxing herbal tea like Lemon balm.

### Herbal support

Adaptogenic herbs such as Withania, Rhodiola, and Licorice help the body adapt to stress. When cortisol levels stay elevated for too long, it can disrupt sleep, appetite, metabolism, increase blood pressure, and make you behave like the Grinch.

I take Withania to support my mood and bring my body back into balance.

DHEA, a natural hormone that can significantly boost mood and energy, is another supplement to consider. Produced by the body's glands, DHEA levels naturally decline with age. We can all do with some youthful energy, and clarity of mind.

### Movement

Move your body, engage in physical activities you enjoy. Regular exercise releases endorphins, boosting your mood, reducing stress, and strengthening your immune system.

### Restoration

Make time to do something you love. Whether it's cooking your favourite recipe, piecing together a jigsaw, getting lost in a good book, meditating, exploring nature, or simply relaxing at the beach. Remember, a healthy holiday means a happy holiday!

Most herbs and supplements are considered safe. If you have an underlying health condition, check with your natural healthcare provider before use.



### ABOUT THE AUTHOR

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



# A glowing complexion

It's so easy to neglect your skin over summer

**Here are a few tips to keep your skin soft and glowing**

Hydration is so important, especially in the hot summer months. It supports skin elasticity, reduces the appearance of fine lines and wrinkles and prevents dryness. Being well hydrated can also help to prevent sun damage.

Drink plenty of water with a small pinch of salt added – don't worry, you won't taste the salt! Every one of the cells in our body has a sodium channel on the outside, in order to open that cell to allow water in, there must be sodium present – it's like the key to the lock. Adding that tiny pinch of salt to your water means all the cells in your body are able to be opened and therefore can become well hydrated. As well as drinking plenty of water, use a good quality moisturizer on your skin daily.

Adding collagen to your daily regime is great for improving the condition of your skin, especially as collagen production naturally declines as we age. Collagen is found within connective tissues and skin and plays

a very important role in tissue repair, hydration, elasticity and wrinkles.

Eating foods that are high in zinc, antioxidants and vitamin C are vital to achieve glowing skin – lots of fresh fruit and vegetables and plenty of seafood are excellent summer meals and will provide you with so many nutrients to ensure healthy, glowing skin. If you're not getting enough of these nutrients through your diet, or your gut health or absorption is compromised in any way, it's always a good idea to take daily supplements to ensure all of your nutritional needs are being met.

Including bone broth in your daily diet is also a good idea because it is full of nutrients and can also improve the integrity of your digestive system and therefore your absorption of essential minerals and vitamins.

Don't be afraid of the sun! Be careful with length of exposure and be mindful of the time of day you're in the sun, however do make sure that your skin is able to enjoy the vitamin

D – a deficiency can result in dry skin and you're more likely to suffer from dermatitis, acne and rashes. Vitamin D also supports skin immunity, and if you carefully increase sun exposure from early in the summer months, your skin is able to tolerate more time in the sun as a tan is protective. If you do happen to get burnt, aloe vera gel is soothing and healing – a tip is to keep it in the fridge for extra cooling power.

Starting your day with a smoothie that includes fruit such as berries, avocado and kiwifruit, vegetables like spinach, cucumber and kale, high zinc seeds such as pumpkin seeds plus coconut water and collagen powder is an amazing elixir to give you glowing summer skin.



## ABOUT THE AUTHOR

Nadia McMorran -  
BNatMed. Registered  
Naturopath and  
Medical Herbalist.



New Zealand

# Manuka Oil Cream

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

Enjoy the benefits of our soothing cream designed to support troublesome skin conditions.

Although skin conditions can occur at any time of life, they are particularly common among young children and adolescents. With this in mind we have developed a cream that can be applied by most age groups.

When we manufactured this product we carefully selected natural ingredients sourced from reputable New Zealand suppliers.

These herbs have then been blended with a special base cream containing almond oil, shea butter, jojoba oil and cocoa butter which are all rich in vitamin E, supporting healing and nourishing the skin.

We have used three main ingredients for our Manuka Oil Cream.

#### **Manuka essential oil:**

Assists in the reduction of redness and protects against further skin complications while supporting bacteria balance.

#### **Calendula infused olive oil:**

Known for its soothing and skin healing properties.

#### **Chamomile:**

Beneficial during itchy skin flares and assists in calming the skin.

#### **Supports**

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

**Not recommended for children under 2 years.**

**\$43ea** 100ml tube

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



## Testimonials

*"I was using the Manuka Oil Cream 3x a day, and after 5 days my split knuckles had healed. My hands are now soft. This product absorbs well and smells great."*

*Kathryn, Gisborne*

*"I have been using the Manuka Oil Cream on my face as a moisturiser for a month and the dry red patches on my face have healed up. I am 88, and the cream is great on older drier skin."*

*Joan, Tauranga*

*"I have tried all sorts of creams to get rid of reddened and irritated marks on my face and nothing worked until I tried your Manuka Oil Cream. It worked after just a couple of applications, I can't recommend it enough."*

*Janet, NSW Australia*

*"I have been using Manuka Oil Cream for five months now and it has cleared up an annoying rash around my nose. I haven't had this much success with any other product before."*

*Heather, Papamoa*

# Protein vs collagen

## What's the difference?

In today's dietary supplement market, we are overwhelmed with choices for supplementary collagen and protein. Some of you may be thinking do I need both?



### Amino acids

Before we can answer that question it is important to talk about amino acids. Amino acids are molecules that combine to form proteins. There are 20 common amino acids, 12 the liver manufactures, and 9 are considered essential as the body cannot make them, which means we need to obtain them from our diet. These 9 essential amino acids are;

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Valine

Amino acids are required in the body to create hormones, chemical messages (neurotransmitters) and to carry out protein synthesis. A chemical message that occurs in the body for example is serotonin, which is known for regulating our mood. Protein synthesis occurs to create new proteins for our cells and the body for structural purposes. Like furniture in our homes, over time proteins wear out. New proteins are continually being made through protein synthesis. Without amino acids, our cells could not create these new proteins.

### Protein breakdown

Protein is required for a range of functions in the body, such as immune function, hormone production, muscle

rebuilding, and as discussed protein synthesis. In today's busy world, many of us do not eat enough protein. The recommended daily intake for protein is on average 0.80gms per kg of body weight. Consuming adequate protein is beneficial to support energy levels, maintain blood sugar balance, reduce sugar cravings, and help you feel fuller for longer. Consuming higher levels is essential for pregnancy, when breastfeeding, if over 70 years of age, or when training to build muscle.

When it comes to protein sources they can be broken down into two groups, incomplete and complete proteins. Incomplete proteins contain some but not all of the 9 essential amino acids, while complete proteins contain all 9 essential amino acids. Pea and hemp seed protein powders on their own are considered incomplete protein sources.

An example of a complete protein powder source is whey protein, providing on average 24 grams of protein per 30gm serve, however, it does not provide collagen nor is it dairy free. A complete source of protein powder that I like is Bone Broth protein powder which naturally contains all 20 common amino acids, offers 25 grams of collagen and 27 grams of protein per 30-gram serving, as well as being dairy free.

### Collagen breakdown

Collagen is an important nutrient the body requires to support skin, hair, nails, joint and gut health. You can find a breakdown on collagen from my previous article in the

Aug-Oct 2024 catalogue. Given that collagen supplements are sourced from mammal or animal sources they also contain a substantial amount of protein.

The question lies as to whether collagen powders can be used as a protein powder. The answer is yes and no, and relates back to complete versus incomplete sources of protein. Collagen is missing tryptophan, 1 of the 9 essential amino acids discussed, making collagen an incomplete source of protein. However, if collagen is combined with a food source of tryptophan such as oats, dairy milk or yogurt, hemp seeds, pumpkin seeds, almonds, or sunflower seeds, it can then make it a complete source of protein.

Tryptophan is important in the body to help make our sleep hormone melatonin and our mood hormone serotonin. Collagen powder gives you 9 grams of protein and 8 grams of collagen per 10-gram serve. If you triple the dose and add a food source of tryptophan, you have a complete source of protein and 27 grams of protein in a 30-gram serving.



### ABOUT THE AUTHOR

Megan Amrein -  
BNatMed. Registered  
Naturopath and  
Medical Herbalist.



# GIVE THE GIFT OF healthy skin

## 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





## RELAX Deep restful sleep

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

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

🕒 2-3 per day 🌙 Evening

🍴 With food

**\$35ea** 60 capsules

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



## 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

# 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

**\$43ea** 250g tub | **While stocks last**





## 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



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

- ✔ 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

## 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



## 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
- ✔ Supports normal energy and mood
- ✔ Supports 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.



# The Ultimate Cleanse Summer detox

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.

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 kidney cleansing
- ✓ Digestive secretions
- ✓ Normalise bowel transit time
- ✓ Healthy metabolism
- ✓ Total body flush out
- ✓ Weight management

**\$125ea**

**MULTI BUY**

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



**\$44ea**  
60 capsules

### MEN'S BOOST

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

## 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



## Apple Cider Vinegar capsules

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

Taken regularly apple cider vinegar supports:

- ✔ Digestive system
- ✔ Normal blood pressure
- ✔ Balanced blood sugar levels
- ✔ Cholesterol levels
- ✔ 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



## Carnitine

Carnitine's role in the body is to transport stored body fat to the cells to be burned for energy, even when you sleep. Each capsule of Carnitine gives you 348mg a day. Maximum support for calorie metabolism 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

Seek advice if taking blood thinning medication



## Liver Cleanse

Powerful milk thistle combined with essential vitamins and electrolytes for your liver health. Liver Cleanse contains effective herbs, vitamins and minerals that support your liver while it purifies and cleans your blood.

**\$37ea** 60 capsules

- 1 per day
- Morning
- With food



## 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.

**\$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.



## PROBIOTIC MULTI-9 Reset your gut health

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 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 problems
- ✔ Digestion of food, softer bowel movements
- ✔ Mineral and vitamin absorption
- ✔ Bowel bacteria after taking antibiotics

**\$59ea** 60 capsules

- 1-2 per day
- Anytime
- Empty stomach

Store in a cool dry place, no refrigeration needed.

Inner capsule contains nine strains of probiotics



Top Seller



# 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 \$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.







## 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

## FRUIT ANTIOXIDANT

The Fruit Antioxidant is a superfood smoothie in a capsule. 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 Fruit Antioxidant is a fruit complex extracted from New Zealand grown fruit.

**\$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.



# 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.

-  Comfrey infused oil
-  Wintergreen essential oil
-  Arnica liquid extract
-  Lavender essential oil
-  Peppermint essential oil
-  Cayenne liquid extract
-  Ginger liquid extract
-  Turmeric liquid extract
-  Clove essential oil
-  Tincture of benzoin
-  Camphor essential oil

**\$37ea** 100ml tube

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

# 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.







## 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 **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.

## GLUCOSAMINE-CHONDROITIN Healthy Joints

Healthy Joints contains 400mg of natural glucosamine sulphate and 400mg of the highest quality chondroitin sulphate. In addition boron, organic silica, natural vitamin D and MSM (Methylsulfonylmethane), works with chondroitin to support 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 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





## 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.

## DHEA-7 KETO High quality minerals and vitamins

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

DHEA peaks around age 25 and then steadily declines, more rapidly after age 35 in both men and women.

**\$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.

## 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.

**\$49ea** 60 capsules

**1-2** per day

Morning

With food

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

## 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







## 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.

#### Boron 10mg active

Boron is an important mineral for bone and joint health, but is also lacking in our NZ soil. Most people can get sufficient boron from their diet along with our CAA-Multi (2.5mg), but some people may require more to support joint health and mobility.

#### Selenium 150mcg active

Selenium is a powerful antioxidant that supports prostate health and can fade brown skin spots.

#### Zinc 10mg active

The latest NZ Health survey showed our soils and our adult nutrition was just as deficient in zinc as it was in selenium.

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

**\$43ea** 60 capsules

- 📅 1 per day
- 🌙 Evening
- 🍴 With food

## 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.

## 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.

#### Supports

- ✔ Emotional well-being
- ✔ Mental alertness
- ✔ Stress and worry

**\$59ea** 60 capsules

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

Seek advice if taking blood thinning medication.

# THE BODY'S BUILDING BLOCKS

# Vitamin B

Well balanced supplements just for you.

## Vitamin B5

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

Pantothenic acid (or Vitamin B5 as it is now commonly known) is found in human breast milk and nearly all foods, but mostly in only tiny amounts, although 100g of liver can supply one day's need.

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.

Dr Robert Atkins pioneered the use of large dosages of pantothenic acid as a natural healer. He claims that pantothenic acid is *"the single best substance on the planet for supporting optimal levels of cholesterol and triglycerides in the blood."*

Each capsule contains 480mg of calcium pantothenate - which contains 450mg of pantothenic acid and 40mg of calcium.

### Benefits

- ✔ Protects the friendly bacteria in the intestines from damage by antibiotics
- ✔ 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



## 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 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.

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

**\$37ea** 60 capsules

- ✔ 1-2 per day ☀ Anytime 🍴 With food

If pregnant, not recommended during the first trimester.



## 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







## 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

## SWEET STEVIA

Enjoy sweet drinks without worrying about your blood sugar levels.

One tablet = approx. one teaspoon of sugar

**\$25ea**  
200 tablets

**Stevia Powder back soon**



**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)



**50 TESTS**

# Order form and price list

EST. 1986  
**HealthHouse**  
NEW ZEALAND

Prices valid until 31 January 2025

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
18	5-HTP (90 capsules)	\$38		\$
20	7 - Day Iron (25 capsules)	\$33		\$
19	Alert Plus (60 capsules)	\$59		\$
9	Aloe Vera Gel (100ml tube)	\$22		\$
9	Aloe Vera Gel with Colloidal Silver (50ml tube)	\$18		\$
9	Aloe Vera Gel with Colloidal Silver (100ml tube)	\$25		\$
13	Apple Cider Vinegar (180 capsules)	\$41		\$
14	Bone Health (60 capsules)	\$47		\$
19	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		\$
13	Carnitine (60 capsules)	\$32		\$
10	Colloidal Silver Cream (100ml tube)	\$31		\$
10	Colloidal Silver Gel (100ml tube)	\$28		\$
10	Colloidal Silver Gel (250g tub) <b>While stocks last</b>	\$43		\$
10	Colloidal Silver Generator	\$140		\$
10	Colloidal Silver Liquid (500ml)	\$38		\$
10	Colloidal Silver Liquid Spray (100ml)	\$17		\$
23	Complete C (100g powder)	\$39		\$
23	Complete C Tablets (200 chewable tablets)	\$39		\$
14	CoQ10-Omega3 (60 gel capsules)	\$54		\$
18	Coral CAA (60 capsules)	\$49		\$
19	Cranberry (60 capsules)	\$37		\$
18	DHEA 7-Keto (60 capsules)	\$42		\$
13	Easy-Lax (100 capsules)	\$37		\$
15	Evening Primrose & Flaxseed Oil (90 gel capsules)	\$26		\$
21	Eye Health (60 Capsules)	\$49		\$
15	Fruit Antioxidant (60 capsules)	\$55		\$
11	Harmony (60 capsules)	\$40		\$
17	Healthy Joints (90 capsules)	\$74		\$
17	Healthy Joints (180 capsules)	\$109		\$
17	Healthy Joints (180 capsules) <b>2 OR MORE</b>	\$98		\$
15	Hemp Seed Oil (150 gel capsules)	\$39		\$
23	Immune Support (60 capsules)	\$33		\$
18	Kelp (60 capsules)	\$33		\$
13	Liver Cleanse (60 capsules)	\$37		\$
20	Maca-X (60 capsules)	\$37		\$
16	Magnesium (60 capsules)	\$33		\$
16	Magnesium (180 capsules)	\$55		\$
16	Magnesium Cream (100ml tube)	\$35		\$
16	Magnesium Cream & Magnesium <b>Combo</b> (100ml tube/180Capsules)	\$85		\$
7	Manuka Oil Cream (100ml tube)	\$43		\$
13	Men's Boost (60 Capsules)	\$44		\$
10	Mitchells Bone Broth (200g tub)	\$74		\$
10	Mitchells Bone Broth Protein Powder (Vanilla flavour 500g)	\$79		\$
17	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) <b>2 OR MORE</b> <input type="checkbox"/> CAA - Multi <input type="checkbox"/> CAA - Multi Non-iron <input type="checkbox"/> CAA - Multi Non-sulphur	\$130		\$
16	Pain-Eze (100ml tube)	\$37		\$
21	pH Test Strips (5 packs of 10)	\$16		\$
24	Premium Collagen (240g tub) <b>NEW</b>	\$39		\$
15	Premium Fish Oil (150 gel capsules)	\$34		\$

PAGE NO.	PRODUCTS	PRICE EA	QTY.	TOTAL
12	Probiotic Multi 9 (60 capsules)	\$59		\$
14	Probiotic Multi 9 (60 capsules) <b>Special with Optimum Health Triple Pack</b>	\$55		\$
3	RealSalt Coarse Grind Combo (Coarse Salt Grinder 135g/Coarse Salt Pouch 454g) <b>NEW</b>	\$39		\$
3	RealSalt Coarse Refill Pouch 454g <b>NEW</b>	\$25		\$
3	RealSalt Coarse Grinder 135g <b>NEW</b>	\$19		\$
3	RealSalt Combo (Original 283g Shaker & Refill Pouch)	\$41		\$
3	RealSalt Refill Pouch (737g)	\$29		\$
3	RealSalt Shaker Garlic (234g)	\$25		\$
3	RealSalt Shaker Original (284g)	\$17		\$
3	RealSalt Shaker Seasoned (234g)	\$25		\$
3	RealSalt Shaker Smoked Cherry (156g) <b>While stocks last</b>	\$20		\$
3	RealSalt Shaker Smoked Hickory (156g) <b>While stocks last</b>	\$20		\$
3	RealSalt Shaker Smoked Chef's Blend (156g) <b>While stocks last</b>	\$20		\$
10	Relax (60 capsules)	\$35		\$
9	Salicylic Acid Gel (50ml tube)	\$29		\$
9	Salicylic Acid Gel & Aloe Vera Gel Combo (50ml & 100ml)	\$43		\$
10	Silver Rods (pair)	\$50		\$
9	Skin Clear (120 vege capsules)	\$43		\$
21	Sweet Stevia Tablets (200 tablets) <b>While stocks last</b>	\$25		\$
23	The Sunshine Vitamin (60 capsules)	\$34		\$
22	Throat Spray (50ml) <b>Glass bottle</b>	\$35		\$
17	Turmeric (60 capsules)	\$35		\$
17	Turmeric (180 capsules)	\$75		\$
11	Turn Back Time Capsules (60 capsules)	\$43		\$
11	Turn Back Time Cream (50ml tube)	\$43		\$
11	Turn Back Time Combo (50ml cream and 60 capsules)	\$65		\$
12	Ultimate Cleanse kit (410 capsules)	\$135		\$
12	Ultimate Cleanse kit (410 capsules) <b>2 OR MORE</b>	\$125		\$
20	Vitamin B5 (90 capsules)	\$36		\$
20	Vitamin B Complex (60 capsules)	\$39		\$
11	Withania (Ashwagandha) (60 capsules)	\$39		\$

PAGE NO.	BOOKS	PRICE EA	QTY.	TOTAL
12	Colostrum - Life's first food	\$20		\$
12	Heal your Eye Problems	\$20		\$
12	Medical Cannabis a brief guide for New Zealanders	\$30		\$
12	New Zealand's Greatest Doctor, Ulric Williams	\$18		\$
12	Should I take fish oil?	\$20		\$
12	Should I take...Probiotics?	\$19		\$
12	Stay Healthy by supplying what's lacking in your diet	\$31		\$
12	The Eczema Diet (Fully revised and updated)	\$29		\$
12	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



## 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  
[www.healthhouse.co.nz](http://www.healthhouse.co.nz)





## 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 alkalisising 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



## 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.

**\$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

# PREMIUM Collagen

New

100%  
French  
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 ageing process, our bodies produce less collagen, this structure then weakens and breaks.

Taking Premium Collagen is a simple and easy way to support our bodies 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.

### Supports

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

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

No added flavours or sweeteners.

**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

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



Skin/ Hair



Bones/Joints



Energy



Ageing



Gut health



90%

Protein



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

NOV 2024 - JAN 2025

**Free delivery**  
NEW ZEALAND

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