



**PO Box 37263
Stokes Valley
LOWER HUTT 6340**

Telephone: (04) 934 0559
Fax: (04) 934 0557
Mobile: (027) 222 2100
Email: info@kiwiherbs.com
Website: www.kiwiherbs.com

New Zealand Vitamins and Minerals.

Acknowledgement: Sir James Hector.
M.O.H and G.N.S

Vitamins

The thirteen vitamin types are:

- Vitamin A
- Vitamin B1
- Vitamin B2
- Vitamin B6
- Vitamin B12
- Vitamin C
- Vitamin D.
- Vitamin E
- Vitamin K
- Biotin
- Niacin
- Pantothenic Acid
- Riboflavin
- Folic Acid

For information about these you can refer to <https://ods.od.nih.gov/factsheets/list-all/>

Known NZ Minerals

ACTINOLITE	Abundant in West Coast schists and in Otago.
AEGIRINE	Abundant in alkaline rocks at Dunedin. Also at Rarotonga, but of microscopic size only.
AENIGMATITE	(Cossyrite) Quite abundant in phonolites and trachydolerites at Dunedin. Also at Campbell Island.
ALBITE	Mentioned in various petrographical papers as occurring in many rocks of igneous origin. No occurrences deserve any special mention
ALUM	In the Hot Lakes District, at Waiotapu and Orakeikorako.
ANALCITE	A rock-constituent, and in cavities in camptonite, at Dunedin.
ANDALUSITE	Relatively large crystals in schists.
ANDESINE	Mentioned in various petrographical papers as occurring in many rocks of igneous origin. No occurrences deserve any special mention
ANGLESITE	
ANORTHITE	Mentioned in various petrographical papers as occurring in many rocks of igneous origin. No occurrences deserve any special mention.
ANORTHOCLASE	Abundant in many alkaline rocks at Dunedin. Also at Campbell Island.
APATITE	An earthy phosphorite, in limestones at Millburn, Otago.
ARFVEDSONITE	Small crystals in trachyte of the Cass Peak, Port Hills, Lyttelton.
ARGENTITE.	
ARRAGONITE	Pseudo-hexagonal crystals at Oamaru and Dunedin, in cavities in volcanic rocks.
ARSENOLITE.	
AUGITE	Good crystals are obtained from weathered tufas at Otago Peninsula and Banks Peninsula.
BARITE	Tabular form at the Thames.
BASTITE	Noted by Hutton in a rock at the Dun Mountain, where it is associated with diallage. Occurs also in a hartzbergite at the North Cape.
BIOTITE	A rock composed of large crystal plates at Port Pegasus, Stewart Island.
BOWENITE	Excellent specimens have lately been obtained from Anita Bay, Milford Sound. At Teratama it is found with ordinary serpentine.
BRONZITE	This mineral has been referred to in geological reports on the Dun Mountain, but it appears that diallage was mistaken for it.





PO Box 37263
Stokes Valley
LOWER HUTT 6340

Telephone: (04) 934 0559
Fax: (04) 934 0557
Mobile: (027) 222 2100
Email: info@kiwiherbs.com
Website: www.kiwiherbs.com

BYTOWNITE	Mentioned in various petrographical papers as occurring in many rocks of igneous origin. No occurrences deserve any special mention
CERUSSITE	Tui and Pluvius Mines, Te Aroha.
CHALCANTHITE	Thames.
CHALCOPYRITE	The new discovery at Mount Radiant appears to be important.
CHIASTOLITE	Found by Mr. Isaacson in the north-west of Nelson.
CHRYSOLITE	Forms rock-masses of dunite at Milford Sound, as well as the other localities mentioned by Hector.
CINNABAR	has been found at Waipori, Otago, but has not been mined successfully.
CLINOCHLORE	This is the variety of chlorite most commonly present in the Otago schists.
COPPER	Crystallized copper of very recent deposition at Kawau Island.
CORUNDUM	A purplish-red variety, in crystals of moderate size, occurs with green muscovite in boulders in the sluicing-gravels at Rimu, near Hokitika.
COTUNNITE	
DOLOMITE	Pearl-spar, in the May Queen Mine, Thames.
ENSTATITE	Very large crystals in a hartzbergite at Milford Sound; also mentioned by Hutton in North Island volcanic rocks; occurs also at the North Cape, in a hartzbergite.
EPIDOTE	Abundant in quartzite and schists, especially in Westland.
EPSOMITE	Thames.
FUCHSITE	Also said to occur in Central Otago.
GALENA	Occurs in some quantity in the Jupiter and Pluvius Mines, Te Aroha.
GARNET	Abundant in schist rocks, Otago and Westland. A somewhat remarkable form in Otago, where a rock occurs of a pink colour, containing a multitude of extremely minute crystals of almandine.
GENTHITE.	
GLAUCONITE	Common in Miocene sandstones and limestones throughout New Zealand.
GOLD	No important new discoveries have been made. Crystalline gold has been recorded (8). Microscopic work has been done on some occurrences at Ohinemuri .
GOTHITE	
GROSSULARITE	Occurs with diallage in a garnet gabbro of the Dun Mountain, Nelson.
GYPNUM	Crystals at the Thames and at Oamaru.
HEDYPHANE	
HORNBLLENDE	Many varieties have been recorded in different petrographical papers. The common green variety occurs widely in the diorites of the south-west Sound, brown or basaltic hornblende at Dunedin and Banks Peninsula, barkevicite in alkaline rocks at Dunedin.
HYALITE	Incrustations are common on dolerite at Dunedin.
HYPERSTHENE	Hutton has mentioned the occurrence of this mineral at Lake Taupo, where crystals washed out of pumice form a black sand. Abundant in the volcanic region of the North Island, and in norites at Milford Sound, especially in the gravels of the Cleddau River and at the Bluff.
ILMENITE	Typical crystals, but of microscopic size, occur in nepheline-basanite of the Domain crater, Auckland.
IOLITE	Abundant in some contact rocks near Aorere River, west Nelson. The form of crystal composed of trillings occurs in these rocks.
KERARGYRITE	Several pounds' weight, from Waikoromiko Valley.
KERMESITE	
LEAD	The same occurrence as that mentioned in Hector's list.
LEUCITE	The locality mentioned by Hector in the list quoted was apparently an error. Microscopic crystals occur in a leucitophyre at Puketeraki, near Dunedin.
MAGNESITE	A decomposition product of enstatite in hartzbergite at Milford Sound.
MAGNETITE	A chrome variety occurs in hartzbergite, Milford Sound. Small octahedrons are common in chlorite-schist, Otago.
MELANTERITE	Thames.
MELILITE	Plates in basanite at Puketiraki, near Dunedin.
METEORIC IRON	An analysis of the Wairarapa meteorite mentioned in Hector's list has been made by Mr. Donovan.
MICROCLINE	In many granites, notably at Golden Bay, Stewart Island; Kahurangi Point and Dea's Cove, Thompson Sound.
MOLYBDENITE	Large deposits in the Mount Radiant district, Karamea, in lodes traversing granite country.
MOLYBDITE	Not uncommon at Mount Radiant.
MONAZITE	Small quantities have been found in sands at Greymouth.





**PO Box 37263
Stokes Valley
LOWER HUTT 6340**

Telephone: (04) 934 0559
Fax: (04) 934 0557
Mobile: (027) 222 2100
Email: info@kiwiherbs.com
Website: www.kiwiherbs.com

MOSANDRITE	Minute crystals in trachyte at Perseverance Harbour, Campbell Island.
MUSCOVITE	Large crystals in granite between George Sound and Lake Te Anau; also widely distributed in minute flakes in schists in Otago and Westland.
NAGYAGITE	
NEPHELITE	Abundant in large crystals in tinguaite, basanites, and trachydolerites, Dunedin. Also in basanite at Auckland, and in tinguaite boulders at Brunner.
PRECIOUS OPAL	Has been found in small quantity at Cabbage Bay.
OLIGOCLASE	Mentioned in various petrographical papers as occurring in many rocks of igneous origin. No occurrences deserve any special mention
ORPIMENT	
ORTHOCLASE	Crystals with Baveno development, though not twinned, occur porphyritically in the granite of Separation Point. The finer portion of the groundmass disintegrates readily, and the crystals form the sands and gravels of the beaches. The variety sanidine, is common in alkaline rocks, Dunedin.
PARAGONITE	A green variety, in boulders in Jacob's River, Westland.
PLATINUM	The quantity of the mineral in these localities is small, and is of no economic value.
PEROFSKITE	In diorite, Bell Hill, Dunedin; also in a porphyry, Campbell Island.
PERTHITE	At Stewart Island and at Dunedin.
PETZITE	
PHLOGOPITE	A mica between this and lepidolite, in the Alexandra area.
PLCOTITE	
PSILOMELANE	Small nodules in decomposed scoria, Seaview, Dunedin.
PYRARGYRITE	is said to occur at Puhipuhi, near Whangarei.
PYRITE	Good octahedral crystals are found in chlorite-schist at Parapara. Cubes are common in phyllite near Mount Aurum, Otago.
PYROLUSITE	
PYROMORPHITE	
PYRRHOTITE	Large quantities at the Champion Mine, Nelson.
QUARTZ	The quartz of the Waihi Mine is sometimes platy in structure. It is said to be pseudomorphous after barite.
REALGAR	
RETINITE	In brown coals throughout New Zealand.
RHODOCROISITE	
RIEBECKITE (30)	In granite boulders near Brunner, Westland; also at Campbell Island.
RUTTLE, (28)	Microscopic crystals in granulites of south-west Otago; also in schists, Otago.
SENARMONTITE	Common at Mount Radiant.
SERPENTINE	Often mentioned, but no new localities deserving of special mention.
SILLIMANITE	With tourmaline in a specimen brought by Professor Black from Stewart Island; also in minute needles in a mica-schist from Dusky Sound.
SILVER	In addition, flattened grains of alluvial silver have been found in some diggings in the Shotover River.
SODALITE	Small crystals in phonolites and trachydolerites, Dunedin.
STAUROLITE	occurs with chialstolite.
SULPHUR	Very good orthorhombic crystals at Rotokawa, near Lake Taupo.
TALC	In schist, Westland, and at the Caples River, Lake Wakatipu.
TETRAHEDRITE	
TITANITE	Granite of Separation Point, and common in granulites of the West Coast Sounds.
TOURMALINE	Large crystals at Richmond Hill, Parapara, in chloriteschist; also in smaller groups of radiating crystals at the same locality.
TREMOLITE	With garnet forming boulders in gravels at Lake Kanieri and other Westland localities.
TRIDYMITE	Quite common, but in very minute aggregates, in the rhyolites of the volcanic region of the North Island.
TURGITE	Occurs with limonite at Parapara.
UVAROVITE	Minute crystals at Dusky Sound.
VIVIANITE	Earthy form common; also good crystals in moa-bones, Waitati.
ZINC	It appears somewhat doubtful whether this specimen was native or was produced by artificial means.
ZIRCON	Abundant in a porphyry at Campbell Island.
ZOISITE	Occurs with epidote in schistose rocks in Westland.





**PO Box 37263
Stokes Valley
LOWER HUTT 6340**

Telephone: (04) 934 0559
Fax: (04) 934 0557
Mobile: (027) 222 2100
Email: info@kiwiherbs.com
Website: www.kiwiherbs.com

NZ Mined Minerals

Agate	Dimension Stone	Mercury	Sand
Aggregate	Flint	Molybdenum	Sandstone
Aggregate clay	Fluorine	Monazite	Serpentine
Aluminium	Garnet	Monazite	Shale
Antimony	Gas	Mudstone	Silica
Arsenic	Glaucanite	Nephrite	Silicified Wood
Asbestos	Gold	Nephrite	Silver
Barium	Goodletite	Nickel	Sulphur
Bentonite	Gossamer Garnet	Obsidian	Talc/Magnesite.
Beryllium	Graphate	Ochre	Theinium
Bowenite	Gum Peat	Oil	Travertine
Calcium Bentonite	Hessonite	Oil Shale	Tungsten
Carbon/Graphite	Iron	Pakohe	Uranothorite
Chalcedony	Jade	Peat	Vanadium
Chert	Jasper	Perlite	Water
Chromium	Kyanite	Petroleum	Woollastonite
Chromium	Lead	Phosphate	Zeolite
Clay	Lignite	Platinum	Zinc
Coal	Lignitr	Pumice	Zircon
Copper	Limestone	Quartz	
Diatomite	Manganese	Rhodonite	

