

SONYA DAKAR

The Problem Skin Specialists®

Sonya Dakar Skin Clinic
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Beauty Bootcamp™ from the inside out



Perfect Women



Perfect Men



Ultima Power



Acidophilus Flora



I am thrilled to introduce my exclusive line of supplements to help you achieve full body health, vitality and harmony. I have carefully selected these four breakthrough formulas that offer the best effectiveness and nutritional support. I know that beautiful skin starts with a healthy body. I am so pleased to offer my clients and friends a way to create beauty inside and out.

Sincerely,

Founder

Sonya Dakar

For more information, contact Mimi Dakar at mimi@sonyadakarclinic.com or 424-288-6740.

About Sonya Dakar Supplements

Formulated for Bioavailability

The Sonya Dakar multivitamin/mineral formula resembles the intake of natural, healthy foods—including ratio-balanced B vitamins, carotenoids, and tocopherols. And Sonya Dakar offers the gentle form of magnesium and body-ready folate (ActiFolate®) that are featured in our formulas, along with amino acid chelates for optimal bioavailability.

Well-Researched

Sonya Dakar uses a vitamin manufacturer in its niche that has an on-site clinical research facility—the Functional Medicine Research CenterSM—to test formulas in a clinical setting. Case studies and clinical trials demonstrate the effectiveness of our carefully formulated products. And an on-site proteomic lab develops the optimal combination of naturally derived ingredients.

Rigorously Tested for Purity

You can feel secure in recommending Sonya Dakar supplements—it's all about purity.

- Purity-certified essential fatty acids from cold water fish
- Purity-certified MCHC
- Purity-assayed glucosamine sulfate
- Herbs selected and tested to ensure origin, authenticity, quality, purity, and optimal effectiveness in tablet form

GMP-Certified Manufacturing

Sonya Dakar supplement formulas are manufactured and handled in facilities that have pharmaceutical certification or are certified for good manufacturing practices (GMP) by the National Nutritional Foods Association (NNFA), NSF International, or the Therapeutic Goods Administration of Australia (TGA). Very few companies meet these rigorous guidelines that help ensure that the quality you and your clients pay for is the quality received.

Client-Friendly

"The client's best interests must be served." That's our motto. Those "interests" also include client preferences. Which is why we offer EPA-DHA formulas with enteric-coating to promote client compliance. It's also why we developed the Sonya Dakar supplement line—to make comprehensive nutrition as convenient as possible: 1 or 2 portable packets per day, 1 month supply containers, with convenience packets.



For more information, contact Mimi Dakar at mimi@sonyadakarclinic.com or 424-288-6740.

Perfect Women

Optimal Nutritional Support for Women

Recommendations: Two packets daily—one AM packet in the morning and one PM packet in the afternoon or evening.
 Size: 60 Packet Container (30 AM Packets, 30 PM Packets)
 A combination of four specialized formulas packaged together for comprehensive nutritional support.



Multigenics® Intensive Care

A comprehensive, high quality multivitamin/mineral formula that is easily absorbed. Features a broad spectrum of essential nutrients that include folate, vitamin E, B vitamins, and powerful antioxidants.

EPA-DHA Extra Strength® Enteric-Coated

A concentrated, purity-certified source of EPA and DHA—essential omega-3 fatty acids that support cardiovascular health, as well as nervous system and immune system function. Each softgel supplies 500 mg of these essential fatty acids, with a natural lemon flavor.

E Complex-1:1™

A unique combination of four forms of vitamin E for optimal nutrition and antioxidant activity.

Cal Apatite® with Magnesium

Supports optimal bone health and healthy muscle function. This unique formula features microcrystalline hydroxyapatite concentrate (MCHC), an excellent source of calcium, protein matrix, organic factors, and bone growth factors that are naturally found in healthy bone. It is blended with three complementary forms of magnesium for increased efficacy.



Supplement Facts

Serving Size 2 packets (one A.M. Packet, one P.M. Packet)
 Servings Per Container 30

	4 Multi-Vitamin/Mineral Plus Tablets		1 Alpha Gamma Blend Softgel		2 EPA-DHA Blend Extra Enteric Coated Softgels		2 Bone Nutrient Complex with Magnesium Tablets	
	Amount Per Serving	% Daily Values	Amount Per Serving	% Daily Values	Amount Per Serving	% Daily Values	Amount Per Serving	% Daily Values
Calories								
Calories from fat								
Total Fat	2 g	3%*						
Cholesterol								
Vitamin A (as beta-carotene)	4250 IU	85%						
Vitamin A (as retinyl acetate)	750 IU	15%						
Vitamin C (as ascorbic acid)	600 mg	1000%						
Vitamin D (as cholecalciferol)	200 IU	50%						
Vitamin E	100 IU	333%	200 IU	667%				
(as d-alpha tocopheryl succinate and mixed tocopherols)								
Thiamin (as thiamin mononitrate)	15 mg	1000%						
Riboflavin	17 mg	1000%						
Niacin (as niacinamide, niacin)	210 mg	1050%						
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%						
Folate	400 mcg	100%						
(as folic acid, L-5-methyl tetrahydrofolate, 5-formyl tetrahydrofolate)								
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%						
Biotin	100 mcg	333%						
Pantothenic Acid	100 mg	1000%						
(as D-calcium pantothenate)								
Calcium	250 mg	25%					400 mg	40%
(as citrate, MCHC, glycinate, dicalcium phosphate)								
Iron (as iron glycinate)	5 mg	28%						
Phosphorus	57 mg	6%					252 mg	25%
(as MCHC, dicalcium phosphate)								
Iodine (as potassium iodide)	76 mcg	51%						
Magnesium	125 mg	31%					200 mg	50%
(as magnesium citrate, aspartate, bis-glycinate)								
Zinc	10 mg	67%						
(as zinc glycinate, zinc histidinate)								
Selenium (as selenium aspartate)	100 mcg	143%						
Copper (as copper citrate)	1 mg	50%						
Manganese (as manganese glycinate)	0.5 mg	25%						
Chromium	100 mcg	83%						
(as chromium dinicotinate glycinate)								
Molybdenum (as molybdenum aspartate)	50 mcg	67%						
Potassium (as potassium aspartate)	49 mg	1%						
Betaine HCl	87 mg	**						
Choline (as choline bitartrate)	62 mg	**						
Inositol	60 mg	**						
L-Glutamine	50 mg	**						
Citrus Bioflavonoid Complex	50 mg	**						
para-Aminobenzoic Acid (PABA)	25 mg	**						
Vanadium (as vanadyl sulfate)	19 mcg	**						
Quercetin	12 mg	**						
Alpha-Carotene	97 mcg	**						
Cryptoxanthin	27 mcg	**						
Zeaxanthin	13 mcg	**						
Lutein	13 mcg	**						
Gamma Tocopherol	67 mg	**	135 mg	**				
Delta Tocopherol			49 mg	**				
Beta Tocopherol			3 mg	**				
Natural Marine Lipid Concentrate					2 g	**		
EPA (Eicosapentaenoic acid)					600 mg	**		
DHA (Docosahexaenoic acid)					400 mg	**		
Microcrystalline Hydroxyapatite Concentrate					1000 mg	**		

*Percent Daily Values are based on a 2,000 calorie diet.
 **Daily Value not established.

Benefits

- Supports energy levels and overall health*
- Helps maintain healthy bone density*
- Provides powerful antioxidant protection*
- Supports healthy hormone balance & metabolism*
- Supports cardiovascular health*
- Helps maintain a positive mood*
- Promotes healthy immunity*

SONYA DAKAR

The Problem Skin Specialists®

Perfect Men

Formulated to Enhance Vitality, Strength, and Stamina

Recommendations: Two packets daily—one AM packet in the morning and one PM packet in the afternoon or evening.
Size: 60 Packet Container (30 AM Packets, 30 PM Packets)

Tribulus Synergy®

A specialized, concentrated blend of the highest quality botanical extracts. Perfect Men features tribulus fruit extract—a key herb used to support male libido and healthy sexual function. With cowage seed and ashwagandha extracts, this formula promotes vitality and strength.

EPA-DHA Extra Strength® Lemon-Flavored

A concentrated, purity-certified source of EPA and DHA—essential omega-3 fatty acids that support cardiovascular health, as well as nervous system and immune system function. Each softgel supplies 500 mg of these essential fatty acids, with a natural lemon flavor.

Multigenics® Intensive Care without Iron

A comprehensive, high quality multivitamin/mineral formula that is easily absorbed. It features a broad spectrum of essential nutrients that include folate, vitamin E, B vitamins, and powerful antioxidants. Features Metafolin®, a patented source of body-ready L-5-methyl-tetrahydrofolate (L-5-MTHF).

Zinc A.G.™

Features a highly absorbable form of zinc to help maintain prostate and male reproductive health. A mineral with multiple physiological benefits, zinc is also important for energy metabolism and immune support.

Beauty Bootcamp™

from the inside out

For more information, contact Mimi Dakar at mimi@sonyadakarclinic.com or 424-288-6740.



Supplement Facts

Serving Size 2 packets (one A.M. Packet, one P.M. Packet)
Servings Per Container 30

	2 Multi-Vitamin/Mineral Plus without Iron Tablets		1 Zinc Arginate Glycinate Tablet		2 EPA-DHA Blend Extra Lemon-Flavored Softgels		4 Tribulus Complex Tablets		
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	
Calories	20								
Calories from fat	18								
Total Fat	2 g	3%							
Cholesterol	less than 5 mg								
Vitamin A (as beta-carotene)	2125 IU	43%							
Vitamin A (retinyl acetate)	375 IU	8%							
Vitamin C (as ascorbic acid)	300 mg	500%							
Vitamin D (as cholecalciferol)	100 IU	25%							
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	50 IU	166%							
Thiamin (as thiamin mononitrate)	7.5 mg	500%							
Riboflavin	8.5 mg	500%							
Niacin (as niacinamide, niacin)	105 mg	525%							
Vitamin B6 (as pyridoxine HCl)	10 mg	500%							
Folate (as folic acid, L-5-methyl tetrahydrofolate, 5-formyl tetrahydrofolate)	200 mcg	50%							
Vitamin B12 (as cyanocobalamin)	50 mcg	833%							
Biotin	50 mcg	17%							
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%							
Calcium (as calcium citrate, MCHC, calcium glycinate)	125 mg	13%							
Phosphorus (as MCHC)	28 mg	3%							
Iodine (as potassium iodide)	38 mcg	26%							
Magnesium (as magnesium bis-glycinate, magnesium citrate)	62 mg	16%							
Zinc (as zinc arginate, zinc glycinate, zinc histidinate)	5 mg	34%	20 mg	133%					
Selenium (as selenium aspartate)	50 mcg	72%							
Copper (as copper citrate)	0.5 mg	25%							
Manganese (manganese glycinate)	0.25 mg	13%							
Chromium (as chromium nicotinate glycinate)	50 mcg	42%							
Molybdenum (as molybdenum aspartate)	25 mcg	34%							
Potassium (as potassium aspartate)	24 mg	0.5%							
Betaine HCl	43 mg	**							
Choline (as choline bitartrate)	31 mg	**							
Inositol	30 mg	**							
L-Glutamine	25 mg	**							
Citrus Bioflavonoid Complex	25 mg	**							
para-Aminobenzoic acid (PABA)	12 mg	**							
Vanadium (as vanadyl sulfate)	9 mcg	**							
Quercetin	6 mg	**							
Alpha-Carotene	48 mcg	**							
Cryptoxanthin	13 mcg	**							
Zeaxanthin	6 mcg	**							
Lutein	6 mcg	**							
Gamma Tocopherol (as mixed tocopherols)	34 mg	**							
Natural Marine Lipid Concentrate (Eicosapentaenoic acid)	2 g	**							
DHA (Docosahexaenoic acid)	600 mg	**							
A Proprietary Extract Blend of:									
Tribulus Fruit 10:1 Extract (Tribulus terrestris) (containing saponins)								1000 mg	**
Ashwagandha Root 5:1 Extract (Withania somnifera) (containing withanolides)								800 mg	**
Cowage Seed 10:1 Extract (Mucuna pruriens) (containing naturally occurring levodopa)								200 mg	**

**Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Benefits

- Guarantees daily intake of essential vitamins, minerals, and omega-3 fatty acids*
- Supports immune, cardiovascular, nervous system, and prostate health*
- Helps support energy, sexual function, and reproductive health*
- Supports a healthy stress response and a positive mood*

A combination of four specialized formulas to provide essential vitamins and minerals, omega-3 fatty acids, antioxidants, and calcium to support overall health and well-being. Also contains a unique, all-natural herbal formula to support optimal male vitality, stamina, and healthy sexual function.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information, contact Mimi Dakar at mimi@sonyadakarclinic.com or 424-288-6740.

Ultima Power The ultimate nutritional support.



Clinically tested Ultima Power is a nutrient-dense medical food that, as part of a balanced dietary and regular exercise program, has been clinically shown to help reduce fat while preserving lean muscle mass.

Ultima Power uses only the highest quality ingredients. Each serving provides complete protein, carbohydrates, dietary fiber, healthy fat, and 35% or more of the RDI for most vitamins and minerals (including 60% of the RDI for calcium in a dairy-free form).

Ultima Power is not formulated with artificial flavors, colors, preservatives, yeast, egg, or gluten. The products can be used as a balanced meal option or as a healthy snack. The powders mix easily with water to create a delicious shake or with fruit, yogurt, or milk for a delectable smoothie.



Ultima Power is available in three delicious flavors: vanilla, strawberry, and chocolate.

Information per Serving (Vanilla):

Serving size	2 scoops (47 g)
Servings per container	14
Calories	160
Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	180 mg
Potassium	510 mg
Carbohydrate	24 g
Dietary fiber	4 g
Sugars	16 g
Protein†	15 g

†Non-Genetically Engineered, Identity-Preserved Soy Protein

Percentage of Reference Daily Intakes (RDI)
Each Serving Contains: % RDI

Vitamin A	1750 IU	35
Vitamin C	60 mg	100
Calcium	600 mg	60
Iron	2.5 mg	15
Vitamin D	40 IU	10
Vitamin E	11 IU	35
Thiamin	0.75 mg	50
Riboflavin	0.85 mg	50
Niacin	10 mg	50
Vitamin B ₆	25 mcg	1250
Folate	400 mcg	100
(as folic acid and L-5-methyl tetrahydrofolate ^{††})		
Vitamin B ₁₂ (as cyanocobalamin)	30 mcg	500
Biotin	150 mcg	50
Pantothenic Acid	5 mg	50
Phosphorus	500 mg	50
Iodine	75 mcg	50
Magnesium	170 mg	40
Zinc	9 mg	60
Copper	1 mg	50
Manganese	0.45 mg	20
Chromium	100 mcg	80
Isoflavones	17 mg	*

*Daily value not established.

††As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.



Benefits

- Promotes a lean, healthy body composition*
- Supplies optimal, foundational nutrition*
- Promotes healthy blood sugar management*
- Supports cardiovascular health*
- Supports estrogen balance*
- Promotes bone health*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Ultima Power Recipes

For all recipes below, put ingredients in a blender and blend to desired consistency. Adjust water for thickness.

Cran/Berry

165 Calories

- 2 scoops Ultima Power Strawberry Supreme
- 1 tbsp. cranberry juice concentrate
- 2-4 ice cubes
- 4-8 oz. water



Banana Berry Supreme

230 Calories

- 2 scoops Ultima Power Strawberry Supreme
- ½ frozen banana
- 4 fresh or frozen unsweetened strawberries or raspberries
- 4-8 oz. water

Chocolate Berry

180 Calories

- 2 scoops Ultima Power Dutch Chocolate
- ½ cup unsweetened strawberries or berries of choice
- 2-4 ice cubes
- 4-8 oz. water



Chocolate Crème

215 Calories

- 2 scoops Ultima Power Dutch Chocolate
- ½ cup soy milk, plain or vanilla
- 2-4 ice cubes
- 3-4 oz. water



Fruity Delight

195 Calories

- 2 scoops Ultima Power Strawberry Supreme
- 1 tbsp. unsweetened orange/pineapple juice concentrate
- 4 fresh or frozen strawberries or berries of choice
- 2-4 ice cubes
- 4-8 oz. water

Chocolate-Covered Cherries

175 Calories

- 2 scoops Ultima Power Dutch Chocolate
- 3-4 unsweetened cherries
- 1 tsp. cherry extract (optional)
- 2-4 ice cubes
- 4-8 oz. water



Strawberry Smoothie

216 Calories

- 2 scoops Ultima Power Strawberry Supreme
- ½ banana
- 2-4 ice cubes
- 4-8 oz. water

Peach Melba

210 Calories

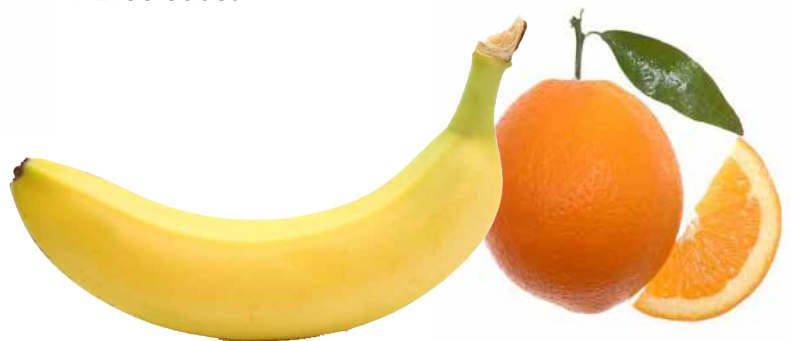
- 2 scoops UltraMeal Vanilla
- ½ fresh peach
- ½ cup fresh or frozen raspberries
- 2-4 ice cubes (omit if using frozen fruit)
- 4-8 oz. water



Orange Berry Dream

255 Calories

- 2 scoops Ultima Power Strawberry Supreme
- ½ cup vanilla soy or rice milk
- ½ cup orange juice
- 1-2 ice cubes



For more information, contact Mimi Dakar at mimi@sonyadakarclinic.com or **424-288-6740**.

Acidophilus Flora



Sonya Dakar Acidophilus Flora is a patented probiotic formula blended with a non-dairy powder that provides highly viable, pure strains of *Lactobacillus acidophilus* (NCFM® strain) and *Bifidobacterium lactis* along with supportive factors.

- Helps maintain a healthy balance of intestinal flora and is designed to provide intestinal support on multiple levels.
- Provides the valuable Probio-Saccharide® factor, fructooligosaccharides (FOS), an excellent food source for beneficial bacteria that helps to promote their growth in the intestine.
- Produced in a freeze-dried form and refrigerated during storage and shipping for maximum stability, and shipped with the most current viability assay to provide you with assurance of potency.
- Guaranteed to provide no fewer than 15 billion combined live organisms per serving through date of expiration.
- The ID Guarantee: The purity, clinical reliability, and predicted safety of formulas are guaranteed through the scientific certification of strains with established health benefits. Assuring potency and high viability, each strain is also tested for acid tolerance and cell adherence in vitro.

Overall Intestinal Health Support*

- Probiotic support for healthy immunity*
- Promotes optimal digestion and nutrient assimilation*
- Promotes overall intestinal health*
- Encourages production of lactase enzymes*

One capsule† supplies 15 billion live organisms
Lactobacillus acidophilus NCFM®
Bifidobacterium lactis BI-07

You would have to eat **37 tubs** of yogurt to get the same amount of beneficial bacteria in **ONE capsule**.



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving
A 50:50 blend of:15 billion live organisms **
<i>Lactobacillus acidophilus</i> NCFM®	
<i>Bifidobacterium lactis</i> BI-07 (Formerly known as <i>B. infantis</i>)	
**Daily Value not established.	



Benefits

- Formulated using pure probiotic bacteria with established health benefits*
- Clinical reliability assured through the genetic identification of each strain*
- Beneficial properties of each probiotic strain verified by clinical research*
- Potency and viability guaranteed through date of expiration