



San Francisco
Oral Surgery
& Implantology

Soft Food Recipes For
Surgery Patients

Compliments of
Dr, Craig D McDow

SWEET POTATO PUREE

2 sweet potatoes
1½ tablespoons butter
1½ tablespoons heavy cream
1 tablespoon orange juice
peel of ½ orange

Peel and cut sweet potatoes into 1 inch cubes. Boil until tender, about 15 minutes. Place sweet potatoes and the rest of ingredients in a food processor or blender. Blend until smooth, adding extra cream if necessary. Makes 2 servings.

Nutritional Analysis Per Serving:

Calories.....	276.5	Vitamin C.....	29 mg
Protein.....	3 g	Thiamine.....	1 mg
Carbohydrates.....	38 g	Riboflavin.....	1 mg
Fat.....	13.5 g	Niacin.....	8 mg
Phosphate.....	77.5 mg	Calcium.....	59 mg
Potassium.....	357.5 mg	Iron.....	1.05 mg
Zinc.....	4 mg	Cholesterol.....	38 mg
Vitamin A.....	972.15 iu	Sodium.....	374 mg

HAM-POTATO BAKE

1½ cups finely chopped ham
1 cup sharp American cheese, shredded
1 can cream of mushroom soup
4 cups potatoes, cooked and finely diced
¼ cup milk
1 cup carrots, finely shredded
1 tablespoon instant minced onion
¾ cup soft bread crumbs
1/8 teaspoon pepper
1 tablespoon butter, melted

Combine ham, cream of mushroom soup, milk, minced onion, pepper and ½ cup cheese, mixing well. Layer potatoes, carrots and ham mixture in 2 quart baking dish. Mix bread crumbs, remaining ½ cup cheese and butter and sprinkle over mixture. Bake at 350 degrees for 45 minutes. Garnish with sprigs of parsley. Makes 6 servings.

Nutritional Analysis Per Serving:

Calories.....	396.5	Vitamin C.....	30.67 mg
Protein.....	24 g	Thiamine.....	55 mg
Carbohydrates.....	36 g	Riboflavin.....	33 mg
Fat.....	17.5 g	Niacin.....	5.33 mg
Phosphate.....	373.67 mg	Calcium.....	175 mg
Potassium.....	838.17 mg	Iron.....	3.28 mg
Zinc.....	3.77 mg	Cholesterol.....	78.17 mg
Vitamin A.....	2360 iu	Sodium.....	1244.17 mg

TURKEY PATTIES

1 ½ pounds turkey, twice ground
2 tablespoons green onion, finely chopped
¼ cup fine dry bread crumbs
2 garlic cloves, crushed
1 egg
1 ½ teaspoons ground ginger
2 tablespoons mushrooms, finely chopped
2 ½ tablespoons soy sauce

Mix all ingredients together. Shape into six patties. Place in broiler pan, about four inches from heat and cook 5 minutes on each side. Makes 6 servings.

Nutritional Analysis Per Serving:

Calories.....	226.5	Vitamin C.....	5 mg
Protein.....	35.17 g	Thiamine.....	1 mg
Carbohydrates.....	4 g	Riboflavin.....	27 mg
Fat.....	6.83 g	Niacin.....	6.42 mg
Phosphate.....	270.83 mg	Calcium.....	44.33 mg
Potassium.....	391.83 mg	Iron.....	2.73 mg
Zinc.....	3.7 mg	Cholesterol.....	127.33 mg
Vitamin A.....	39 mg	Sodium.....	668.67 mg

SHRIMP AND MUSHROOM CASSEROLE

1 pound boiled shrimp, chopped very fine
1 clove garlic, minced
2 cans cream of mushroom soup
2 teaspoons Worcestershire sauce
1 cup mayonnaise
2 hard-boiled eggs, finely chopped
2 pimentos, finely chopped
½ cups bread crumbs
salt and pepper to taste

Combine all ingredients except bread crumbs in bowl, mixing well. Spoon into lightly greased 3 quart casserole. Sprinkle bread crumbs over casserole. Bake at 350 degrees for 20 minutes. Makes 6 servings.

Nutritional Analysis Per Serving:

Calories.....	500.33	Vitamin C.....	2.33 mg
Protein.....	18 g	Thiamine.....	.06 mg
Carbohydrates.....	17 g	Riboflavin.....	.2 mg
Fat.....	40.17 g	Niacin.....	3.26 mg
Phosphate.....	208.83 mg	Calcium.....	107.33 mg
Potassium.....	300.17 mg	Iron.....	2.45 mg
Zinc.....	1.83 mg	Cholesterol.....	216.5 mg
Vitamin A.....	300.66 iu	Sodium.....	1226 mg

BAKED CHILE

1 tablespoon salad oil
1 tablespoon paprika
1 pound lean beef, twice ground
2 teaspoons chili powder
½ cup celery, finely chopped
1/8 teaspoon garlic powder
1 onion, finely chopped
1/8 teaspoon ground allspice
1 can condensed tomato soup
½ cup shredded sharp cheddar cheese
¾ cup water

In a medium-sized frying pan, heat the oil over medium heat and crumble in the ground beef. Brown meat. Add the celery and onion; sauté until onion is soft. Blend in the tomato soup, water paprika, chili powder, garlic powder and allspice. Pour into an ungreased 1½ quart casserole. Cover and bake at 350 degrees for 45 minutes. Uncover, skim off fat, sprinkle cheese over top, and return to oven, until cheese melts. Makes 4 servings.

Nutritional Analysis Per Serving:

Calories.....339	Vitamin C.....11 mg
Protein.....28.5 g	Thiamine.....13 mg
Carbohydrates.....12.25 g	Riboflavin.....3 mg
Fat.....19.25 g	Niacin.....5.98 mg
Phosphate.....301.75 mg	Calcium.....134.5 mg
Potassium.....510 mg	Iron.....3.7 mg
Zinc.....5.05 mg	Cholesterol.....94.5 mg
Vitamin A.....849.25 mg	Sodium.....776.25 mg

ONE DISH PANCAKE

1 cup all-purpose flour
¾ cup milk
1 tablespoon baking powder
1 cup sharp American cheese, shredded
½ teaspoon salt
3 tablespoons bacon drippings
1 egg, beaten

Combine flour, baking powder and salt. Combine egg, milk and bacon drippings. Pour into greased and floured 10 x 15 inch baking pan and spread evenly. Bake at 425 degrees for 15 minutes. Remove for another 5 minutes or until cheese melts. Makes 2 servings.

Nutritional Analysis Per Serving:

Calories.....683	Vitamin C.....1 mg
Protein.....25 g	Thiamine.....50 mg
Carbohydrates.....53 g	Riboflavin.....65 mg
Fat.....40.5 g	Niacin.....3.5 mg
Phosphate.....609.5 mg	Calcium.....515 mg

CARROT-RICE CASSEROLE

3 cups carrots, shredded extra fine
2 cups cheddar cheese, shredded
2/3 cups rice
1 can cream of celery soup
¼ teaspoon salt
1 teaspoon onion, minced

Simmer carrots with rice and salt in 1 ½ cups water in a saucepan for 25 minutes. Stir in 1 ½ cups cheese soup, onion and ½ cup water. Spoon into 1 ½ quart casserole. Bake at 350 degrees for 1 hour. Top with remaining ½ cup cheese and bake for 2 minutes or until cheese melts. Makes 6 servings.

Nutritional Analysis Per Serving:

Calories.....286.17	Vitamin C.....4.5 mg
Protein.....12.17 g	Thiamine.....15 mg
Carbohydrates.....26.16 g	Riboflavin.....2 mg
Fat.....14.83 g	Niacin.....1.13 mg
Phosphate.....250.67 mg	Calcium.....3.22 mg
Potassium.....268.17 mg	Iron.....1.52 mg
Zinc.....1.72 mg	Cholesterol.....4.25 mg
Vitamin A.....8353.83 iu	Sodium.....754.5 mg

TOMATO ASPIC

1 3 ounce package lemon gelatin
1 can tomato soup
salt and pepper
dash of Worcestershire sauce

Dissolve gelatin in 1 cup boiling water in bowl. Stir in remaining ingredients. Chill until firm. Makes 4 servings.

Nutritional Analysis Per Serving:

Calories.....121.25	Vitamin C.....10 mg
Protein.....3 g	Thiamine.....03 mg
Carbohydrates.....25.75 g	Riboflavin.....03 mg
Fat.....1.5 g	Niacin.....78 mg
Phosphate.....22 mg	Calcium.....9.5 mg
Potassium.....151.75 mg	Iron.....48 mg
Zinc.....13 mg	Cholesterol.....0 mg
Vitamin A.....628.75 iu	Sodium.....662.5 mg

BROCCOLI SOUP

1 10 ounce pkg. frozen, chopped broccoli
2 beef bouillon cubes
1½ cups milk
¼ teaspoon salt
1 cup light cream
dash pepper
1 teaspoon instant minced onion
dash ground nutmeg
dairy sour cream

Partially thaw broccoli, break into small chunks. Place in blender container with ½ cup of milk. Blend until smooth, 40 to 60 seconds. Chill thoroughly. Serve topped with dollops of dairy sour cream. Makes 4 servings.

Nutritional Analysis Per Serving:

Calories.....	301.75	Vitamin C.....	34.75 mg
Protein.....	2.25 g	Thiamine.....	1 mg
Carbohydrates.....	10.25 g	Riboflavin.....	33 mg
Fat.....	26.75 g	Niacin.....	4 mg
Phosphate.....	175.75 mg	Calcium.....	211.25 mg
Potassium.....	362 mg	Iron.....	53 mg
Zinc.....	85 mg	Cholesterol.....	91.75 mg
Vitamin A.....	2485.25 iu	Sodium.....	832.25 mg

POTATO PIE

2 cups potatoes, cooked and mashed
3 teaspoons salt
1 pound cottage cheese
1/8 teaspoon pepper
½ cup sour cream
3 tablespoons parmesan cheese
2 eggs

Put cottage cheese in a blender container and blend until smooth. Mix cottage cheese with all other ingredients and into baking dish. Bake in a covered dish at 400 degrees for 50 minutes. Makes 6 servings.

Nutritional Analysis Per Serving:

Calories.....	170	Vitamin C.....	7.17 mg
Protein.....	13.17 g	Thiamine.....	.08 mg
Carbohydrates.....	12.17 g	Riboflavin.....	23 mg
Fat.....	7.5 g	Niacin.....	80 mg
Phosphate.....	187.83 mg	Calcium.....	125 mg
Potassium.....	286.17 mg	Iron.....	77 mg
Zinc.....	.8 mg	Cholesterol.....	97.33 mg
Vitamin A.....	278.33 iu	Sodium.....	1307.83 mg

Potassium.....	320.5 mg	Iron.....	2.60 mg
Zinc.....	2.95 mg	Cholesterol.....	204 mg
Vitamin A.....	916 iu	Sodium.....	1516 mg

ONION, CHEESE AND EGG BAKE

4 onions, finely chopped
6 eggs
1 green pepper, finely chopped
6 tablespoons milk
10 ounces cheddar cheese, grated
2 tablespoons Worcestershire sauce
salt and pepper to taste

Cook the onion in lightly salted boiling water for 5 minutes. Drain, place half in ovenproof dish. Sprinkle with half the chopped pepper. Then half the cheese. Repeat layers. Beat remaining ingredients together, with salt and pepper to taste. Pour into the baking dish and cook in oven at 350 degrees for 30 minutes. Makes 6 servings.

Nutritional Analysis Per Serving:

Calories.....	228.17	Vitamin C.....	46.5 mg
Protein.....	14 g	Thiamine.....	12 mg
Carbohydrates.....	13.67 g	Riboflavin.....	33 mg
Fat.....	13.5 g	Niacin.....	45 mg
Phosphate.....	265.17 g	Calcium.....	250.83 mg
Potassium.....	380.5 mg	Iron.....	2.18 mg
Zinc.....	1.8 mg	Cholesterol.....	273.33 mg
Vitamin A.....	679.33 mg	Sodium.....	279.5 mg

HONEY BAKED CUSTARD

3 eggs
¼ tablespoon salt
2 cups milk
4 tablespoon honey

Scald milk; then stir in honey. Beat eggs and salt together. Stir in a small amount of hot milk mixture into egg mixture. Stir eggs into hot milk. Pour into 6 custard cups. Place in a pan of hot water and bake for 30 minutes in 375 degree oven. Chill and serve cold. Makes 6 servings.

Nutritional Analysis Per Serving

Calories.....	118	Vitamin C.....	1 mg
Protein.....	5.33 g	Thiamine.....	.05 mg
Carbohydrates.....	15.67 g	Riboflavin.....	20 mg
Fat.....	4 g	Niacin.....	15 mg
Phosphate.....	118.5 mg	Calcium.....	116.33 mg
Potassium.....	161.33 mg	Iron.....	.62 mg
Zinc.....	.65 mg	Cholesterol.....	126.33 mg
Vitamin A.....	281.33 iu	Sodium.....	648.5 mg

CHICKEN CASSEROLE

6 cooked chicken breasts, finely chopped
1 teaspoon Worcestershire sauce
2 cups sour cream
1 4 oz. can mushrooms, drained and finely chopped
2 cups mushroom soup
6 ounce box stuffing mix

Place chicken in bottom of buttered casserole. Mix sour cream, soup, worcestershire sauce and mushrooms. Pour over chicken. Prepare stuffing mix according to package directions; cool. Spread over casserole. Bake uncovered at 350 degrees for 30 minutes. Makes 8 servings.

Nutritional Analysis Per Serving:

Calories.....	322	Vitamin C.....	1.5 mg
Protein.....	24.25 g	Thiamine.....	175 mg
Carbohydrates.....	19.37 g	Riboflavin.....	27 mg
Fat.....	16.12 g	Niacin.....	8.64 mg
Phosphate.....	205.75 mg	Calcium.....	94.5 mg
Potassium.....	315.13 mg	Iron.....	1.2 mg
Zinc.....	1.35 mg	Cholesterol.....	77.88 mg
Vitamin A.....	421.62 iu	Sodium.....	673.63 mg

CHOCOLATE BREAD PUDDING

4 eggs
2 3/4 cups milk, scalded
2 cups bread crumbs
1 square unsweetened chocolate, melted
2/3 cup honey
8 packets equal
1 teaspoon vanilla extract

Mix 2 eggs with milk, bread crumbs, chocolate and 2/3 cup honey. Pour into greased casserole and bake at 325 degrees for 45 minutes. Separate remaining 2 eggs, add 8 packets equal to stiffly beaten egg whites. Add vanilla and egg yolks

Nutritional Analysis Per Serving

Calories.....	298	Vitamin C.....	1.67 mg
Protein.....	9.33 g	Thiamine.....	13 mg
Carbohydrates.....	45.83 g	Riboflavin.....	35 mg
Fat.....	10.33 g	Niacin.....	75 mg
Phosphate.....	200.17 mg	Calcium.....	178.5 mg
Potassium.....	296 mg	Iron.....	1.56 mg
Zinc.....	1.05 mg	Cholesterol.....	181.83 mg
Vitamin A.....	313 iu	Sodium.....	166.83 mg

Nutritional Analysis Per Serving:

Calories.....	423	Vitamin C.....	59.5 mg
Protein.....	9.5 g	Thiamine.....	3 mg
Carbohydrates.....	39.5 g	Riboflavin.....	2 mg
Fat.....	28 g	Niacin.....	2.9 mg
Phosphate.....	175.5 mg	Calcium.....	137 mg
Potassium.....	1175 mg	Iron.....	2.9 mg
Zinc.....	1.4 mg	Cholesterol.....	74 mg
Vitamin A.....	10082.5 iu	Sodium.....	2319.5 mg

FRENCH ONION SOUP

4 large onions, thinly sliced and chopped
1/4 cup butter
3 10 1/2 oz. cans condensed beef broth
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
dash of pepper
shredded cheese

Cook onions in butter until lightly browned, about 20 minutes. Add broth and Worcestershire. Bring to boiling. Season with salt and pepper. Sprinkle cheese on top and place under broiler to melt cheese. Makes 6 servings.

Nutritional Analysis Per Serving:

Calories.....	90.83	Vitamin C.....	4.67 mg
Protein.....	1.5 g	Thiamine.....	0.2 mg
Carbohydrates.....	4.67 g	Riboflavin.....	0.2 mg
Fat.....	7.67 g	Niacin.....	0.13 mg
Phosphate.....	22.17 mg	Calcium.....	20.33 mg
Potassium.....	85.67 mg	Iron.....	0.33 mg
Zinc.....	0.23 mg	Cholesterol.....	22.83 mg
Vitamin A.....	314.83 iu	Sodium.....	1083.67 mg

SPINACH CASSEROLE

3 10 ounce packages chopped spinach
thawed and well drained
1 pint sour cream
1 package dry onion soup mix

Combine all ingredients in bowl, mixing well. Spoon into casserole. Bake at 350 degrees for 30 minutes. Makes 6 servings.

Nutritional Analysis Per Serving:

Calories.....	172.33	Vitamin C.....	25.33 mg
Protein.....	6.17 g	Thiamine.....	11 mg
Carbohydrates.....	8.33 g	Riboflavin.....	28 mg
Fat.....	14 g	Niacin.....	58 mg
Phosphate.....	84.5 mg	Calcium.....	220.5 mg
Potassium.....	528.33 mg	Iron.....	2.8 mg
Zinc.....	95 mg	Cholesterol.....	30.83 mg
Vitamin A.....	10627.33 iu	Sodium.....	215.33 mg

CARROT AND ORANGE SOUP

2 tablespoons butter
2 tablespoons flour
1 tablespoon cooking oil
1 ½ pints chicken stock
1 pound carrots, sliced
½ orange, grated rind and juice
2 medium onions, chopped
½ salt and pepper

Heat the butter and oil in a saucepan, add carrot and onion and fry until softened. Sprinkle in flour and cook for 1 minute, stirring. Add the orange rind and juice, salt and pepper to taste. Cover and simmer for 30 minutes. Cook slightly, then blend in a blender until smooth. Reheat before serving. Makes 4 servings.

Nutritional Analysis Per Serving

Calories.....	206.25	Vitamin C.....	40.25 mg
Protein.....	4 g	Thiamine.....	18 mg
Carbohydrates.....	28.5 g	Riboflavin.....	13 mg
Fat.....	9.76 g	Niacin.....	1.5 mg
Phosphate.....	91 g	Calcium.....	91 mg
Potassium.....	757.75 g	Iron.....	1.73 mg
Zinc.....	98 m	Cholesterol.....	18 mg
Vitamin A.....	20076 g	Sodium.....	104.65 mg

VEGETABLE SOUP

4 teaspoons butter
1 parsnip, chopped
1 8 oz. can tomatoes
2 strips bacon, chopped
2 carrots, chopped
2 bay leaves
2 onions, chopped
1 potato, chopped
¼ teaspoon thyme
2 leeks, chopped
1 ½ pints beef stock
1 tablespoon parsley, chopped
salt and pepper

Melt butter in large saucepan, add bacon and fry slowly. Add the vegetables and cook until they are soft, adding more butter if necessary. Pour in the stock and add tomatoes with juice, herbs, salt and pepper to taste. Bring to a boil and cook for 40 minutes. Cool and remove bay leaves. Place in blender until smooth. Reheat before serving. Makes 2 servings.

COTTAGE CHEESE MEAT LOAF

1 pound lean beef, twice ground
1 tablespoon prepared mustard
1 cup cottage cheese
2 tablespoons onion, finely chopped
1 egg
¼ teaspoon salt
½ cup quick-cooking rolled oats
1/8 teaspoon pepper
¼ cup catsup
1/3 cup grated parmesan cheese

Combine the ground beef with the cottage cheese, egg, rolled oats, catsup, prepared mustard, onion salt and pepper. Mix the ingredients until well blended. Press the mixture loosely into a shallow baking pan. Bake uncovered, in a 350 degrees oven for 20 minutes. Remove and sprinkle with the parmesan cheese evenly over the top. Bake for another 10 minutes. Let stand for about 5 minutes before serving. Makes 4 servings.

Nutritional Analysis Per Serving:

Calories.....	356.5	Vitamin C.....	3 mg
Protein.....	36.75 g	Thiamine.....	18 mg
Carbohydrates.....	13 g	Riboflavin.....	38 mg
Fat.....	16.75 g	Niacin.....	5.55 mg
Phosphate.....	406.75 mg	Calcium.....	178.5 mg
Potassium.....	431.5 mg	Iron.....	4 mg
Zinc.....	5.45 mg	Cholesterol.....	156 mg
Vitamin A.....	432 iu	Sodium.....	933 mg

STRAWBERRY ICE

4 cups fresh strawberries
½ cup of unsweetened orange juice
3 tablespoons honey

Combine all ingredients in blender and blend until smooth. Pour mixture into 8 inch square pan and freeze until slushy. Spoon into blender and process until smooth. Freeze until firm. Makes 4 servings.

Nutritional Analysis Per Serving

Calories.....	117	Vitamin C.....	103.75 mg
Protein.....	1.25 g	Thiamine.....	18 mg
Carbohydrates.....	28.75 g	Riboflavin.....	13 mg
Fat.....	.75 g	Niacin.....	1.08 mg
Phosphate.....	37.5 mg	Calcium.....	35.5 mg
Potassium.....	314.75 mg	Iron.....	1.63 mg
Zinc.....	15 mg	Cholesterol.....	0 mg
Vitamin A.....	151.75 iu	Sodium.....	2.5 mg

RICE PUDDING

1 tablespoon cornstarch
1 cup milk
1 ½ tablespoons honey
½ cup rice, well cooked
1 egg beaten
½ teaspoon vanilla

Blend first three ingredients in a saucepan until smooth. Add milk slowly, stirring to mix well. Add rice, cook over medium heat, stirring constantly until mixture is thick and comes with cinnamon and nutmeg, if desired. Serve warm. Makes 4 servings.

Nutritional Analysis Per Serving

Calories.....	110.75	Vitamin C.....	75 mg
Protein.....	36.75 g	Thiamine.....	.05 mg
Carbohydrates.....	16.75 g	Riboflavin.....	13 mg
Fat.....	3.25 g	Niacin.....	33 mg
Phosphate.....	83.75 mg	Calcium.....	81.75 mg
Potassium.....	118 mg	Iron.....	.55 mg
Zinc.....	50 mg	Cholesterol.....	70mg
Vitamin A.....	135.5 iu	Sodium.....	45.75 mg

PEANUT BUTTER CUSTARD

1 1/3 cup milk
1/3 cup creamy peanut butter
2 eggs, beaten
3 tablespoons honey

Add milk to peanut butter, stirring until smooth. Blend in eggs and honey. Pour mixture into custard cups. Place cups in hot water to level of custard. Bake for 30 minutes at 325 degrees. Refrigerate and serve chilled. Makes 4 Servings.

Nutritional Analysis Per Serving

Calories.....	240.75	Vitamin C.....	1 mg
Protein.....	11.25 g	Thiamine.....	.08 mg
Carbohydrates.....	16.5 g	Riboflavin.....	23 mg
Fat.....	15.75 g	Niacin.....	3.48 mg
Phosphate.....	203.5 mg	Calcium.....	123.25 mg
Potassium.....	301 mg	Iron.....	1.03 mg
Zinc.....	1.25 mg	Cholesterol.....	134.5mg
Vitamin A.....	219.5 mg	Sodium.....	200.5 mg

BANANA MILKSHAKE

1 ripe banana, sliced
1 cup milk
5 drops vanilla

Place all ingredients in blender and blend until smooth. Makes 1 serving

Nutritional Analysis Per Serving

Calories	250	Vitamin C.....	14 mg
Protein	9 g	Thiamine.....	.2 mg
Carbohydrates.....	38 g	Riboflavin.....	.5 mg
Fat.....	8 g	Niacin.....	1.1 mg
Phosphate.....	258 mg	Calcium.....	301 mg
Potassium.....	812 mg	Iron.....	1.1 mg
Zinc.....	1.2 mg	Cholesterol.....	34 mg
Vitamin A.....	534 iu	Sodium.....	121 mg

WARMING CRAN-HERBAL PUNCH

3 ½ cups water
2 ½ cups cranberry juice cocktail
8 orange herbal tea bags
6 packets of equal

In large saucepan, bring water and cranberry juice to a boil. Add tea bags; cover and brew 5 minutes. Remove tea bags. Stir in Equal. Makes 6 servings.

Nutritional Analysis Per Serving

Calories	84	Vitamin C.....	26.5 mg
Protein	0 g	Thiamine.....	.02 mg
Carbohydrates.....	22.33 g	Riboflavin.....	.05 mg
Fat.....	0 g	Niacin.....	22 mg
Phosphate.....	1 mg	Calcium.....	1 mg
Potassium.....	001.67 mg	Iron.....	.42 mg
Zinc.....	.07 mg	Cholesterol.....	0 mg
Vitamin A.....	0 iu	Sodium.....	3.17 mg

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