


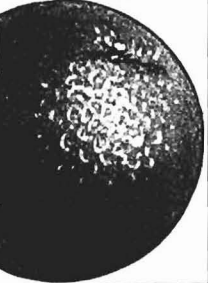


POTASSIUM RICH FOODS

	FOOD	SERVING SIZE	POTASSIUM (mEq)*
	MEATS		
	ROAST BEEF	3.5 oz	11
	SIRLOIN STEAK	4.5 oz	14
	HAMBURGER PATTY	3.0 oz	8
	CURED HAM	3.5 oz	8
	ROAST PORK	3.5 oz	7
	VEAL CUTLET	3.5 oz	13
	LIVER	2.5 oz	7
	SEAFOOD		
	BAKED FLOUNDER	3.5 oz	15
	BROILED HALIBUT	3.7 oz	16
	BROILED COD	3.3 oz	10
	FRIED SHRIMP	3.5 oz	6
	SCALLOPS	3.5 oz	12
	TUNA IN WATER (CANNED)	3.5 oz	7
	VEGETABLES		
	ASPARAGUS	3.5 oz	5
	LIMA BEANS	3.5 oz	11
	BROCCOLI	3.5 oz	7
	CARROTS (COOKED)	3.5 oz	6
	LETTUCE	3.5 oz	7
	SPINACH (FROZEN)	3.5 oz	8
	FRUITS/ JUICES		
	APRICOTS	3	7
	BANANAS	1	8
	DRIED FIGS	5	16
	RAISINS	1 cup	16
	GRAPEFRUIT JUICE	8 oz	5
	ORANGE JUICE	8 oz	6
	PRUNE JUICE	8 oz	8.5

Take _____ mEq of dietary potassium every day.

If you have any questions about taking potassium be sure to contact your doctor.
* Data on file, Adria Laboratories.

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A SERVICE OF ADRIA LABORATORIES
makers of

KAON CL-10
(POTASSIUM CHLORIDE)

10 mEq wax matrix, Controlled-Release Tablets

and

KAON-CL (POTASSIUM CHLORIDE)