| **Study** | **Participants** | **Intervention(s)** | **Intake Status Ascertainment** | **Findings - Outcomes and Comparison** |
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| Sacks, 200110  Vollmer, 200111; Svetkey, 200412; Harsha, 200413; Akita, 200314  Location: US  Setting: Community  Design: Randomized Cross-over individual  Study Name: DASH-Sodium  Number of Sites: multiple  Crossover: Length of washout period: <5 days  Study Years: NR | Study of: Adults N: 79  Mean Age/Range/Age at Baseline: 49(10) Race: 56% black; 40% NH white; 5% Asian/other Systolic BP: 135(10) Diastolic BP: 86(4) Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: 30(5) % with Hypertension: 41 % with history of CVD: 0 % with Type 2 diabetes: 0 % with Kidney disease: 0 % with history of Kidney stones: 0  Mean Age/Range/Age at Baseline: 47+/-10 Race: 57% black; 40% NH white; 3% Asian/other Systolic BP: 134+/-10 Diastolic BP: 86+/-5 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: 29+/-5 % with Hypertension: 41 % with history of CVD: 0 % with Type 2 diabetes: 0 % with Kidney disease: 0 % with history of Kidney stones: 0  Comparator: % Male: NR Mean Age/Range/Age at Baseline: NR Race: NR Systolic BP: NR Diastolic BP: NR Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: NR % with Hypertension: NR % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Inclusion: 22 years old or more, average systolic blood pressure 120 to 159 mm Hg (over 3 visits) and average diastolic blood pressure 80 to 95 mm Hg Exclusion: heart disease, renal insufficiency, poorly controlled hyperlipidemia or diabetes mellitus, diabetes requiring insulin, special dietary requirements, more than 14 alcoholic drinks per week, or use of antihypertensive drugs or other medications that would affect blood pressure or nutrient metabolism | Intervention Type:  Intervention 1: Prescribed or synthetic diet (all food provided) with sodium quantified Description: Control High Sodium: To replicate typical diet with high sodium content Form of Administration: Dietary Modification: All foods provided, menu designed to achieve high sodium intake Dose: 150 mmol sodium/d in control diet Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Intervention 2: Prescribed or synthetic diet (all food provided) with sodium quantified Description: Control Intermediate Sodium: To replicate typical diet with intermediate sodium content Form of Administration: Dietary Modification: All foods provided, menu designed to achieve intermediate sodium intake Dose: 100 mmol sodium/d in control diet Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Comparator: Prescribed or synthetic diet (all food provided) with sodium quantified Description: Control Low Sodium: To replicate typical diet with low sodium content Form of Administration: Dietary Modification: All foods provided, menu designed to achieve low sodium intake Dose: 50 mmol/d Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Intervention 3: NR Description: DASH High Sodium: To impose DASH diet with high sodium content Form of Administration: Dietary Modification: All foods provided, menu designed to follow DASH with high sodium intake Dose: 150 mmol sodium/d in DASH diet Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Intervention 4: Prescribed or synthetic diet (all food provided) with sodium quantified Description: DASH intermediate Sodium: To impose DASH diet with intermediate sodium content Form of Administration: Dietary Modification: All foods provided, menu designed to follow DASH with intermediate sodium intake Dose: 100 mmol/d Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR   Comparator: Prescribed or synthetic diet (all food provided) with sodium quantified Description: DASH Low Sodium: To achieve DASH diet with low sodium content Form of Administration: Dietary Modification: All foods provided, menu designed to follow DASH with low sodium intake Dose: 50 mmol/d Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Duration: 4 periods of 30 days each, including run-in Exposure to Follow Up Time: 0 months | Sodium measure: Chemical analysis of diet with intervention/exposure adherence measure, Single 24-hour urinary analysis without reported quality control measure Best sodium measure recorded: Single 24-hour urine analysis without validation measured at least 4 times, 4 weeks apart; chemical analysis of diet; Food diaries completed daily without validation; Sodium, Method of Validation: NR, Chemical analysis of diet with intervention/exposure adherence measure Sodium Status Intervention 1: 141+/-55 mmol/d Sodium Status Intervention 2: 106+/-44 mmol/d Sodium Status Comparator: 64+/-37mmol/d Sodium Status Intervention 3: 144+/-58 mmol/d Sodium Status Intervention 4: 107+/-52 mmol/d Potassium measure: Single 24-hour urine analysis without validation Best potassium measure recorded: Single 24-hour urine analysis without validation measured at least 4 times, 4 weeks apart; chemical analysis of diet; Food diaries completed daily without validation; Potassium, Method of Validation: Adherence checks via food diaries, supervised meals Potassium Status Intervention 1: 40+/-14 mmol/d Potassium Status Intervention 2: 41+/-14 mmol/d Potassium Status Comparator: 42+/-14 mmol/d Potassium Status Intervention 3: 75+/-27 mmol/d Potassium Status Intervention 4: 81+/-31 mmol/d  How was blood pressure measured? Random-zero sphygmomanometers, seated, 3 times during screening, weekly during 1st 3 weeks of intervention periods, and 5 times during last 9 days of intervention periods | Subgroup: <= 45 Diastolic BP Follow-Up Time: 30 days Comparison: Intervention 3 vs Intervention 5 MD -1.10 (95% CI: -2.10 - 0.00) Comparison: Intervention 1 vs Comparator MD -2.80 (95% CI: -4.00 - -1.70) Systolic BP Follow-Up Time: 30 days Comparison: Intervention 3 vs Intervention 5 MD -1.40 (95% CI: -2.90 - 0.20) Comparison: Intervention 1 vs Comparator MD -5.30 (95% CI: -7.00 - -3.50)  Subgroup: > 45 Diastolic BP Follow-Up Time: 30 days Comparison: Intervention 3 vs Intervention 5 MD -2.20 (95% CI: -3.10 - -1.20) Comparison: Intervention 1 vs Comparator MD -3.80 (95% CI: -4.80 - -2.90) Systolic BP Follow-Up Time: 30 days Comparison: Intervention 3 vs Intervention 5 MD -4.50 (95% CI: -6.00 - -3.00) Comparison: Intervention 1 vs Comparator MD -7.50 (95% CI: -8.90 - -6.10) |
| Zhou, 201615; Zhou, 201316  Location: China  Setting: Community  Design: Cluster RCT Parallel  Number of Sites: multiple  Study Years: unclear | Study of: Both adults and children N: 462  Participants: % Male: NR Mean Age/Range/Age at Baseline: NR Race: NR Systolic BP: NR Diastolic BP: NR Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: NR % with Hypertension: NR % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Inclusion: Families were at least one member was a hypertension patient; the participant had an estimated daily sodium intake of \_260 mmol per day; Individuals were at least 18 years of age and had no significant renal impairment or other indication for a potassium-sparing medication. Exclusion: Moving | Intervention Type(s): Duration: NR Exposure to Follow Up Time: NR |  | Subgroup: Age >70 Diastolic BP-sitting Follow-Up Time: 36 months Comparison: Intervention 1 vs Comparator MD -2.80 (95% CI: NC - NC) Systolic BP-sitting Follow-Up Time: 36 months Comparison: Intervention 1 vs Comparator MD 0.03 (95% CI: NC - NC) |