| **Study** | **Participants** | **Intervention(s)** | **IntakeStatus Ascertainment** | **Findings - Outcomes and Comparison** |
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| Mulhauser, 1996118Location: GermanySetting: CommunityDesign: Randomized, parallelNumber of Sites: multipleStudy Years: unclear | Study of: AdultsN: 16Intervention 1:% Male: 87.5Mean Age/Range/Age at Baseline: mean 37 (SD 9)Race: NRSystolic BP: 139Diastolic BP: 88Magnesium: NRCalcium: NROther Minerals: NRMean BMI: 25.2% with Hypertension: NR% with history of CVD: NR% with Type 2 diabetes: NR% with Kidney disease: 100% with history of Kidney stones: NRComparator:% Male: 62.5Mean Age/Range/Age at Baseline: mean 35 (SD 11)Race: NRSystolic BP: 134Diastolic BP: 87Magnesium: NRCalcium: NROther Minerals: NRMean BMI: 24.9% with Hypertension: NR% with history of CVD: NR% with Type 2 diabetes: NR% with Kidney disease: 100% with history of Kidney stones: NRInclusion: IDDM on intensified insulin therapy, ages 18 -60 years, duration of diabetes more than 5 years, increased proteinuria ( > 60 mg/24 h in a minimum of two of three 24-h urine samples).Exclusion: Urinary tract infection, drugs (including oral contraceptives) except insulin, stable retinopathy, pregnancy and effective contraception; untreated 140< SBP < 160 mmHg and/or 85<DBP < 100 mmHg. A history of short-term treatment with antihypertensive drugs in the 4 weeks before start of study | Intervention Type(s):Intervention 1: Use of salt pills to increase sodium intakeDescription: Sodium intake of 190 mmol/dayForm of Administration: Sodium supplementDose: 100 mmol/day sodium supplement consumedNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRComparator: PlaceboDescription: Sodium intake of 90 mmol/dayForm of Administration: PlaceboDose: placebo consumedNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRDuration: 3 monthsExposure to Follow Up Time: NA | Sodium measure: Multiple 24-hour urine analysis with validation, Food diaries with reported validationBest sodium measure recorded: weekly for 12 weeksSodium, Method of Validation: counting the number of returned pills, Multiple 24-hour urine analysis with validationSodium Status Intervention 1: 199 mmol/dayPotassium measure: Food diaries without reported validationBest potassium measure recorded: weekly for 12 weeksPotassium Status Intervention 1: 94 mmol/dayHow was blood pressure measured? BP Measured 12 times, over 12 weeks. Under standardized conditions with a random zero sphygmomanometer (Hawksley, Lancing, UK). For examinations 1-3: Two supine and two sitting blood pressure measurements were taken, the mean all four measurements was used for analysis. For examinations 4 to 12): after the patient had a 10-min rest in the supine position, four supine measurements were taken at 5- min intervals. After another 5 min of rest in the sitting position, four sitting measurements were taken at 5-min intervals. The mean of all eight measurements used in the analysis. | Subgroup: Diabetic with nephropathyDiastolic-supineFollow-Up Time: 4 weeksComparison: Intervention 1 vs ComparatorMD -5.30 (95% CI: -10.15 - -0.45)Systolic-supineFollow-Up Time: 4 weeksComparison: Intervention 1 vs ComparatorMD -4.90 (95% CI: -13.95 - 4.15) |