| **Study** | **Participants** | **Intervention(s)** | **Intake Status Ascertainment** | **Findings - Outcomes and Comparison** |
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| Mulhauser, 1996118  Location: Germany  Setting: Community  Design: Randomized, parallel  Number of Sites: multiple  Study Years: unclear | Study of: Adults N: 16  Intervention 1: % Male: 87.5 Mean Age/Range/Age at Baseline: mean 37 (SD 9) Race: NR Systolic BP: 139 Diastolic BP: 88 Magnesium: NR Calcium: NR Other Minerals: NR Mean 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: NR  Comparator: % Male: 62.5 Mean Age/Range/Age at Baseline: mean 35 (SD 11) Race: NR Systolic BP: 134 Diastolic BP: 87 Magnesium: NR Calcium: NR Other Minerals: NR Mean 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: NR  Inclusion: 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 intake Description: Sodium intake of 190 mmol/day Form of Administration: Sodium supplement Dose: 100 mmol/day sodium supplement consumed Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Comparator: Placebo Description: Sodium intake of 90 mmol/day Form of Administration: Placebo Dose: placebo consumed Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Duration: 3 months Exposure to Follow Up Time: NA | Sodium measure: Multiple 24-hour urine analysis with validation, Food diaries with reported validation Best sodium measure recorded: weekly for 12 weeks Sodium, Method of Validation: counting the number of returned pills, Multiple 24-hour urine analysis with validation Sodium Status Intervention 1: 199 mmol/day Potassium measure: Food diaries without reported validation Best potassium measure recorded: weekly for 12 weeks Potassium Status Intervention 1: 94 mmol/day  How 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 nephropathy Diastolic-supine Follow-Up Time: 4 weeks Comparison: Intervention 1 vs Comparator MD -5.30 (95% CI: -10.15 - -0.45) Systolic-supine Follow-Up Time: 4 weeks Comparison: Intervention 1 vs Comparator MD -4.90 (95% CI: -13.95 - 4.15) |