| **Study** | **Participants** | **Intervention(s)** | **Intake Status Ascertainment** | **Findings - Outcomes and Comparison** |
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| Meuleman, 2016119  Location: Netherlands  Setting: Community  Design: Randomized, parallel  Number of Sites: 4  Study Years: 2011-2014 | Study of: Adults N: 151  Intervention 1: % Male: 79; Mean Age/Range/Age at Baseline: mean 55.6 (SD 11.7) Race: NR; Systolic BP: 142 Diastolic BP: 87 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: 29.7 % with Hypertension: NR % with history of CVD: 36 % with Type 2 diabetes: 30 % with Kidney disease: 100 % with history of Kidney stones: NR  Comparator: % Male: 85 Mean Age/Range/Age at Baseline: mean 54.7 (SD 16) Race: NR Systolic BP: 137 Diastolic BP: 83 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: 29.7 % with Hypertension: NR % with history of CVD: 39 % with Type 2 diabetes: 21 % with Kidney disease: 100 % with history of Kidney stones: NR  Inclusion: moderately decreased kidney function, Dutch speaking, >=18 years old, Being treated by an internist, Protein excretion measurements . 0.2 g/L or 0.3 g/24 h, 2 recent sodium excretion measurements > 120 mmol/24 h, BP >135/85 mm Hg or controlled BP with the use of anti-hypertensive medication, among which at least 1 RAAS blockade. Exclusion: BP >180/100 mm Hg or < 125/75 mm Hg, received a kidney transplant less than 1 y ago, diagnosed with type 1 diabetes, had acute kidney failure, accelerated kidney function decrease (> 6 mL/min/1.73 m2 in previous year). Had a cardiovascular event (ie, MI or cerebrovascular event) < 6 mo ago. diagnoses of malignancy within 5 years (other than basal cell or squamous cell carcinoma of skin), participating in other clinical trial that included medication | Intervention Type(s):  Intervention 1: Dietary/lifestyle counseling (single or multiple sessions, including dietary advice) to reduce sodium intake Description: Usual care + counselling, education, motivational interviews to reduce sodium in diet Form of Administration: Dietary Modification: counselling, education, motivational interviews to reduce sodium in diet Dose: NR Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Comparator: Usual Diet Description: Regular care Form of Administration: Usual diet Dose: NR Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Duration: 6 months Exposure to Follow Up Time: NR | Sodium measure: Single 24-hour urinary analysis without reported quality control measure Best sodium measure recorded: once a week in the first 6 weeks then every 2 or 3 weeks Sodium Status Intervention 1: 157 mmol/24h  How was blood pressure measured? Office BP was measured Microlife WatchBP Home after 5 minutes of rest, the average of 3 measurements was used. Ambulatory BP was measured with validated Spacelabs 90207 and 90217 devices. Monitors were programmed for 24 hours with 15-minute day intervals and 30-minute night intervals. | Subgroup: CKD, hypertensive 24h Ambulatory DBP Follow-Up Time: 6 months Comparison: Intervention 1 vs Comparator MD -2.00 (95% CI: -4.22 - 0.22) 24h Ambulatory SBP Follow-Up Time: 6 months Comparison: Intervention 1 vs Comparator MD -2.00 (95% CI: -5.33 - 1.33) |