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| Study | Participants | Intervention(s) | IntakeStatus Ascertainment | Findings - Outcomes and Comparison |
| Miller, 19876Location: USSetting: CommunityDesign:Number of Sites: multipleStudy Years: unclear | Study of: Both adults and childrenN: 76Intervention 1:% Male: NRMean Age/Range/Age at Baseline: mean 42 (SD 8.4)Race: white: 100%Systolic BP: 113.2Diastolic BP: 73.1Magnesium: NRCalcium: NROther Minerals: NRMean BMI: 76.1 kg% with Hypertension: NR% with history of CVD: NR% with Type 2 diabetes: NR% with Kidney disease: NR% with history of Kidney stones: NRIntervention 2:% Male: NR; Mean Age/Range/Age at Baseline: mean 11.6 (SD 3.8)Race: white: 100%; Systolic BP: 100.9Diastolic BP: 59.4Magnesium: NRCalcium: NROther Minerals: NRMean BMI: 37.1 kg% with Hypertension: NR% with history of CVD: NR% with Type 2 diabetes: NR% with Kidney disease: NR% with history of Kidney stones: NRComparator:% Male: NRMean Age/Range/Age at Baseline: NRRace: NRSystolic BP: 100.8; Diastolic BP: 60.0Magnesium: NRCalcium: NROther Minerals: NRMean BMI: 37.1% with Hypertension: NR% with history of CVD: NR% with Type 2 diabetes: NR% with Kidney disease: NR% with history of Kidney stones: NRInclusion: Normotensive, school-aged, identical twins and their parents who were already in the twin panel in the Department of Medical Genetics, Indian University School of Medicine | Intervention Type: Intervention 1: Other: Adults - Potassium supplementDescription: Participants asked not to change their usual dietForm of Administration: Oral potassium supplementDose: Average supplementation was 53.7 mEq/day for women, 66 mEq/day for men.Na/K ratio: 2.2Magnesium: NRCalcium: NROther Minerals: NRIntervention 2: Other: Potassium supplementation - childrenDescription: K+ supplement to increase potassium intakeForm of Administration: Other: liquid potassium supplementDose: Average supplementation was 45 mEq/day for boys, 36.2 mEq/day for girls.Na/K ratio: 2.4Magnesium: NRCalcium: NROther Minerals: NRComparator: Other: Placebo - childrenDescription: NRForm of Administration: Other: PlaceboDose: PlaceboNa/K ratio: 3.2Magnesium: NRCalcium: NROther Minerals: NRDuration: 1 monthExposure to Follow Up Time: NR | Sodium measure: Single 24-hour urine analysis with validationBest sodium measure recorded: Five times during over a month during a baseline period. Then parents collected 24-hour urine samples every two weeks, twins collected the samples every week.Sodium, Method of Validation: Measurement of creatinine excretion (if it was ± 20% of the mean creatinine content of all complete baseline collections for that individual, it was considered complete)., Single 24-hour urine analysis with validationSodium Status Intervention 1: 165 mEq/dSodium Status Intervention 2: 108.8 mEq/dBest potassium measure recorded: Five times during over a month during a baseline period. Then parents collected 24-hour urine samples every two weeks, twins collected the samples every week.Potassium, Method of Validation: Measurement of creatinine excretion (if it was ± 20% of the mean creatinine content of all complete baseline collections for that individual, it was considered complete).Potassium Status Intervention 1: 81.6 mEq/d Potassium Status Intervention 2: 48.6 mEq/dHow was blood pressure measured? Three BP measurements were taken with a Hawksley random zero blood pressure device while the subjects were in a seated position. The research assistant was certified in blood pressure measurement. The mean of the last two of three blood pressure measurements was used for analysis. | Subgroup: BoysSystolic BP-sittingFollow-Up Time: 4 weeksComparison: Intervention 2 vs ComparatorMD -1.20 (95% CI: -12.05 - 9.65) |