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| Study | Participants | Intervention(s) | Intake Status Ascertainment | Findings - Outcomes and Comparison |
| Miller, 19876  Location: US  Setting: Community  Design:  Number of Sites: multiple  Study Years: unclear | Study of: Both adults and children N: 76  Intervention 1: % Male: NR Mean Age/Range/Age at Baseline: mean 42 (SD 8.4) Race: white: 100% Systolic BP: 113.2 Diastolic BP: 73.1 Magnesium: NR Calcium: NR Other Minerals: NR Mean 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: NR  Intervention 2: % Male: NR; Mean Age/Range/Age at Baseline: mean 11.6 (SD 3.8) Race: white: 100%; Systolic BP: 100.9 Diastolic BP: 59.4 Magnesium: NR Calcium: NR Other Minerals: NR Mean 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: NR  Comparator: % Male: NR Mean Age/Range/Age at Baseline: NR Race: NR Systolic BP: 100.8; Diastolic BP: 60.0 Magnesium: NR Calcium: NR Other Minerals: NR Mean 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: NR  Inclusion: 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 supplement Description: Participants asked not to change their usual diet Form of Administration: Oral potassium supplement Dose: Average supplementation was 53.7 mEq/day for women, 66 mEq/day for men. Na/K ratio: 2.2 Magnesium: NR Calcium: NR Other Minerals: NR  Intervention 2: Other: Potassium supplementation - children Description: K+ supplement to increase potassium intake Form of Administration: Other: liquid potassium supplement Dose: Average supplementation was 45 mEq/day for boys, 36.2 mEq/day for girls. Na/K ratio: 2.4 Magnesium: NR Calcium: NR Other Minerals: NR   Comparator: Other: Placebo - children Description: NR Form of Administration: Other: Placebo Dose: Placebo Na/K ratio: 3.2 Magnesium: NR Calcium: NR Other Minerals: NR  Duration: 1 month Exposure to Follow Up Time: NR | Sodium measure: Single 24-hour urine analysis with validation Best 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 validation Sodium Status Intervention 1: 165 mEq/d Sodium Status Intervention 2: 108.8 mEq/d Best 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/d  How 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: Boys Systolic BP-sitting Follow-Up Time: 4 weeks Comparison: Intervention 2 vs Comparator MD -1.20 (95% CI: -12.05 - 9.65) |