

## Supplementary Reference List

### A. Systematic Reviews

- SR1** Hooper, L., Bartlett, C., Smith, G. D., & Ebrahim, S. (2002). Systematic review of long term effects of advice to reduce dietary salt in adults. *BMJ*, 325(7365), 628. <https://doi.org/10.1136/bmj.325.7365.628>
- SR2** Hooper, L., Bartlett, C. J., Smith, G. D., & Ebrahim, S. (2003). Reduced dietary salt for prevention of cardiovascular disease. *Cochrane Database of Systematic Reviews*, 1, CD003656. <https://doi.org/10.1002/14651858.CD003656>
- SR3** Hooper, L., Bartlett, C., Smith, G. D., & Ebrahim, S. (2004). Advice to reduce dietary salt for prevention of cardiovascular disease. *Cochrane Database of Systematic Reviews*, 1, CD003656. <https://doi.org/10.1002/14651858.CD003656.pub2>
- SR4** Strazzullo, P., D'Elia, L., Kandala, N.-B., & Cappuccio, F. P. (2009). Salt intake, stroke, and cardiovascular disease: Meta-analysis of prospective studies. *BMJ*, 339(7733), b4567. <https://doi.org/10.1136/bmj.b4567>
- SR5** Taylor, R. S., Ashton, K. E., Moxham, T., Hooper, L., & Ebrahim, S. (2011a). Reduced dietary salt for the prevention of cardiovascular disease: A meta-analysis of randomized controlled trials (Cochrane review). *American Journal of Hypertension*, 24(8), 843–853. <https://doi.org/10.1038/ajh.2011.115>
- SR6** Taylor, R. S., Ashton, K. E., Moxham, T., Hooper, L., & Ebrahim, S. (2011b). Reduced dietary salt for the prevention of cardiovascular disease. *The Cochrane Database of Systematic Reviews*, 7, CD009217. <https://doi.org/10.1002/14651858.CD009217>
- SR7** Li, X.-Y., Cai, X.-L., Bian, P.-D., & Hu, L.-R. (2012). High salt intake and stroke: Meta-analysis of the epidemiologic evidence. *CNS Neuroscience & Therapeutics*, 18(8), 691–701. <https://doi.org/10.1111/j.1755-5949.2012.00355.x>
- SR8** World Health Organization. (2012). *Effect of reduced sodium intake on cardiovascular disease, coronary heart disease and stroke*. World Health Organization. <https://apps.who.int/iris/handle/10665/79322>
- SR9** Aburto, N. J., Ziolkovska, A., Hooper, L., Elliott, P., Cappuccio, F. P., & Meerpohl, J. J. (2013). Effect of lower sodium intake on health: Systematic review and meta-analyses. *BMJ*, 346(7903), f1326. <https://doi.org/10.1136/bmj.f1326>
- SR10** DiNicolantonio, J. J., Di Pasquale, P., Taylor, R. S., & Hackam, D. G. (2012). [RETRACTED] Low sodium versus normal sodium diets in systolic heart failure: Systematic review and meta-analysis. *Heart*. <https://doi.org/10.1136/heartjnl-2012-302337>
- SR11** Committee on the Consequences of Sodium Reduction in Populations, Food and Nutrition Board, Board on Population Health and Public Health Practice, & Institute of Medicine. (2013). *Sodium Intake in Populations: Assessment of Evidence* (B. L. Strom,

- A. L. Yaktine, & M. Oria, Eds.). National Academies Press (US).  
<http://www.ncbi.nlm.nih.gov/books/NBK201519/>
- SR12** Adler, A. J., Taylor, F., Ashton, K. E., Martin, N., Gottlieb, S., & Ebrahim, R. S. (2013). Reduced dietary salt for the prevention of cardiovascular disease. *Cochrane Database of Systematic Reviews*, 9, CD009217.
- SR13** Graudal, N., Jürgens, G., Baslund, B., & Alderman, M. H. (2014). Compared with usual sodium intake, low-and excessive-sodium diets are associated with increased mortality: A meta-analysis. *American Journal of Hypertension*, 27(9), 1129–1137.  
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- SR14** Poggio, R., Gutierrez, L., Matta, M. G., Elorriaga, N., Irazola, V., & Rubinstein, A. (2014). Daily sodium consumption and CVD mortality in the general population: Systematic review and meta-analysis of prospective studies. *Public Health Nutrition*, 18(4), 1–10. <https://doi.org/10.1017/S1368980014000949>

## **B. Included Articles**

- 26.** Morgan, T., Adam, W., Gillies, A., Wilson, M., Morgan, G., & Carney, S. (1978). Hypertension treated by salt restriction. *The Lancet*, 311(8058), 227–230.
- 27.** Kagan, A., Popper, J. S., Rhoads, G. G., & Yano, K. (1985). Dietary and other risk factors for stroke in Hawaiian Japanese men. *Stroke*, 16(3), 390–396.
- 28.** Salisbury, D. (1987). Dietary Potassium and Stroke. *New England Journal of Medicine*, 317(8), 509–510. <https://doi.org/10.1056/NEJM198708203170815>
- 29.** Group, H. P. T. R. (1990). The Hypertension Prevention Trial: Three-year effects of dietary changes on blood pressure. *Archives of Internal Medicine*, 150(1), 153–162.  
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36. Cohen, J. (1999). Multiple Risk Factor Intervention Trial follow-up. In *Workshop on Sodium and Blood Pressure*. National Heart, Lung, and Blood Institute.
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38. Group, T. of H. P. C. R. (1997). Effects of weight loss and sodium reduction intervention on blood pressure and hypertension incidence in over-weight people with high normal blood pressure: The Trials of Hypertension Prevention, Phase II. *Arch. Intern. Med.*, 157, 657–667.
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