

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. <https://doi.org/10.1093/ajh/hpu028>
- 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. Hypertension Prevention Trial Research Group (1990). The Hypertension Prevention Trial: Three-year effects of dietary changes on blood pressure. *Archives of Internal Medicine*, 150(1), 153–162. <https://doi.org/10.1001/archinte.1990.00390130131021>
30. Ellekjaer, E. F., Wyller, T. B., Sverre, J. M., & Holmen, J. (1992). Lifestyle factors and risk of cerebral infarction. *Stroke*, 23(6), 829–834. <https://doi.org/10.1161/01.STR.23.6.829>
31. Hu, H.-H., Sheng, W.-Y., Chu, F.-L., Lan, C.-F., & Chiang, B. N. (1992). Incidence of stroke in Taiwan. *Stroke*, 23(9), 1237–1241.
32. Whelton, P. K., Appel, L., Charleston, J., Dalcin, A. T., Ewart, C., Fried, L., Kaidy, D., Klag, M. J., Kumanyika, S., & Steffen, L. (1992). The effects of nonpharmacologic interventions on blood pressure of persons with high normal levels: Results of the Trials of Hypertension Prevention, phase I. *JAMA*, 267(9), 1213–1220. <https://doi.org/10.1001/jama.1992.03480090061028>
33. Alderman, M. H., Madhavan, S., Cohen, H., Sealey, J. E., & Laragh, J. H. (1995). Low urinary sodium is associated with greater risk of myocardial infarction among treated hypertensive men. *Hypertension*, 25(6), 1144–1152.

<https://doi.org/10.1161/01.HYP.25.6.1144>

34. Alderman, M., Sealey, J., Cohen, H., Madhavan, S., & Laragh, J. (1997). Urinary sodium excretion and myocardial infarction in hypertensive patients: A prospective cohort study. *The American Journal of Clinical Nutrition*, 65(2), 682S–686S. <https://doi.org/10.1093/ajcn/65.2.682S>
35. Stamler, J., Cohen, J., Cutler, J. A., Grandits, G., Kjeldsberg, M., & Kuller, L. (1997). Sodium intake and mortality from myocardial infarction: Multiple risk factor intervention trial (MRFIT). *Canadian Journal of Cardiology*, 13(Suppl B), 272B.
36. Cohen, J. (1999). Multiple Risk Factor Intervention Trial follow-up. In *Workshop on Sodium and Blood Pressure*. National Heart, Lung, and Blood Institute.
37. Cohen, J. D., Grandits, G., Cutler, J. A., Neaton, J. D., Kuller, L. H., & Stamler, J. (1999). Dietary sodium intake and mortality: MRFIT follow-up study results. *Circulation*, 100(suppl I), I524–I524.
38. Hypertension Prevention Trial Research Group (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.
39. Tunstall-Pedoe, H., Woodward, M., Tavendale, R., A'Brook, R., & McCluskey, M. K. (1997). Comparison of the prediction by 27 different factors of coronary heart disease and death in men and women of the Scottish Heart Health Study: Cohort study. *BMJ*, 315(7110), 722–729. <https://doi.org/10.1136/bmj.315.7110.722>
40. Ascherio, A., Rimm, E. B., Hernan, M. A., Giovannucci, E. L., Kawachi, I., Stampfer, M. J., & Willett, W. C. (1998). Intake of potassium, magnesium, calcium, and fiber and risk of stroke among US men. *Circulation*, 98(12), 1198–1204. <https://doi.org/10.1161/01.CIR.98.12.1198>
41. Alderman, M. H., Cohen, H., & Madhavan, S. (1998). Dietary sodium intake and mortality: The National Health and Nutrition Examination Survey (NHANES I). *The Lancet*, 351(9105), 781–785. [https://doi.org/10.1016/S0140-6736\(97\)09092-2](https://doi.org/10.1016/S0140-6736(97)09092-2)
42. Whelton, P. K., Appel, L. J., Espeland, M. A., Applegate, W. B., Ettinger Jr, W. H., Kostis, J.B., Kumanyika, S., Lacy, C. R., Johnson, K. C., & Folmar, S. (1998). Sodium reduction and weight loss in the treatment of hypertension in older persons: A randomized controlled trial of nonpharmacologic interventions in the elderly (TONE). *JAMA*, 279(11), 839–846. <https://doi.org/10.1001/jama.279.11.839>
43. Appel, L. J., Espeland, M. A., Easter, L., Wilson, A. C., Folmar, S., & Lacy, C. R. (2001). Effects of reduced sodium intake on hypertension control in older individuals: Results from the Trial of Nonpharmacologic Interventions in the Elderly (TONE). *Archives of Internal Medicine*, 161(5), 685–693. <https://doi.org/10.1001/archinte.161.5.685>
44. Valkonen, V. P., Voutilainen, S., Nyyssonen, K., Salonen, R., Lakka, T. A., & Salonen, J. T. (1998). Sodium and potassium excretion and the risk of acute myocardial infarction. *Circulation*, 98(supplement), I374–I374.

45. He, J., Ogden, L. G., Vupputuri, S., Bazzano, L. A., Loria, C., & Whelton, P. K. (1999). Dietary sodium intake and subsequent risk of cardiovascular disease in overweight adults. *Jama*, 282(21), 2027–2034.
46. He, J., Ogden, L. G., Bazzano, L. A., Vupputuri, S., Loria, C., & Whelton, P. K. (2002). Dietary sodium intake and incidence of congestive heart failure in overweight US men and women: First National Health and Nutrition Examination Survey Epidemiologic Follow-up Study. *Archives of Internal Medicine*, 162(14), 1619–1624.
47. Tuomilehto, J., Jousilahti, P., Rastenyte, D., Moltchanov, V., Tanskanen, A., Pietinen, P., & Nissinen, A. (2001). Urinary sodium excretion and cardiovascular mortality in Finland: A prospective study. *The Lancet*, 357(9259), 848–851.
[https://doi.org/10.1016/S0140-6736\(00\)04199-4](https://doi.org/10.1016/S0140-6736(00)04199-4)
48. Licata, G., Di Pasquale, P., Parrinello, G., Cardinale, A., Scandurra, A., Follone, G., Argano, C., Tuttolomondo, A., & Paterna, S. (2003). Effects of high-dose furosemide and small-volume hypertonic saline solution infusion in comparison with a high dose of furosemide as bolus in refractory congestive heart failure: Long-term effects. *American Heart Journal*, 145(3), 459–466.
49. Nagata, C., Takatsuka, N., Shimizu, N., & Shimizu, H. (2004). Sodium intake and risk of death from stroke in Japanese men and women. *Stroke*, 35(7), 1543–1547.
50. Paterna, S., Di Pasquale, P., Parrinello, G., Fornaciari, E., Di Gaudio, F., Fasullo, S., Giammanco, M., Sarullo, F. M., & Licata, G. (2005). Changes in brain natriuretic peptide levels and bioelectrical impedance measurements after treatment with high-dose furosemide and hypertonic saline solution versus high-dose furosemide alone in refractory congestive heart failure: A double-blind study. *Journal of the American College of Cardiology*, 45(12), 1997–2003.
51. Chang, H.-Y., Hu, Y.-W., Yue, C.-S. J., Wen, Y.-W., Yeh, W.-T., Hsu, L.-S., Tsai, S.-Y., & Pan, W.-H. (2006). Effect of potassium-enriched salt on cardiovascular mortality and medical expenses of elderly men. *The American Journal of Clinical Nutrition*, 83(6), 1289–1296. <https://doi.org/10.1093/ajcn/83.6.1289>
52. Cohen, H. W., Hailpern, S. M., Fang, J., & Alderman, M. H. (2006). Sodium intake and mortality in the NHANES II follow-up study. *The American Journal of Medicine*, 119(3), 275.e7-275.e14.
<https://doi.org/10.1016/j.amjmed.2005.10.042>
53. Geleijnse, J. M., Witteman, J. C. M., Stijnen, T., Kloos, M. W., Hofman, A., & Grobbee, D. E. (2007). Sodium and potassium intake and risk of cardiovascular events and all-cause mortality: The Rotterdam Study. *European Journal of Epidemiology*, 22(11), 763–770. <https://doi.org/10.1007/s10654-007-9186-2>

54. The China Salt Substitute Study Collaborative Group. (2007). Salt substitution: A low-cost strategy for blood pressure control among rural Chinese. A randomized, controlled trial. *Journal of Hypertension*, 25(10), 2011–2018.
<https://doi.org/10.1097/HJH.0b013e3282b9714b>
55. Cook, N. R., Cutler, J. A., Obarzanek, E., Buring, J. E., Rexrode, K. M., Kumanyika, S. K., Appel, L. J., & Whelton, P. K. (2007). Long term effects of dietary sodium reduction on cardiovascular disease outcomes: Observational follow-up of the trials of hypertension prevention (TOHP). *BMJ*, 334(7599), 885.
<https://doi.org/10.1136/bmj.39147.604896.55>
56. Cook, N., Obarzanek, E., Cutler, J., Buring, J., Rexrode, K., Kumanyika, S., Appel, L., & Whelton, P. (2009). Joint effects of sodium and potassium intake on subsequent cardiovascular disease the trials of hypertension prevention follow-up study. *Archives of Internal Medicine*, 169(1), 32–40.
<https://doi.org/10.1001/archinternmed.2008.523>
57. Cook Nancy R., Appel Lawrence J., & Whelton Paul K. (2014). Lower levels of sodium intake and reduced cardiovascular risk. *Circulation*, 129(9), 981–989. <https://doi.org/10.1161/CIRCULATIONAHA.113.006032>
58. Larsson, S. C., Virtanen, M. J., Mars, M., Männistö, S., Pietinen, P., Albanes, D., & Virtamo, J. (2008). Magnesium, Calcium, Potassium, and Sodium Intakes and Risk of Stroke in Male Smokers. *Archives of Internal Medicine*, 168(5), 459–465.
<https://doi.org/10.1001/archinte.168.5.459>
59. Cohen, H. W., Hailpern, S. M., & Alderman, M. H. (2008). Sodium intake and mortality follow-up in the Third National Health and Nutrition Examination Survey (NHANES III). *Journal of General Internal Medicine*, 23(9), 1297–1302.
<https://doi.org/10.1007/s11606-008-0645-6>
60. Paterna, S., Gaspare, P., Fasullo, S., Sarullo, F. M., & Di Pasquale, P. (2008). Normal- sodium diet compared with low-sodium diet in compensated congestive heart failure: Is sodium an old enemy or a new friend? *Clinical Science (London, England: 1979)*, 114(3), 221–230. <https://doi.org/10.1042/CS20070193>
61. Umesawa, M., Iso, H., Date, C., Yamamoto, A., Toyoshima, H., Watanabe, Y., Kikuchi, S., Koizumi, A., Kondo, T., Inaba, Y., Tanabe, N., Tamakoshi, A., & JACC Study Group. (2008). Relations between dietary sodium and potassium intakes and mortality from cardiovascular disease: The Japan Collaborative Cohort Study for Evaluation of Cancer Risks. *The American Journal of Clinical Nutrition*, 88(1), 195–202. <https://doi.org/10.1093/ajcn/88.1.195>
62. Nakamura, Y., Ueshima, H., Okamura, T., Kadowaki, T., Hayakawa, T., Kita, Y., Abbott, R., & Okayama, A. (2009). A Japanese diet and 19-year mortality: National Integrated Project for Prospective Observation of Non-Communicable Diseases and its Trends in the Aged, 1980. *The British Journal of Nutrition*, 101, 1696–1705.
<https://doi.org/10.1017/S0007114508111503>
63. Parrinello, G., Di Pasquale, P., Licata, G., Torres, D., Giammanco, M., Fasullo, S.,

- Mezzero, M., & Paterna, S. (2009). Long-term effects of dietary sodium intake on cytokines and neurohormonal activation in patients with recently compensated congestive heart failure. *Journal of Cardiac Failure*, 15(10), 864–873. <https://doi.org/10.1016/j.cardfail.2009.06.002>
64. Paterna, S., Parrinello, G., Cannizzaro, S., Fasullo, S., Torres, D., Sarullo, F. M., & Di Pasquale, P. (2009). Medium term effects of different dosage of diuretic, sodium, and fluid administration on neurohormonal and clinical outcome in patients with recently compensated heart failure. *The American Journal of Cardiology*, 103(1), 93–102. <https://doi.org/10.1016/j.amjcard.2008.08.043>
 65. Dong, J., Li, Y., Yang, Z., & Luo, J. (2010). Low dietary sodium intake increases the death risk in peritoneal dialysis. *Clinical Journal of the American Society of Nephrology: CJASN*, 5(2), 240–247. <https://doi.org/10.2215/CJN.05410709>
 66. Takachi, R., Inoue, M., Shimazu, T., Sasazuki, S., Ishihara, J., Sawada, N., Yamaji, T., Iwasaki, M., Iso, H., Tsubono, Y., Tsugane, S., & Japan Public Health Center-based Prospective Study Group. (2010). Consumption of sodium and salted foods in relation to cancer and cardiovascular disease: The Japan Public Health Center-based Prospective Study. *The American Journal of Clinical Nutrition*, 91(2), 456–464. <https://doi.org/10.3945/ajcn.2009.28587>
 67. Tobari, H., Arimoto, T., Shimojo, N., Yuhara, K., Noda, H., Yamagishi, K., & Iso, H. (2010). Physician-pharmacist cooperation program for blood pressure control in patients with hypertension: A randomized-controlled trial. *American Journal of Hypertension*, 23(10), 1144–1152. <https://doi.org/10.1038/ajh.2010.127>
 68. Arcand, J., Ivanov, J., Sasson, A., Floras, V., Al-Hesayen, A., Azevedo, E. R., Mak, S., Allard, J. P., & Newton, G. E. (2011). A high-sodium diet is associated with acute decompensated heart failure in ambulatory heart failure patients: A prospective follow-up study. *The American Journal of Clinical Nutrition*, 93(2), 332–337. <https://doi.org/10.3945/ajcn.110.000174>
 69. Ekin, E. I., Clarke, S., Thomas, M. C., Moran, J. L., Cheong, K., MacIsaac, R. J., & Jerums, G. (2011). Dietary salt intake and mortality in patients with type 2 diabetes. *Diabetes Care*, 34(3), 703–709. <https://doi.org/10.2337/dc10-1723>
 70. Kono, Y., Yamada, S., Kamisaka, K., Araki, A., Fujioka, Y., Yasui, K., Hasegawa, Y., & Koike, Y. (2011). Recurrence risk after noncardioembolic mild ischemic stroke in a Japanese population. *Cerebrovascular Diseases (Basel, Switzerland)*, 31(4), 365–372. <https://doi.org/10.1159/000323233>
 71. Lennie, T. A., Song, E. K., Wu, J.-R., Chung, M. L., Dunbar, S. B., Pressler, S. J., & Moser, D. K. (2011). Three gram sodium intake is associated with longer event-free survival only in patients with advanced heart failure. *Journal of Cardiac Failure*, 17(4), 325–330. <https://doi.org/10.1016/j.cardfail.2010.11.008>
 72. Lennie Terry A, Chung Misook L, Heo Seongkum, Dekker Rebecca L, & Moser Debra K. (2007). Abstract 2236: Three Gram Sodium Intake is Associated with Better Event-Free Survival Only in Patients with Advanced Heart Failure. *Circulation*, 116(suppl_16), II_486- II_487.

https://doi.org/10.1161/circ.116.suppl_16.II_486-d

73. Liang, W., Lee, A. H., & Binns, C. W. (2011). Dietary intake of minerals and the risk of ischemic stroke in Guangdong Province, China, 2007-2008. *Preventing Chronic Disease*, 8(2), A38.
74. O'Donnell, M. J., Yusuf, S., Mente, A., Gao, P., Mann, J. F., Teo, K., McQueen, M., Sleight, P., Sharma, A. M., Dans, A., Probstfield, J., & Schmieder, R. E. (2011). Urinary sodium and potassium excretion and risk of cardiovascular events. *JAMA*, 306(20), 2229–2238. <https://doi.org/10.1001/jama.2011.1729>
75. Paterna, S., Fasullo, S., Parrinello, G., Cannizzaro, S., Basile, I., Vitrano, G., Terrazzino, G., Maringhini, G., Ganci, F., Scalzo, S., Sarullo, F. M., Cice, G., & Di Pasquale, P. (2011). Short-term effects of hypertonic saline solution in acute heart failure and long-term effects of a moderate sodium restriction in patients with compensated heart failure with New York Heart Association class III (Class C) (SMAC-HF Study). *The American Journal of the Medical Sciences*, 342(1), 27–37. <https://doi.org/10.1097/MAJ.0b013e31820f10ad>
76. Son, Y.-J., Lee, Y., & Song, E. K. (2011). Adherence to a sodium-restricted diet is associated with lower symptom burden and longer cardiac event-free survival in patients with heart failure. *Journal of Clinical Nursing*, 20(21–22), 3029–3038. <https://doi.org/10.1111/j.1365-2702.2011.03755.x>
77. Stolarz-Skrzypek, K., Kuznetsova, T., Thijs, L., Tikhonoff, V., Seidlerová, J., Richart, T., Jin, Y., Olszanecka, A., Malyutina, S., Casiglia, E., Filipovský, J., Kawecka-Jaszcz, K., Nikitin, Y., Staessen, J. A., & European Project on Genes in Hypertension (EPOGH) Investigators. (2011). Fatal and nonfatal outcomes, incidence of hypertension, and blood pressure changes in relation to urinary sodium excretion. *JAMA*, 305(17), 1777–1785. <https://doi.org/10.1001/jama.2011.574>
78. Thomas, M. C., Moran, J., Forsblom, C., Harjutsalo, V., Thorn, L., Ahola, A., Wadén, J., Tolonen, N., Saraheimo, M., Gordin, D., & Groop, P.-H. (2011). The association between dietary sodium intake, ESRD, and all-cause mortality in patients with Type 1 diabetes. *Diabetes Care*, 34(4), 861–866. <https://doi.org/10.2337/dc10-1722>
79. Yang, Q., Liu, T., Kuklina, E. V., Flanders, W. D., Hong, Y., Gillespie, C., Chang, M.-H., Gwinn, M., Dowling, N., Khoury, M. J., & Hu, F. B. (2011). Sodium and potassium intake and mortality among US adults: Prospective data from the Third National Health and Nutrition Examination Survey. *Archives of Internal Medicine*, 171(13), 1183–1191. <https://doi.org/10.1001/archinternmed.2011.257>

80. Costa, A. P. R., de Paula, R. C. S., Carvalho, G. F., Araújo, J. P., Andrade, J. M., de Almeida, Gardener Hannah, Rundek Tatjana, Wright Clinton B., Elkind Mitchell S.V., & Sacco Ralph L. (2012). Dietary sodium and risk of stroke in the Northern Manhattan Study. *Stroke*, 43(5), 1200–1205.
<https://doi.org/10.1161/STROKEAHA.111.641043>
81. Gardener Hannah, Rundek Tatjana, Wright Clinton B., Elkind Mitchell S.V., & Sacco Ralph L. (2012). Dietary sodium and risk of stroke in the Northern Manhattan Study. *Stroke*, 43(5), 1200–1205.
<https://doi.org/10.1161/STROKEAHA.111.641043>
82. Ikehara, S., Iso, H., Date, C., Kikuchi, S., Watanabe, Y., Inaba, Y., Tamakoshi, A., & JACC Study Group. (2012). Salt preference and mortality from stroke and coronary heart disease for Japanese men and women: The JACC study. *Preventive Medicine*, 54(1), 32–37. <https://doi.org/10.1016/j.ypmed.2011.10.013>
83. Kwok, T. C. Y., Lam, L. C. W., Sea, M. M. M., Goggins, W., & Woo, J. (2012). A randomized controlled trial of dietetic interventions to prevent cognitive decline in old age hostel residents. *European Journal of Clinical Nutrition*, 66(10), 1135–1140. <https://doi.org/10.1038/ejcn.2012.117>
84. Heerspink, H. J. L., Holtkamp, F. A., Parving, H.-H., Navis, G. J., Lewis, J. B., Ritz, E., Graeff, P. A. de, & Zeeuw, D. de. (2012). Moderation of dietary sodium potentiates the renal and cardiovascular protective effects of angiotensin receptor blockers. *Kidney International*, 82(3), 330–337. <https://doi.org/10.1038/ki.2012.74>
85. Mc Causland, F. R., Waikar, S. S., & Brunelli, S. M. (2012). Increased dietary sodium is independently associated with greater mortality among prevalent hemodialysis patients. *Kidney International*, 82(2), 204–211.
<https://doi.org/10.1038/ki.2012.42>
86. Song, E. K., Moser, D. K., Dunbar, S. B., Pressler, S. J., & Lennie, T. A. (2013). Dietary sodium restriction below 2 g per day predicted shorter event-free survival in patients with mild heart failure. *European Journal of Cardiovascular Nursing: Journal of the Working Group on Cardiovascular Nursing of the European Society of Cardiology*, 13(6), 541–548. <https://doi.org/10.1177/1474515113517574>
87. Tikellis, C., Pickering, R. J., Tsorotes, D., Harjutsalo, V., Thorn, L., Ahola, A., Wadén, J., Tolonen, N., Saraheimo, M., Gordin, D., Forsblom, C., Groop, P.-H., Cooper, M. E., Moran, J., & Thomas, M. C. (2013). Association of dietary sodium intake with atherogenesis in experimental diabetes and with cardiovascular disease in patients with Type 1 diabetes. *Clinical Science*, 124(10), 617–626.
<https://doi.org/10.1042/CS20120352>
88. Horikawa, C., Yoshimura, Y., Kamada, C., Tanaka, S., Tanaka, S., Hanyu, O., Araki, A., Ito, H., Tanaka, A., Ohashi, Y., Akanuma, Y., Yamada, N., Sone, H., & Japan Diabetes Complications Study Group. (2014). Dietary sodium intake and incidence of diabetes complications in Japanese patients with type 2 diabetes: Analysis of the Japan Diabetes Complications Study (JDACS). *The Journal of Clinical Endocrinology and Metabolism*, 99(10), 3635–3643.

<https://doi.org/10.1210/jc.2013-4315>

89. Joosten Michel M., Gansevoort Ron T., Mukamal Kenneth J., Lambers Heerspink Hiddo J., Geleijnse Johanna M., Feskens Edith J.M., Navis Gerjan, & Bakker Stephan J.L. (2014). Sodium Excretion and Risk of Developing Coronary Heart Disease. *Circulation*, 129(10), 1121–1128.
<https://doi.org/10.1161/CIRCULATIONAHA.113.004290>
90. McQuarrie, E. P., Traynor, J. P., Taylor, A. H., Freeland, E. M., Fox, J. G., Jardine, A. G., & Mark, P. B. (2014). Association between urinary sodium, creatinine, albumin, and long-term survival in chronic kidney disease. *Hypertension (Dallas, Tex.: 1979)*, 64(1), 111–117. <https://doi.org/10.1161/HYPERTENSIONAHA.113.03093>
91. O'Donnell, M., Mente, A., Rangarajan, S., McQueen, M. J., Wang, X., Liu, L., Yan, H., Lee, S.F., Mony, P., Devanath, A., Rosengren, A., Lopez-Jaramillo, P., Diaz, R., Avezum, A., Lanas, F., Yusuf, K., Iqbal, R., Ilw, R., Mohammadifard, N., ... Yusuf, S. (2014). Urinary Sodium and Potassium Excretion, Mortality, and Cardiovascular Events. *New England Journal of Medicine*, 371(7), 612–623.
<https://doi.org/10.1056/NEJMoa1311889>
92. Pfister, R., Michels, G., Sharp, S. J., Luben, R., Wareham, N. J., & Khaw, K.-T. (2014). Estimated urinary sodium excretion and risk of heart failure in men and women in the EPIC-Norfolk study. *European Journal of Heart Failure*, 16(4), 394–402. <https://doi.org/10.1002/ejhf.56>
93. Singer, P., Cohen, H., & Alderman, M. (2015). Assessing the associations of sodium intake with long-term all-cause and cardiovascular mortality in a hypertensive cohort. *American Journal of Hypertension*, 28(3), 335–342.
<https://doi.org/10.1093/ajh/hpu141>