

## Appendix A – Search Terms

### Medline

- 1 chlorides/ or potassium chloride/ or sodium chloride/ (110384)
- 2 Salts/ (12384)
- 3 (sodium or chloride\* or salt or salts or Na).tw,kw. (532478)
- 4 1 or 2 or 3 (599066)
- 5 ((dietar\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 sodium).tw,kw. (31697)
- 6 ((dietar\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 salt).tw,kw. (9121)
- 7 ((dietar\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 Na).tw,kw. (2515)
- 8 5 or 6 or 7 (40141)
- 9 ((24-hr\* or 24hr\* or 24 hour\* or 24hour\*) adj5 urin\*).tw,kw. (8801)
- 10 urine.fs. (200058)
- 11 analysis.fs. (1801499)
- 12 9 or 10 or 11 (1970407)
- 13 ((sodium or salt\* or Na) adj5 (excret\* or urin\* or retention\* or balanc\* or storage or output\*).tw,kw. (32656)
- 14 4 and 8 and 12 and 13 (3007)

### Embase

- 1 chlorides/ or potassium chloride/ or sodium chloride/ (249573)
- 2 Salts/ (6748)
- 3 (sodium or chloride\* or salt or salts or Na).tw,kw. (614270)
- 4 1 or 2 or 3 (785735)
- 5 ((dietar\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 sodium).tw,kw. (36202)
- 6 ((dietar\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 salt).tw,kw. (10987)
- 7 ((dietar\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 Na).tw,kw. (2900)
- 8 5 or 6 or 7 (46170)
- 9 ((24-hr\* or 24hr\* or 24 hour\* or 24hour\*) adj5 urin\*).tw,kw. (13267)
- 10 Urine/ or urinary excretion/ (197722)
- 11 sodium retention/ (3580)
- 12 9 or 10 or 11 (208568)
- 13 ((sodium or salt\* or Na) adj5 (excret\* or urin\* or retention\* or balanc\* or storage or output\*).tw,kw. (36117)
- 14 4 and 8 and 12 and 13 (2493)

### Cochrane Trials

- 1 chlorides/ or potassium chloride/ or sodium chloride/ (2503)
- 2 Salts/ (54)
- 3 (sodium or chloride\* or salt or salts or Na).tw,kw. (23655)
- 4 1 or 2 or 3 (25326)
- 5 ((dietar\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 sodium).tw,kw. (4038)
- 6 ((dietar\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 salt).tw,kw. (651)
- 7 ((dietar\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 Na).tw,kw. (137)
- 8 5 or 6 or 7 (4465)

- 9 ((24-hr\* or 24hr\* or 24 hour\* or 24hour\*) adj5 urin\*).tw,kw. (1487)
- 10 Urine/ or urinary excretion/ (588)
- 11 Urin\*.tw,kw. (32798)
- 12 sodium retention/ (0)
- 13 9 or 10 or 11 or 12 (32950)
- 14 ((sodium or salt\* or Na) adj5 (excret\* or urin\* or retention\* or balanc\* or storage or output\*).tw,kw.. (3100)
- 15 4 and 8 and 13 and 14 (725)

#### Cochrane Systematic

- 1 (sodium or chloride\* or salt or salts).mp. (1264)
- 2 ((dieta\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 sodium).mp. (195)
- 3 ((dieta\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 salt).mp. (107)
- 4 ((dieta\* or chloride\* or intake\* or food\* or consumption or consume\*) adj5 Na).mp. (6)
- 5 2 or 3 or 4 (268)
- 6 ((24-hr\* or 24hr\* or 24 hour\* or 24hour\*) adj5 urin\*).mp. (111)
- 7 Urin\*.mp. (1700)
- 8 ((sodium or salt\* or Na) adj5 (excret\* or urin\* or retention\* or balanc\* or storage or output\*)).mp. (131)
- 9 6 or 7 (1700)
- 10 1 and 5 and 8 and 9 (40)

#### WHO Clinical Trials Database

- (Sodium or salt) or (diet\* or food\* or intake or consum\*) - Title
- Or
- (Sodium or salt) or (diet\* or food\* or intake or consum\*) - Condition
- Or
- (Sodium or salt) or (diet\* or food\* or intake or consum\*) - Intervention
- (489)

## Appendix B – Study Characteristic

First author, year	Country	Population characteristics	Population health risks/status	Age range or average age (years)	Study Design	Sodium Intervention Duration	Washout Time Between Dietary Intervention Periods	Sample Size			Mean sodium ingested (mmol/day)	Met additional criteria for rigorous methodology
								Male	Female	Total		
Akita, 2003	USA	None stated	Hypertension	22	Randomized control trial	30 days	0 days	NA	NA	412	50 100 150	No
Birukov, 2016	Russia	Healthy male volunteers	None	34.3 +/- 5.2, 31.5 +/- 5	Control trial	105, and 205 days	NA	12	0	12	12, 9, 12, 6 grams per day (individual outputs not given for each sodium intake)	Yes
Breslau, 1983	USA	Normal volunteers	None	22-36	Randomized crossover trials	10 days	0 days	6	5	11	10 250	No
Buckley, 1994	UK	None stated	Hypertension	48.7 +/- 2.3	Randomized crossover	5 days	0 days	5	7	12	10 350	No
Buren, 1992	The Netherlands	Healthy subjects	None	none stated	Control trial	4 days	NA	NA	NA	21	100 150	No
Buren, 1993	The Netherlands	Healthy volunteers	None	18-22	Crossover trial	8 days	2-8 weeks	4	2	6	10 100 400	No
Chan, 1996	China	Male Chinese subjects	None	21-31	Crossover trial	5 days	0 days	7	0	7	20 220	No
Dahl, 1995	Canada	Male volunteers with no medications or GI problems	None	25.3 +/- 2.3	Randomized crossover trial	3 weeks	0 days	10	0	10	160 150	Yes
Evans, 1997	United Kingdom	Pre and postmenopausal women	None	22-70	Randomized control trial	1 week	0 days	0	22	22	50 300	No
Feng, 2016	China	newly diagnosed hypertensive patients	Hypertension	27-52	Control trial	10 days	NA	74	51	125	173.91	No
Gill, 1988	USA	Hypertensive patients, normotensive controls	Hypertension	20-75	Crossover trial	7 days	0 days	12	17	29	109	No
Gijsbeers, 2015	The Netherlands	Non-smoking men and women aged 40-80.	None	65.8	Randomized control trial	4 weeks	0 days	24	12	36	87 217.5	No
Heer, 1993	Germany	Non-smoking male patients	None	24 +/- 1	Crossover trial	8 days	0 days	6	0	6	220 440 660	No
Herrin, 1986	NA	Healthy volunteers	None	24-63	Randomized control trial	7 days	NA	NA	NA	5	65	No
Imafuku, 1990	Japan	Normotensive males	None	21-39	Crossover trial	3 and 4 days	0 days	7	0	7	34.9	No
Kawano, 2004	Japan	Japanese males with hypertension and drinking habits	Hypertension	54 +/- 2	Control trial	13 days	NA	14	0	14	120	No
Keane, 1991	Canada	Medical patients	None	42 +/- 2	Crossover trial	5 days	0 days	13	24	37	10 100	No
Lawton 1988	USA	None stated	Hypertension and normal subjects	24.8 +/- 1.1 and 24.3 +/- 0.6	Randomized crossover	6 days	3-4 weeks	22	0	22	8.5 380	No
Luft, 1982	USA	Black and white men and women	None	19-54	Randomized crossover trial	5 days	NA	22	21	43	150	No
Luft. 1983	USA	Black and white men	None	19-32	Randomized control trial	7 days	NA	24	0	24	10 200 400	No
Manitius, 1985	Poland	Men with benign hypertension	Hypertension	20-41	Crossover trial	5 days	0 days	12	0	12	80 280	No

First author, year	Country	Population characteristics	Population health risks/status	Age range or average age (years)	Study Design	Sodium Intervention Duration	Washout Time Between Dietary Intervention Periods	Sample Size			Mean sodium ingested (mmol/day)	Met additional criteria for rigorous methodology
								Male	Female	Total		
McKnight, 1994	United Kingdom	Hypertensive men	Hypertension	34-50	Crossover trial	6 days	0 days	8	0	8	12 250	No
Ogihara, 1988	Japan	Patients in an outpatient clinic	Hypertension	56 +/- 3	Crossover trial	5 days	0 days	4	6	10	33.9	No
Overlack, 1993	Germany	None stated	None	38 +/- 1.2	randomized crossover	7 days	0 days	98	65	163	20 300	No
Roos, 1985	The Netherlands	None stated	None	21-26	Crossover trial	5 days	2 days	5	3	8	20 200	No
Sagnella, 1989	United Kingdom	Young, normotensive subjects	None	19-21	Crossover trial	4 days	NA	4	2	6	10	No
Sakhaee, 1993	USA	Normal volunteers with no renal or heart disease.	None	29	Crossover trial	7 days	Unclear	6	8	14	50 300	No
Sanchez-Castillo, 1987	United Kingdom	Healthy male volunteers	None	NA	Control trial	34 days	NA	5	0	5	144	Yes
Schwartz, 1992	USA	Sons of hypertensive parents and sons of non-hypertensive patients	None	41 +/- 4 and 47 +/- 5	crossover trial	7 days	0 days	22	0	22	10 200	No
Sharma, 1990	Germany	None stated	None	20-31	randomized crossover	3 weeks	0 days	15	0	15	20 220	No
Shore, 1998 A	United Kingdom	Patients with no history of renal or heart disease	None	NA	Randomized crossover trial	5 days	0 days	NA	NA	6	10 122	No
Shore, 1988 B	United Kingdom	Healthy volunteers	None	18-24	Randomized crossover trial	12 days	3 days	8	1	9	150	No
Sowers, 1988	USA	Normotensive and hypertensive black adults	Hypertension	34 +/- 6 and 44 +/- 8	Crossover trial	14 days	0 days	NA	NA	25	40 180	No
Vaughan, 1997	USA	Free living caucasian males	Hypertension	50 +/- 10	Randomized control trial	6 weeks	NA	NA	NA	15	143.48	No
Yamakawa, 1992	Japan	Normotensive subjects with and without a family history of hypertension	None	20-22	Crossover trial	7 days	0 days	NA	NA	14	101.7	No
Allsopp, 1998	United Kingdom	None stated	None	18-40	Randomized control trial	8 days	0 days	25	0	25	348.4 66.3 174.1 348.4	No
Armstrong, 1985	USA	College aged males with no record of regular exercise	None	None stated	Randomized crossover trial	16 days	24 days	8	0	8	98 399	No
Mueller, 1995	USA	None stated	Some patients with hypertension.	None stated	Randomized crossover trial	3 and 4 days	0 days	NA	NA	30	176 44	No
Parfrey, 1981	United Kingdom	Patients with essential hypertension, normotensive controls	Hypertension	None stated	Crossover trial	5 days	0 days	45	60	105	10 350	No