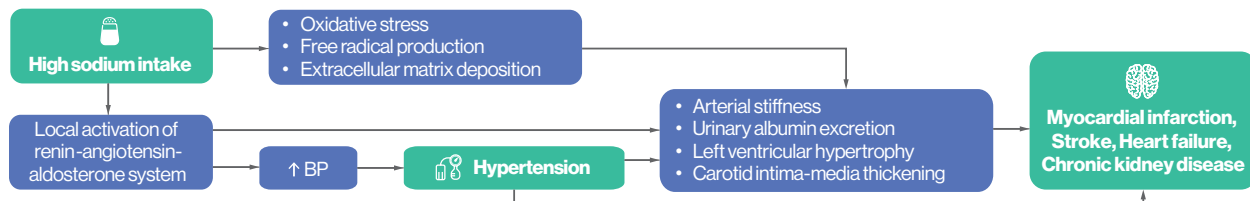


Impact of Excess Sodium Intake on Cardiovascular Health



Excess sodium intake contributes to high blood pressure and hypertension^{1,2} – major risk factors for cardiovascular (CV) disease³

Potential Mechanisms Linking Excess Sodium Intake and Cardiovascular Risk⁴



Sodium Intake

AHA/ACC recommended
daily sodium intake
limits for adults^{5,6}

Ideal limit **1500 mg**
Upper limit **2300 mg**

Average US population
daily sodium intake⁷



≈90% of the US population exceeds the recommended daily sodium intake of <2300 mg⁷

Excess Sodium and CV Risk¹



Each 1000 mg ↑
daily sodium intake^a

18% ↑
CV risk^b

^aMeasured by multiple 24-hour urine samples per participant; considered the most accurate method for assessing sodium intake. ^bComposite of coronary revascularization (coronary-artery bypass grafting or percutaneous coronary intervention), fatal or nonfatal MI, or fatal or nonfatal stroke.

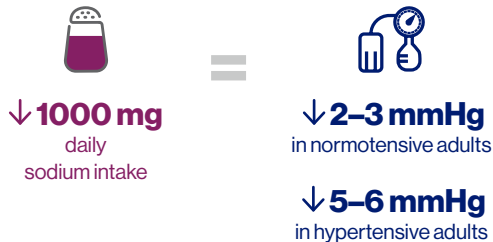
ACC, American College of Cardiology; AHA, American Heart Association; BP, blood pressure; CV, cardiovascular; y, years.

References: 1. Ma Y, et al. *N Engl J Med*. 2022;386:252-263. 2. Yang Q, et al. *Pediatrics*. 2012;130:611-619. 3. Fuchs FD, Whelton PK. *Hypertension*. 2020;75:285-292. 4. Strazzullo P, et al. In: Berbari A, Mancía G, eds. *Special Issues in Hypertension*. 2012;147-156. 5. American Heart Association. Why should I limit sodium? 2024. Accessed Jul 2024. <https://www.heart.org/-/media/files/health-topics/answers-by-heart/why-should-i-limit-sodium.pdf>. 6. Whelton PK, et al. *Hypertension*. 2018;71:e13-e115. 7. Jackson SL, et al. *MMWR Morb Mortal Wkly Rep*. 2016;64:1393-1397.

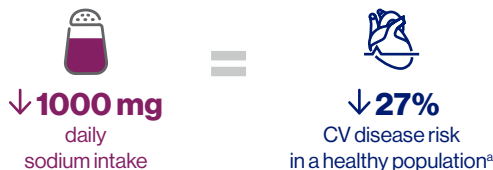


Impact of Sodium Reduction on Blood Pressure and Cardiovascular Health

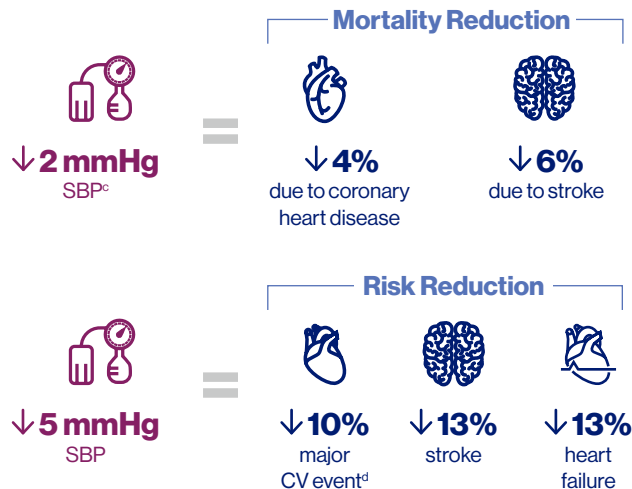
Sodium Reduction and Systolic BP¹



Sodium Reduction and CV Risk²



Systolic BP Reduction and CV Health Outcomes^{3,4,b}



^aFor adults ≥19 years of age with a sodium intake range of 2300–4100 mg/day. ^bIn populations including both normotensive and hypertensive individuals. ^cSeated resting “office” measurement. ^dDefined as a composite of fatal or non-fatal stroke, fatal or non-fatal myocardial infarction or ischemic heart disease, or heart failure causing death or requiring admission to hospital.

BP, blood pressure; CV, cardiovascular; SBP, systolic BP.

References: 1. Whelton PK, et al. *Hypertension*. 2018;71:e13–e115. 2. National Academies of Sciences, Engineering, and Medicine 2019. *Dietary Reference Intakes for Sodium and Potassium*. Washington, DC: The National Academies Press. 3. Stamler J, et al. *Hypertension*. 1989;14:570–577. 4. Blood Pressure Lowering Treatment Trialists’ Collaboration. *Lancet*. 2021;397:1625–1636. 5. Intersalt Cooperative Research Group. *BMJ*. 1988;297:319–328.