**Study Salt Supplement Instructions for Participants**

Public reporting burden of this collection of information is estimated to average 5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to  CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road, NE, M/S D74, Atlanta, GA 30333, ATTN: PRA 0920-xxxx.

***Salt added to food at the table****![MM900336625[2]]()*

Please use the Study Salt Supplement provided to you in the study shaker whenever you wish to add salt to your food at the table. This includes salt added to food at home and away from home. Remember to take the salt shaker with you wherever you go so that you’re able to use it if you eat at work, restaurants, and other places away from home.

***Salt added in preparing food at home ![MC900351636[1]]()***

Use the Study Salt Supplement provided to you in the study container whenever you add salt to food in home cooking. If someone else in your home is preparing a food that includes salt, make sure they use the salt provided by the study.

***When to start using the Study Salt Supplement***

Start using the Study Salt Supplement as soon as it is given to you by clinic staff.

***When to stop using the Study Salt Supplement***

Use the Study Salt Supplement up until the time you return the salt shaker and salt container to the clinic with your final 24 hour urine sample.

***Study Salt Supplement Questionnaire***

On the day you return the salt shaker and salt container to the clinic please complete the ‘Study Salt Supplement Questionnaire. Please return this questionnaire along with the shaker and container.

***Frequently asked questions***

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Question: Does the Study Salt Supplement taste different than regular salt?

Answer: Most people don’t notice any taste difference?

Question: Does it work in recipes like regular salt?

Answer: Yes, it has the same cooking properties and can be used in place of regular salt.

***Questions?***

If you have any questions please call Dr. Steffen at 612-625-9307. Thanks!

**Use of Study Salt Supplement**

**Instructions**

When you drop off your first 24-hour urine sample clinic staff will give you a salt shaker and salt container (Study Salt Supplement) that contain a very small amount of a compound called lithium. Using this Study Salt Supplement will allow us to tell how much of the sodium in your diet comes from salt added to food at the table and salt you use in home cooking. You’ll be asked to use salt from the shaker whenever you add salt to food at the table; even when eating meals outside the home like at work or a restaurant. You’ll be asked to use the Study Salt Supplement from the study salt container whenever adding salt to food prepared at home. For example, if you add salt to a batch of chili you are making you should use the study salt supplement provided to you by the study. You’ll use this ‘salt supplement’ until you complete your fourth and final 24-hour urine sample. You and your family members may use the study salt without any adverse health effects.

Safety of the study salt supplement: This salt supplement contains a compound called lithium which has been used in previous studies with no adverse health effects. The dose of lithium is very small.

The label on the Study Salt Supplement container includes date, directions for use, your initials, Participant ID#, and the PI name and contact information.

Directions for use: Use this salt in place of table salt for *xx* duration while participating in study. Use at the tablet and in cooking.