

Study Salt Supplement Instructions for Participants

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Salt added to food at the table

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

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

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.