

## **Study Salt Supplement Procedures for Study Staff**

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### **Overview**

Participants in the sub study will be asked to use a study salt supplement – instead of your regular household salt - in all home cooking and when adding salt at the table at home and away from home. This procedure will start the day the participant turns in their first 24-hour urine sample and will conclude the day they return their last 24-hour urine sample. The study will provide each participant with a salt shaker and bottle containing the study salt for use during this time period. The shaker and bottle will be weighed before distribution to the participant and upon return. This information will be recorded by clinic staff on the 'Study Salt Supplement' form.

### **Distribution of Study Salt Supplement Set**

At the baseline clinic visit the Study Salt Supplement procedure will be explained to the participant (see 'Study Salt Supplement Baseline Clinic Visit Instructions'). When the participant returns his/her first 24 hour urine sample to the clinic a salt shaker and bottle containing Study Salt Supplement will be given to the participant along with written instructions ('Study Salt Supplement Instructions') and a 'Study Salt Supplement Questionnaire'. Prior to distributing the lithium salt set clinic staff will make sure the set is labeled with the participant ID and the weight of the shaker and bottle prior to distribution is recorded on the 'Study Salt Supplement Record' form.

### **Study Salt Supplement Sets**

Each set will include the following:

- Small sturdy paper bag with handle labeled with participant ID
- Plastic salt shaker containing approximately 100 grams (about 7 tablespoons) of Study Salt Supplement with participant ID label affixed to it
- Plastic container containing approximately 150 grams (about 10 tablespoons) of Study Salt Supplement with participant ID label affixed to it
- Instruction sheet
- Study Salt Supplement Questionnaire

### **Collection**

Participants will be asked to return the salt shaker and container to the clinic when they return their final 24-hour urine sample. The 'Study Salt Supplement Questionnaire' will also be collected at that time.