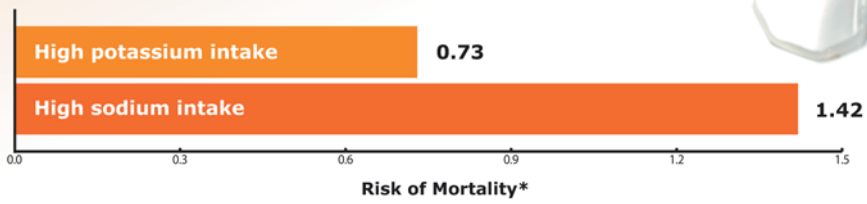


The Highs and Lows of Potassium/Sodium Intake

A study involving nearly 60,000 subjects ages 40-79 at baseline found a reduced risk of death from cardiovascular disease among those with high potassium intake, and an increased risk among those with high sodium intake:



*Hazard ratio (1.00 = reference) comparing highest vs. lowest quintile of intake; adjusted for multiple variables.

SOURCE: Umesawa M, Iso H, Date C, et al. Relations between dietary sodium and potassium intakes and mortality from cardiovascular disease. *American Journal of Clinical Nutrition*, July 2008;88(1):195-202.