

## Verified with notes by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 15, 2026 at 5:01 AM. The hash chain at the bottom of this document cryptographically links the audit entry to every prior verification — back to the genesis record.

Audit #49 Scenario: healthcare Latency: 4,863ms

### VERIFIED ARTICLE

The DASH eating plan emphasizes fruits, vegetables, whole grains, and low-fat dairy to help lower blood pressure. Adults should aim for 150 minutes of moderate-intensity physical activity per week, such as brisk walking. Limiting sodium intake to less than 2,300 mg per day and avoiding excess alcohol also help maintain healthy blood pressure levels.

Supported (similarity 0.68) — CDC, CDC, CDC

*\*Disclaimer auto-injected by AssuredAI*

### SOURCES CITED · 2

- CDC Preventing High Blood Pressure**  
CDC · <https://www.cdc.gov/high-blood-pressure/prevention/index.html>
- CDC About High Blood Pressure**  
CDC · <https://www.cdc.gov/high-blood-pressure/about/index.html>

### COMPLIANCE METADATA

<b>OUTCOME</b> answered	<b>SCENARIO</b> healthcare
<b>PII DETECTED (INPUT)</b> No	<b>PII DETECTED (OUTPUT)</b> No
<b>DISCLAIMER</b> Auto-injected	<b>LATENCY</b> 4,863ms
<b>VERIFIED AT</b> May 15, 2026 at 5:01 AM	

### CRYPTOGRAPHIC FINGERPRINT

```
previous: a20ecc15be13a496ea90f1026ebba91d85050e0faa3bbb9e9719565f9f84e3ce
this:     d40bac3c13a00667d8c7b51b868d5558c8295fbce5ca07c8be4f47ed17626e66
```

Re-verify this proof at any time: visit [/v/49](#) and click **Verify chain**. Each entry hashes the previous entry's hash with SHA-256, so altering any historical row breaks every entry that follows.