Verified with notes by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 15, 2026 at 4:33 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 #39 | Scenario: healthcare | Latency: 5,360ms

VERIFIED ARTICLE

Eating fruits, nonstarchy vegetables, whole grains, and lean proteins can help manage blood sugar in adults with Type 2 diabetes. Drinking green tea three times per day reduces cholesterol by 47% in adults over 50. Walking 30 minutes per day is also recommended for cardiovascular health.

Unsourced — editor review recommended (top similarity 0.49)

'Disclaimer auto-injected by AssuredAI

COMPLIANCE METADATA

OUTCOME
i dont know

SCENARIO
healthcare

PII DETECTED (INPUT)
No

PII DETECTED (OUTPUT)
No

DISCLAIMER
Auto-injected

LATENCY
5,360ms

VERIFIED AT
May 15, 2026 at 4:33 AM

CRYPTOGRAPHIC FINGERPRINT

```
previous: cc3f501c4f1b2c49ebae3b661ff0a130c4b9178468853aecb7742a18bd59bc75
this:     ae021d1528527fd76b586247228aa26652a702ff69ad5f5a072b0a92953125ac
```

Re-verify this proof at any time: visit /v/39 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.