Verified with notes by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 15, 2026 at 4:56 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 #48 | Scenario: healthcare | Latency: 4,182ms

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

OUTCOME
answered

SCENARIO
healthcare

PII DETECTED (INPUT)
No

PII DETECTED (OUTPUT)
No

DISCLAIMER
Auto-injected

LATENCY
4,182ms

VERIFIED AT
May 15, 2026 at 4:56 AM

CRYPTOGRAPHIC FINGERPRINT

```
previous: 8228fede4d5d5af1a8e783e59e315ffd1940442787192b0956b1be650ded2c4c
this:     a20ecc15be13a496ea90f1026ebba91d85050e0faa3bbb9e9719565f9f84e3ce
```

Re-verify this proof at any time: visit /v/48 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.