Verified with notes by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 16, 2026 at 2:35 PM. The hash chain at the bottom of this document cryptographically links the audit entry to every prior verification — back to the genesis record.

Audit #56 | Scenario: healthcare | Latency: 734ms

VERIFIED ARTICLE

Eating a healthy diet is one of the best ways to lower blood pressure. The DASH eating plan emphasizes fruits, vegetables, whole grains, and low-fat dairy.

Supported (similarity 0.69) — 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
734ms

VERIFIED AT
May 16, 2026 at 2:35 PM

CRYPTOGRAPHIC FINGERPRINT

```
previous: 18a26b2774035303def82caba43f3f662caea23fdb972897033fbc4e928cdf96
this:     4691fa34b084110568cd5f7c809c46f73859d72d5118647509a3dddd9ac08088
```

Re-verify this proof at any time: visit /v/56 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.