Verified by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 16, 2026 at 4:04 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 #60 | Scenario: healthcare | Latency: 5,292ms

VERIFIED ARTICLE

The DASH eating plan emphasises fruits, vegetables, whole grains, and low-fat dairy to help lower blood pressure in adults. Adults should aim for at least 150 minutes of moderate-intensity physical activity per week, such as brisk walking. Limiting sodium to less than 2,300 milligrams per day and avoiding excess alcohol also help maintain healthy blood pressure. This information is for educational purposes only and is not a substitute for professional medical advice. Always consult a qualified clinician about your individual health needs.

Supported (similarity 0.68) — CDC, CDC, CDC

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
LATENCY 5,292ms	VERIFIED AT May 16, 2026 at 4:04 PM

CRYPTOGRAPHIC FINGERPRINT

```
previous: 768aa80ac548cdc2fd8ef7c95d839703ca552ff3fed8956dd0a1c2df599176b4
this:     ba08bf3dc5ff04493f51f5b331084504431f4b2484caec627a71f78fb1a1091e
```

Re-verify this proof at any time: visit /v/60 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.