# Verified by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 16, 2026 at 7:33 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 #65 | Scenario: healthcare | Latency: 5,805ms

## 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. 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 0.63) — CDC

## SOURCES CITED · 1

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

## COMPLIANCE METADATA

| | |
|---|---|
| OUTCOME<br>answered | SCENARIO<br>healthcare |
| PII DETECTED (INPUT)<br>No | PII DETECTED (OUTPUT)<br>No |
| LATENCY<br>5,805ms | VERIFIED AT<br>May 16, 2026 at 7:33 PM |

## CRYPTOGRAPHIC FINGERPRINT

```
previous: 50ef44cffb092b9abc547544dc68d01be107660008ccb4cf979292a45b86c59b
this:     f2b769fe44f1524609626cbaffedd19f957897db2f71e688329a025c0d9e6c5e
```

Re-verify this proof at any time: visit /v/65 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.