Verified by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 16, 2026 at 8:33 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 #68 | Scenario: healthcare | Latency: 5,429ms

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
5,429ms

VERIFIED AT
May 16, 2026 at 8:33 PM

CRYPTOGRAPHIC FINGERPRINT

```
previous: 8c06918bd80e75961f948fe5d87931ac4705d07423144c1e694c3e2c5a55180b
this:     3693796a5e57e2fc5a7d055ed046cea5c1e02c9ca45f9c5c40b7d1e4d8d02636
```

Re-verify this proof at any time: visit /v/68 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.