

# Are you interested in learning how lowering your sodium intake or increasing your potassium intake can affect the *health of your blood vessels*?

## Join our study to help us find out!

### You may be eligible to participate if:

- You are ages 18-45
- You are generally healthy



Participants will attend 4 weekly one-on-one education sessions at Florida State University to learn personalized strategies for altering their sodium or potassium intake.

Participants will then return to campus to assess changes in diet and cardiovascular health at 2 months, 4 months, and 6 months after the education program.

Study procedures will include providing information about your usual dietary intakes, non-invasive vascular tests, questionnaires, and urine collections.

***Total compensation for completing all procedures is \$550***



For more information or to enroll in our study, contact the CardioNutrition Lab at Florida State University  
**([HNFS-cardionutritionlab@fsu.edu](mailto:HNFS-cardionutritionlab@fsu.edu))**