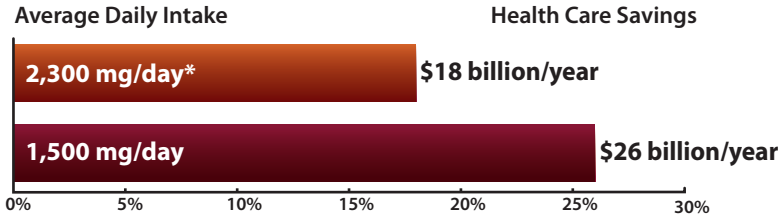


## Cut Out the Salt, Save Billions

A new study suggests reducing average daily sodium consumption could reduce annual health care costs (attributable to cardiovascular complications) by billions:



\*2,300 mg is the current recommended daily limit.

SOURCE: Kartira P, Sturm R. Potential societal savings from reduced sodium consumption in the U.S. adult population. *American Journal of Health Promotion*, Sept/Oct. 2009.