

**SUPPLEMENT MATERIALS**

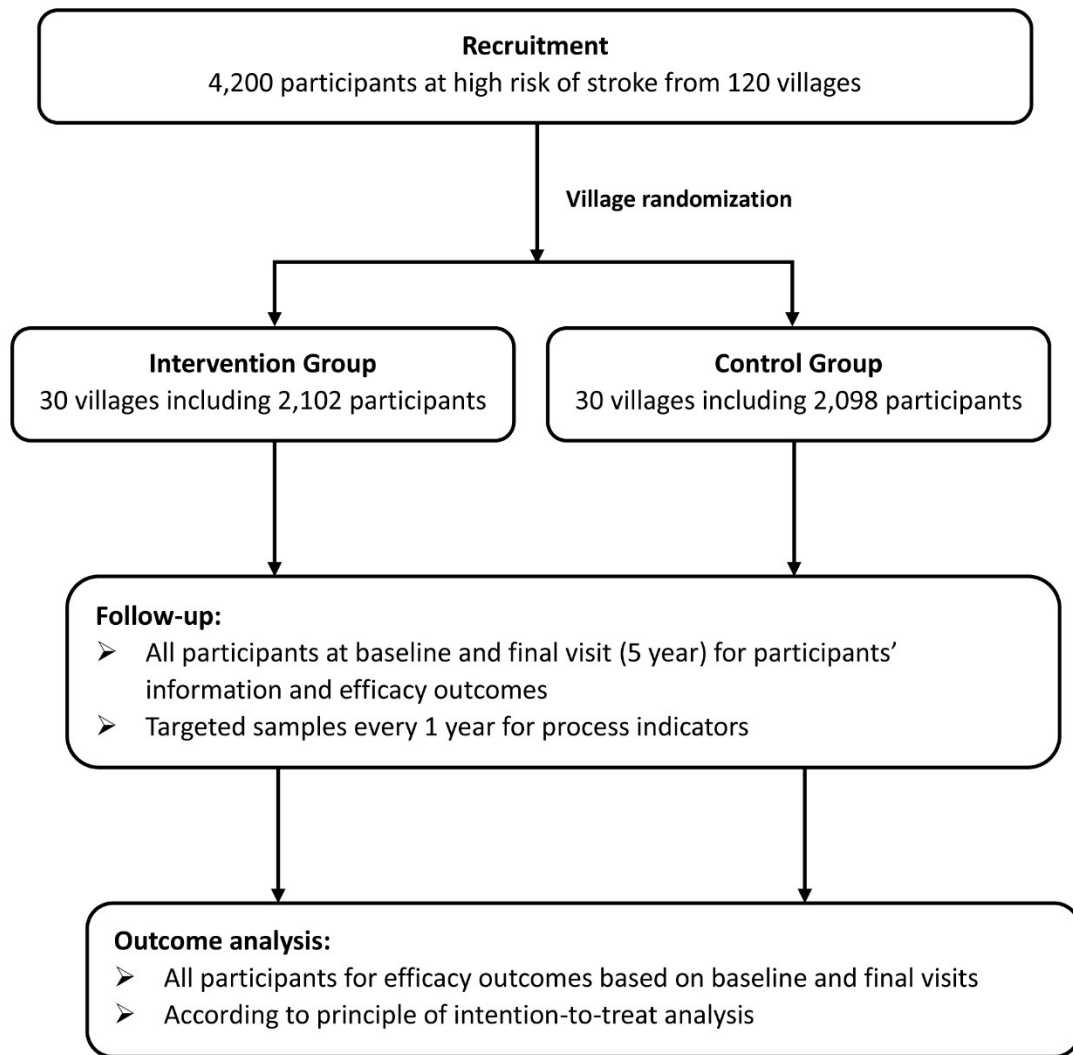
Table S1. Characteristics of participants at terminal visit

Characteristics	Total	Salt substitute	Regular salt	<i>P</i> value
N	3,095	1,591	1,504	
Age (years)	62.26±8.6	61.90±8.68	62.64±8.50	0.017
Gender				0.933
Male (n, %)	1482(47.9%)	763(48%)	719(41.8%)	
Female (n, %)	1613(52.1%)	828(58%)	785(52.5%)	
BMI (kg/m <sup>2</sup> )	24.44±3.49	24.48±3.41	24.40±3.57	0.498
Smoking (n, %)	1019(32.9%)	509(32%)	510(33.9%)	0.257
<i>Education</i>				0.041
Primary school or lower (n, %)	1900(61.4%)	949(59.6%)	951(63.2%)	
Junior high school or above (n, %)	1195(38.6%)	642(40.4%)	553(36.8%)	
SBP (mmHg)	146.86±21.32	145.48±21.53	148.33±20.99	<0.001
DBP (mmHg)	89.37±12.47	88.93±12.23	89.84±12.71	0.045
<i>History of diseases</i>				
Stroke (n, %)	2866(92.6%)	1476(92.8%)	1390(92.4%)	0.709
TIA (n, %)	1558(50.3%)	754(47.4%)	804(53.5%)	0.001
IHD (n, %)	323(10.4%)	154(9.7%)	169(11.2%)	0.157
CHF (n, %)	37(1.2%)	6(0.4%)	31(2.4%)	<0.001
PAD (n, %)	61(2.0%)	48(3%)	13(0.9%)	<0.001
Hypertension (n, %)	2408(77.8%)	1263(79.4%)	1145(76.1%)	0.029
Diabetes (n, %)	229(7.4%)	117(7.4%)	112(1.4%)	0.921
<i>Medication history</i>				
Antihypertensive drug (n, %)	1942(62.7%)	965(60.7%)	977(65%)	0.013
Lipid-lowering drug (n, %)	95(3.1%)	43(2.7%)	52(3.5%)	0.224
Antiplatelet drug (n, %)	537(17.4%)	262(12.5%)	275(18.3%)	0.182
Anticoagulant drug (n, %)	33(1.1%)	13(0.8%)	20(1.3%)	0.165

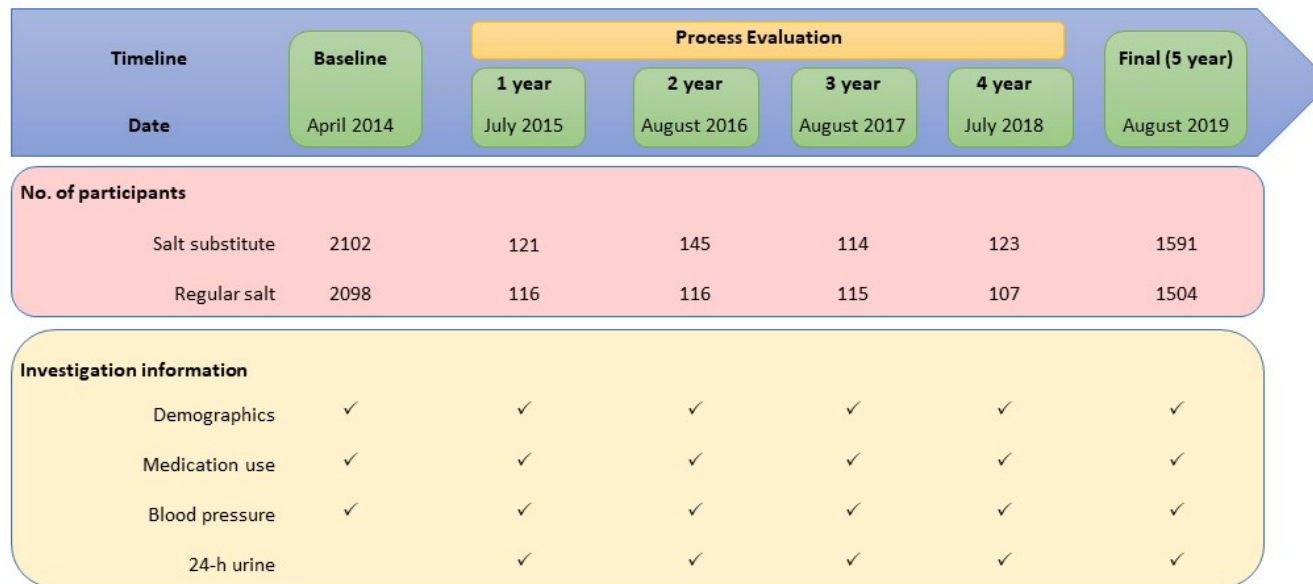
(Data were expressed as mean (SD) or n (%) for continuous and category data, respectively. BMI, body mass index; CHF: congestive heart failure; DBP, diastolic blood pressure; IHD, ischemic heart disease; PAD, peripheral arterial disease; SBP, systolic blood pressure; TIA, transient ischemic attacks. )

Table S2. Measurements of Na<sup>+</sup> and K<sup>+</sup> at each visit

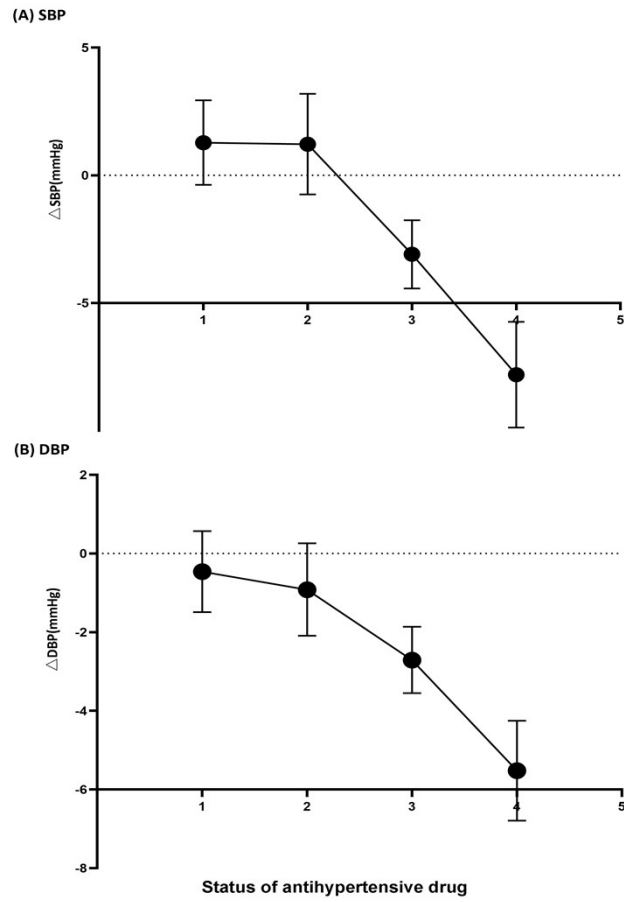
	Na (mmol/L)			K (mmol/L)		
	Salt substitute	Regular salt	<i>P</i>	Salt substitute	Regular salt	<i>P</i>
1 year	155.64±57.18	158.60±52.02	0.705	63.12±27.39	53.28±22.29	0.007
2 year	139.77±54.12	140.68±54.53	0.901	52.76±30.30	36.94±17.22	<0.001
3 year	139.31±59.87	139.59±68.19	0.976	58.87±29.77	41.48±23.08	<0.001
4 year	130.32±48.09	138.78±50.79	0.250	48.44±24.18	37.23±18.08	<0.001
5 year	134.63±53.45	141.77±64.45	0.398	51.47±23.86	43.74±24.47	0.025



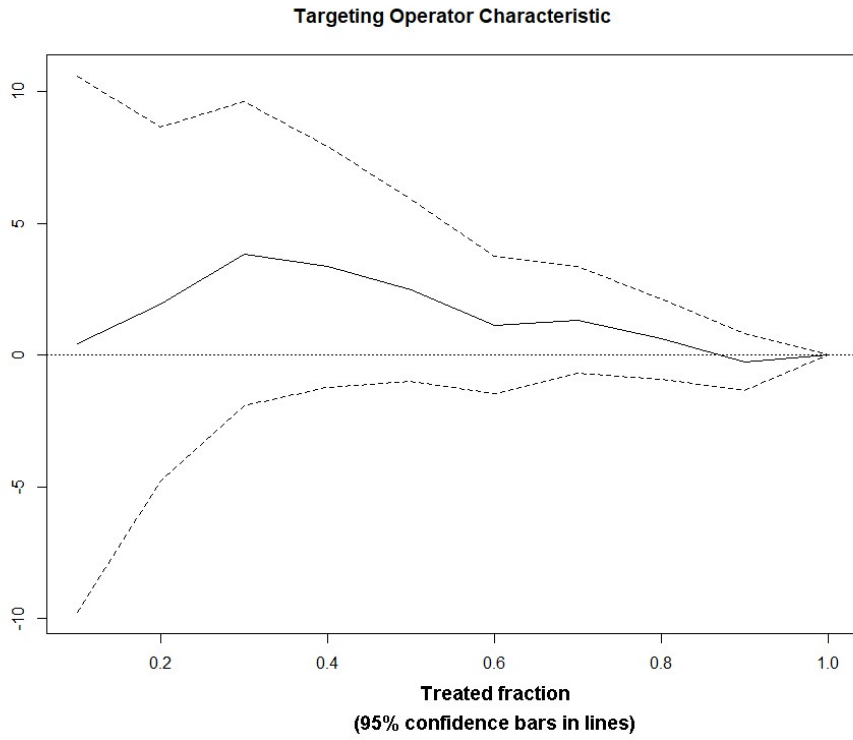
Supplementary Figure S1. Flowchart of participant recruitment and follow-up.



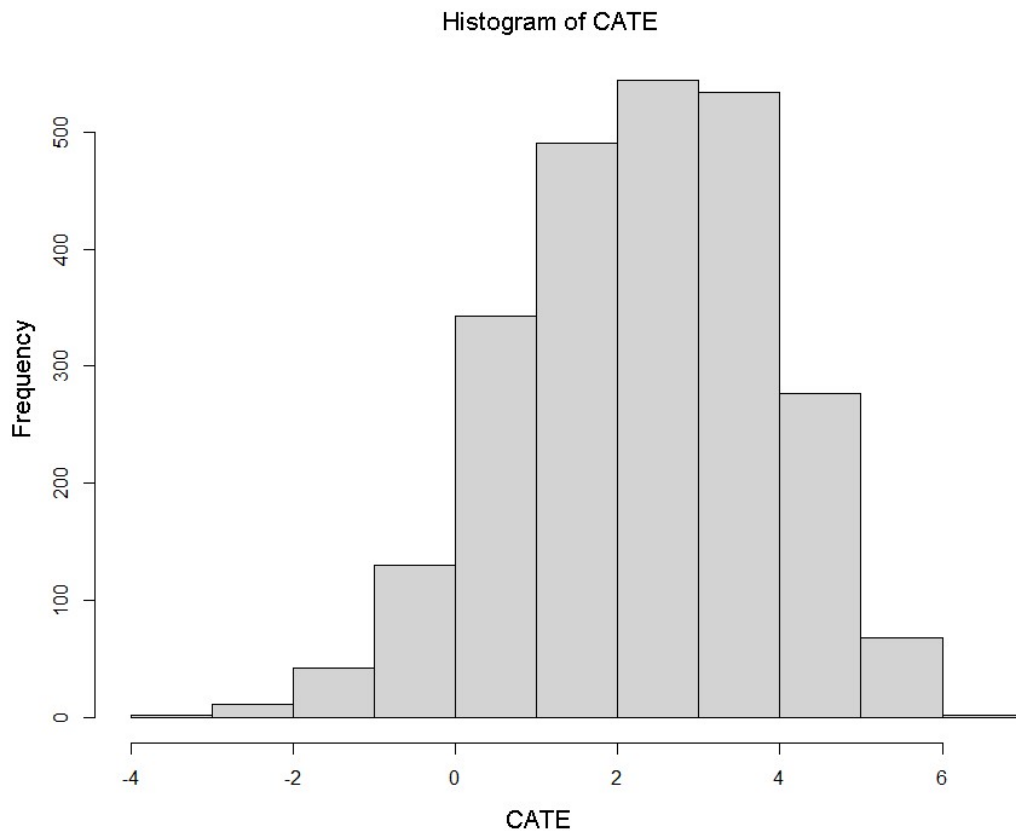
Supplementary Figure S2. Flowchart and specific information during follow-up visits.



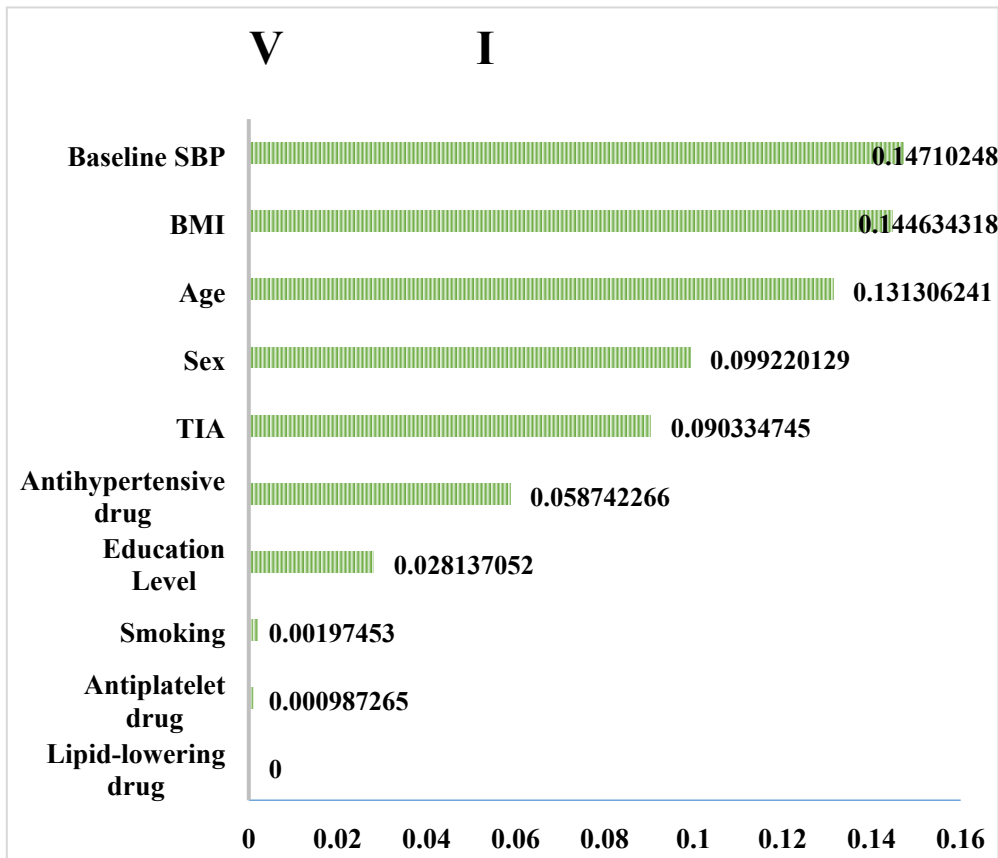
Supplementary Figure S3. Blood pressure change according to antihypertensive drug status. ( $\Delta$ SBP=SBP at endpoint - SBP at baseline;  $\Delta$ DBP=DBP at endpoint - DBP at baseline. Status of antihypertensive drug: Status 1, Not using antihypertensive drug at baseline and endpoint; Status 2, Using antihypertensive drug at baseline but not at endpoint; Status 3, Using antihypertensive drug at baseline and endpoint; Status 4, Using antihypertensive drug at endpoint but not at baseline.)



Supplementary Figure S4. Targeting operator characteristics estimates.



Supplementary Figure S5. Histogram of out-of-bag CATE estimates.  
(CATE: conditional average treatment effect.)



Supplementary Figure S6. Evaluation of variables importance.

(BMI, body mass index; SBP, systolic blood pressure; TIA, transient ischemic attacks.)