

Supplementary Table S1. PRISMA 2020 checklist

Section and topic	Item	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	2
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	2
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	2
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	3
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	3
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	3
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	3
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	3
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	3
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	3
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	3
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	4
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	4
	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	4
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	4
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	4
Synthesis methods	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	4
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	4
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	4

Section and topic	Item	Checklist item	Continued Location where item is reported
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	4
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	4
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	5
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	
Study characteristics	17	Cite each included study and present its characteristics.	7–8
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	5
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	9, 11
	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	5
Results of syntheses	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	9
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	9
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	11
	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	12
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	11
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	12
	23b	Discuss any limitations of the evidence included in the review.	13
	23c	Discuss any limitations of the review processes used.	13
	23d	Discuss implications of the results for practice, policy, and future research.	13
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	
Competing interests	26	Declare any competing interests of review authors.	
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	

Note. From: Page MJ, McKenzie JE, Bossuyt PM, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71. For more information, visit: <http://www.prisma-statement.org/>

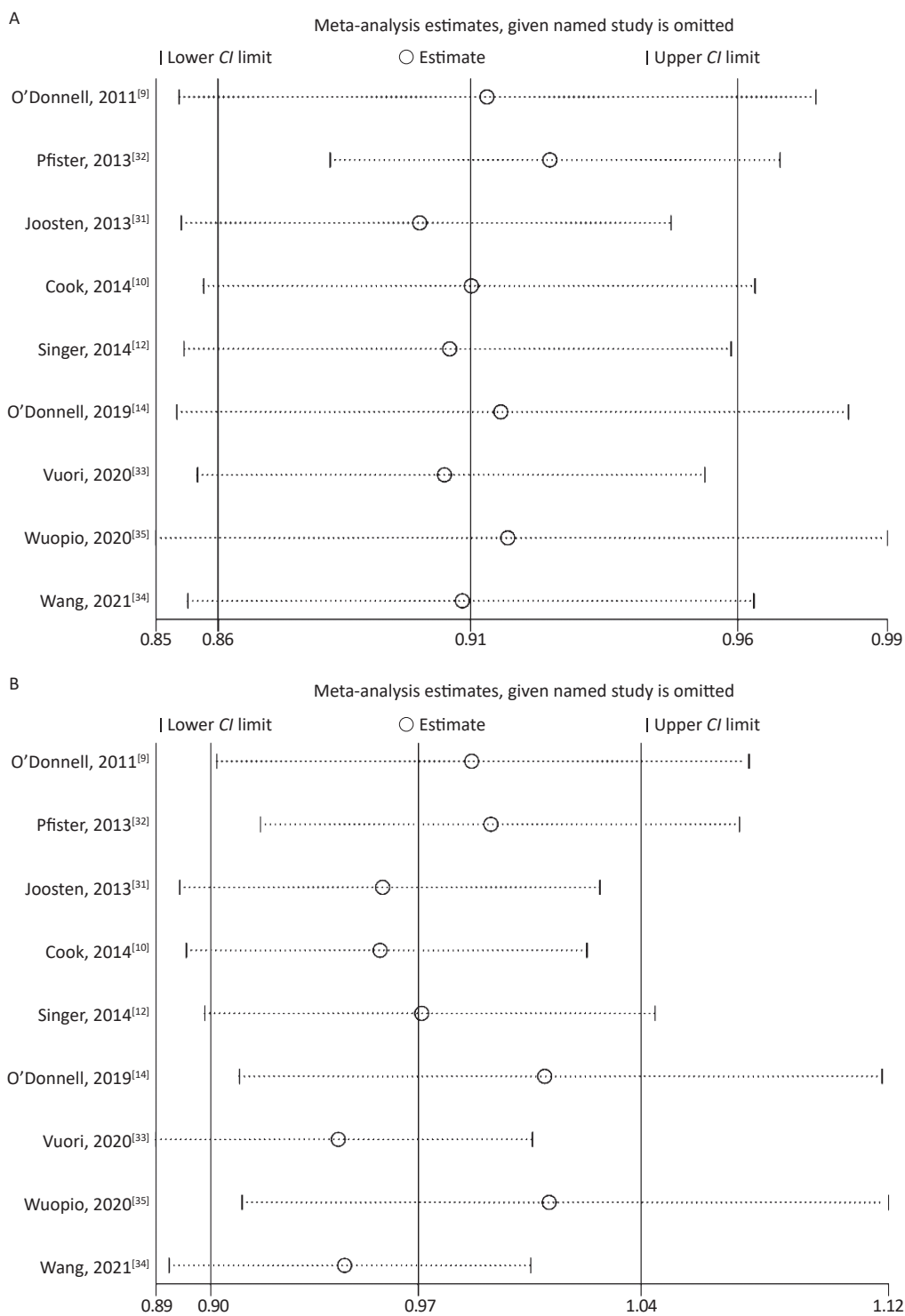
Supplementary Table S2. Data extracted from original studies

Author, Year	Categories of urinary sodium excretion (g/d)	Original effect size	Transformed effect size	Covariates/Factors adjusted in multivariate model
O'Donnell, 2011 ^[9]	< 2	1.21 (1.03–1.43)	Reference	age, sex, race/ethnicity, prior stroke or MI, creatinine, body mass index (BMI, calculated as weight in kilograms divided by height in meters squared), hypertension, diabetes mellitus, atrial fibrillation, smoking, low-density lipoprotein (LDL), high-density lipoprotein (HDL), treatment allocation and treatment with statins, β -blockers, diuretics, calcium antagonist, and antithrombotic therapy, fruit and vegetable consumption, level of exercise, urinary sodium and potassium excretion, baseline blood pressure, and change in systolic blood pressure from baseline to last follow-up.
	2–2.99	1.16 (1.04–1.28)	0.96 (0.80, 1.15)	
	3–3.99	1.06 (0.98–1.14)	0.88 (0.74, 1.04)	
	4–5.99	Reference	0.83 (0.70, 0.97)	
	6–6.99	1.09 (0.99–1.20)	0.90 (0.75, 1.08)	
	7–8	1.15 (1.00–1.32)	0.95 (0.77, 1.17)	
	> 8	1.49 (1.28–1.75)	1.23 (0.99, 1.53)	
Pfister, 2013 ^[32]	< 2.921	1.30 (1.08–1.55)	Reference	age, sex, BMI, known diabetes, cholesterol level, social class, educational level, smoking, physical activity, alcohol consumption, and blood pressure
	2.944–3.404	Reference	0.77 (0.64, 0.92)	
	3.427–3.841	1.03 (0.85–1.24)	0.79 (0.66, 0.95)	
	3.864–4.37	0.99 (0.82–1.19)	0.76 (0.64, 0.91)	
	> 4.393	1.22 (1.02–1.46)	0.94 (0.79, 1.11)	
Joosten, 2013 ^[31]	< 2.438	Reference	–	age, sex, body mass index, smoking status, alcohol intake, parental history of coronary heart disease, type 2 diabetes mellitus, total to high-density lipoprotein cholesterol ratio, and urinary potassium, magnesium, and creatinine excretion
	2.438–3.151	0.99 (0.76, 1.29)		
	3.151–3.933	1.09 (0.83, 1.44)		
Cook, 2014 ^[10]	< 2.3	0.68 (0.34, 1.37)	Reference	clinic, age, sex, race/ethnicity, other treatment assignments, education, baseline weight, alcohol use, smoking, exercise, potassium excretion, family history of cardiovascular disease, changes in weight, smoking, and exercise during the trial periods
	2.3–3.6	0.75 (0.50, 1.11)	1.10 (0.54, 2.24)	
	3.6–4.8	Reference	1.47 (0.73, 2.95)	
	> 4.8	1.05 (0.68, 1.62)	1.54 (0.75, 3.20)	
Singer, 2014 ^[12]	1.265	Reference	–	age, sex, race, BMI, SBP, eGFR, urine potassium, hematocrit, plasma renin activity, HxDM, Hx smoking, history of baseline left ventricular hypertrophy
	2.346	0.96 (0.68, 1.36)		
	3.289	1.06 (0.75, 1.49)		
	5.083	1.00 (0.71, 1.41)		
O'Donnell, 2019 ^[14]	< 3	1.17 (1.06, 1.29)	Reference	age, sex, education, current and former alcohol intake, diabetes mellitus, BMI, physical activity, history of cardiovascular events, use of cardiovascular drugs, history of tuberculosis, cancer, HIV, and current and former smoking, low density lipoprotein (LDL) cholesterol: high density lipoprotein (HDL) cholesterol ratio
	3–3.99	1.06 (0.98, 1.15)	0.91 (0.82, 1.00)	
	4–4.99	Reference	0.85 (0.77, 0.94)	
	5–5.99	1.07 (0.99, 1.16)	0.91 (0.83, 1.01)	
	6–6.99	1.05 (0.96, 1.15)	0.90 (0.80, 1.00)	
Vuori, 2020 ^[33]	< 2.921	0.70 (0.51, 0.95)	Reference	age, survey year, sex, serum total cholesterol, prevalent DM and BMI
	2.921–3.933	0.70 (0.53, 0.93)	1.11 (0.71, 1.40)	
	3.933–5.152	0.73 (0.57, 0.94)	1.04 (0.76, 1.43)	
	> 5.152	Reference	1.43 (1.05, 1.95)	
Wuopio, 2020 Men ^[35]	2.8	1.20 (1.08–1.32)	Reference	age, ethnicity, hypertension, smoking, BMI, type 2 diabetes, alcohol abuse, total cholesterol, eGFR
	3.78	1.08 (0.98–1.20)	0.90 (0.82, 0.99)	
	4.4	Reference	0.83 (0.75, 0.92)	
	5.05	1.09 (0.98–1.21)	0.91 (0.82, 1.00)	
	6.26	1.15 (1.03–1.27)	0.96 (0.87, 1.06)	
Wuopio, 2020 Women ^[35]	2.4	1.05 (0.92–1.19)	Reference	
	3.2	0.93 (0.81–1.07)	0.89 (0.77, 1.01)	
	3.8	Reference	0.95 (0.84, 1.08)	
	4.3	1.03 (0.90–1.18)	0.98 (0.86, 1.12)	
	5.4	1.02 (0.89–1.16)	0.97 (0.86, 1.10)	
Wang, 2021 ^[34]	< 2	Reference	–	age, sex, lifestyle factors (including BMI, smoking, current alcohol drinking, marital status, regular exercise habits, education level, occupation and baseline hypertension), diabetes status, LDL-cholesterol, eGFR
	2–2.9	1.03 (0.73, 1.47)		
	2.9–4.2	0.92 (0.64, 1.32)		
	> 4.2	1.43 (1.02, 1.99)		

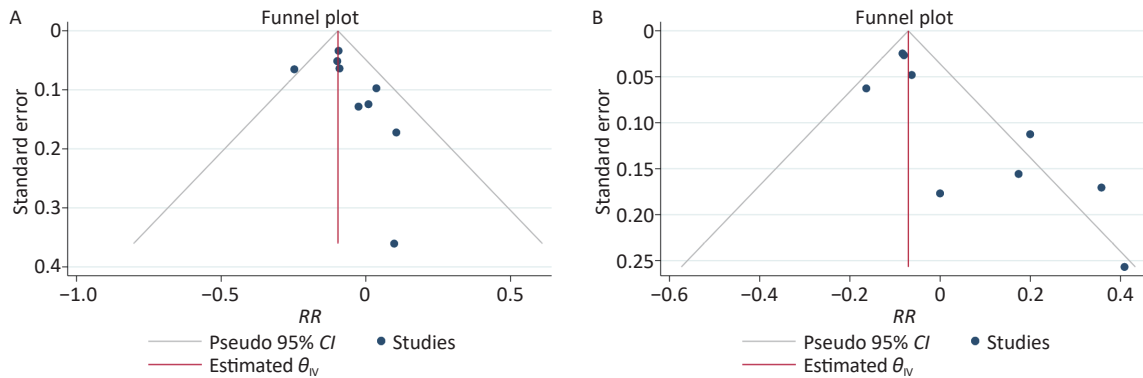
Note. These original studies did not provide categories of urinary sodium excretion, but provided the mean/median of each category.

Supplementary Table S3. The scores of included studies for Newcastle-Ottawa Quality Assessment Scale (NOS)

Study	Selection			Demonstration that outcome of interest was not present at start of study	Comparability of cohorts on the basis of the design or analysis	Outcome			Quality Score
	Representativeness of the exposed cohort	Selection of the non exposed cohort	Ascertainment of exposure			Assessment of outcome	Was follow-up long enough for outcomes to occur	Adequacy of follow up of cohorts	
1		★	★	★	★★	★		★	7
2		★	★	★	★★	★	★	★	8
3		★	★	★	★★	★	★	★	8
4		★	★	★	★★	★	★	★	8
5		★	★		★★	★	★	★	7
6		★	★		★★	★	★	★	7
7	★	★	★	★	★	★	★	★	8
8	★	★	★	★	★★	★	★	★	9
9	★	★	★	★	★★	★	★	★	9



Supplementary Figure S1. Plot for sensitivity analysis in the nine studies.



Supplementary Figure S2. (A) Funnel plots for publication bias in the low-level groups. (B) Funnel plots for publication bias in the high-level groups.

Supplementary Materials

Search strategy in PubMed

((("urinary sodium"[Title/Abstract]) OR ("sodium in urine"[Title/Abstract]) OR ("sodium excretion"[Title/Abstract]) OR ("urinary potassium"[Title/Abstract]) OR ("potassium in urine"[Title/Abstract]) OR ("potassium excretion"[Title/Abstract]) OR ("sodium intake"[Title/Abstract]) OR ("potassium intake"[Title/Abstract])) AND (("cardiovascular disease"[Title/Abstract]) OR ("coronary heart disease"[Title/Abstract]) OR ("ischemic heart disease"[Title/Abstract]) OR ("myocardial infarction"[Title/Abstract]) OR ("stroke"[Title/Abstract]) OR ("heart attack"[Title/Abstract]) OR ("heart failure"[Title/Abstract]) OR ("coronary artery disease"[Title/Abstract]) OR ("hypertension"[Title/Abstract]) OR ("high blood pressure"[Title/Abstract]))) AND ("meta"[Title/Abstract]) OR ("systematic review"[Title/Abstract]))