

Verified by AssuredAI

This content was run through AssuredAI's compliance pipeline on May 16, 2026 at 7:33 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 #65

Scenario: healthcare

Latency: 5,805ms

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. 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 0.63) — CDC

SOURCES CITED · 1

CDC

Preventing High Blood Pressure

CDC · <https://www.cdc.gov/high-blood-pressure/prevention/index.html>

COMPLIANCE METADATA

OUTCOME

answered

SCENARIO

healthcare

PII DETECTED (INPUT)

No

PII DETECTED (OUTPUT)

No

LATENCY

5,805ms

VERIFIED AT

May 16, 2026 at 7:33 PM

CRYPTOGRAPHIC FINGERPRINT

previous:

50ef44cffb092b9abc547544dc68d01be107660008ccb4cf979292a45b86c59b

this:

f2b769fe44f1524609626cbaffedd19f957897db2f71e688329a025c0d9e6c5e

Re-verify this proof at any time: visit </#/65> 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.