

Table 1 Demographic data and 24-hour urinary electrolyte excretion of the study participants

Sex	No. of people	Mean (SD) values						
		Age (years)	BMI (kg/m ²)	BP (mmHg)		Electrolytes		
				Systolic	Diastolic	Na ⁺ (mEq)	K ⁺ (mEq)	Mg ²⁺ (mg)
Total	87	44 (18)	27 (5)	129 (15)	75 (8)	140 (49)	56 (22)	81 (37)
Male	54	45 (18)	28 (5)	132 (15)	75 (8)	153 (52)	60 (24)	88 (41)
Females	33	41 (17)	27 (6)	125 (14)	74 (6)	118 (37)	50 (16)	70 (25)

BMI – body mass index; BP – blood pressure; SD – standard deviation.

Na⁺ – sodium; K⁺ – potassium; Mg²⁺ – magnesium.