

Males or females, 30 to 70 years-old, prehypertension (office blood pressure); no antihypertensive treatment, without allergy to chlortalidone and amiloride, and no previous CHD, severe chronic disease, or pregnant women

Lifestyle
modification

Prehypertension

Chlortalidone
and Amiloride

R

Placebo

3 m

6 m

9 m

12 m

15 m

Hypertension
Adverse effects
Target-organ damage

3 m

6 m

9 m

12 m

15 m

Hypertension
Adverse effects
Target-organ damage