Screen for eligibility (week 0)

Randomisation (week 2; n=300)

Exclude those not meeting initial eligibility criteria

Exclude those not meeting baseline shopping eligibility criteria

Allocated to SaltSwitch app (intervention; n=150)

Allocated to no intervention (control; n=150)

Ambulatory blood pressure sub study 1 (n=20)

10-week follow up sub study 2 (n=15)

Main study & sub study 1 follow-up (week 6)

Sub study 2 follow-up (n=15) (week 12)

Loss to follow-up

Ambulatory blood pressure sub study 1 (n=20)

10-week follow up sub study 2 (n=15)

Main study & sub study 1 follow-up (week 6)

Sub study 2 follow-up (week 12)

Loss to follow-up