The bar chart shows the change in blood pressure (mmHg) for systolic and diastolic blood pressure between Smart Salt and Regular Salt. The chart indicates that:

- **Systolic blood pressure**
  - Smart Salt has a significant increase of approximately 4 mmHg, with a p-value of less than 0.002.
  - Regular Salt has a small decrease of approximately 1 mmHg, with a p-value of 0.014.

- **Diastolic blood pressure**
  - Smart Salt shows a slight decrease, but it is not statistically significant.
  - Regular Salt has a very small decrease, nearly negligible.

The chart highlights a significant difference in systolic blood pressure between the two types of salt.