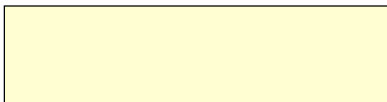
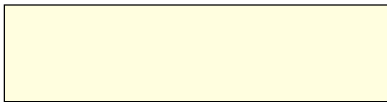


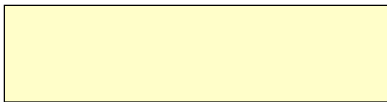
Am I De-hydrated?

Check with this urine color chart

This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.



If your urine matches these colors **you are hydrated**.



If your urine matches these colors **you are de-hydrated** and you should drink more!



If your urine matches these colors **you are seriously de-hydrated** or could have blood in your urine. You should contact a doctor!