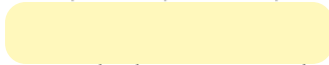


Urine Color Chart

Urine color can be an indicator of hydration status. Please use this chart to help assess your hydration and reach an optimal hydration status.



Overhydrated. Hold back on drinking water.



Hydrated. Drink water according to thirst.



Hydrated but may need water soon.



Dehydrated. Drink 1 to 2 glasses of water now.



Dehydrated. Drink about 1/2 liter water now.



Dehydrated. Drink about 1 liter water now. If problem continues, contact your physician.