

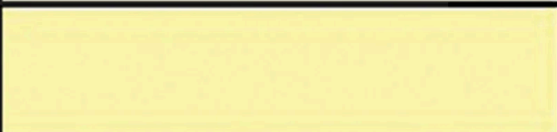







Are you hydrated?

Urine color chart

1		Congratulations!
2		If your urine matches colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine is below the RED line, you are DEHYDRATED!
5		You are at risk for cramping, heart attack, anxiety attack, heat illness and more.
6		You need to drink more water now!
7		If your urine is this color, you must drink water immediately or die a slow, painful death.
8		Seek medical attention immediately