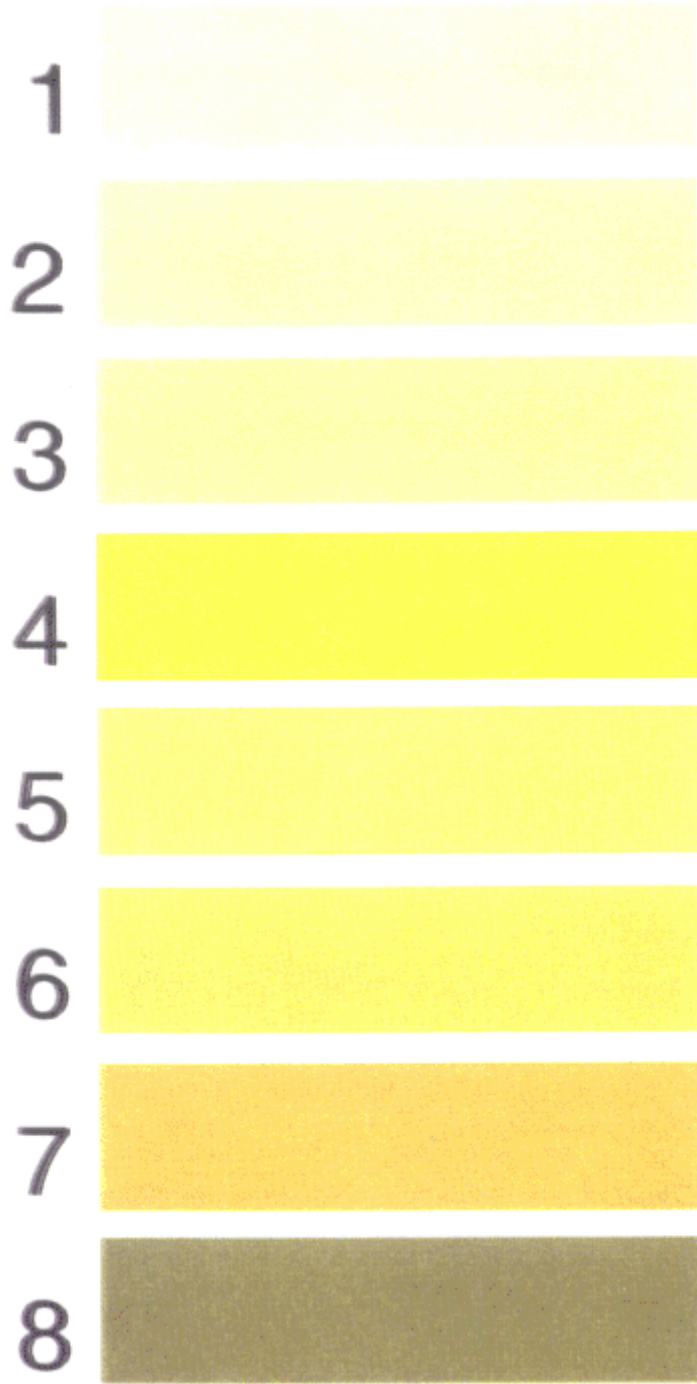




Am I Hydrated? Urine Color Chart



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

If your urine matches the colors numbered **1, 2, or 3 you are hydrated.**

If your urine matches the colors numbered **4 through 8 you are dehydrated** and need to drink for more fluid.

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.

Drinking fizzy drinks and drinks with Caffeine will not effectively rehydrate you.