

URINE COLOR CHART

Overhydrated



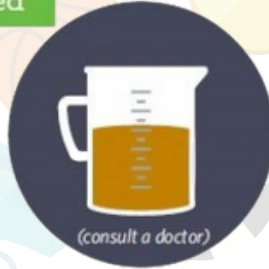
Hydrated



Dehydrated



Extremely Dehydrated



Hydrated = Lemonade Color
Dehydrated = Apple Juice Color
Daily Target 2.5-3.5 L