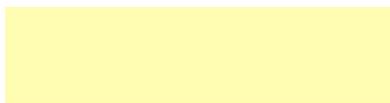


Am I De-hydrated?

Check with this urine color chart

This urine color chart is a simple tool your can use to assess if you are drinking enough fluids throughout 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!

More info: www.mayoclinic.com/health/urine-color/AN00868