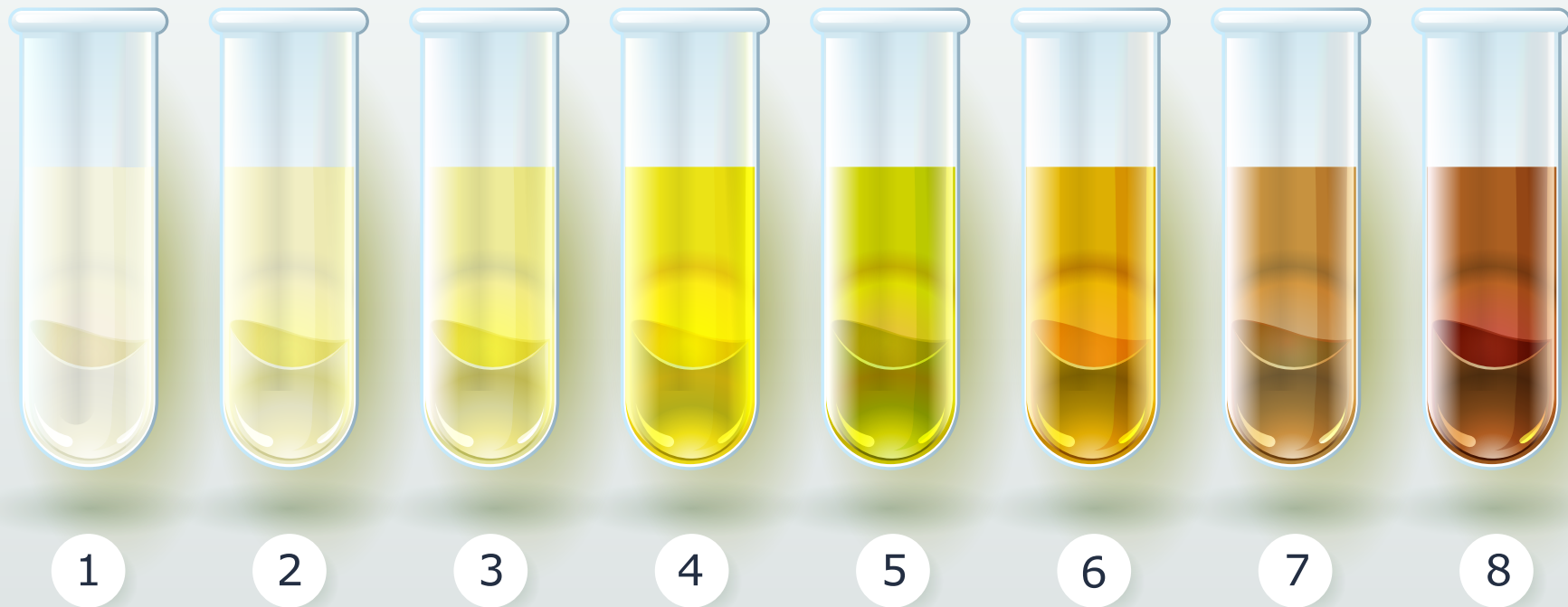




URINE COLOR CHART

Urine varies in appearance, depending principally upon your level of hydration. Normal urine is a transparent solution ranging from colorless to amber but is usually a pale yellow.



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

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