



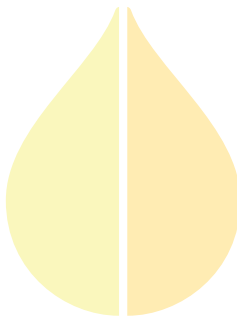
Are you well
hydrated?

Simple: take a look
at your urine color!

REFERENCES

Armstrong et al., J Acad Nutr Diet, 2012
Perrier et al., Br J Nutr, 2013
Perrier et al., Eur J Nutr, 2016

PALE
YELLOW



good job!

You are well
hydrated.

STRAW-COLORED
YELLOW



Almost there!

Get some more water in.

ORANGE OR
STRONG YELLOW



*You are
dehydrated!*

Your body lacks water,
let's hydrate!