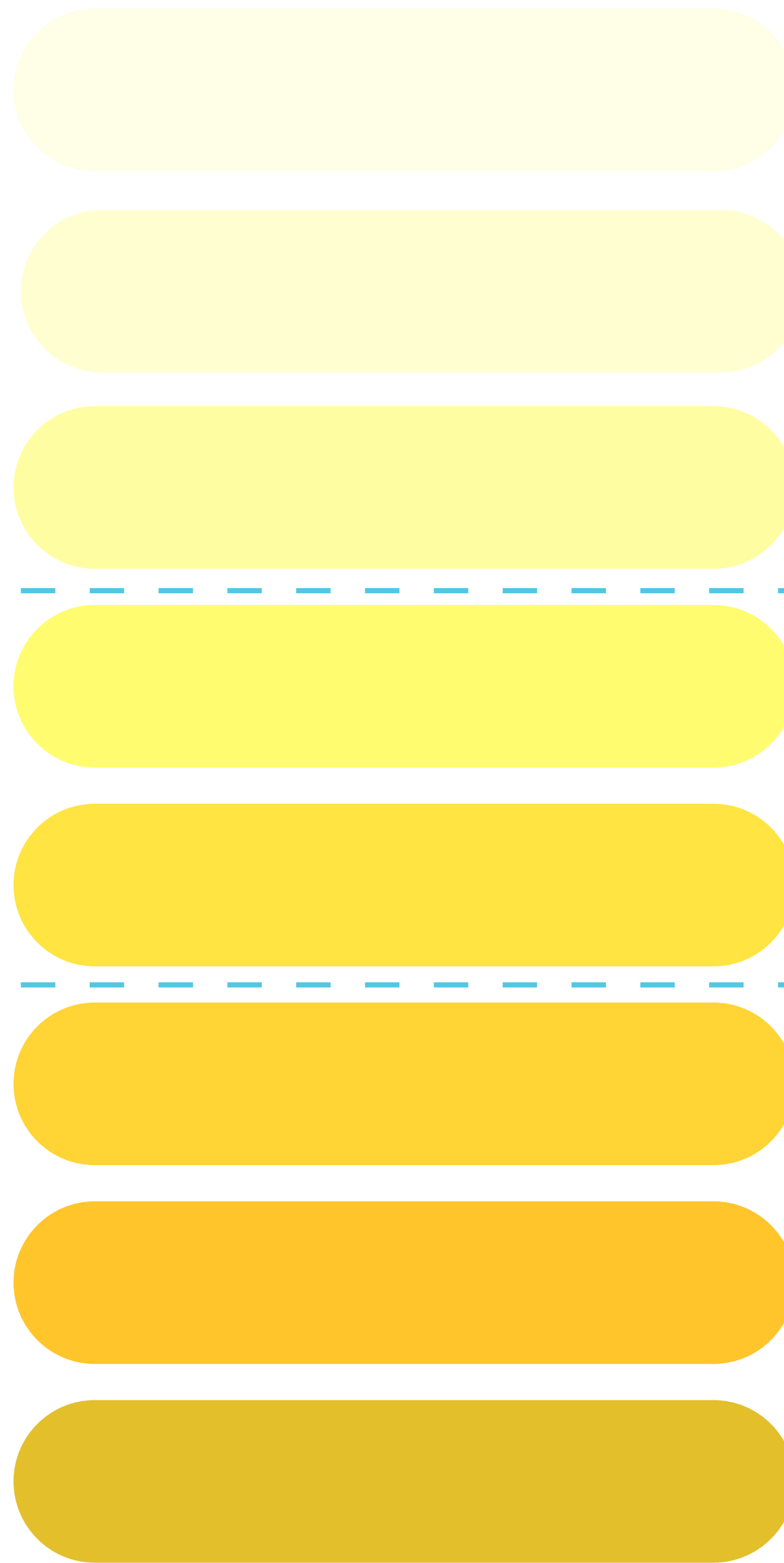


● Urine color chart and what it means.



If urine is any of these colors, hydration is good.

These colors mean more water is needed. Starting to get dehydrated.

Definitely dehydrated. Drink more water!