



# URINE CHARGE OF YOUR OWN HYDRATION



»» **AIM FOR A  
HYDRATED STREAM** ««

TRANSPARENT URINE MAY  
INDICATE OVER HYDRATION.

**SEVERELY  
DEHYDRATED**

**SEVERELY  
DEHYDRATED**

**DEHYDRATED**

**DEHYDRATED**

**HYDRATED**

**OVER  
HYDRATED**