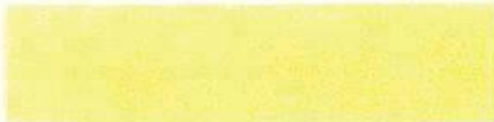


## Am I Hydrated? Urine Color Chart

1



2



3



4



5



6



7



8



This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.

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

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

**Be Aware!** If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.