

REHYDRATION

Use this urine colour chart to give yourself an idea of whether you are drinking enough water or if you are dehydrated.



Extremely Dehydrated

Drink a large bottle of water.



Dehydrated

Drink 2–3 glasses of water.



Mildly Dehydrated

Drink a large glass of water.



Hydrated

You are drinking enough.
Keep drinking at the same time.

IMPORTANT:

Vitamin and multivitamin supplements may change the colour urine, making it bright yellow or discoloured.