

Did you know a 1-2% drop in body water can impact mood, lead to fatigue, headaches, and poor concentration?

Your body sends subtle signals, and your pee colour is one of those cues - you could be de-hydrated and not know.

Check your pee and see if you need a hydration boost!



Pale Yellow =
HYDRATED

Keep drinking at the same rate.



Slightly Dark Yellow =
MILD DEHYDRATION

Drink a glass of water to get back on track.



Medium Yellow =
DEHYDRATED

Drink 2-3 glasses of water now to get hydrated.



Dark Yellow to Amber=
VERY DEHYDRATED

Drink a large bottle of water ASAP, and consult a medical professional if you're worried.