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 DEYHDRATION

Drink a glass of water to get back on track.



Medium Yellow =

DEHYDRATED

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



VERY DEHYDRATED

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

Dark Yellow to Amber=



This is brought to you by LDN.

LDN build safer and more productive people and workplaces through training and consulting via our Safety Dimensions and Leadership Dimensions divisions.

Certain foods, vitamins, and medications can change the colour of your pee.

Information in this chart is only for use as an entertaining guide and does'nt replace professional medical advice.