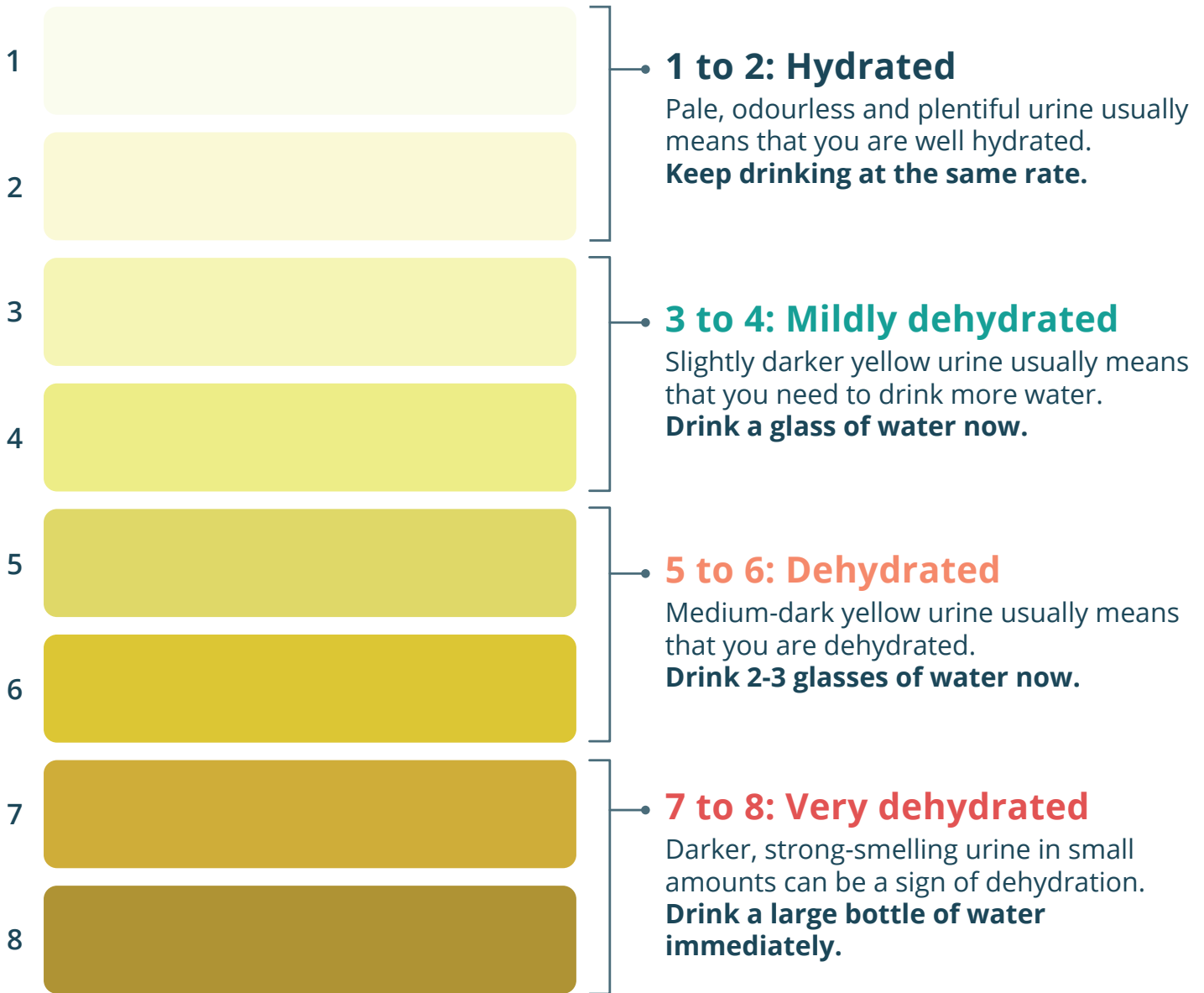




Am I drinking enough water?

Use this urine colour chart to check how hydrated you are. It is important to drink plenty of water every day to stay healthy.



What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.



Important

This chart is a guide only, and should not replace the advice of a health professional. If you're worried about dehydration or the colour of your urine, speak to a doctor.

