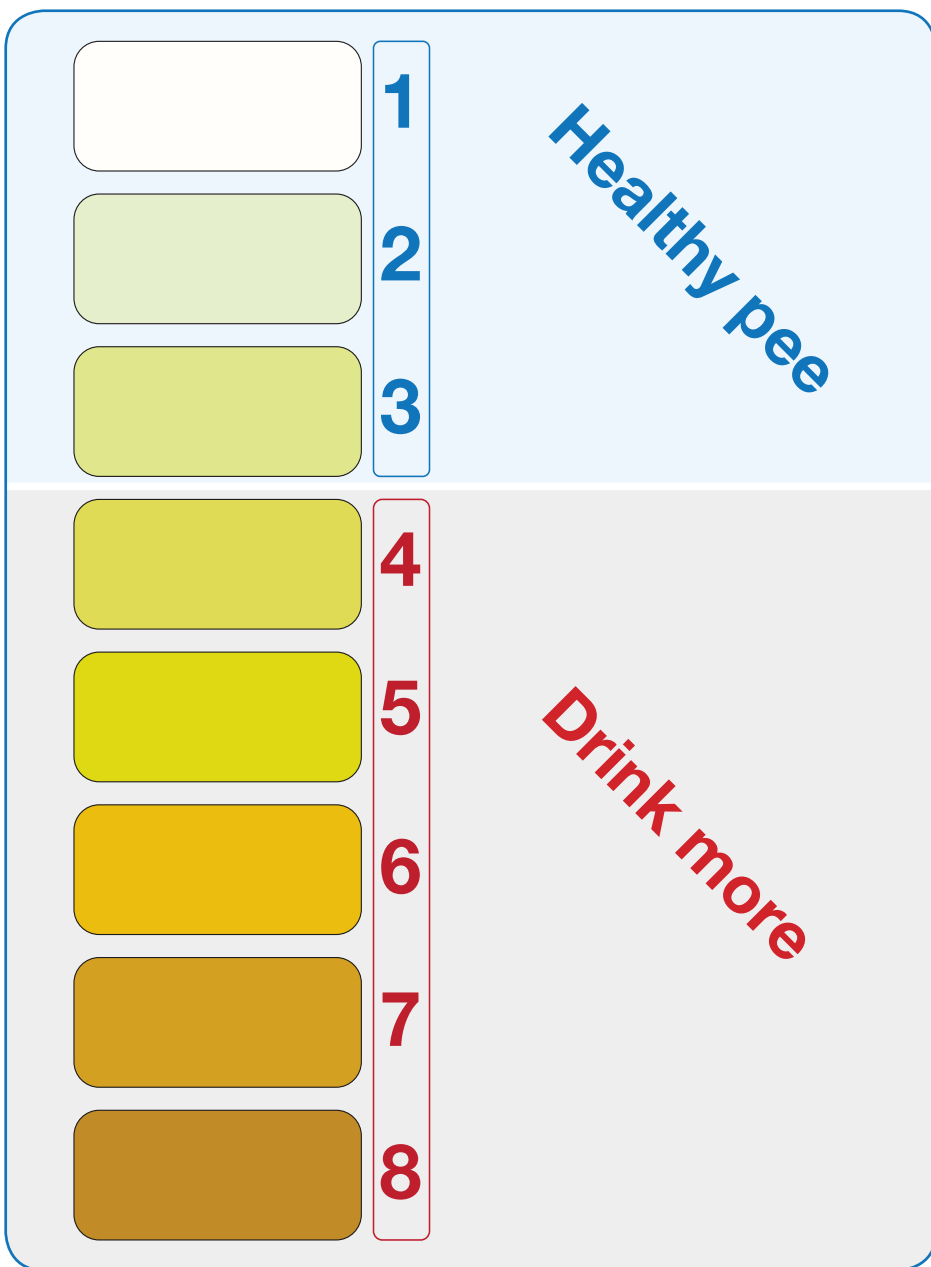


Healthy pee is **1 to 3** ... **4 to 8** Must hydrate*

Use this urine colour chart to check for signs of dehydration



Signs that you are not drinking enough:

- Dry mouth
- Thirst
- Headache
- Loose skin
- Dark or strong smelling urine
- Constipation

You should aim to drink 6-8 mugs of fluid per day

* Some medicines may affect urine colour. If you are unsure, please ask your pharmacist.