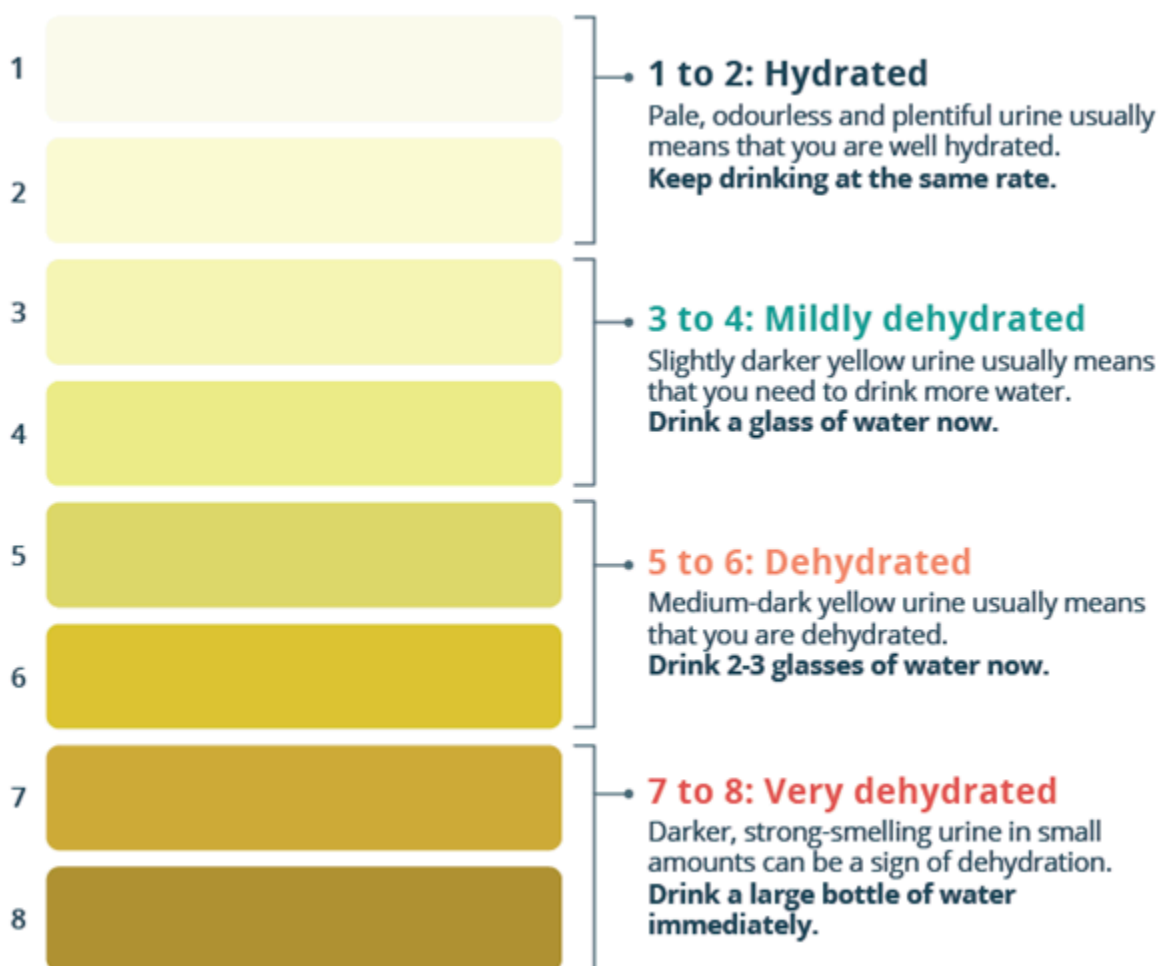




Am I Drinking Enough Water?

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



What can change the color of my urine?

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

Important: The colors on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the color of your urine, the amount of water you drink, or dehydration.