

# Healthy pee chart

## Hydrated

These colourations 1 – 3, show that you are fully hydrated. However if you have reached level 3 (pale yellow) you are beginning to show the signs of dehydration, and should up your water intake.

1

2

3

## De-hydrated

Level 4 (a darker yellow than level 3), indicates that you have started the dehydration process and need to drink more water. From level 5 upwards to level 8, you are in fact dehydrated. Whilst not critical at level 5, more water is necessary to prevent symptoms worsening.

At Level 8, you are seriously dehydrated and in need of rapid hydration to increase your electrolytes.

4

5

6

7

8

The information provided within this website is general information only, nothing is intended to be advice of any kind or nature and you shall not use any information as if it were advice, nor shall you rely on the information. Drinking insufficient or too much water may have detrimental health effects, (including de-hydration and dilutional hyponatraemia) and you should consult a doctor or medical practitioner if you have any concerns or questions regarding your current or intended levels of water consumption. Nothing in this disclaimer shall limit liability for death or personal injury resulting from negligence.

