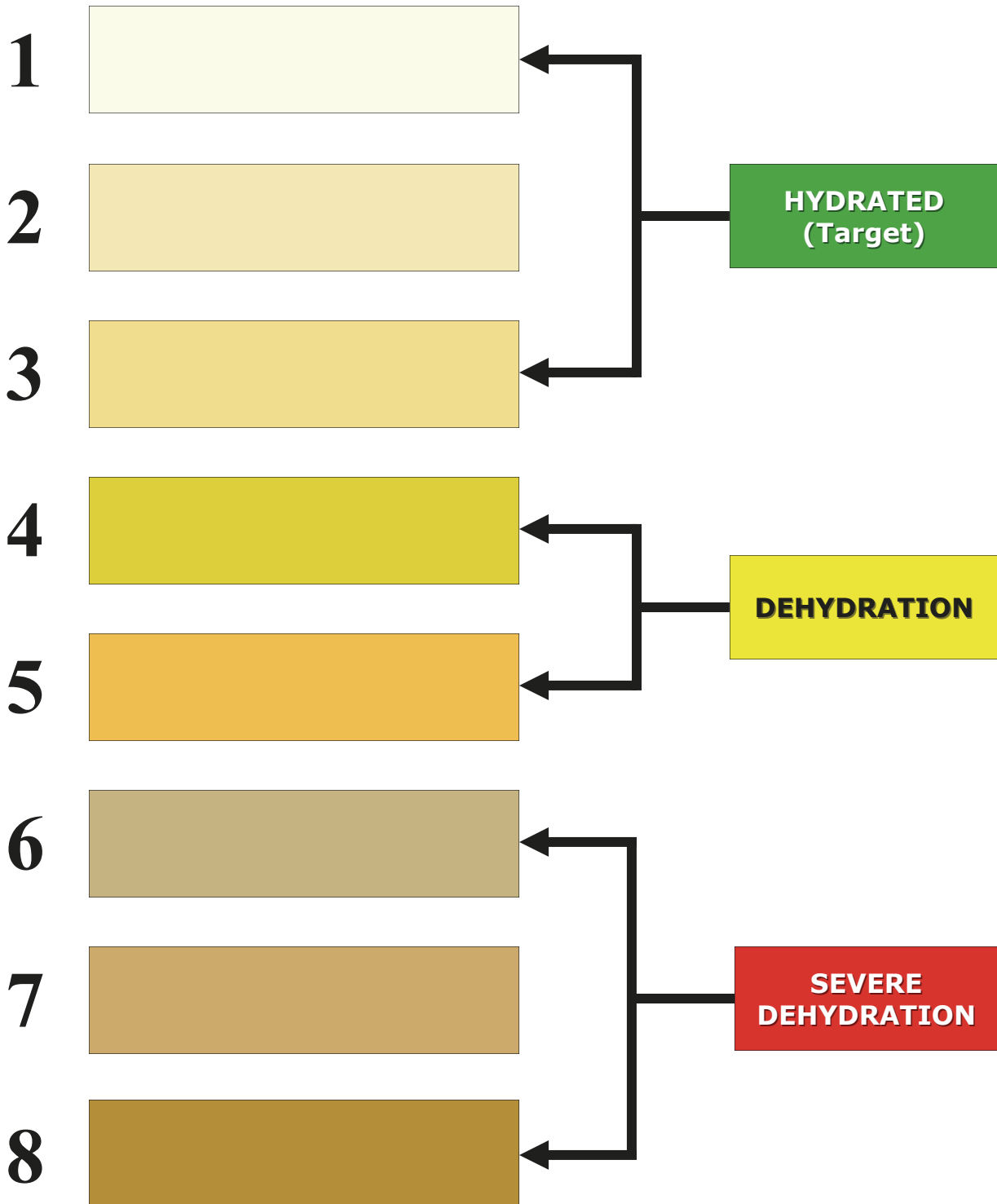


Am I Hydrated?

URINE HYDRATION CHART*



*-Vitamins and vitamin supplements can change the color of urine. Use another hydration status tool if taking these.