



Am I Hydrated? Urine Color Chart

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| 1 | | <p>This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.</p> <p>If your urine matches the colors numbered 1, 2, or 3 you are hydrated.</p> |
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| 3 | | |
| 4 | | <p>If your urine matches the colors numbered 4 through 8 you are dehydrated and need to drink for more fluid.</p> <p>Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.</p> |
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| 7 | | <p>If you are taking a vitamin supplement, you may need to check your hydration status using another tool like Handout #15: Hydration Check: Body Weight Log.</p> |
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