






## Dehydration Urine Colour Chart

	Probably well hydrated. Drink water as normal.
	Could stand to drink a little water now, maybe a small glass of water.
	Drink about 1/2 bottle of water (1/4 litre) within the hour, or drink a whole bottle (1/2 litre) of water if you're outside and/or sweating.
	Drink about 1/2 bottle of water (1/4 litre) right now, or drink a whole bottle (1/2 litre) of water if you're outside and/or sweating.
	Drink 2 bottles of water right now (1 litre). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. Seek further advice.

**Disclaimer:** This chart is designer to be a guide only. Vitamin supplements , medication, alcohol and certain diets may affect colour of urine

Armstrong LE, Maresh CM, Castellani JW, Bergeron MF, Kenefick RW, LaGasse KE & Riebe D (1994):

Urinary indices of hydration status. Int. J. Sport Nutr. 4, 265–279.

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