Purpose

• With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.
• Since heat-related illness often follows dehydration, this simple test will help protect your health.
• Dehydration also increases your risk for kidney stones.

How does it work?

• Match your urine color to closest color in the chart and read the hydration level on the chart.
• Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.
• In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

Prevent Dehydration

• No amount of training or acclimatization can reduce the body’s requirement for water.
• Follow the water consumption guidelines in the water consumption table.