

HYDRATION INDICATOR

Urine Color Identification Chart

OPTIMAL Clear/Transparent. Good hydration levels.

OPTIMAL Pale Straw. Ideal hydration maintained.

HYDRATED Light Yellow. Normal hydration.

MILDLY DEHYDRATED Yellow. Drink a glass of water now.

DEHYDRATED Dark Yellow. Increase fluid intake immediately.

SEVERELY DEHYDRATED Amber/Honey. Urgent rehydration required.

WARNING Brown/Dark. Consult a medical professional.

Note: Certain vitamins, supplements, and foods may alter urine color. This chart is for informational purposes only.