



HYDRATING
SINCE 1975

HYDRATE RESPONSIBLY

HYDRATION LEVEL CHART

DEHYDRATION IS 100% PREVENTABLE

USE THE COLOUR CHART TO IDENTIFY HYDRATION LEVEL



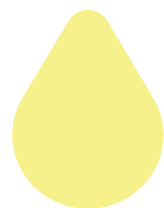
TARGET LEVEL

Maintain level



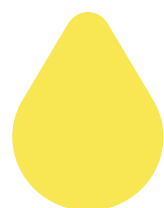
PROPERLY HYDRATED

Maintain level



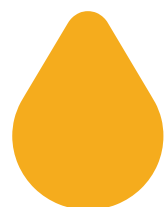
DEHYDRATED

Needs improvement



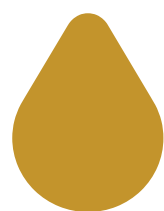
DEHYDRATED

If urine resembles or matches these colours more fluids should be consumed



SEVERELY DEHYDRATED

Immediate attention - contact a physician



SEVERELY DEHYDRATED

If urine matches these colours, serious dehydration has occurred - contact a physician



HOW MUCH WATER DO WE NEED?

RECOMMENDATION FOR PROPER HYDRATION

WATER (CUPS PER DAY)



DURING STRENUOUS ACTIVITY THE BODY REQUIRES 180 - 300ML OF ELECTROLYTES EVERY 15 - 20 MINUTES