Are You Hydrated?
Why is the urine chart essential and a must-have in every training room and locker room?

- Under normal kidney function, the color of urine can serve as an easy indicator of an individual’s level of hydration.

- The darker the color of urine, the more likely the person is dehydrated.

- Keep in mind that some vitamins and supplements may darken the color of urine.

- To determine your level of hydration, just match the color of urine stream to the colors on the chart.

- Dehydration is often a key contributor to heat related illnesses.