



NO COLOR. TRANSPARENT.

You're drinking a lot of water.
You may want to cut back.



PALE STRAW COLOR.

You're normal, healthy and well-hydrated.



TRANSPARENT YELLOW.

You're normal.



DARK YELLOW.

Normal. But drink some water soon.



AMBER OR HONEY.

Your body isn't getting enough water.
Drink some now.



SYRUP OR BROWN ALE.

You could have liver disease.
Or severe dehydration. Drink water and
see your doctor if it persists.



PINK TO REDDISH.

Have you eaten beets, blueberries or rhubarb recently? If not, you may have blood in your urine. It could be nothing. Or it could be a sign of kidney disease, tumors, urinary tract infections, prostate problems or something else. Maybe even lead or mercury poisoning. Contact your doctor.



ORANGE.

You may not be drinking enough water.
Or you could have a liver or bile duct condition. Or it could be food dye.
Contact your doctor.



BLUE OR GREEN.

Okay, this is different. There is a rare genetic disease that can turn your urine blue or green. Also certain bacteria can infect the urinary tract. But it's probably a food dye in something you ate. Or a medication. You won't die from it, but see your doctor if it persists.



PURPLE.

There's no such thing as purple urine.



FOAMING OR FIZZING.

A harmless hydraulic effect, if occasional.
But could indicate excess protein in your diet or a kidney problem. See a doctor if foaming happens all the time.