



### **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.



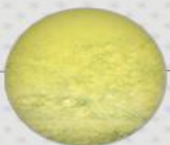
### **BLUE OR GREEN.**

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.