



Stay hydrated for a healthy glow

The colour of your pee can tell you if you're getting enough water. Here's a colour-coded chart to help!

No Colour

You're drinking a lot of water, you should cut back.

Pale Straw Colour

You're healthy and hydrated.

Transparent Yellow

You're in the zone!

Dark Yellow

In the zone, but drink some water soon.

Amber or Honey

Your body isn't getting enough water, drink some now!