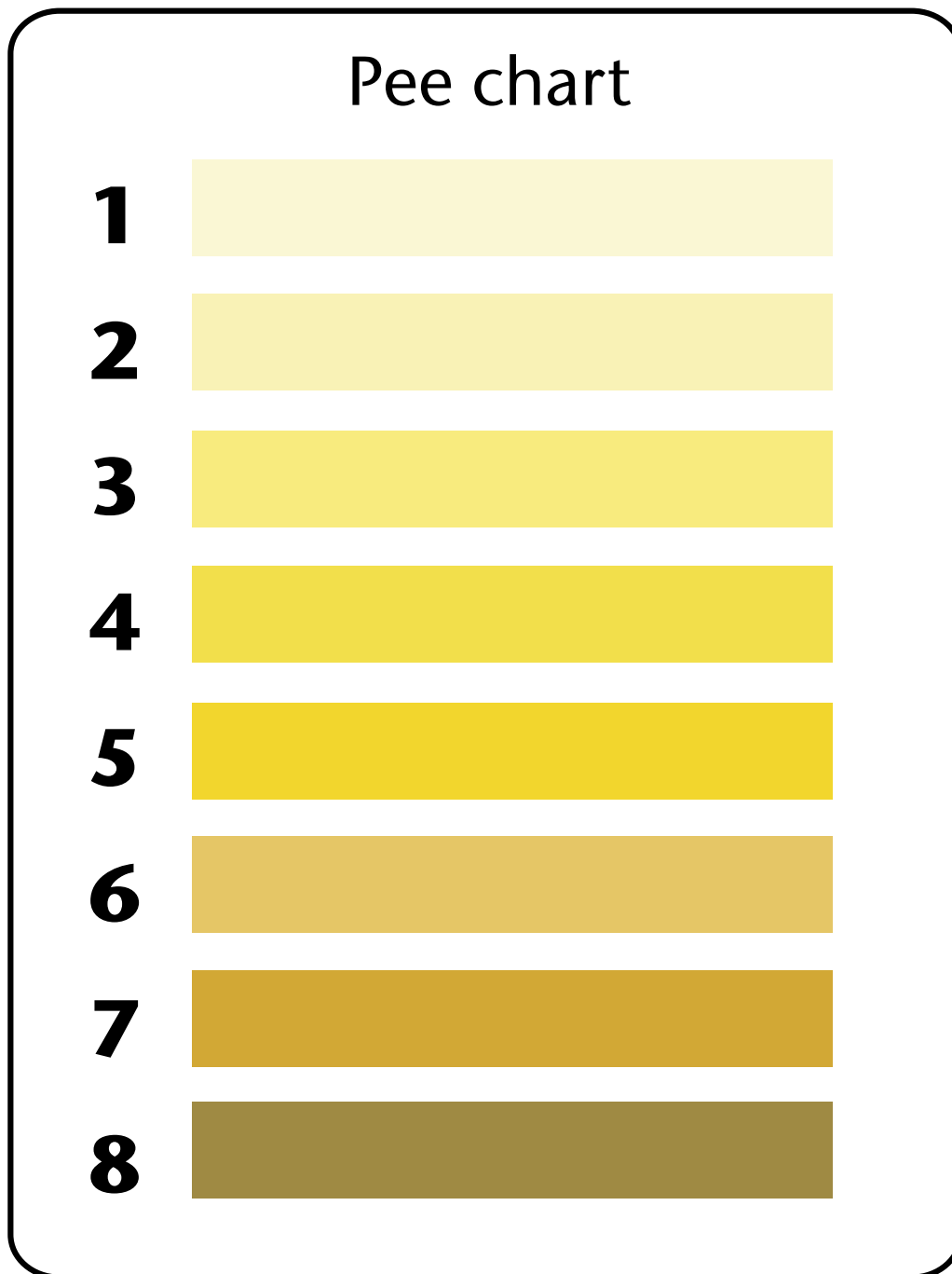


Are you dehydrated?



Your target is to make sure that your pee is the same colour as numbers 1, 2 or 3. Colours 4 and 5 suggest dehydration, and 6 and 7 severe dehydration.

Note that this is a guide only as individual diets will cause slight variations in colour.