

The shades of urine

The colour of your pee says a lot about you.

Let's investigate...
It is the best way to tell if you are drinking enough water!

Light-coloured pee, slightly yellow or clear

Everything is fine, you are well hydrated.



Continue drinking water regularly!

Pee that is a darker shade of yellow

It is a great yellow colour, but it is also a yellow card! It is your body's way of saying you may be lacking water.



Drink some water and see the result the next time you pee.

Dark-coloured pee that is orange or a strong yellow colour

Red alert!... This is a warning from your body!
You really need to drink more water to make you feel better.



Quick, go and drink some water and make your pee a lighter colour!

Psst... Do you know about these superpowers?

Beetroot can turn your pee



After eating asparagus, the smell of pee is



very strong