

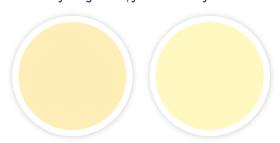
# Let's investigate...

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.







## 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.









#### 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!

## Pssst... Do you know about these superpowers?







