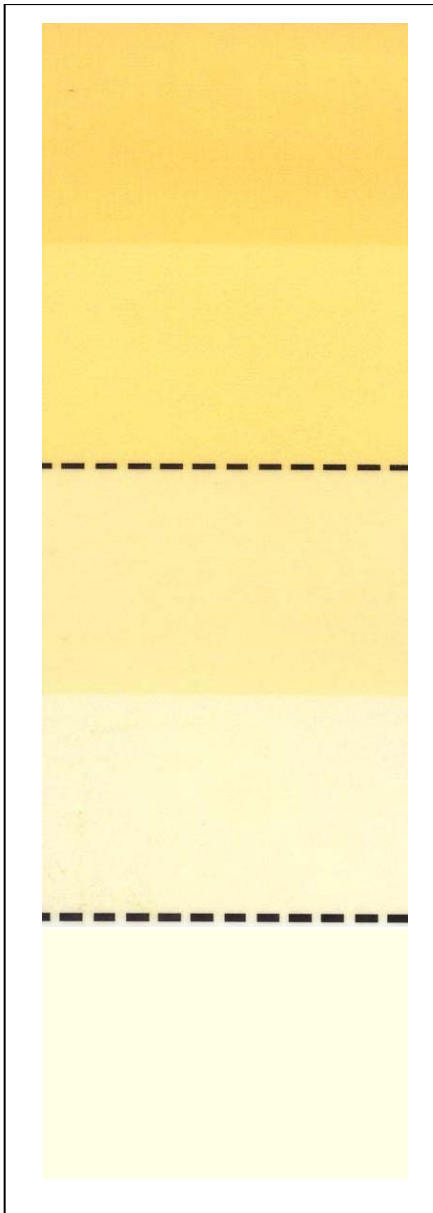


What Colour is your Urine?

It is recommended that you drink up to 1200 ml of water per hour and 300ml of electrolyte replacement drink per hour depending on work rate.



Extremely Dehydrated **Seek Medical Attention**

Drink Water and Electrolyte Replacement Drinks **Immediately!**

Mildly Dehydrated

Drink More Water **alternated with** Electrolyte Replacement Drinks as per instructions

Hydrated

Keep Drinking Water **alternated with** Electrolyte Replacement Drinks as per instructions

DO YOU PASS THE TEST?

Note: Urine colour may vary because of diet or supplements (e.g. multivitamins).