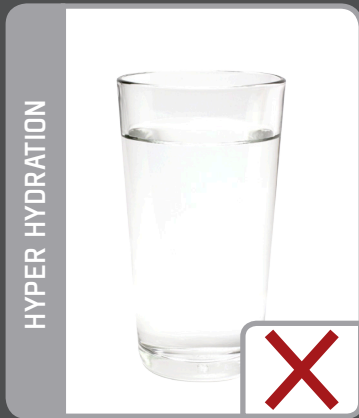


HOW DOES YOUR URINE COLOR MATCH UP?



A pale yellow, like lemonade, urine color is an indication of proper hydration.

If your urine is clear, you may be drinking too much while if your urine is dark yellow, like apple juice, you need more fluids.