








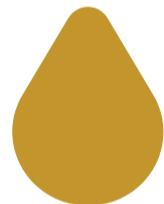
HYDRATING SINCE 1975

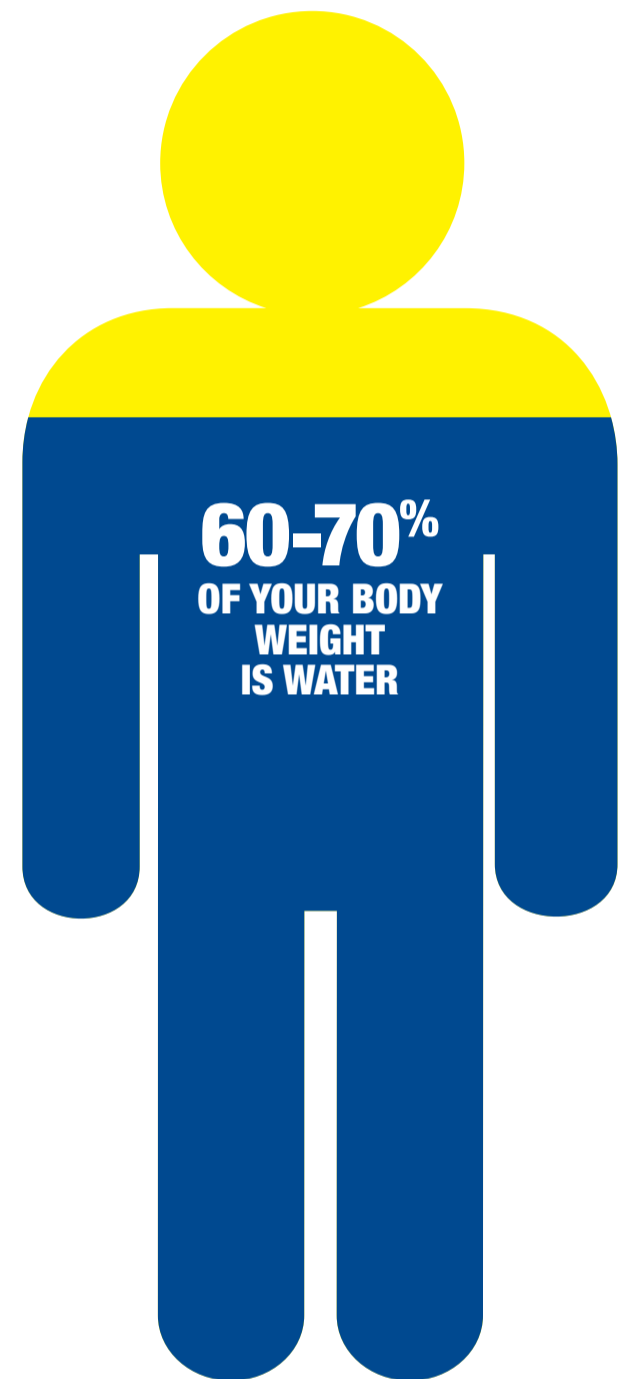
HYDRATE RESPONSIBLY

HYDRATION LEVEL CHART

DEHYDRATION IS 100% PREVENTABLE

USE THE COLOUR CHART TO IDENTIFY HYDRATION LEVEL

-  **TARGET LEVEL**
Maintain level
-  **PROPERLY HYDRATED**
Maintain level
-  **DEHYDRATED**
Needs improvement
-  **DEHYDRATED**
If urine resembles or matches these colours more fluids should be consumed
-  **SEVERELY DEHYDRATED**
Immediate attention - contact a physician
-  **SEVERELY DEHYDRATED**
If urine matches these colours, serious dehydration has occurred - contact a physician



HOW MUCH WATER DO WE NEED?

RECOMMENDATION FOR PROPER HYDRATION

WATER (CUPS PER DAY)



DURING STRENUOUS ACTIVITY THE BODY REQUIRES 180 - 300ML OF ELECTROLYTES EVERY 15 - 20 MINUTES