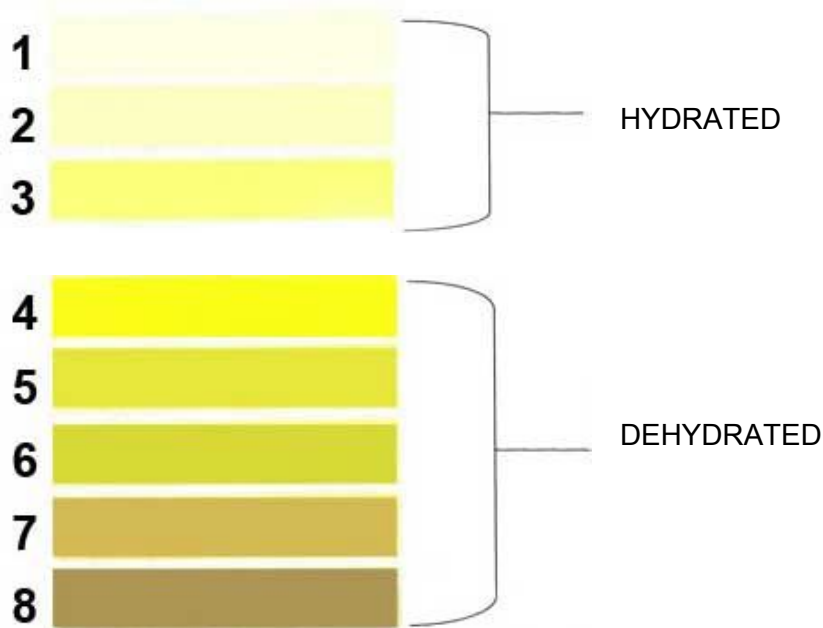


AM I HYDRATED?

Urine Colour Chart

With this chart you can easily assess if you are drinking enough water throughout the day.
You can also use the weekly intake sheet to help you track this.



TAKE NOTE!

If you are taking vitamin supplements,
it is possible they will show up in your urine
ie: Vit B will make your urine bright yellow with an odour (that is normal)

Your NOSE knows...

While some foods can cause your urine to smell different,
A strong smelling odour can be a sign of dehydration

FOR MORE INFORMATION GO TO

<http://simplybetterhealth.com.au/simple-truth-blog/nutrition/>

If you would like to discuss your health with Sandy, please
[CLICK THIS LINK HERE](#) and drop her an email.

