

Are You Hydrated?



Use this color chart to determine if you're drinking enough Louisville Pure Tap™ and other fluids throughout the day. The darker your urine, the more dehydrated you are.

**You're doing great!
You are hydrated.**



**You're fine but should
drink a little water.**



**Drink ½ bottle of water
now to stay hydrated.**



**Drink 1 bottle of water now.
You are dehydrated.**



**Drink 2 bottles of water now.
You are severely dehydrated.**

