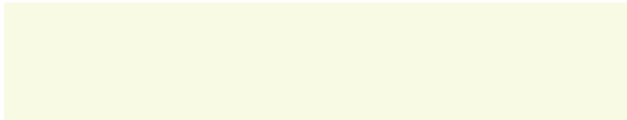
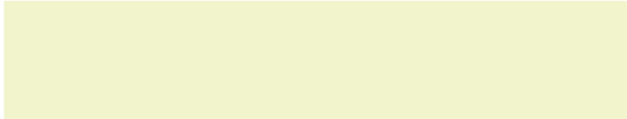

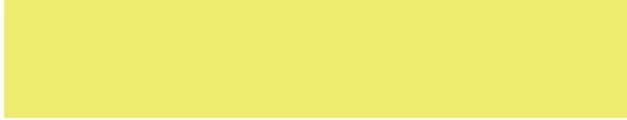






ARE YOU ABOVE THE LINE?

URINE COLOUR CHART

1		If your urine matches this colour, you are drinking enough fluids
2		If your urine matches this colour, you are drinking enough fluids
3		Slightly dehydrated - drink more water to get the ideal colour in shades 1 and 2
<hr/>		
4		You may suffer from cramps and heat-related problems
5		HEALTH RISK! Drink more water
6		HEALTH RISK! Drink more water
7		HEALTH RISK! Drink more water
8		HEALTH RISK! Drink more water