



Prado Pee Meter

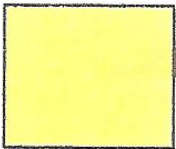


How dehydrated are you?



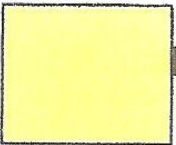
YOU ARE HIGHLY DEHYDRATED!

Go drink a large bottle of water immediately!!!



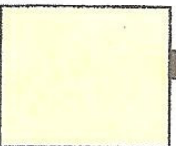
You are still seriously dehydrated.

You lose fluid on a regular basis throughout the day.
Drink more water to get hydrated.



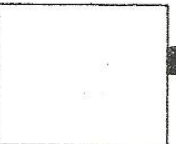
You are moderately dehydrated.

Drinking more water now will make you feel a lot better.



You are almost there.

Get some more water in your system to help flush out toxins. Stay hydrated and healthy!



Great Job!

Now don't let yourself get dehydrated. Drink at least 8-12 large glasses of water throughout the day!

Caffeinated drinks dehydrate - limit your consumption.
Sport drinks can provide supplementary electrolytes, but...

WATER IS THE KEY!!!