

YorkshireWater

pee-o-meter

HEADACHES

IRRITABLE

DIZZINESS

WEAKNESS

SLUGGISH

CLEAN BILL

SAINT or SINNER?
www.cool-fuel.com

You should drink 8 glasses of water a day to stay healthy and hydrated. One of the simplest methods of checking you are hydrated is by doing the tinkle test. You can use this pee-o-meter to see which colour most closely resembles the colour of you wee. The clearer, the better.



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