

URINE CHARGE OF YOUR OWN HYDRATION

WWW.ERGODYNE.COM/HEATSTRESS



AIM FOR A Hydrated Stream

<<

TRANSPARENT URINE MAY INDICATE OVER HYDRATION.

SEVERELY DEHYDRATED

SEVERELY DEHYDRATED

DEHYDRATED

DEHYDRATED

HYDRATED

OVER Hydrated

©2017 ERGODYNE