

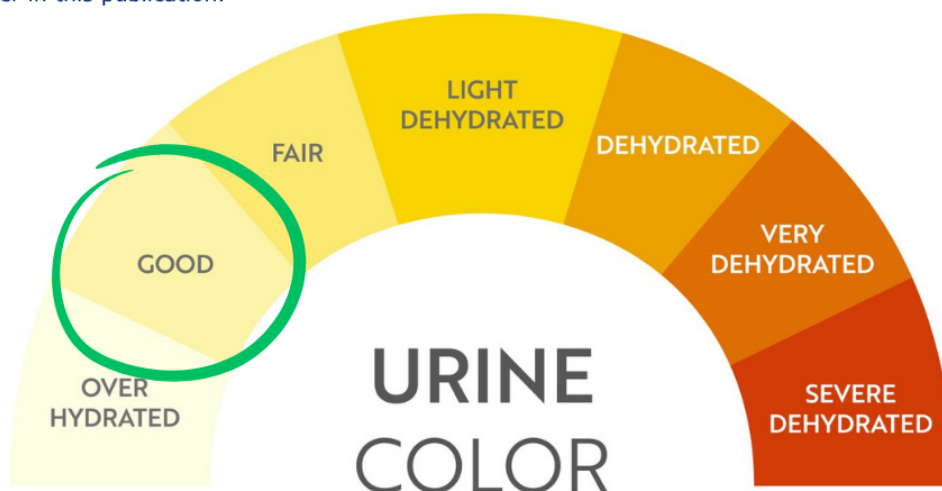
## ULTRA ACCESS

### Urine Colour Chart

How the colour of your pee can show ones hydration (and health) status

The type of thing we all see whilst urinating in public / project toilets.

A chart showing different shades of urine colour, and what it means... and we aim to go a bit deeper in this publication.



In short: the lighter your urine colour, the more hydrated you should be, with it getting progressively darker, as the chart shows, until you start reaching a dark(ish) yellow colour, all the way to yellowy-brown. **Try to aim for "GOOD" on the chart.**

However: **RED URINE could be blood, so you should seek medical advice ASAP, if so.**

**BE AWARE:** certain food / drink types (including both multivitamins and electrolytes) can change the colour of a persons urine, so that will have to be factored in before relying too much on this chart.

**Electrolytes** are the natural salts and minerals in the body that carry an electrical charge when dissolved in body fluids (hence the name), and are crucial for numerous bodily functions, including; maintaining a healthy nervous system and aiding in muscle movement.

The body might experience cramping of the muscles if it is not getting enough of these minerals, which are lost through sweat and urination.

Why is your urine yellow(ish) to begin with?

Urine is a yellow(ish) colour due to a pigment called **urochrome**, which is a waste product, expelled by ones body from the breakdown of **hemoglobin** in the red blood cells.

Your Kidneys do the job of extracting fluids from your blood, and it in-turn produces urine - stored in the Bladder.

Ultra Access recommends that an adult human, doing an average days strenuous activity drinks at least 2l (litres) / 3.5 pints of fluids (preferably water) a day, and steadily increasing that amount the hotter / harder physical work someone is doing / the more sweat their body is releasing.

**Try not to overdo it (as too much water can be dangerous), so try to maintain a healthy in-take of fluids each day - 2l is recommend.**