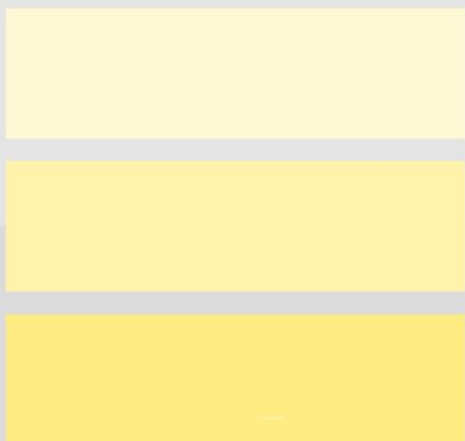


MONITORING YOUR HYDRATION

MONITORING YOUR HYDRATION STATUS THROUGH YOUR URINE COLOUR

HYDRATED



KEEP UP THE
GOOD WORK

KEEP HAVING
REGULAR
SIPS OF YOUR DRINK

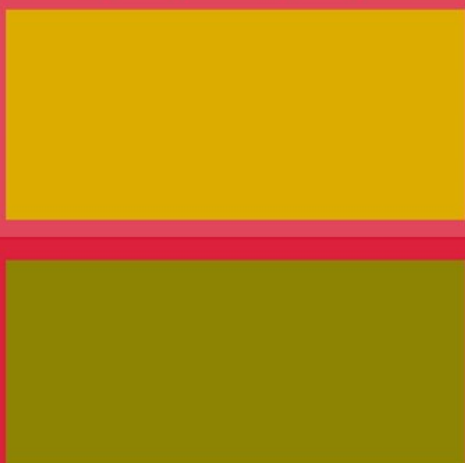
DEHYDRATED



START TO
TAKE ACTION

START TO
INCREASE
YOUR FLUID INTAKE

SEVERELY
DEHYDRATED



PERFORMANCE
IS GOING TO BE
AFFECTED

INCREASE YOUR FLUID INTAKE
URGENTLY