

YorkshireWater

pee-o-meter

HEADACHES

IRRITABLE

DIZZINESS

WEAKNESS

SLUGGISH


CLEAN BILL

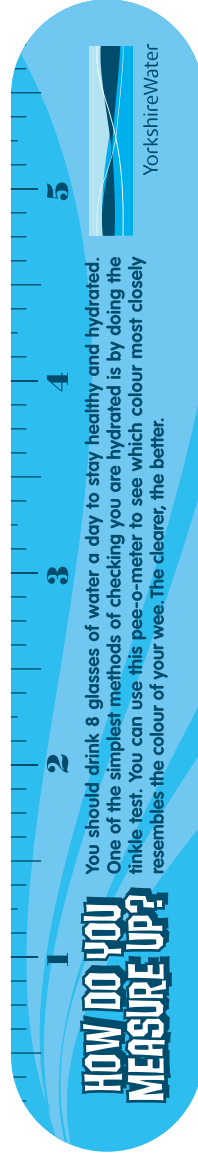
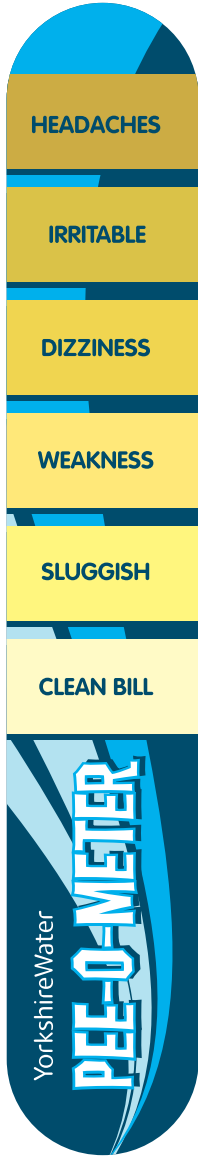
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You should drink 8 glasses of water a day to stay healthy and hydrated. One of the simplest methods of checking you are hydrated is by doing the 'tinkle test'. You can use this pee-o-meter to see which colour most closely resembles the colour of your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

SAINT or SIMMER?

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WHAT COLOUR IS YOURS?

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