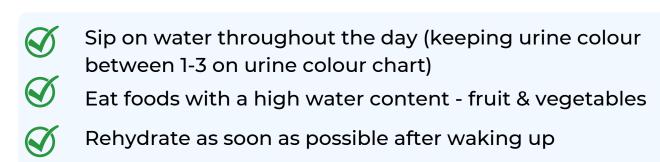
Hydration

Dehydration has a negative effect on...



The Hydration Checklist



URINE COLOUR CHART



