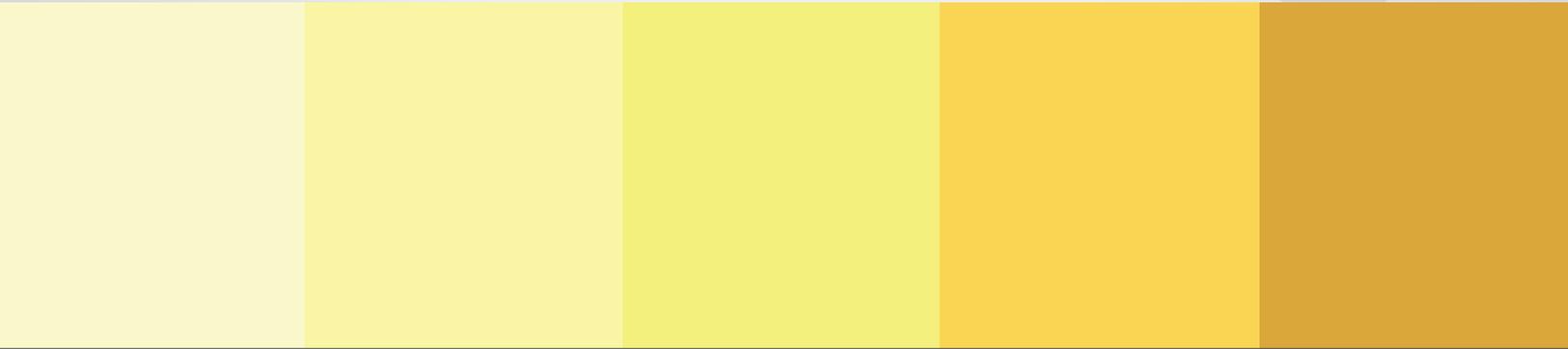


STAY HYDRATED. STAY IN THE GAME.

**CHECK YOUR HYDRATION BY CHECKING YOUR
URINE COLOR AGAINST THE CHART BELOW.**



If your urine is pale yellow, that's a sign of proper hydration. If it's dark, you need more fluids.

Why does hydration matter? It's simple: When athletes sweat, they lose fluids and electrolytes, which can lead to dehydration. Dehydration can negatively affect performance.

GATORADE
THE SPORTS FUEL COMPANY