

The Urine Color Chart

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The scientific validation of this color chart may be found in the *International Journal of Sport Nutrition*, Volume 4, 1994, pages 265-279 ¹⁹⁴ and Volume 8, 1998, pages 345-355. ¹⁹⁵ Adapted by permission from Larry Armstrong, 2000, *Performing In Extreme Environments*, (Champaign, IL: Human Kinetics). ¹⁹⁶

