



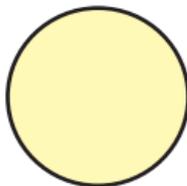
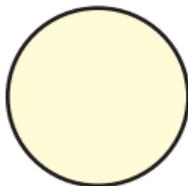
RapidPure
Water Purification

Are You Hydrated Enough?

HYDRATION LEVEL CHART

TARGET HYDRATION LEVEL

Maintain Level

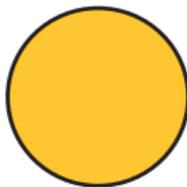
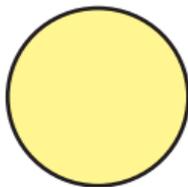


PROPERLY HYDRATED

If urine resembles or matches these colors - you are properly hydrated.

DEHYDRATED

Needs improvement



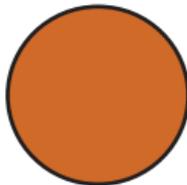
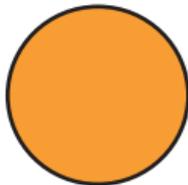
DEHYDRATED

If urine resembles or matches these colors - you need to consume more fluids.

DANGER

SEVERELY DEHYDRATED

Immediate attention needed.



SEVERELY DEHYDRATED

If urine resembles or matches these colors - **SERIOUS DEHYDRATION** has occurred. Seek medical help!

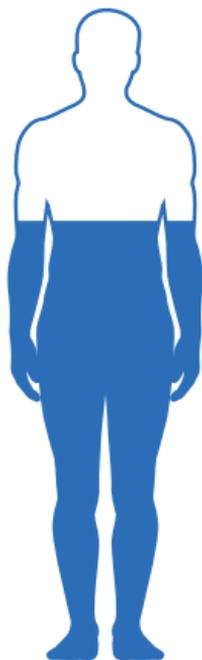
DANGER

DANGER

See reverse side for more information about the importance of staying hydrated

PERFORMANCE

BODY OVERVIEW AND THE EFFECTS OF FLUID BALANCE



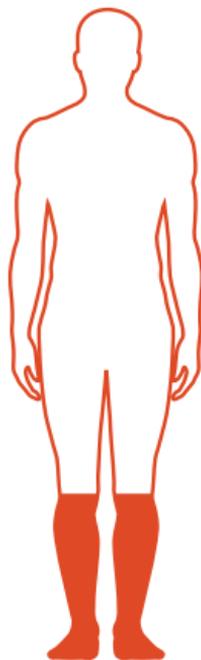
THE BODY IS 60-70% WATER

Recommended Intake:

13 cups (men) / 9 cups (women) a day
Hotter environments and/or strenuous activity increases required intake.

BENEFITS OF WATER

- Control body temperature
- Lubricate and cushion joints
- Protect your spinal cord
- Get rid of wastes



CONSEQUENCES OF FLUID LOSS AND NEGLECT OF FLUID BALANCE

- 2% Impaired performance
- 4% Capacity for muscular work declines
- 6% Heat Exhaustion
- 8% Hallucination
- 10% Circulatory collapse and heat stroke