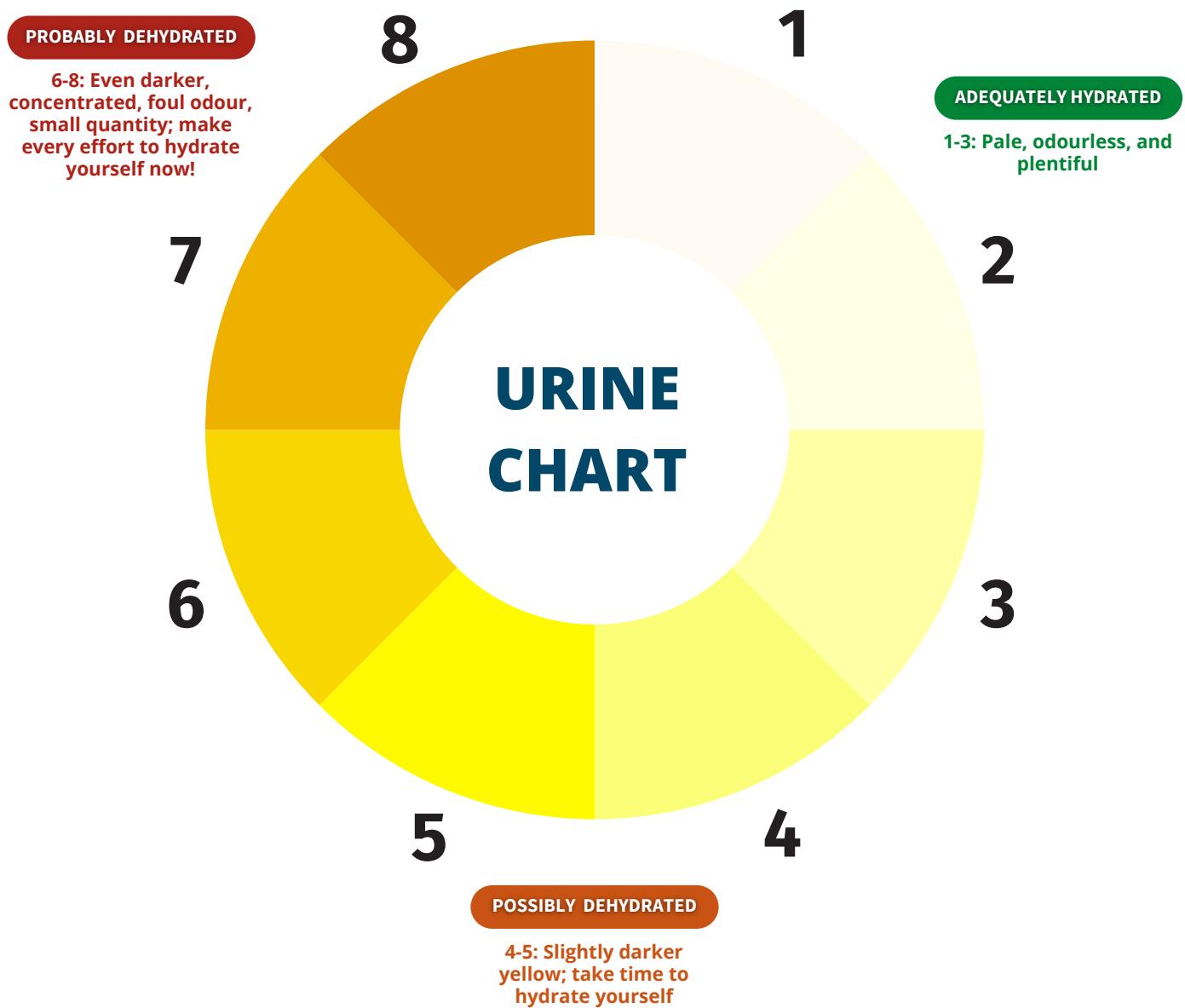


# What's Your Number?

See if your bladder is healthy by checking the Urine Chart.  
You should be aiming for #1, 2, or 3.



The darker your urine is the more likely it is that you are not drinking enough fluids to maintain health.

If you are not seeing #1-3 when you flush, give us a call and we can talk about your bladder health.

**continence** NZ  
0800 650 659