

**YOUR
KIDNEYS
FILTER
200 LITERS
OF FLUID
A DAY.
SHOW THEM
SOME
LOVE.**

Over the course of a day, your kidneys will filter 200 liters of fluid, removing toxins from your body. Healthy kidneys are essential



**National Kidney
Foundation**

LOVE YOUR KIDNEYS

to life. So if you have diabetes, high blood pressure or a family history of kidney disease, talk to your doctor. And get screened. Soon. The National Kidney Foundation offers free screenings coast to coast. Check our website to find one near you. Your kidneys do a lot for you. It's time to show them a little love. kidney.org.