

## Water Balance

Water intake	Water output
Drink <b>1000ml</b>	Skin perspiration <b>500ml</b>
Water content in food <b>1000ml</b>	Lung respiration <b>400ml</b>
Water produced from metabolism <b>350ml</b>	Urine <b>1300ml</b>
	Faeces <b>150ml</b>
Total	Total
<b>2350ml</b>	<b>2350ml</b>