

Did you know you
can lose 90% of
your kidney function
without realising?

Your kidneys constantly filter
toxins from your blood to keep
your organs working.

**How are yours? Learn more
with our 5 minute online checker.
Scan the QR code or visit:
[kidneycareuk.com/checker-vol](https://www.kidneycareuk.com/checker-vol)**

