

**DON'T KNOW YOUR
SERUM URIC ACID NUMBER?
YOU MAY BE AT RISK FOR GOUT.**

GO FOR 6

It's normal to have uric acid in your body – but too much could increase your risk for gout and related health issues, including kidney and heart disease and diabetes.

A healthy serum uric acid (sUA) level of 6 mg/dL or below is vital to minimizing risk. Like other healthy benchmark numbers for blood pressure, heart rate, cholesterol and blood sugar, this one is important, too.

Ask your doctor for a routine sUA blood test, and know your number.

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GOUT & URIC ACID
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