

What your **kidneys** do:



Make urine

Hanga mimi

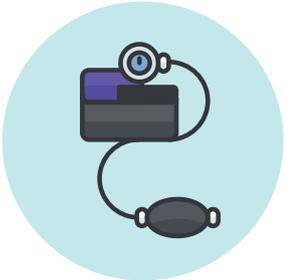
Kidneys control how much salt and water is in your body by making 1-2 litres of urine every day



Remove waste

Tango para

Kidneys NEVER stop cleaning your blood. Waste is removed from your body in your urine



Keep blood pressure healthy

Kia mau tonu te hauora o te toto

Kidneys make hormones which tell your heart to relax



Control the making of red blood cells

Te whakahaere i te hanga o ngā toto whero

Hormones from your kidneys tell your body when to make red blood cells. These cells carry oxygen around your body



Keep bones strong

Kia kaha ngā wheua

Vitamin D is made in your kidneys, ready for bones to use



Work harder than any other organ

Mahi kaha ake atu te whatukuhu o te tinana

Kidneys use 25% of the blood from every heartbeat. Healthy kidneys help you have a healthy heart!

Te Whatu Ora

Health New Zealand