WHAT IS CONSIDERED A STANDARD DRINK?
On average, for an adult, the liver can only break down one drink per hour. Any more than that, and the alcohol enters the bloodstream, affecting all organs until the liver can process it.

One standard drink is equal to:

- Beer (5% alcohol) 12 ounces
- Wine (12% alcohol) 5 ounces
- Fortified Wine 3 ounces
- Hard Liquor (80-proof) 1.5 ounces

With light beer or light wine, standard drinks are calculated in terms of a ratio. For example, 12 oz of a light beer (2.5% alcohol content) equals 1/2 of a standard drink. 12 oz of a light beer (4% alcohol content) equals 4/5 of a standard drink.

HOW MANY DRINKS ARE IN A BOTTLE OF...

<table>
<thead>
<tr>
<th>Wine</th>
<th>Hard Liquor</th>
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</thead>
<tbody>
<tr>
<td>25 oz (750 ml)</td>
<td>12 oz (mickey) 8 drinks</td>
</tr>
<tr>
<td>40 oz (1.14 L)</td>
<td>25 oz (750 ml) 17 drinks</td>
</tr>
<tr>
<td>25 oz Fortified</td>
<td>40 oz (1.14 L) 27 drinks</td>
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</tbody>
</table>

EFFECTS OF DRINKING
Below are the effects a person would feel if the specified number of drinks were consumed in one hour.

- 1 to 3 drinks: Lessened self-control, inhibitions, and memory; weakened fine motor skills
- 3 to 6 drinks: Exaggerated emotions; dulled vision; decreased muscle coordination; impaired judgment and response ability
- 7 to 10 drinks: Dulled vision, hearing, and speech; impaired motor coordination and balance; alcoholic coma
- 10-14 drinks: Slowed heart rate; stopped or slowed breathing; alcohol poisoning; death

Alcohol
$\text{C}_2\text{H}_5\text{OH}$ (ethanol/ethyl alcohol)
A drug that is mistakenly thought of as food.

For help or information, call NCADA at 314.962.3456 or visit ncada-stl.org