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Branch Office
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BLOOD ALCOHOL CONTENT

NUMBER OF DRINKS IN 1 HOUR:

| BODY WT. POUNDS | 1 | 2 | 3 | 4 | 5 | 7 | 10 | 12 |
|----------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 100 | .038 | .075 | .113 | .150 | .188 | .263 | .375 | .450 |
| 120 | .031 | .063 | .094 | .125 | .156 | .219 | .313 | .375 |
| 140 | .027 | .054 | .080 | .107 | .134 | .188 | .268 | .321 |
| 160 | .023 | .047 | .070 | .094 | .117 | .164 | .234 | .281 |
| 180 | .021 | .042 | .063 | .083 | .104 | .146 | .208 | .250 |
| 200 | .019 | .038 | .056 | .075 | .094 | .131 | .188 | .225 |

Under 0.03 Driving is becoming impaired
0.05 Driving becomes increasingly dangerous; Don't Drive!
0.08 Legally drunk in MO. Simply stated – Don't Drive!
Over 0.08 Unmistakably drunk. All faculties seriously affected.

A DRINK - IS A DRINK – IS A DRINK!

1 oz. (shot glass) of liquor @ 48 % alcohol = .48 absolute alcohol

12 oz. can of beer @ 4 % alcohol = .48 absolute alcohol

4 oz. glass of wine @ 12 % alcohol = .48 absolute alcohol

DON'T DRINK & DRIVE!

Alcohol is a depressant drug. It replaces calories ordinarily gained from other foods, but contains no minerals, vitamins, or proteins. Alcohol needs no digesting and is absorbed directly through the walls of the stomach and small intestine into the bloodstream and brain, affecting judgment, inhibitions, memory, coordination, speech, hearing, vision, and emotional behavior. Overdose is possible when drinking large quantities of alcohol in a short amount of time or when combined with another depressant drug. It takes a normal healthy liver approximately one hour per drink to break down the alcohol and get rid of it. The only way to sober up is with time – one hour for each drink consumed.

Reviewed 7/09

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Resource from NCADA's RADAR library. For more information, visit our website at www.ncada-stl.org.
 For questions on substance use, abuse and related problems, call NCADA's help Line at (314)962-3456.