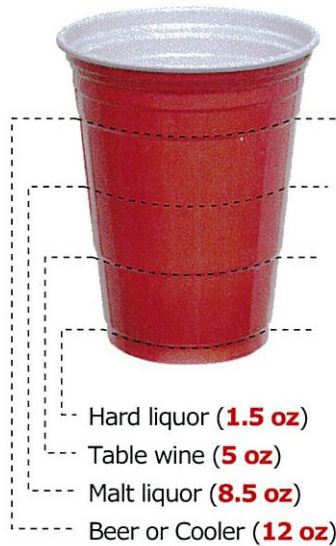


IT'S ALL IN THE MATH... THE MATH BEHIND A STANDARD DRINK



THE SCIENCE

- When the alcohol content increases, the number of standard drinks also increases
- Example #1:**
16 oz. malt liquor that contains 8% alcohol
 $16 \times .08 = 1.28$
 $1.28 / .6 = 2.13$ drinks
- If consumed in 1 hour, a **160 lb male** would have a BAC of approximately **.036**.
- A **130 lb female** would have a BAC of approximately **.058**.



1 Standard Drink is **0.6 fluid oz.** of 100% alcohol

Example #2:

- Rum & coke with **40% alcohol (80 proof)**
 $2 \text{ oz} \times .40 = .8$
 $.8 / .6 = 1.3$ drinks
- Rum & coke with **75% alcohol (150 proof)**
 $2 \text{ oz} \times .75 = 1.5$
 $1.5 / .6 = 2.5$ drinks

Both males & females will feel relaxed and in a good mood. However women will have greater impairment of inhibitions, judgement, motor skills, and coordination...and a higher BAC.

To keep within lower risk guidelines, the 40% alcohol drink would have to be nursed over 90 minutes, while the 75% alcohol drink would be slowly consumed over 2.5 hours.

??? Jungle Juice/Trash Can Punch???

Since there isn't a recipe for Jungle Juice, there's no way to know what a standard serving is. One night a cup-full could have 2 standard servings, another night it could have 5. Our recommendation is to avoid this mystery mix (plus, how clean could it be if it's served in a trash barrel?!)

NOT ALL DRINKS ARE CREATED EQUAL...