

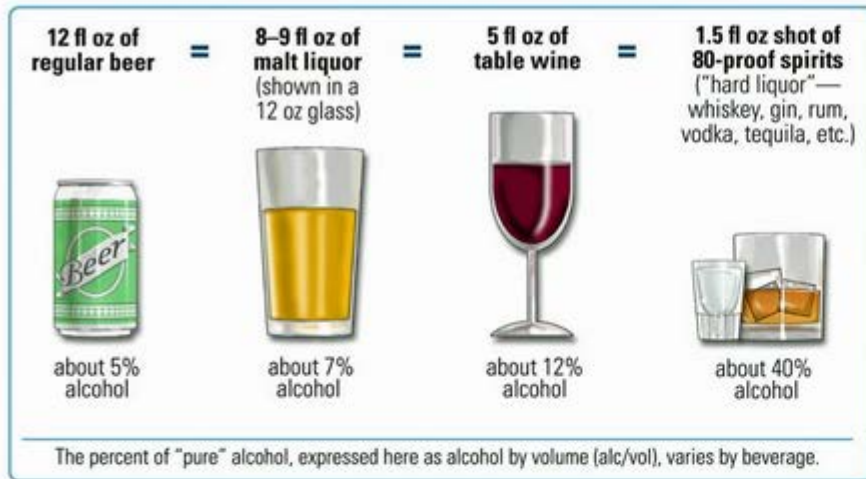
Men									
Drinks	Approximate Blood Alcohol Percentage								
	Body Weight in Pounds								
	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	Driving Skills Significantly Affected
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	Possible Criminal Penalties
5	.19	.16	.13	.12	.11	.09	.09	.08	Legally Intoxicated
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	Criminal Penalties
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	Death Possible
10	.38	.31	.27	.23	.21	.19	.17	.16	

Subtract .01% for each 40 minutes of drinking.  
One drink is 1.25 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.

Women										
Drinks	Approximate Blood Alcohol Percentage									
	Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Driving Skills Significantly Affected
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	Possible Criminal Penalties
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	Criminal Penalties
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	Death Possible
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

Subtract .01% for each 40 minutes of drinking.  
One drink is 1.25 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.

# Standard Drink Sizes



## Did You Know: The Lines on a Solo Cup are Measurement Marks



3 full keg cups of beer is about 4 standard drinks

6 full keg cups of beer is about 8 standard drinks

9 full keg cups of beer is about 12 standard drinks

Keg cup filled with wine is about 4 standard drinks

Keg cup filled with one mixed drink can be more than one or two standard drinks depending on how many shots are put into it

A standard 750 mL bottle of wine has 5 standard drinks

A fifth of 80-proof "hard liquor" has approximately 17 standard drinks

# WHICH BRAIN DO YOU WANT?

HEALTHY  
TOP DOWN



HEALTHY  
UNDERSIDE



3 YEARS OF  
METH



4 YEARS OF  
MARIJUANA



ALL AGES

ALL AGES

AGE 28

AGE 17

DRUGS  
DAMAGE  
THE BRAIN

AGE 45

AGE 22



10 YEARS OF  
ALCOHOL

AGE 32

AGE 38



4 YEARS OF  
SMOKING



4 YEARS OF  
COCAINE



6 YEARS OF  
OPIATES



These are brain SPECT (single photon emission computed tomography) images that assess blood flow and activity. Holes show areas significantly low in activity.

You can make your brain healthy again. Visit [www.amenclinics.com](http://www.amenclinics.com) to learn how.