

# Q.E.D.<sup>®</sup>

Saliva Alcohol Test

## Impairment Starts WITH THE FIRST DRINK

ALCOHOL CONSUMPTION CHART

DRINKS	BODY WEIGHT (pounds)								
	100	120	140	160	180	200	220	240	
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	safe zone
1	0.04	0.03	0.03	0.02	0.02	0.02	0.02	0.02	impairment begins
2	0.08	0.06	0.05	0.05	0.04	0.04	0.03	0.03	Impairment zone legally intoxicated- (certain states)
3	0.11	0.09	0.08	0.07	0.06	0.06	0.05	0.06	
4	0.15	0.12	0.11	0.09	0.08	0.08	0.07	0.06	
5	0.19	0.16	0.13	0.12	0.11	0.09	0.09	0.08	
6	0.23	0.19	0.16	0.14	0.13	0.11	0.10	0.09	legally intoxicated
7	0.26	0.22	0.19	0.16	0.15	0.13	0.12	0.11	
8	0.30	0.25	0.21	0.19	0.17	0.15	0.14	0.13	all states

### How much alcohol is in a drink?

1 drink = 12 oz. = 4 oz. = 1 1/4 oz.  
 beer wine liquor  
 6% alcohol 12% alcohol 40% alcohol

### How does alcohol affect me?

Alcohol slows down thought processes and reflexes. Scientific studies show that muscle coordination is affected at alcohol levels less than half of the "legal limit." Even one drink will affect your ability to drive or operate machinery safely.

### What affects your blood alcohol concentration?

A number of factors impact blood alcohol concentration (BAC). Here are a few:

- Food. Eating helps to slow the uptake of alcohol into the bloodstream.
- Body weight. In general, a small person will have a higher BAC than a large person who drinks the same amount.
- Alcohol intake. The kind of alcohol, how much and how fast you drink all affect BAC.

Everyone absorbs and breaks down alcohol differently, but a good rule of thumb is that it takes more than one hour to break down the alcohol in one drink.



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