

Standardized drinks



12oz.

Can of beer



4 oz.

Glass of wine



1 ¼ oz.

Shot 80 proof

1 oz.

Shot 100 proof

All have about the same amount of alcohol

Absorption

Only 20% of alcohol is absorbed through the stomach walls and 80% through the upper intestinal tract.

Alcohol seeks water and moves to every part of the body that contains water very quickly.

Elimination

The primary way alcohol is eliminated from the body is the liver.

Male 2/3 of a drink per hour.

Female 1/2 of a drink per hour.

There is no way to speed up the elimination process.