

It is actually very difficult to determine how much alcohol your body can tolerate, as there are many different factors that need to be taken into account. Your height, weight and gender, how much you have eaten, and how tired you are, to name but a few. These are all factors that need to be considered when consuming alcohol.

This alcohol table should only, therefore, be used as a guide to regulate your intake.

## ALCOHOL UNITS TABLE

<b>Product</b>	<b>% alc</b>	<b>Glass Size (ml)</b>	<b>Units of alcohol</b>	<b>Bottle Size (ml)</b>	<b>Units of alcohol</b>
Wine red or white, still or sparkling	<b>5.0</b>	125	<b>0.63</b>	750	<b>3.75</b>
Wine red or white, still or sparkling	<b>5.5</b>	125	<b>0.69</b>	750	<b>4.13</b>
Wine red or white, still or sparkling	<b>6.0</b>	125	<b>0.75</b>	750	<b>4.50</b>
Wine red or white, still or sparkling	<b>6.5</b>	125	<b>0.81</b>	750	<b>4.88</b>
Wine red or white, still or sparkling	<b>7.0</b>	125	<b>0.88</b>	750	<b>5.25</b>
Wine red or white, still or sparkling	<b>7.5</b>	125	<b>0.94</b>	750	<b>5.63</b>
Wine red or white, still or sparkling	<b>8.0</b>	125	<b>1.00</b>	750	<b>6.00</b>
Wine red or white, still or sparkling	<b>8.5</b>	125	<b>1.06</b>	750	<b>6.38</b>
Wine red or white, still or sparkling	<b>9.0</b>	125	<b>1.13</b>	750	<b>6.75</b>
Wine red or white, still or sparkling	<b>9.5</b>	125	<b>1.19</b>	750	<b>7.13</b>
Wine red or white, still or sparkling	<b>10.0</b>	125	<b>1.25</b>	750	<b>7.50</b>
Wine red or white, still or sparkling	<b>10.5</b>	125	<b>1.31</b>	750	<b>7.88</b>
Wine red or white, still or sparkling	<b>11.0</b>	125	<b>1.38</b>	750	<b>8.25</b>
Wine red or white, still or sparkling	<b>11.5</b>	125	<b>1.44</b>	750	<b>8.63</b>
Wine red or white, still or sparkling	<b>12.0</b>	125	<b>1.50</b>	750	<b>9.00</b>
Wine red or white, still or sparkling	<b>12.5</b>	125	<b>1.56</b>	750	<b>9.38</b>
Wine red or white, still or sparkling	<b>13.0</b>	125	<b>1.63</b>	750	<b>9.75</b>
Wine red or white, still or sparkling	<b>13.5</b>	125	<b>1.69</b>	750	<b>10.13</b>
Wine red or white, still or sparkling	<b>14.0</b>	125	<b>1.75</b>	750	<b>10.50</b>
Wine red or white, still or sparkling	<b>14.5</b>	125	<b>1.81</b>	750	<b>10.88</b>
Wine red or white, still or sparkling	<b>15.0</b>	125	<b>1.88</b>	750	<b>11.25</b>
Sherry or Port	<b>15.5</b>	125	<b>1.94</b>	750	<b>11.63</b>
Sherry or Port	<b>16.0</b>	125	<b>2.00</b>	750	<b>12.00</b>
Sherry or Port	<b>16.5</b>	125	<b>2.06</b>	750	<b>12.38</b>
Sherry or Port	<b>17.0</b>	125	<b>2.13</b>	750	<b>12.75</b>
Sherry or Port	<b>17.5</b>	125	<b>2.19</b>	750	<b>13.13</b>
Sherry or Port	<b>18.0</b>	125	<b>2.25</b>	750	<b>13.50</b>
Sherry or Port	<b>18.5</b>	125	<b>2.31</b>	750	<b>13.88</b>
Sherry or Port	<b>19.0</b>	125	<b>2.38</b>	750	<b>14.25</b>
Sherry or Port	<b>19.5</b>	125	<b>2.44</b>	750	<b>14.63</b>
Sherry or Port	<b>20.0</b>	125	<b>2.50</b>	750	<b>15.00</b>
Sherry or Port	<b>20.5</b>	125	<b>2.56</b>	750	<b>15.38</b>

A unit of alcohol is defined as 10ml of pure ethanol and is contained in a single 25ml measure of whisky.