





Alcohol Basics Notes



Alcohol is a diuretic.

A diuretic is any substance that pulls water (H₂O) out of the cells of the body.

What physical condition do diuretics cause? __Dehydration__

Types of Alcohol	Description
Amyl 	Used in paints, lacquers, stains, polyurethane, and industrial cleaning solvents
Isoprpyol 	Used in rubbing alcohol, household cleaners, and dry gas
Glycerol	Used in soap, food preservatives, ink, paper, medicine, and explosives
Menthol	Mint flavored alcohol used in candy, some liquor, cough syrup, medicines, and Nyquil
Ethanol / Ethyl	Type of alcohol found in beer, wine, and spirits (liquor). THIS IS THE <u>ONLY</u> TYPE OF ALCOHOL THAT CAUSES INTOXICATION!






Poisonous if ingested, can't be used for human consumption.



Is it true that alcohol like vodka, gin, or rum gets you drunk faster because it is stronger?

Let's see...

Beverage	Serving Size	% Alc. / Serving	Ounces (oz.) Pure Alc. / Serving	Ounces of non – alcohol per serving
Beer (*) 	12 oz.	4 – 6 %	.48 - .72 oz.	11.5 – 11.3 oz. carbonated water
Wine 	4 – 5 oz.	12 – 14%	.48 - .70 oz.	3.5 – 4.3 oz. grape juice
Spirits (liquor) 	1 – 1.5 oz.	45 – 50% (#)	.45 - .75 oz.	.55 - .25 oz. congeners & other fluids

(*) Includes wine coolers, malt beverages, “hard” lemonades, teas, and Smirnoff drinks

(#) Based on the beverages Proof.

What is Proof?

Proof is twice (2X) the percentage (%) of alcohol per serving.

ALCOHOL'S GOLDEN RULE:



A beer = a glass of wine = a shot

They all have about .50 - .60 oz. of alcohol per serving!