

**HOW LONG  
DOES ALCOHOL  
STAY IN YOUR SYSTEM?**

# How long Alcohol Takes to Leave Your System?

90 days in  
the hair

48 hours in  
the saliva

12 hours in  
the blood



# How long Alcohol Takes to Leave Your System?

Spirit  
25 ml



1 hour

Beer  
1 Pint



2 hours

Wine  
175 ml



3 hours

# Variables which effect the length of time

Low body fat



Quick to Absorb  
Alcohol

High body fat



Slow to Absorb  
Alcohol

# Variables which effect the length of time

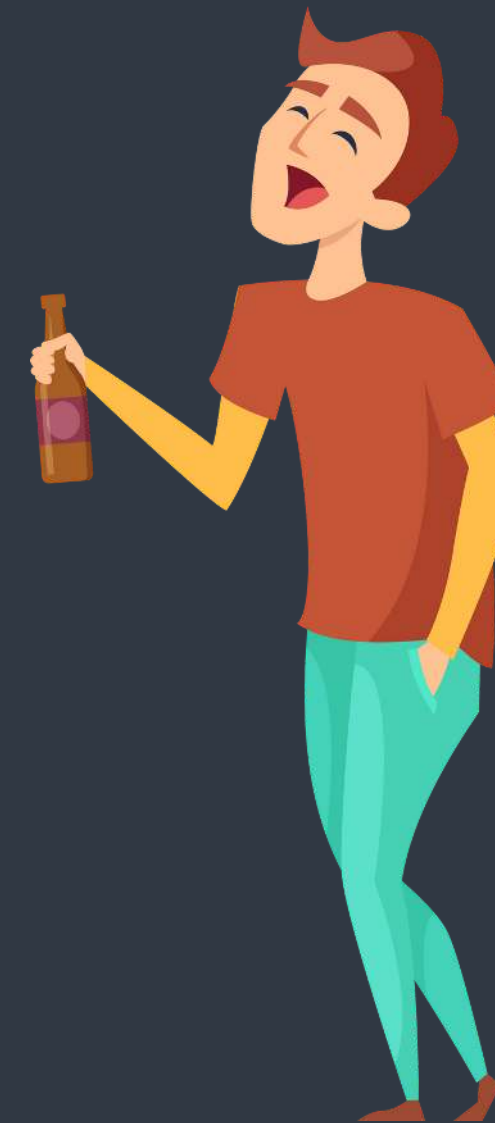
Food before alcohol



Blood Alcohol Consumption

1 - 6 hours

Alcohol with no food



Blood Alcohol Consumption

30 minutes - 2 hours

Vs

# Variables which effect the length of time

Men after 1 pint

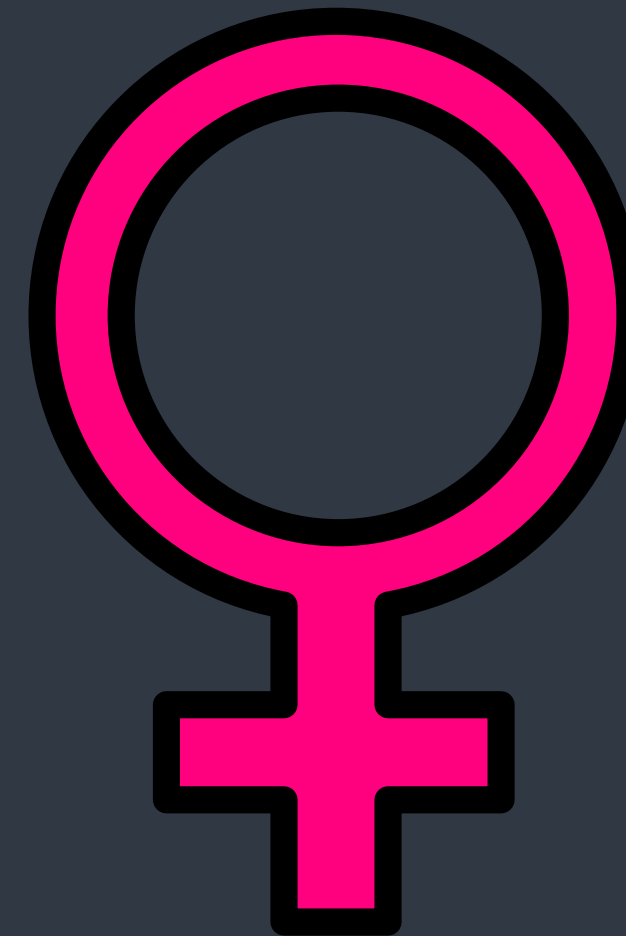


Lower

Blood Alcohol  
Consumption Levels

Vs

Women after 1 pint



Higher

Blood Alcohol  
Consumption Levels

# Alcohol Processing Time Exception

Alcohol +  
Water



Absorbed  
Slowly

Vs

Alcohol +  
Fizzy Drinks

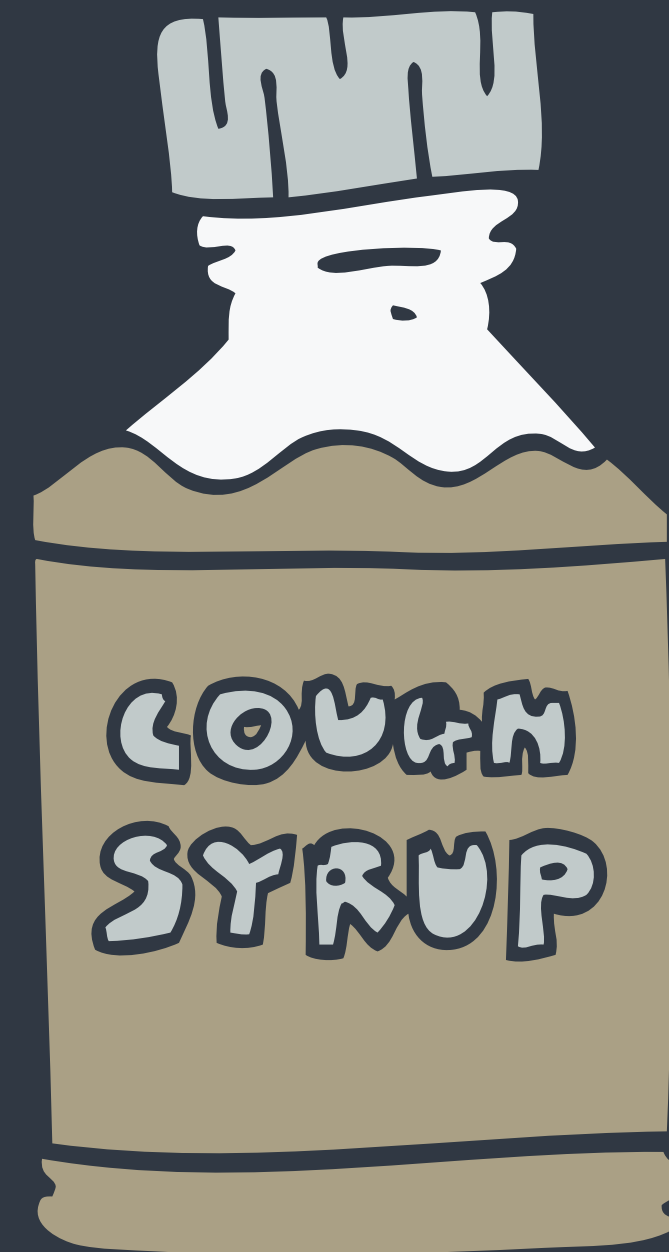


Absorbed  
Quickly

# Alcohol Processing Time Exception

**10% alcohol**

Prolongs time  
alcohol  
stays in your  
system





# Myth Busted 1

Caffeine has no effect  
on how long alcohol  
stays in the system



# Myth Busted 2

Cold Showers do not help  
alcohol leave the body



# Myth Busted 3

Sleep doesn't increase  
how quickly the body can  
process alcohol





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