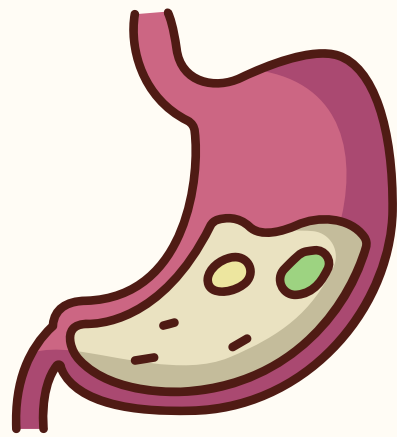


WHAT DOES ALCOHOL DO TO YOUR METABOLISM?

Alcohol intake impairs metabolic performance via effects on dehydration, reduces digestive absorption, and reduces levels of sex hormones, sleep patterns, and liver function.



CAUSES DEHYDRATION



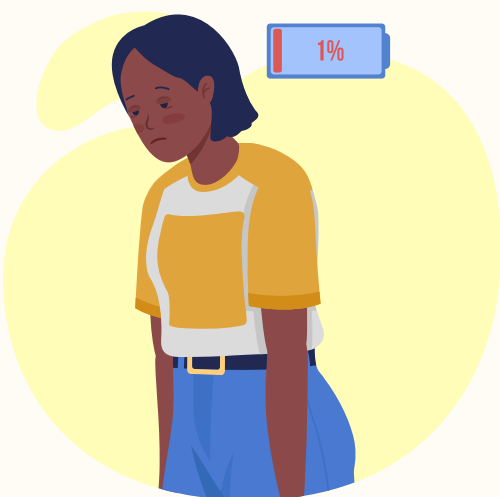
IMPAIRS DIGESTION



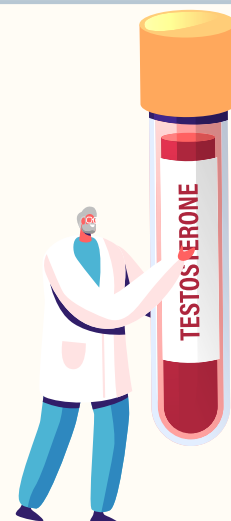
DISTURBS SLEEP



REDUCES LIVER FUNCTION



INCREASES FATIGUE



REDUCES TESTOSTERONE