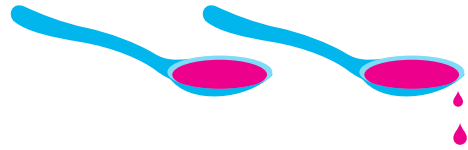


HOW MANY UNITS ARE IN YOUR DRINK?



=

10 ML OF
100% PURE ALCOHOL



TWO 5 ML TEASPOONS



JUST
UNDER
10 UNITS

WINE
One bottle
of wine (13%)

JUST
UNDER
3.5 UNITS



LARGE WINE
A 250 ml glass
of wine (13%)

JUST
UNDER
2.5 UNITS



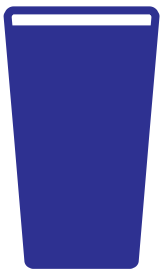
MEDIUM WINE
A 175 ml glass
of wine (13%)

1.5 UNITS



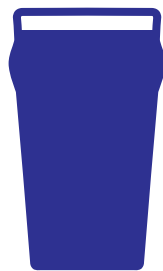
ALCOPOP
A 275 ml bottle
of alcopop (5%)

2 UNITS



A PINT
Ordinary
strength (3-4%)
lager, cider
or bitter

3 UNITS



PINT OF PREMIUM
Premium
strength (5-5.5%)
lager, cider
or bitter

JUST UNDER
3 UNITS



LARGE DOUBLE
(2 x 35 ml)
measure
of spirits (40%)

1 UNIT



SMALL SINGLE
(25 ml) measure
of spirits (40%)