

Hours to Zero Blood Alcohol Concentration (BAC)

You'll probably be surprised to learn how much time it takes for your body to eliminate alcohol from the blood stream. Although you can get your BAC up high in a hurry by drinking quickly, BAC goes down at a slow and predictable rate. This is because your liver can only metabolize a predictable blood alcohol concentration per hour.

The normal body will metabolize between 15mg% and 20mg% BAC per hour - we use a conservative 16mg% BAC per hour in the following charts. Some heavy drinkers may eliminate alcohol at a slightly higher rate and certain physical conditions may cause some people to metabolize alcohol at a slower rate.

The following charts will give you an idea of the number of hours it takes for women and men to reach zero BAC (no alcohol remaining in the blood stream) for a variety of body weights and different numbers of drinks.

INSTRUCTIONS:

1. Find the correct chart for women or men.
2. Find your body weight along the bottom of the chart.
3. Look down the left hand column for number of drinks consumed during the entire drinking episode.
4. Note where the number of drinks row and the body weight column intersect - this is the number of hours to zero BAC from the time you started drinking.

Hours to Zero BAC for MEN								
15 drinks	35	29	24	22	19	17	16	14
14 drinks	32	27	23	20	17.5	16	15	13
13 drinks	30	25	21	19	16	15	14	12
12	28	23	20	17	15	13.5	13	11

drinks								
11 drinks	25	21	18	16	14	12	12	10
10 drinks	23	19	16	14	12.5	11	11	9.5
9 drinks	21.5	18	15	13.5	11.5	10.5	10	9
8 drinks	19	16	13.5	12	10	9	9	8
7 drinks	17	14	12	10.5	9	8	8	7
6 drinks	14	12	10	9	8	7	6.5	6
5 drinks	12	10	8.5	7.5	6.5	6	5.5	5
4 drinks	9.5	8	7	6	5.5	5	4.5	4
3 drinks	7	6	5	4.4	4	3.5	3.5	3
2 drinks	5	4	3.5	3	3	2.5	2	2
1 drink	2.5	2	2	2	1.5	1	1	1
	100	120	140	160	180	200	220	240
Your weight in pounds								

Hours to Zero BAC for WOMEN								
15 drinks	42	35	30	26	23	21	19	17
14 drinks	39	32	28	24.5	22	19	17.5	16
13 drinks	37	30	26	23	20	18	16	15
12 drinks	34	28	24	21	19	16.5	15	13.5

11 drinks	31	25	22	19	17	15	14	12
10 drinks	28	26	20	17.5	16	14	12.5	11
9 drinks	26	21.5	18.5	16	14.5	13	11.5	10.5
8 drinks	23	19	16.5	14.5	13	11.5	10.5	9.5
7 drinks	20	17	14.5	12.5	11.5	10	9	8
6 drinks	17.5	14	12.5	11	9.5	8.5	7.5	7
5 drinks	14.2	12	10.5	9	8	7	6.5	6
4 drinks	12	9.5	8.5	7	7	5.5	5	4.5
3 drinks	9	7	6.5	5.5	5	4.5	5	3.5
2 drinks	6	5	4	3.5	3	3	2.5	1.5
1 drink	3	2.5	2	2	1.5	1.5	1.5	1
	100	120	140	160	180	200	220	240
Your weight in pounds								

Example: If a 120 pound woman has 4 drinks, it will take almost 10 hours for her blood alcohol level to return to zero (no alcohol in her bloodstream).

Adapted from American Education Systems of Eau Claire
