A 135 pound woman who drinks two, 24oz alcoholic energy drinks in 2 hours will have a BAC (Blood Alcohol Content) of .32-.36

0.30 BAC: Little comprehension, may pass out
0.35 BAC: Coma possible, level of surgical anesthesia

Alcohol + Caffeine= Negative Consequences
- Bad hangovers
- Poor decisions like drunk driving
- Alcohol poisoning

Given the different sizes and formulations of alcoholic energy drinks, determining the equivalent number of standard drinks can be challenging.

Drinking one 24oz can of a 12% alcoholic energy drink is like combining:
- 6 cans of beer
- 5 cups of coffee

Many of these drinks pack 660 calories per serving.

That’s 100 calories more than a BIG MAC.

There are numerous alcoholic energy beverage lines on the market including: Associated Brewing's Axis, Four Loko, United Brands's Max, Rock Star 21, Tilt and Sparks.

You’re Smart. Choose to Drink Something Else!