September 15, 2021

Hours to Zero BAC

How long to eliminate alcohol from your system?

You will probably be surprised to learn how much time it takes for your body to eliminate alcohol from the bloodstream even though you can raise your BAC quickly by slamming drinks. 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 .015 percent and .020 percent BAC per hour. We use a conservative .016 percent 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 chart for women or men.
2. Find your weight along the bottom of the chart.
3. Find the amount of drinks consumed during the entire drinking episode in the left-hand column.
4. Note where the "Number of Drinks" consumed and your weight intersect. This is the number of hours to zero BAC from the time you started drinking.

Hours to Zero BAC for Men

Number of Drinks	100	120	140	160	180	200	220	240
15	35	29	24	22	19	17	16	14
14	32	27	23	20	17.5	16	15	13
13	30	25	21	19	16	15	14	12
12	28	23	20	17	15	13.5	13	11
11	25	21	18	16	14	12	12	10
10	23	19	16	14	12.5	11	11	9.5
9	21.5	18	15	13.5	11.5	10.5	10	9
8	19	16	13.5	12	10	9	9	8
7	17	14	12	10.5	9	8	8	7
6	14	12	10	9	8	7	6.5	5
5	12	10	8.5	7.5	6.5	5	5.5	5
4	9.5	8	7	6	5.5	5	4.5	4
3	7	6	5	4.5	4	3.5	3.5	3
2	3	4	3.5	3	3	2.5	2	2
1	2.5	2	2	2	1.5	1	1	1

Weight in Pounds

Hours to Zero BAC for Women

Number of Drinks	100	120	140	160	180	200	220	240
15	42	35	30	26	23	21	19	17
14	39	32	28	24.5	22	19	17.5	16
13	37	30	26	23	20	18	16	15
12	34	28	24	21	19	16.5	15	13.5
11	31	25	22	19	17	15	14	12
10	28	23	20	17.5	16	14	12.5	11
9	26	21.5	18.5	16	14.5	13	11.5	10.5
8	23	19	16.5	14.5	13	11.5	10.5	9.5
7	20	17	14.5	12.5	11.5	10	9	8
6	17.5	14	12.5	11	9.5	8.5	7.5	7
5	14.5	12	10.5	9	8	7	6.5	6
4	12	9.5	8.5	7	7	5.5	5	4.5
3	9	7	6.5	5.5	5	4.5	4	3.5
2	6	3	4	3.5	3	3	2.5	1.5
1	3	2.5	2	2	1.5	1.5	1.5	1

Weight in Pounds