

DOUBLE TROUBLE

Generally spirits tend to have an ABV% of around 40%. Don't get caught out though as some can be considerably higher - making a single shot more than a single unit.

As you can see from the following spirits a single, double or 'home-measure' could send both men and women over their daily recommended consumption which, if consumed regularly could have associated health risks.

We have calculated these spirits using a double measure (50ml) and the highest ABV% to demonstrate this.

Always check the bottle for the ABV this will tell you how strong the drink is and enable you to work out how many units it contains.

Even if you have been served in a bar, ask the bar staff.

BRANDY

Double (50ml) measure ABV 35-60%



$$\frac{50\text{ml} \times 60(\%ABV)}{1000} = 3 \text{ Units}$$

WHISKY

Double (50ml) measure ABV 40-55%



$$\frac{50\text{ml} \times 55(\%ABV)}{1000} = 2.75 \text{ Units}$$

RUM

Double (50ml) measure ABV 37.5-80%



$$\frac{50\text{ml} \times 80(\%ABV)}{1000} = 4 \text{ Units}$$

TEQUILA

Double (50ml) measure ABV 32-60%



$$\frac{50\text{ml} \times 60(\%ABV)}{1000} = 3 \text{ Units}$$

GIN

Double (50ml) measure ABV 40-50%



$$\frac{50\text{ml} \times 50(\%ABV)}{1000} = 2.5 \text{ Units}$$

VODKA

Double (50ml) measure ABV 35-50%



$$\frac{50\text{ml} \times 50(\%ABV)}{1000} = 2.5 \text{ Units}$$

ABSINTH

Double (50ml) measure ABV 45-89.9%



$$\frac{50\text{ml} \times 90(\%ABV)}{1000} = 4.5 \text{ Units}$$