



## HOW TO CALCULATE UNITS

In an age of mindful drinking, let's help everyone drink responsibly, all packaged alcohol states the units and there's no reason why we can't do the same with cocktails.

To calculate the unit of an item of alcohol you simply multiply the unit measurement by the ABV and divide by 1000, it's easier than it sounds! For example:

**50ml of a London Dry Gin x 40% ABV / 1000 = 2 units  
(50x40/1000)**

If you are looking to calculate a cocktail with more than one alcohol you will work out the units for both alcoholic products and then add them together. A Margarita for example:

**40ml of Blanco Tequila x 40% ABV / 1000 = 1.6 units  
20ml of Triple Sec x 20% ABV / 1000 = 0.4 units**

**Total units for a Margarita using a 60ml of alcohol is 2 units.**