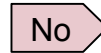
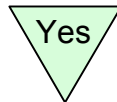


Personal Drinking Guidelines

When consumed in moderation, alcohol may provide some health benefits, including reduced risk of heart disease and peripheral vascular disease. It lowers risk of dying of a heart attack and may lower the risk of ischemic strokes, gallstones, and diabetes. The recommended daily amounts depend on your age, gender, and other health-related factors. Complete the questions below to determine what's right for you.

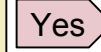
1. Do you drink alcohol?



Few medical experts advise non-drinkers to start drinking

2. Do you have any of these conditions?

- Pregnancy
- Nursing
- Pancreatic disease
- Liver disease
- History of hemorrhagic stroke
- Precancerous changes to the throat or mouth
- Current or past alc or drug addiction

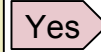


Your specific health profile indicates the risks of drinking outweigh the benefits; abstaining from drinking is best

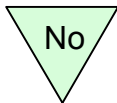


3. Are you currently taking any of these medications?

- Antibiotics
- Anticoagulants
- Antidepressants
- Antihistamines
- Anti-inflammatory agents
- Antipsychotic medications
- Anti-seizure medications
- Anti-ulcer medications
- Barbiturates
- Benzodiazepines
- Beta blockers
- Cardiovascular medications
- Diabetes medications
- Muscle relaxants
- Pain relievers
- Sleeping pills



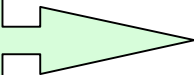
Talk to your doctor or pharmacist about how alcohol interacts with your medications before you drink



The standard drinking guidelines below are probably right for you

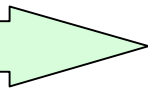
I am a

- Female
- Male, age 65 or older



One standard drink per day (12 oz beer, 5 oz wine or 1.5 oz 80-proof liquor) is recommended

- Male, age 64 or younger



Up to two standard drinks per day is recommended