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## Moderate alcohol intake is not protective

A systematic review of 107 alcohol studies that accounted for potential confounding from former drinker bias and other study-level covariates found no significant protective associations of occasional or low-volume drinking (moderate drinking) with all-cause mortality.<sup>1</sup>

There was an increased risk of all-cause mortality for drinkers who drank over 25 gms/day (1 can of beer = 14 gms, 150 ml of wine = 14 gms) and a significantly increased risk when drinking 45 gms or more per day.

There was a significantly increased risk of all-cause mortality among female drinkers who drank 25 or more gms per day, and male drinkers who drank 45 or more gms per day.

Reference:

1. [Association Between Daily Alcohol Intake and Risk of All-Cause Mortality](#) JAMA Netw Open (2023)

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