



ALCOHOLIC SODAS & PRE-MIX DRINKS

Be aware that pre-mix drinks and alcoholic sodas can have more standard drinks than you might think.

CHECK THE LABEL

Further information
Alcohol & Drug Information Service
1300 13 1340



Government
of South Australia

SA Health



ALCOHOLIC SODAS & PRE-MIX DRINKS

Alcoholic sodas, pre-mix drinks, alcoholic soft drinks, alcopops, designer drinks: these are some of the names used to describe a range of popular drinks currently on the market. These drinks have particular appeal to young people and are especially popular among young women. New varieties are constantly being introduced to the market.

These drinks contain a mixture of alcohol and another beverage such as fruit juice, soda and other soft drinks, and often the alcohol cannot be tasted. Consequently, people can feel that they are having little or no alcohol. Most of these drinks contain about 5% alcohol, which is similar to the amount of alcohol in regular beer. Some have significantly higher alcohol content.

We all know that too much alcohol can result in embarrassing or risky situations. Be aware that these drinks can make you think you are drinking less alcohol than you really are. One way to keep track of how much alcohol you are drinking is to think in terms of standard drinks. Standard drinks are a useful concept when considering the health, legal and social effects of alcohol.

DRINKING GUIDELINES FOR HEALTHY MEN AND WOMEN:

Drinking **no more than 2 standard drinks on any day** reduces your risk of harm from alcohol-related disease or injury over a lifetime.

Drinking **no more than 4 standard drinks on a single occasion** reduces the risk of alcohol-related injury arising from that occasion.

Most young people do not drink on a daily basis; the harm comes from binge drinking sessions. Saving up drinks over a few days and then binge drinking is considered high-risk and can cause considerable harm.

The Drinking Guidelines do not apply to drink driving. A guide to staying under 0.05 is available from the Alcohol & Drug Information Service, tel: 1300 13 1340.

ALCOHOLIC SODAS & PRE-MIX DRINKS

Here is a list of the most common alcoholic sodas currently on the market with their alcohol content and number of standard drinks in each container. New varieties are constantly being introduced to the market, and container sizes and alcohol content do change regularly. **Check the label.**

DRINK	SIZE (ML)	% ALC/VOL	STANDARD DRINKS
Archers Aqua	275 bottle	5.0	1.1
Archers Spri Watermelon/Wildberry	275 bottle	5.0	1.1
Aura Cointreau	300 bottle	5.0	1.2
Bacardi & Cola	350 bottle	5.0	1.4
Bacardi & Cola	375 can	5.0	1.5
Bacardi Breezer	275 bottle	4.8	1.0
Baileys Glide	200 bottle	4.0	0.6
Ballantines Finest 7% Scotch Whiskey & Cola	375 can	7.0	2.1
Ballantines Finest Scotch Whiskey & Cola	375 can	5.0	1.5
Black Jack & Cola	440 can	4.5	1.6
Black Douglas & Cola/Dry	440 can	5.0	1.7
Blue Tongue Alcoholic Ginger Beer	330 bottle	4.0	1.0
Bolero Sangria Ruby	275 bottle	5.0	1.1
Bulleit Bourbon & Cola	375 can	5.0	1.5
Bundaberg Cola Super Dry	375 can	3.5	1.0
Bundaberg Cola/Dry & Lime	345 bottle	5.0	1.4
Bundaberg Cola/Dry & Lime	375 can	5.0	1.5
Bundaberg Dark & Stormy	345 bottle	5.0	1.4
Bundaberg Mid Cola	375 can	3.5	1.0
Bundaberg O.P. & Cola	375 can	7.0	2.1
Bundaberg Premium Strength & Cola	375 can	6.9	2.0
Canadian Club & Cola/Dry	330 bottle	5.0	1.3
Canadian Club & Cola/Dry	375 can	5.0	1.5
Capri Cocktails	275 bottle	4.8	1.0
Cougar Bourbon & Cola	375 can	5.0	1.5
Cougar Bourbon & Cola (Zero)	330 bottle	5.0	1.3
Cougar Volt Bourbon & Energy Drink	250 can	7.0	1.4
Cougar XS Bourbon & Cola	375 can	7.0	2.1
Crazy Mexican Tequila Lime & Soda	330 bottle	7.0	1.8
CS Cowboy Butterscotch & Cream	275 bottle	4.0	0.9
DNA Cosmo	250 bottle	10.0	2.0
DNA J Bomb Energy Drink	250 bottle	10.0	2.0
Elevate Alcoholic Cola and Guarana/Energy Bomb	300 can	8.0	1.9
Elevate Alcoholic Soda & Taurine/Guarana	300 can	8.0	1.9
Fairy Bomb Absinth Energy Drink	250 bottle	8.2	1.6
Gaymers Original	330 bottle	4.5	1.2
Gordons Gin & Tonic	250 bottle	5.0	1.0
Gordons Gin & Tonic	375 can	5.0	1.5
Haig Extra Scotch Whiskey & Cola	375 can	8.0	2.4
Hi NRG	275 can	7.5	1.5

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Highland Finest Old Scotch & Cola	375 can	7.0	2.1
Highland Scotch Whiskey	440 can	5.0	1.7
Idrinx Mojito Rum Mint Soda/Tequila, Lime & Soda	275 can	5.0	1.1
Idrinx Sangria	275 can	8.9	1.9
Idrinx Vodka Yuzu	275 can	5.0	1.1
Idrinx Vodka, Lemon, Lime & Bitters/Cider Energy	275 can	6.0	1.3
Ignite Cranberry/Raspberry/Orange/Lime/Blueberry	250 can	7.0	1.4
Ignite Cranberry/Raspberry/Orange/Lime/Blueberry	275 bottle	7.0	1.5
Infused Rush Raspberry/Lime/Orange/Passionfruit	275 bottle	4.5	1
Inner Circle Rum & Cola	375 can	5.0	1.5
Jack Daniels & Cola/Dry/Lemonade	340 bottle	6.0	1.6
Jack Daniels & Cola/Dry/Lemonade	375 can	6.0	1.8
Jameson Chill Irish Whiskey with Lemon, Lime & Bitters	275 bottle	5.0	1.1
Jim Beam & Cola/Dry	330 bottle	5.0	1.3
Jim Beam & Cola/Dry	375 can	5.0	1.5
Jim Beam Black & Cola	330 bottle	7.0	1.8
Jim Beam Black & Cola	375 can	7.0	2.1
Jim Beam Long Black	330 bottle	8.0	2.1
Johnnie Walker Preumium Strength & Cola	375 can	6.9	2.0
Johnnie Walker Red Label & Cola/Dry	375 can	5.0	1.5
Johnnie Walker Red Label & Cola/Dry	345 bottle	5.0	1.4
Johnnie Walker Super Dry	375 can	3.5	1.0
Jose Cuervo Vivezo	330 bottle	7.5	2.0
Kahlua & Milk	200 bottle	5.5	0.9
Kentucky Ryder Bourbon & Cola	375 can	4.5	1.3
Kentucky Straight Woodstock Bourbon & Cola	375 can	7.0	2.1
Kentucky Straight Woodstock Bourbon & Cola (no sugar)	440 can	5.0	1.7
Kristov Cruiser Black Lemon Lime/Pineapple/ Raspberry	330 bottle	7.0	1.8
Kristov Cruiser Black Lemon Lime/Pineapple/ Raspberry	375 can	7.0	2.1
Kristov Vodka Cruiser	275 bottle	5.0	1.1
Long Island Tea	275 bottle	10.0	2.2
Malibu Chill	275 bottle	5.0	1.1
McKenna Bourbon Double Distilled	330 can	6.0	1.6
Mercury Sweet/Dry/Draught	375 bottle	5.2	1.5
Midori Illusion/Splice/Lemonade	275 bottle	4.8	1.0
Mudshake Vodka Original Chocolate/Caramel	270 bottle	4.0	0.9
Old Crow Bourbon Whiskey & Cola	440 can	4.8	1.8
Original Black Jack American Whiskey	440 can	4.5	1.6
Origine Gin & Tonic/Vodka Lime & Soda	250 bottle	5.0	1.1
Origine Pomegranate Vodka Cosmo/Rum Mojito	250 bottle	5.0	1.1
Oxhead Jim Beam	330 bottle	5.2	1.4
Pulse Vodka, Soda & Guarana (Red or Blue)	300 can	7.0	1.7
Q Vodka Raspberry/Pineapple/Blu	275 bottle	8.0	1.7

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DRINK	SIZE (ML)	% ALC/VOL	STANDARD DRINKS
Real McCoy Bourbon Whiskey & Cola	375 can	5.0	1.5
Rebel Yell & Cola	330 bottle	5.0	1.3
Red Bear	440 can	4.8	1.7
Ruski Black	330 bottle	7.0	1.7
Ruski Lemon (Sugar Free)	330 bottle	4.8	1.4
Scotti Fox Scotch Whiskey & Cola	375 can	4.5	1.3
Sierra Slammer Tropic/Margherita	275 bottle	5.0	1.1
SKYY Blue Lime & soda/Blood Orange/Grapefruit & Soda	275 bottle	4.8	1.0
Slate Bourbon Whiskey & Cola	375 can	5.0	1.5
Smirnoff Double Black & Cola	335 bottle	7.0	1.9
Smirnoff Double Black & Guarana	250 bottle	7.0	1.4
Smirnoff Super Dry	375 can	3.5	1.0
Smirnoff Twist/Ice	335 bottle	5.0	1.3
Smirnoff Twist/Ice	375 can	5.0	1.5
Southern Comfort & Cola	375 can	5.0	1.5
Southern Comfort & Cola/Lemonade	275 bottle	5.0	1.1
St Agnes Brandy & Cola/Dry/Lime & Soda	375 can	4.8	1.4
Stolichnaya Black Russian	335 bottle	7.0	1.9
Stones Premium Ginger Beer	330 bottle	4.8	1.2
Strongbow Original/Sweet/Dry	355 bottle	5.0	1.4
Tequila Slammer Lemon/Lime	275 bottle	5.0	1.1
Two Dogs	330 bottle	4.5	1.2
UDL Ouzo & Cola	375 can	4.8	1.4
UDL Sambuca/Gin & Tonic/Gin & Bitter Lemon	375 can	4.8	1.4
UDL Scotch & Cola	375 can	4.8	1.4
UDL Vodka & Raspberry/Orange/Passionfruit/Pineapple/ Lime & Soda/Green Apple	375 can	4.8	1.4
Vodka Cruiser	275 bottle	5.0	1.1
Vodka Cruiser (Long Neck)	660 bottle	5.0	2.6
West Coast Cooler	250 bottle	3.5	0.7
Whyte & Mackay Scotch & Cola	375 can	5.0	1.4
Whyte & Mackay Scotch & Cola	330 bottle	5.0	1.3
Wild Turkey Bourbon & Cola	340 bottle	8.0	2.1
Wild Turkey Bourbon & Cola/Dry	375 can	8.0	2.4
William Grant's Scotch Whiskey & Cola	375 can	5.0	1.5
Wkd Original Vodka Blue/Iron Brew/Red	275 can	5.0	1.1
Woodstock Authentic Kentucky Bourbon & Cola Premium Reserve	440 can	7.0	2.4
Woodstock Bourbon & Cola	375 can	5.0	1.5
Woodstock Bourbon & Cola	440 can	5.0	1.7



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