Is it true that Andre the Giant drank 110 beers in one night?

It’s not often that we at The Red Cup Q&A get to address Hollywood-style gossip. There are a lot of stories attributed to Andre the Giant and his excessive alcoholic binges. Born Andre Roussimoff, Andre the Giant suffered from acromegaly due to a pituitary gland tumor causing excessive production of growth hormone. He reached a height of 7 feet and 4 inches and weighed 520 lbs.

He became popular as a pro-wrestler, especially in bouts against WrestleMania favorite, Hulk Hogan. In the fairytale classic The Princess Bride, Andre played the beloved and often rhyming giant, Fezzik.

According to his wrestling promoter, Vince McMahon, Andre drank 106 beers in six hours. It should be noted that McMahon also promoted that Andre had over 80 teeth shaped in rows like a shark. And we know this isn’t true.

But let’s say this particular drinking rumor were plausible. Utilizing a BAC calculator and considering Andre’s weight, his BAC after 6 hours would be approximately .78%.

With such a dangerously high level, it is not surprising to learn the end to this “story.” Andre was found passed out in a hotel lobby and unresponsive. He is lucky he didn’t die of alcohol poisoning.

However, due to his tumor and lifestyle choices, including the overconsumption of alcohol, medical experts believe all that contributed to his early death at age 46 from diabetes and chronic heart disease.

Unlike made up fairy tales and pro-wrestling, we mere mortals, including Andre the Giant, fall prey to the effects of overconsumption.

To truly live large, stay in your Sweet Spot. For women that’s no more than 2 standard drinks in a 2 hour period and no more than 3 drinks for men.