

Diabolic, Aurora, Co.

Which of course led to this response:

I absolutely love your reply to this judgmental asswipe....I for one, would like a straight answer from someone about something that is proven to beat an ETG test. Does sticking your finger up your ass and sticking it in your pee stream really work? Drinking creatine? Pomegranate? Taking aspirin? What really works? I've yet to see something I can trust, other than not drinking of course. Please respond only if you have something worth hearing. Thanks.

Sloane, Indian Lake, NY.

But wait, there's more.

If you're wondering how to beat an EtG urine alcohol test, the best way is obvious - just don't drink. Some people suggest drinking loads of water after consuming alcohol will flush out the system but this method is unreliable. The test can tell if your urine has been diluted with excess water and if that happens, you fail.

It has also been suggested that taking a creatine supplement and Vitamin B will help mask the fact that you attempted to dilute the urine sample.

There are very few helpful answers to how to pass an EtG test after drinking. It is difficult if not impossible to do. Some people report passing it after 48-65 hours and that's after drinking lots of fluids and working out until you sweat profusely. Still there is no guarantee. Of course, it does depend on how much you drank, but even a little bit of alcohol can be spotted with an EtG urine test.

The test is so sensitive, it even detects traces of alcohol in common household products you may have used, such as hand sanitizers, cough syrups, antiperspirants, laundry detergents, and numerous others which can result in a false positive. That is one reason why this test remains controversial in some areas.

EnkiVillage

The previous answers don't seem to understand what you're talking about *or* what they're talking about; the rate of alcohol metabolism is definitely influenced by basic metabolism, because a small amount is sweated out, breathed out, and processed by other cells (via peroxisomes); the difference in alcohol metabolism rate between not moving and running can be 5-10%. Not much, but not nothing. So far few studies have pinned down a hard number.

But that doesn't have anything to do with EtG tests. EtG is like THC-COOH; they aren't testing for the drug itself, they're testing for the metabolite that's stuck in your body's processes for days after the drug is long gone. All that exercising will do is generate the EtG a little faster and thus give you an hour or so less detection time at most.

Instead, the way to beat an EtG test is the same as the way to beat any urine test: Flush thoroughly with loads of water and caffeine, supplement with powdered creatine and vitamin B, exercise to sweat out what you can, even if it isn't much, and have a big meal