						(Updated: June 2025)		on ana (all-cause mortality 2000-2025	
Author	Year	Sex	Age	Geographical location	Extracted drinking categories and risk estima	ste (95% CI)	Same or lower risk	J-shaped curve	Evidence on former drinkers separated from lifetime abstainers	Former drir bias addres
					from Table 2 (adjusted)					
				Australia, China, Cuba, Finland, Italy,	Lifetime abstainer Former drinkers vs. abstainer	1.00 (Ref)			"In comparison with lifetime abstainers, the study estimated the mean RR of all-cause mortality for former drinkers (ie, now completely abstaining),	
Stockwell et al. [1] 2024	2024	M/F	<56	Japan, Lithuania, Netherlands, Spain, Sweden, Thailand, UK, and US.		0.98 (0.87 - 1.11)	*	x	current occasional (+81 g per week), low-volume (13-240g per day), medium-volume (250-440g per day), high-volume (45-640 g) and highest-volume drinkers (>=5.0 grams per day).	1
				Medium (25 to <45 g/day)	1.17 (0.98 - 1.40)					
				Higher (>45 g/day)	1.51 (1.25 -1.82)					
					from Table 2 (model 2 adjusted for education level)					
					Lifetime abstainer	1.00 (Ref)				
					Light-Moderate 0.1 - 10 g/d Moderate 10.1 - 20 g/d	0.92 (0.88 - 0.96)	√	1		~
					Moderate III.1 - 20 g/d Heavy >20 g/d	1.13 (1.07 - 1.19)				
		M/F			from Supplement Table 3 (adjusted for years of education)					
					Lifetime abstainer	1.00 (Ref)				
					Light-Moderate 01 - 10 g/d	0.91 (0.86 - 0.96)	1	4	Feach participant was also asked for dirinking pattern, classified as lifeling abstainer, ex-drinker, less than once a week, 1-2, 3-5 and 6-7 days per week; this information was missing for 16-4% ("unknown dirinking pottern"). Using these data, we were able to identify individuals who declared they	~
				Australia, Denmark Estonia, Finland.	Moderate 10.1 - 20 g/d	1.05 (0.99 - 1.12)			have never consumed, at occasion, as much as one drink ("Me-time abstainers", 24.0% of the 142,066 participants), those who had quit drinking anystime for any reason ("former drinkers", 28.%) and those with unknown drinking pattern and alcohal intake equal to 0 g/d (6.0%). This last group	
nuovo et al. [2]	2023		mean 51	France, Germany, Italy, Lithuania, Norway, Poland, Russia, Spain,	Heavy >20 g/d	1.15 (1.08 - 1.21)			was named "non-drinkers" [21] and is composed of both lifetime obstainers and ex-drinkers (possibly explaining the low observed prevalence of "former drinkers"), but we cannot distinguish between them [21]. These individuals were neither included in the reference group nor excluded from	
				Sweden, and UK.	from Supplement Table 2				analysis in fact, studies with distalled information on prior drinking of non-drinkers show that a substantial number of these were light or moderate drinkers who gave up for health readah. Several commendates have argued that excluding these non-drinkers from the reference group is not sufficient and creates bias by systematicisty removing individuals from the drinking groups of interest [3, 32] unfortunately, we wise unable to	
		м			Lifetime abstainer Light-Maderate 0.1 - 10 g/d	1.00 (Ref) 0.91 (0.85 - 0.97)	1	1	satisfies and revealed also by systematically tentioning individuals from the analysis of manual properties of consumption of our "non-dirinkers". For these individuals, we imputed (by using of multiple imputation) their alcohol intoke and included them with drinkers.	1
					Moderate 10.1 - 20 g/d	103 (0.90 - 118)	Ť			
					Heavy >20 g/d	110 (1.00 - 1.21)				
					from Supplement Table 1					
		F			Lifetime abstainer	1.00 (Ref)				
					Light-Moderate 01 - 10 g/d	0.92 (0.87 - 0.97)	1	1		1
					Moderate 10.1 - 20 g/d	0.99 (0.92 - 1.07) 1.12 (1.05 - 1.19)				
					Heavy > 20 g/d from Table 2 (fully adjusted)	1.12 (1.05 - 1.19)				
					Abstainer	1.00 (Ref)				
					Former drinker vs. abstainer	1.26 (1.12 - 1.42)				
			218		Occasional (<1.30)	0.96 (0.86 - 1.06)	/	x		1
			median (56		Low-volume (130 to <25)	0.93 (0.85 - 1.01)	Ť	^		ľ
					Medium volume (25 to <45)	1.05 (0.96 - 1.14)				
					High volume (45 to <65)	1.19 (1.07 - 1.32)				
					Higher volume (±65) from Table 3 (fully adjusted)	1.35 (1.23 - 1.47)				
					Abstainer	1.00 (Ref)				
					Former drinker vs. abstainer	1.23 (1.08 - 1.39)				
		M/F			Occasional (<1.30)	1.02 (0.94 - 1.11)		x		1
					Low-volume (130 to <25)	0.93 (0.86 - 1.01)		•		·
					Medium volume (25 to <45)	1.06 (0.96 - 1.16)				
					High volume (45 to <65)	1.24 (1.10 - 1.40)				
					Higher volume (±65) from Table 3 (fully adjusted)	1.38 (1.23 - 1.55)				
					Abstoiner	1.00 (Ref)			·	
					Former drinker vs. abstainer	1.27 (1.09 - 1.48)				
al., [3]	2023		median :56	Australia, China, Cuba, Finland, Italy, Japan, Lithuania, Netherlands,	Occasional (<1.30)	0.91 (0.82 - 1.01)	1	×	Tricking categories were defined and reclassifical if necessary as (I) litetime occasional drinkers (0.02-0.33 grams per day, only two fit estimates that were excluded from meta-analysis), (2) former drinkers now completely abstaining, (3) current occasional drinkers, up to a one drink (=10 grams of week); (4) low volume drinkers, up to 2 drinks or 130-24 grams per day; (6) medium	1
	2023		manus (DD	Spain, Sweden, Thalland, UK, and US.	Low-volume (1.30 to <25)	0.93 (0.85 - 1.02)		^	of ethornor) per week (<1.30 grams per cay or (<1.31 grams per week; (<1.31 grams per cay) or (<1.31 grams per cay), (<1.31 grams per cay	
					Medium volume (25 to <45)	1.04 (0.95 - 1.14)				
					High volume (45 to <65)	1.15 (1.02 - 1.30)				
					Higher valume (±65) from Table 4 (fully adjusted)	ux (1.10 - 1.47)				
					Abstoiner	1.00 (Ref)				
					Former drinker vs. abstainer	1.39 (1.21 - 1.58)				
		м			Occasional (<1.30)	1.00 (0.91 - 1.09)	1	x		1
					Low-volume (130 to <25)	0.94 (0.88 - 1.01)		X		,
					Medium volume (25 to <45)	1.01 (0.93 - 1.10)				
					High volume (45 to <65) Higher volume (265)	1.15 (1.03 - 1.28) 1.34 (1.23 - 1.47)				
			218		Higher volume (185) from Table 4 (fully adjusted)	(LEW - LAW)				
					Abstoiner	1.00 (Ref)				
					Former drinker vs. abstainer	1.27 (1.13 - 1.43)				
		F			Occasional (<1.30)	0.99 (0.87 - 1.11)	1	x		1
					Low-volume (130 to <25)	0.99 (0.90 - 1.10)				·
					Medium volume (25 to <45)	1.21 (1.08 - 1.36)				
					High volume (45 to <65)	1.34 (1.11 - 1.63)				
					Higher volume (165) from Supplement Table 5	1.61 (1.44 - 1.80)				
					Former drinkers vs. obstoiner	1.19 (1.10 - 1.29)				
		M/F		Australia, Denmark, Estania, Finland,	Non-drinkers	1.13 (1.06 - 1.20)			Using this information, we were able to identify individuals who had stopped drinking anytime for any reason (former drinkers') and those who	
Inuovo et al. [4]	2022		mean 51	France Germany Italy Lithuania	Lifetime abstainer	1.00 (Ref)	1	1	declared they have never consumed, at occasion, asmuch as one drink ("Ite-time obstainers") [25]. There remains a group of individuals with unknown diriking pattern and intoise-10 and this group is made up of literime obstainers and en-drinkers, but we connot distinguish them. To avoid the bias of counting as dirikers as obstainers, we combined individuals with unknown diriking pattern and intoise-10 ha group per se, named "non-	1
				Sweden, and UK.	Light-Moderate 0.1 - 10 g/d	0.89 (0.86 - 0.93)			the bias of counting ox dirikers as obstainers, we combined individuals with unknown drinking pattern and intoke=0 in a group per so, named "non- drinkers".	
	1	1	1	1	Moderate 10.1 - 20 g/d	0.98 (0.92 - 1.05)				

									l I	
1					Heavy >20 g/d from Supplement Table 2 (model 4)	1.13 (1.07 - 1.20)				
				Non-drinkers	1.00 (Ref)			"Participants were defined as drinkers if they had consumed alcoholic beverages at least once per week during the past year; otherwise, they were		
Hu et al. [5]	2022	М	mean 52	China	Light drinkers (s25 g/day)	0.76 (0.66 - 0.86)	1	1	classified as nondrinkers."	X
					Moderate drinkers (25 - s60 g/day)	0.71 (0.61 - 0.81)				
					Heavy drinkers (>60 g/day)	1.05 (0.90 - 1.22)				
					from Supplement Table (multivariable adjusted)					
					Current abstainer	1.19 (1.15 - 1.24)				
					Low < 2 g/day	1.00 (Ref)				
Degerud et al., [6]	2020	M/F	35 - 50	Norway	Light 2 - 11.99 g/day	0.93 (0.90 - 0.96)	1	1	'Only a few surveys provided data on lifetime obstaining, and we therefore defined lifetime and current abstainers collectively as current obstainers.'	X
					Moderate 12 - 23.99 g/day	1.03 (0.97 - 1.09)				
					Heavy > 24 g/day	1.33 (1.19 - 1.48)				
					from Table 2	1.33 (1.10 - 1.40)				
			230		Non-drinking	1.00 (Ref)	1	1	No Information was provided.	x
					Moderate intake (less than 98 g/week)	0.80 (0.76 - 0.84)				
Colpani et al., [7]	2018	F		Brazil, China, Denmark, Finland, Germany, Japan, Norway, Sweden,	High intake (between 98 and 322 g/week)	0.93 (0.70 - 1.24)				
				UK, and US.	from Table 2					
			mean >50		Non-drinking	1.00 (Ref)	1	4	No information was provided.	¥
					Moderate intake (less than 98 g/week)	0.79 (0.74 - 0.84)	·			
					High Intake (between 98 and 322 g/week)	0.93 (0.70 - 1.24)				
					from Table 2					
					0 g/day	1.27 (1.24 - 1.30)				
					1- 49 g/day	1.03 (1.00 - 1.06)				
			30 - 105		5 - 14.9 g/day	1.00 (Ref)	1	1		x
					15 - 29.9 g/day	0.99 (0.96 - 1.03)				
Li et al., [8]	2018	M/F		us	230 g/day	1.25 (1.19 - 1.30)			No information was provided.	
					from Supplemental Table 1					
					0 g/day	1.34 (1.29 - 1.40)				
ı			< 75		1 - 4.9 g/day	1.03 (0.98 - 1.07)		1		x
					5 - 14.9 g/day	1.00 (Ref)				^
					15 - 29.9 g/day	0.99 (0.93 - 1.05)				
					230 g/day	1.38 (1.30 - 1.46)				
					from Supplement eFigure 10 (data acquired from authors)					
					Never-drinker	1.20 (1.16 - 1.24)				
					Br-drinkers	1.41 (1.36 - 1.46)				
				Worldwide						
					x0-50 grams/week	1.00 (Ref)			When including never-drinkers and ex-drinkers, we reproduced previously reported U-shaped associations of alcohol consumption with total	
Wood et al. [9]	2018	M/F	mean 57	(see full-text for entire list)	>50-100 grams/week	0.98 (0.95 - 1.00)	1	1	cardiovascular disease and all-cause mortality (appendix p 31).*	1
					>100-150 grams/week	1.01 (0.98 ~ 1.04)				
					>150-250 grams/week	1.03 (1.00 - 1.06)				
					>250-350 grams/week	1.20 (1.16 - 1.24)				
					>350 grams/week	1.49 (1.44 - 1.54)				
					from Table 2 (model 3)					
					Never drink	1.00 (Ref)				
		M/F	240		Ex-drinkers	1.37 (1.21 - 1.55)				
Perreault et al., [10]	2017			Scotland and UK	Occasional drinkers (drinkers but no drinking in the past 7 days)	0.83 (0.74 - 0.94)	(for occasional	*	"Never drunk' is synanymous to lifetime abstainers, that is, those who reported never having consumed alcohol. 'Occasional drinkers' declared being drinkers, but not having drunk in the past 7 days."	1
ı			'		Within guidelines (women: <14 units/week (8 US standard drinks); men: <21	1.13 (1.02 - 1.24)	drinkers)			
ı					units/week (12 US standard drinks))					
					Hazardous (women: 14-35 units/week (8 - 20 US standard drinks); men: 21-49	1.19 (1.06 - 1.35)				
					Hazardous (wornen: 14-35 units/week (8 - 20 US standard drinks); men: 21-49 units/week (12 - 28 US standard drinks)] Harinful (wornen: >35 units/week (20 US standard drinks); men: >49 units/week	1.19 (1.06 - 1.35)				
					Hazardous [wormen;14-58 units/week (8 - 20 US standard drinks); merr 21-49 units/week (12 - 28 US standard drinks)] Harmful [women: 35 units/week (20 US standard drinks); menr 349 units/week (28 US standard drinks); menr 349 units/week (28 US standard drinks)]	1.64 (1.38 - 1.95)				
					Issandroa (sommer) 4-39 until yews (8 - 20 US standard drinks); ment 21-49 until yews (7 - 20 US standard drinks); ment 21-49 until yews (7 - 28 US standard drinks); ment 340 until yews (20 US standard drinks); ment 440 until yews (20 US standard	1.64 (1.38 - 1.95)				
				Crach Borgania IIII	Inspational (current) [4-50 until (week (6 - 20 to standard arins)], men 72-40 until (week (7 - 20 to standard arins)), men 72-40 until (week (7 - 20 to standard arins)), men 740 until	1.64 (1.38 - 1.95) 1.31 (1.10 - 1.55)				
				Czech Republic, Lithuania, Poland, and Russia	Issandrou (avoren) 4-39 unital (week (8 - 20 US standard drinks); ment 21-49 unital (week (7 - 20 US standard drinks); ment 21-49 unital (week (7 - 28 US standard drinks); ment 349 unital (week (20 US standard drinks); ment 449 unital (week (20 US standard drinks); ment 449 unital (week (20 US standard drinks)); ment	1.84 (138-1.95) 1.31 (1.10-1.55) 1.00 (8ef)	4	> ,		x
					Inspational (current) [4-50 until (week (6 - 20 to standard arins)], men 72-40 until (week (7 - 20 to standard arins)), men 72-40 until (week (7 - 20 to standard arins)), men 740 until	1.64 (1.38 - 1.95) 1.31 (1.10 - 1.55)	*	*		x
					Inspational (current), 14-30 until (week (6 - 20 to standard orient), men 24-90 until week (7 - 20 to standard orient), men 24-90 until week (7 - 20 to standard orient), men 140 until week (7 - 20 to standard orient), men	1.84 (138-1.95) 1.31 (1.10-1.55) 1.00 (8ef)	1	-		x
					Inspational (current), 14-30 until (week (6 - 20 to standard orient), men 24-90 until week (8 - 20 to standard orient), men 24-90 until week (2 - 20 to standard orient), men 140 until week. Until standard orient, men 140 until week. (20 to standard orient), men 140 until week. (20 to standa	1.84 (1.38-1.95) 1.31 (1.30-1.55) 1.00 (8et) 1.02 (0.89-117)	*	*		x
					Incanding (current (4-50 until (week (6 - 20 to standard drinks), man 2-40 until week (8 - 20 to standard drinks), man 2-40 until week (2 to 20 to standard drinks), man 1-40 until week. Until standard drinks, man 1-40 until week. Until sta	1.84 (1.38-1.95) 1.31 (1.30-1.55) 1.00 (8ef) 1.02 (0.89-17)	*	*		x
		м			Inspational (current (4-50 unit) where (6 - 20 to standard arins), man 2-40 unity-leves (8 - 20 to standard arins), man 2-40 unity-leves (8 - 20 to standard arins), man 1-40 unity-leves. Unity of the common 150 unity-leves. (20 to standard arins), man 1-40 unity-leves. (20 to standard arins), man	1.54 (1.39-1.56) 1.31 (1.30-1.56) 1.50 (a.67) 1.52 (0.50-1.57) 1.23 (0.50-1.57)	•	*		x
		М		and Russia	Incandiose (Germat (4-50 until years (6 - 20 to standard arins), man 2-40 until years (8 - 20 to standard arins), man 2-40 until years (5 - 20 to standard arins), man 2-40 until years (5 - 20 to standard arins), man 2-40 until years (5 - 20 to standard arins), man 2-40 until years (5 - 20 to standard arins), man 2-40 until years (5 - 20 to standard arins), man 2-40 until years (5 - 20 to standard arins), man 2-40 until years (7 to standard arins), man 2-40 u	1.54 (1.39-1.56) 1.31 (1.30-1.56) 1.50 (1.47) 1.52 (0.50-1.57) 1.53 (0.57-1.41)				
		М		and Russia	Incandiose (German Life-30 until years (B = 20 to standard arins), man 2+40 until years (B = 20 to standard arins), man 2+40 until years (B = 20 to standard arins), man 1+40 until year	1.04 (139-149) 1.11 (130-155) 1.00 (0.07) 1.02 (0.07-141) 1.10 (0.07-142) 1.00 (0.07) 1.00 (0.07)				
		м		and Russia	Incandinal (current (4-50 unit) (week (6 - 20 to standard drinks), man 2-40 units/week (2 - 20 to standard drinks), man 2-40 units/week (2 - 20 to standard drinks), man 3-40 units/week	1.0 (1.0 - 1.0) 1.11 (1.0 - 1.0) 1.00 (1.0) 1.00 (1.0) 1.00 (1.0) 1.01 (1.0 - 1.0) 1.00 (1.0)				
		N.		and Russia	Incandional (current) (4-50 until (week (6 - 20 to standard arins)), man 72-40 until (week (6 - 20 to standard arins)), man 72-40 until (week (6 - 20 to standard arins)), man 72-40 until (week (70 to standard arins)), man 740 until (week (70 to s	1.04 (1.39 - 1.55) 1.00 (0.67) 1.02 (0.89 - 1.17) 1.02 (0.90 - 1.67) 1.08 (0.97 - 1.43) 1.00 (6x7) 0.96 (0.92 - 1.12) 1.47 (0.91 - 2.14)				
		М		and Russia Ulthuania and Russia	Incandiose (German Life - 30 until years (B - 20 til standard arins), man 72-40 until years (B - 20 til standard arins), man 72-40 until years (B - 20 til standard arins), man 72-40 until years (B - 20 til standard arins), man 740 un	1.04 (1.38 - 1.55) 1.00 (0.67) 1.02 (0.89 - 1.17) 1.03 (0.90 - 1.67) 1.06 (0.87 - 1.43) 1.00 (0.87) 1.05 (0.87 - 1.43) 1.06 (0.87 - 1.23) 1.07 (0.87 - 1.23) 1.08 (0.87 - 1.23)	•	4		x
		М		and Russia	Incondition (Genome 14-90 until years (8 - 20 to standard drinks), man 2-40 until years (8 - 20 to trading drinks)] Heimit al (Forman: 15 until years) Heimit al (Forman: 15 until years) (20 to trading drinks) Inconditionar 1:00 g/day	1.04 (1.38 - 1.55) 1.00 (0.67) 1.02 (0.80 - 1.17) 1.02 (0.90 - 1.67) 1.08 (0.97 - 1.43) 1.09 (0.67) 1.09 (0.67) 1.01 (1.28 - 1.78) 1.01 (1.28 - 1.78) 1.00 (0.67)				
		3		and Russia Ulthuania and Russia	Incondition (current (4-50 units) week (6 - 20 to standard drives), men 72-40 units/week (2 - 20 to standard drives), men 72-40 units/week (2 - 20 to standard drives), men 74-90 units/week (2 - 20	1.04 (1.38 - 1.85) 1.11 (1.30 - 1.55) 1.00 (0.87) 1.02 (0.80 - 1.17) 1.22 (0.90 - 1.87) 1.30 (0.87 - 1.43) 1.50 (0.87 - 1.43) 1.50 (0.87 - 1.43) 1.50 (0.87 - 1.43) 1.50 (0.88 - 1.73) 1.50 (0.88 - 1.73) 1.50 (0.88 - 1.73)	•	4		x
Book et ol. [n]	2016	3	40-100	and Russia Ulthuania and Russia	Incondition (Genoma 14-90 until years (8 - 20 to standard drinks), man 24-90 until years (8 - 22 to transing drinks)] Heimit all (comma 1-35 until years) (20 till) standard drinks), men 1-49 until years (20 till) standard drinks (20 till) standard drinks), men 1-49 until years (20 till) standard drinks (20 till)	1.04 (1.38 - 1.55) 1.00 (0.67) 1.02 (0.80 - 1.17) 1.02 (0.90 - 1.67) 1.08 (0.97 - 1.43) 1.09 (0.67) 1.09 (0.67) 1.01 (1.28 - 1.78) 1.01 (1.28 - 1.78) 1.00 (0.67)	•	4	"participants who did not report any alcohol consumption in the post year were categorised as non-drikkers"	x
Soboak et al. [11]	2016		45-60	and Russia Ulthuania and Russia	Incondition (current (4-50 units) week (6 - 20 to standard drives), men 72-40 units/week (2 - 20 to standard drives), men 72-40 units/week (2 - 20 to standard drives), men 74-90 units/week (2 - 20	1.04 (1.38 - 1.85) 1.11 (1.30 - 1.55) 1.00 (0.87) 1.02 (0.80 - 1.17) 1.22 (0.90 - 1.87) 1.30 (0.87 - 1.43) 1.50 (0.87 - 1.43) 1.50 (0.87 - 1.43) 1.50 (0.87 - 1.43) 1.50 (0.88 - 1.73) 1.50 (0.88 - 1.73) 1.50 (0.88 - 1.73)	•	4	"participants who did not report any altahol consumption in the past year were categorised as non-dinkers"	x
Bobok et ol. [II]	226	,	45 - 60	and Russia Lithuania and Russia Creech Republic and Poland	Incondition (Genoma 14-90 until years (8 - 20 to standard drinks), man 24-90 until years (8 - 22 to transing drinks)] Heimit all (comma 1-35 until years) (20 till) standard drinks), men 1-49 until years (20 till) standard drinks (20 till) standard drinks), men 1-49 until years (20 till) standard drinks (20 till)	1.04 (1.38 - 1.85) 1.11 (1.30 - 1.55) 1.00 (0.87) 1.02 (0.80 - 1.17) 1.22 (0.90 - 1.87) 1.30 (0.87 - 1.43) 1.50 (0.87 - 1.43) 1.50 (0.87 - 1.43) 1.50 (0.87 - 1.43) 1.50 (0.88 - 1.73) 1.50 (0.88 - 1.73) 1.50 (0.88 - 1.73)	•	4	"porticipants who did not report any alcohol consumption in the past year were categorized as non-drinkers"	x
Bobosk et cir. [11]	206	u u	45-69	and Russia Ulthuania and Russia	Incondition (Comment Left 200 until years (6 = 200 is standard orients), men 2+40 until years (10 = 200 is standard orients), men 2+40 until years (10 until y	1.04 (1.38 - 1.55) 1.00 (0.87) 1.02 (0.89 - 1.17) 1.03 (0.90 - 1.67) 1.05 (0.87 - 1.43) 1.06 (0.87 - 1.43) 1.06 (0.87 - 1.43) 1.06 (0.87 - 1.43) 1.07 (0.87 - 1.43) 1.08 (0.87 - 1.43) 1.09 (0.87 - 1.43) 1.09 (0.87 - 1.21) 1.09 (0.87 - 1.23)	•	4	'participants who did not report any alcohol consumption in the past year were categorized as non-distribus'	x
Bobok et al. [11]	206	J.	45-69	and Russia Uthwaria and Russia Crach Republic and Poland Crach Republic Lithuania, Poland	Incondition (current (4-50 units) where (6 = 20 to standard orients), men 72-40 units //week (2-70 to standard orients), men 72-40 units //week (2-70 to standard orients), men 74-90 units //week (2-70 to standa	1.04 (1.35 - 1.55) 1.00 (0.67) 1.02 (0.80 - 1.17) 1.22 (0.90 - 1.67) 1.23 (0.90 - 1.67) 1.26 (0.97 - 1.43) 1.30 (0.87) 1.30 (0.87 - 1.43) 1.40 (0.87 - 1.43) 1.40 (0.87 - 1.43) 1.40 (0.87 - 1.43) 1.40 (0.87 - 1.43) 1.40 (0.87 - 1.43) 1.40 (0.87 - 1.23)	•	4	"participants who did not report any alcohol consumption in the past year were categorized as non-drikers"	x
Bobok et of. [11]	204	v v	45-60	and Russia Uthwaria and Russia Crach Republic and Poland Crach Republic Lithuania, Poland	Inscanding (current (4-20 units) week (6 - 20 to standard crimins), man 2-40 units //week (2 - 20 to standard crimins), man 2-40 units //week (2 - 20 to standard crimins), man 1-40 units //week (2 - 20 to standard crimins), ma	1.04 (1.35 - 1.55) 1.00 (0.87) 1.02 (0.87 - 1.17) 1.23 (0.90 - 1.07) 1.36 (0.97 - 1.43) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87)	•	4	"participants who did not report any alcohol consumption in the past year were categorized as non-divisiers"	x
Booos et of. [1]	.206	M.	45 - 69	and Russia Uthwaria and Russia Crach Republic and Poland Crach Republic Lithuania, Poland	Inscription (General Let 200 until years (General 200 until years), man 21–40 until years (Central 200 until years) (The 200 until y	1.04 (1.38 - 1.55) 1.00 (0.87) 1.02 (0.89 - 1.17) 1.23 (0.90 - 1.67) 1.06 (0.87) 1.06 (0.87 - 1.43) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87) 1.00 (0.87)	•	4	"participants who did not report any altohol consumption in the past year were categorized as non-dinkers"	x
Bodose et ol. [11]	2016	M	45-69	and Russia Uthwaria and Russia Crach Republic and Poland Crach Republic Lithuania, Poland	Inscription (General Let 250 until years (Ge - 20 to standard orients), man 2+40 until years (Ce - 20 to standard orients), man 2+40 until years (All 20 to standard orients), man 1+40 until years. Inscription (General Let 250 until years (Ce) (General orients), man 1+40 until years. Inscription (General Let 250 until years (Ce) (General orients), man 1+40 until years. Inscription (General Let 250 until years) Inscription (General Let 250 until yea	154 (135-155) 100 (687) 102 (089-117) 123 (080-167) 136 (087-143) 1,00 (687)	•	4	"participants who did not report any atcorbal consumption in the past year were categorized as non-drinkers".	x
Bodook et al. [11]	20%		45-69	and Russia Lithuania and Russia Creech Republic and Poland Creech Republic, Lithuania, Poland, and Russia	Incontrol (comment (4-50 units) www. (6-20 to standard orients), men 7-40 units //west (2-20 to standard orients), men 7-40 units //west //wes	1.54 (1.35 - 1.55) 1.50 (1.67)	*	4	"participants who did not report any atlantal consumption in the past year were categorized as non-drinkers"	x
Boboik et al. [11]	206		49-69	and Russia Uthwaria and Russia Crach Republic and Poland Crach Republic Lithuania, Poland	Inscription (Genome 1,6-20 until years (6-20 to standard orient), man 2+40 until years (8-2-20 to standard orient), man 2+40 until years (100 to standard orient), man 1+40 until years. Inscription (Genome 1,5-20 until years (100 to standard orient), man 1+40 until years. Inscription (Genome 1,5-20 until years (100 to standard orient), man 1+40 until years. Inscription (Genome 1,5-20 until years) Ins	1.84 (1.80 - 1.85) 1.00 (sar)	•	4	"postolipants who did not report any abothol consumption in the past year were categorised as non-direlers"	x
Boboit et ol. [11]	206		45-69	and Russia Lithuania and Russia Creech Republic and Poland Creech Republic, Lithuania, Poland, and Russia	Inscription (General Let 28) until years (6 = 20 to standard orient), man 2+40 until years (10 = 20 to standard orient), man 2+40 until years (20 to 30 to 3	1.84 (1.80 - 1.85) 1.00 (sar)	*	4	"porticipants who did not report any atcohol consumption in the past year were categorised as non-dinkers"	x
Bobosi et ci. [n]	206		49-69	and Russia Lithuania and Russia Creech Republic and Poland Creech Republic, Lithuania, Poland, and Russia	Inscription (current (4-50 units) where (6 = 20 to standard orients), men 74-90 units/week (2 = 20 to standa	1.84 (1.80 - 1.85) 1.00 (sar)	*	4	"participants who did not report any alcohol consumption in the past year wests adequated as non-divisiess"	x
Bobosk et ol. [n]	206		45-69	and Russia Lithuania and Russia Creech Republic and Poland Creech Republic, Lithuania, Poland, and Russia	Inscription (General Let 28) until years (6 = 20 to standard orient), man 2+40 until years (10 = 20 to standard orient), man 2+40 until years (20 to 30 to 3	1.84 (1.80 - 1.85) 1.00 (0.87) 1.02 (0.89 - 1.17) 1.03 (0.87 - 1.43) 1.04 (0.87 - 1.43) 1.05 (0.87 - 1.43) 1.05 (0.87 - 1.43) 1.06 (0.87 - 1.12) 1.06 (0.87 - 1.12) 1.06 (0.88 - 1.22) 1.07 (0.78 - 1.13) 1.08 (0.87 - 1.13) 1.09 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.11 (0.98 - 1.28) 1.12 (0.98 - 1.28) 1.13 (0.98 - 1.28) 1.14 (0.98 - 1.28) 1.15 (0.98 - 1.28) 1.15 (0.98 - 1.28) 1.16 (0.98 - 1.29) 1.17 (0.78 - 1.28)	*	4	"participants who did not report any alcohol consumption in the past year were categorized as non-distribus."	x
Bodosk et ci. [IT]	226		45-60	and Russia Lithuania and Russia Creech Republic and Poland Creech Republic, Lithuania, Poland, and Russia	Inscription (current (4-50 units) where (6 = 20 to standard orients), men 74-90 units/week (2 = 20 to standa	1.84 (1.80 - 1.85) 1.00 (sar)	*	4	"participants who did not report any alcohol consumption in the past year were categorized as non-driffers".	x
locok et al. [11]	20%		45-69	and Russia Lithuania and Russia Creech Republic and Poland Creech Republic, Lithuania, Poland, and Russia	Inscription (current (4-50 units) where (6 - 20 to standard arins), man 2-40 units/week (2 - 20 to standard arins), man 2-40 units/week (2 - 20 to standard arins), man 3-40 u	1.84 (1.80 - 1.85) 1.00 (0.87) 1.02 (0.89 - 1.17) 1.03 (0.87 - 1.43) 1.04 (0.87 - 1.43) 1.05 (0.87 - 1.43) 1.05 (0.87 - 1.43) 1.06 (0.87 - 1.12) 1.06 (0.87 - 1.12) 1.06 (0.88 - 1.22) 1.07 (0.78 - 1.13) 1.08 (0.87 - 1.13) 1.09 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.10 (0.88 - 1.22) 1.11 (0.98 - 1.28) 1.12 (0.98 - 1.28) 1.13 (0.98 - 1.28) 1.14 (0.98 - 1.28) 1.15 (0.98 - 1.28) 1.15 (0.98 - 1.28) 1.16 (0.98 - 1.29) 1.17 (0.78 - 1.28)	*	4		x

					5 - 19.9 g/day	0.78 (0.52 - 1.18)				
					2 20 g/day	2.09 (1.30 - 3.37)				
					from Table 3 (further adjusted)					
Stockwell et al., [12] 2016 !				Abstoiner	1.00 (Ref)	4	x			
			Australia, China, Denmark, Finland,	Former drinker	1.38 (1.24 - 1.54)					
	M/F	19 - 78	France, Germany, Greece, India, Italy, Japan, Netherlands, Russia,	Occasional (<1.30 g/day)	0.95 (0.85 -1.05)			Trinking categories are defined as (1) lifetime abstainers (2) former drinkers now completely abstaining, (3) current occasional drinkers, up to one drink per week (<130 grams per day); (4) low volume drinkers, up to 2 drinks or 130-24g per day; (5) medium volume drinkers, up to 4 drinks or 25-	1	
				Scotland, Spain, Sweden, Trinidad, Turkey, UK, and US		0.97 (0.88 - 1.07)			44g per day; (6) high volume drinkers, up to 6 drinks or 25-64g per day; (7) higher volume drinkers, 6 drinks or 65g or more per day;*	
					Medium volume (25 - <45 g/day)	1.07 (0.97 - 118)				
					High volume (45 - <65 g/day Higher volume (265 g/day)	1.24 (1.12 - 1.37) 1.44 (1.30 - 1.60)				
					from Table 2	1.44 (1.30 - 1.60)				
					No alcohol Intake	1.00 (Ref)				
		м			Low alcohol intake (<15 g/day)	0.74 (0.60 - 0.92)	1	1		x
					Moderate alcohol intake (15-30 g/day).	0.80 (0.68 - 0.95)				
				Worldwide (see full-text for entire	Heavy alcohal intake (>30 g/day),	1.00 (0.81 - 1.22)			"A total of 10 cohorts (14 studies) reported an association between alcohol intake and the risk of total mortality (8, 10, 25–29, 34–36, 40–43)." Not all	
Zheng et al., [13]	2014		218	list)	from Table 2				the studies included in this analysis separate former drinkers from nandrinkers see Table 1.*	
					No alcohol intake	1.00 (Ref)				
		F			Low alcohol intake (<15 g/day)	0.87 (0.71 - 1.07)	1	x		x
					Moderate alcohol intake (15-30 g/day).	0.95 (0.83 - 1.08)				
					Heavy alcohal intake (>30 g/day),	120 (0.99 - 1.46)				
					from Figure 1					
					Never drinkers	1.29 (1.10 - 1.51)				
					0.1 - 4.9 g/day	1.00 (Ref)				
		м			5 - 14.9 g/day	0.93 (0.87 - 0.99)	√	1		1
					15 - 29.9 g/day 30 - 59.9 g/day	0.99 (0.92 - 1.07) 1.15 (1.06 - 1.24)				
Ferrari et al., [14]	2014		25 - 70	Denmark, France, Germany, Greece, Italy, Netherlands, Spain,	30 - 59.9 g/day 260 g/day	1.15 (1.06 - 1.24) 1.53 (1.39 - 1.68)			"Analyses excluding former drinkers (4% and 5% of the study populations, in meni and women, respectively) provided very similar results (results not shown)." Findings are based on 380,399 men and women (among whom 20,463 fatial events occurred) for which information on lifetime alcohol use	
			0	and UK	trom Figure 1	(1.00)			vas available, allowing separate consideration of former drinkers from Retime obstainers."	
					Never drinkers	1.26 (1.18 - 1.35)				
					01 - 49 g/day	1.00 (Ref)				
		F			5 - 14.9 g/day	1.02 (0.97 - 1.06)	~	✓		√
					15 - 29.9 g/doy	106 (0.99 - 1.13)				
					230 g/day	1.27 (1.13 - 1.43)				
					from Table 2 (non-diabetic)					
					0 g/day	1.32 (1.24 - 1.41)			*Mechal consumption during the preceding 12 months was assessed with the bossins FFQ. Weekly consumption of dischol retrospectively at the	
					>0 - 6 g/day	1.00 (Ref)				
Sluik et al., [15]	2014	M/F	35 - 70	Europe	>6 - 12 g/day	0.80 (0.75 - 0.85)	1	1	ages of 20, 30, 40 and 50 years was assessed in the lifestyle questionnaire, except in the study centres at Blithoven, Naples and Sweden. "bModel 1 additionally adjusted for alcohol consumption in the post"	1
					>12 - 24 g/day	0.79 (0.75 - 0.84)				
					>24 - 60 g/day	0.87 (0.82 - 0.93)				
					>60 g/day from Figure 3	1.13 (1.04 - 1.23)				
					nondrinking	1.00 (Ref)				
Jayasekara et al., [16]	2014	м	225	Denmark, Germany, Netherlands, UK and US	1-29 g/day	0.90 (0.81 - 0.99)	-	1	Facether greatern related to misclosatifection stems from the use of destinance as the inference group window separating former division, which did not allow us to be projectly eliminate the elect of those wish to be and a divising flocuse or the lace (2.38). Although the love of a material-polysis there is nothing that can be done to receify this, most included studies had startified former divisions.	
					30-59 g/day	119 (0.89 - 1.58)				
					260 g/day	152 (0.78 - 2.98)				
					from Figure 1					
					None	1.14 (1.01 - 1.28)				
Soedamah-Muthu et al., [17]	2013	M/F	>40	Scotland and UK	Moderate (>0 to 21 units/week for men and >0 to 14 units/week for women)	1.00 (Ref)	1	1	"Moderate drinking was used as a reference category because unhealthy abstainers may still be present in the nondrinking group, although misclassification was minimized by excluding former drinkers who abstained for health reasons."	x
					Moderate-High (>21 to 35 units/week for men and >14 to 21 units/week for women	n) 108 (0.93 - 1.26)				
					High (>35 units/week for men and >21 units/week for women)	1.26 (1.08 - 1.48)				
					from Table 2 (ex-drinkers distinguished)					
					Non-drinkers	1.00 (Ref)				
					Ex-drinkers	1.60 (1.46 - 1.75)				
		м			Occasional drinkers	0.81 (0.75 - 0.87)	1	1		1
		M			<23 g/day 23 - <46 g/day	0.87 (0.77 - 0.98) 0.92 (0.81 - 1.05)	•	•		· ·
					23 - <46 g/day 45 - <69 g/day	0.92 (0.81 - 1.05) 1.05 (0.90 - 1.22)				
					46 - <82 g/day	1.58 (1.11 - 2.26)				
Inque et al., [18]	2012		235	Japan	292 g/day	1.42 (1.08 - 1.87)			Ex-drinking and neverdrinking non-drinkers were analysed separately in the JPHC-IL, IACC, MIYAGI and CHSAKI studies; thus, additional analyses that subdivided non-drinkers into ex-drinkers and never-drinkers were conducted among these subjects."	
					from Table 3 (ex-drinkers distinguished)					
					Non-drinkers	1.00 (Ref)				
					Ex-drinkers	1.38 (1.24-1.53)				
		F			Occasional drinkers	0.88 (0.77 - 1.00)	1	1		1
					<23 g/day	0.88 (0.79 - 0.99)				
					23 - <46 g/day	119 (0.86 - 1.63)				
					246 g/day	127 (0.97 - 1.66)				
				Australia, China, Denmark, Finland,	from Results text section				*Among those studies that used long term obstainers as the referent category, excluding former drinkers or evaluating them separately, the estimated description between distributed of excluding both localization and both localization and modellity artification did not change updated likely (miles?) Among studies that	
Ronksley et al., [19]	2011	M/F	215	Japan, Montenegro, Netherlands, Puerto Rico, Russia, Scotland,	Non-drinkers	1.00 (Ref)	1	1	estimated association between drinking and both incidence and mortality estimates did not change substantively (table 2). Among studies that ordurated former drinkiers separately, the risk of death (from cardiovascular disease and coronary heart disease) was significantly higher in former drinkiers than in drinkers. However, former drinkiers did not have on increased risk of incident cardiovascular events (coronary heart disease or	x
				Serbia, Sweden, Switzerland, UK, and US.		0.83 (0.80 - 0.86)			arriskers than in aminers. However, former atmixers an act note an increased risk or incleant cardiovascular events (coronary heart assesse or stroke)." [MRD note: We considered the criteria met for cardiovascular events but not met for all-cause mortality.]	
					> 60 g/day	1.30 (1.22 - 1.38)				
					from Figure 4b	100(841)				
				Australia, Canada, China, Denmark,	Abstainers Former drinkers vs. abstainer	1.00 (Ref) 1.18 (1.03 – 1.36)				
		M/F	217	Finland, France, Germany, Italy,	Former drinkers vs. abstainer Occasional (0.03 - 0.36 g/day)	1.18 (1.03 - 1.36) 0.94 (0.77 - 1.00)	1	x	"Studies without Former or Occasional drinker Error."	1
Fillmore et al. [20]	2006	M/F	21/	Japan, Netherlands, Puerto Rico, Russia, Scotland, Sweden, Trinidad,			1	х	"Studies without Former or Occasional drinker Error."	
Filmore et al. (20)	2006	M/F	217		Light (0.39 - 24 g/day)	0.95 (0.84 - 1.08)				
Fillmore et al., [20]	2006	M/F	21/	Russia, Scotland, Sweden, Trinidad,						Jodated : June 2

1	1		ı	I	1				1	
					Heavy (45+ g/day)	124 (1.00 - 1.53)				
Gronbook et al. [29] 2004					from Figure 1A (from results text section) Stable nondrinkers	1.29 (1.13 - 1.48)				
	M/F	25.00	Daniel Control			~	~	No information was provided.	x	
	M/F	25 - 98	Denmark	Stable light drinkers	1.00 (Ref)			No information was provided.	^	
				Stable moderate drinkers	1.05 (0.89 - 1.25)					
					Stable heavy drinkers	1.32 (1.15 - 1.53)				
					from Table 3					
					Abstoiner	1.00 (Ref)				
					>0-10g	1.09 (0.93 - 1.27)				
			<45		э10 – 20g	1.40 (1.18 - 1.68)	x	x		x
			VAG		>20 - 30g	1.78 (1.43 - 2.22)				
					>30 - 40g	1.89 (1.41 - 2.54)				
					>40 - 70g	2.86 (2.13 - 3.84)				
					>70 - 110g	2.04 (1.14 - 3.65)				
		м	145	Worldwide (see full-text for entire list)	from Table 2		4			
					Abstoiner	1.00 (Ref)				
					Ex-drinkers	1.21 (1.10 - 1.32)				
					10-10g	0.85 (0.83 - 0.87)				
Rehm et al., [22]	2001				>10 - 20g	0.80 (0.78 - 0.82)		4	In addition, inclusion of new studies enabled us to estimate the relationship between average volume and all-cause mortality separating out the category of ex-drinkers."	
					×20 - 30g	0.91 (0.89 - 0.94)				
					>30 - 40g	0.96 (0.93 - 1.00)				
					>40 - 70g	1.04 (1.01 - 1.07)				
					>70 - 110g	1.27 (1.23 - 1.31)				
					>110g	1.46 (1.33 - 1.60)				
			r		from Table 2					
					Abstoiner	1.00 (Ref)	4	,		
					Ex-drinkers	1.44 (1.28 - 1.61)				
		F			>0 - 10g	0.87 (0.84 - 0.89)				1
					>10 - 30g	1.01 (0.99 - 1.04)				
					>30 - 50g	1.40 (1.34 - 1.47)				
					>50g	1.43 (1.34 - 1.53)				
				120 Dennmark	from Table 2 (total)					
1					0 drinks/wk (nondrinkers)	1.00 (Ref)		4		
1			F 220		1-7 drinks/wk	0.82 (0.76 - 0.88)				
Gronbaek et al., [23]	2000	M/F			8-21 drinks/wk	0.82 (0.75 - 0.89)	*		No information was provided.	X
1					22-35 drinks/wk	1.00 (0.89 - 1.12)				
				>35 drinks/wk	110 (0.95 - 1.26)					