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## **Troches**

Troches are a medicated lozenge that easily dissolves in the mouth. This route of administration makes it easier for the hormone to enter the body directly into the blood stream whilst avoiding the liver. This allows the hormone to work quickly on the body.

Troches can be tailored to your liking with a large range of flavours to choose from. Due to Troches being compounded after your appointment, it usually can take a couple of days to be ready. The pharmacist needs to measure your exact dose, combine it with the appropriate base and add your requested flavour. Finally, after waiting for the troche to set, the pharmacist must ensure that there are no air bubbles, and each troche contains the same amount of active ingredient.

Troches contain the Bio-identical hormone in a base that can be easily cut into 1/2's and 1/4's. The usual dose is 1/2 or 1/4 of a troche up to twice daily (refer to your personal prescription for your recommended dose). They may take up to 40 mins to dissolve, but is usual sped up by having a hot drink prior to your dose. Do not eat or go to sleep with a troche as it will be wasted.

**Storage:** Keep in a cool, dry place, away from light. In summer it is best to keep in the refrigerator in an air tight container.

*FLAVOURS AVAILABLE: ANISEED, BANANA, BUTTERSCOTCH, BUBBLE GUM, CARAMEL, CHOCOLATE, CRÈME DE MENTHE, MARSHMALLOW, ORANGE, PEPPERMINT, VANILLA, RASPBERRY, SPEARMINT, STRAWBERRY, TUTTI-FRUTTI, PINA COLADA, GRAPE, CHEESECAKE, PEACH, APPLE AND PEANUT BUTTER.*