

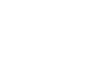
## Tricks to make medication taste better

Help! Make it taste better...Please

### Numb the Tongue

	Sonic Ice Chips	By chewing or sucking on ice chips and freezing the tongue tasting cannot take place.
	Popsicles	Popsicles combine 2 or more tricks to making crushed/liquid medications more palatable. Orange Dreamsicle anyone?
	Chill Pills	Place crushed pills/liquid in the freezer for 10 minutes before taking them. The tongue "feels" the cold before "tasting" the pills.

### Camouflage the Taste

	Make it Sweet	Mary Poppins IS practically perfect and a spoonful of sugar makes the medicine go down. Combine crushed tablet with powdered sugar, KoolAid and a little water - who could say no?
	Coat the Tongue	Chocolate masks bitter better than most anything. Crush a tablet and place on spoon coated with chocolate syrup. Make sure the chocolate coats the tongue first then let the tablets go.
	Jello Shots	Make Jello Jigglers and "hide" crushed tablets inside. <b>**WARNING**</b> add medication after cooled as heat can cause most medication to lose potency. Use JIGGLER recipe not regular jello. (see below)
	Miracle Fruit	Synsepalum dulcificum is found in West Africa and the berry contains miraculin which bonds to taste buds and makes sour/bitter foods taste sweet. Tablets of mBerry can be purchased.
	Syrups Galore	Thank you Starbucks for making a wide variety of syrups easily available. ButterRum, marshmallow, vanilla, chocolate, wild cherry and mint are just some that help mask bitter tastes.

### Overstimulation

	Citrus	Over-saturating the taste buds with one flavor helps mask bitterness. Lemonheads, chewing on lemon/orange rinds, did someone mention Orange Dreamsicle?
	Spice it Up	In addition to oversaturating the tastebuds, some spices like clove have a numbing effect.
	Concentrate It	The trifecta - Orange Juice Concentrate - Frozen Citrus Syrup!!

### American Ingenuity

	Gels and Sprays	There are products on the market like SwallowAid and PillGlide that "lubricate" the back of the mouth and throat to assist in pill swallowing.
	Devices	There are also devices on the market like Oralflow and EasyFlow that quickly get the pill to the back of the throat followed by water or juice.