

CONFECTIONERY DOSAGE FORMS – TASTY OR HEALTHY?

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Introduction: Many of us think about the problem of our health, how to safe it and strengthen. Sometimes we can solve this problem only with medication.

Confectionery dosage forms became quite popular recently. They are solid dosage forms with a large amount of sugar intended for domestic use, different in geometric form and consistency, containing the medicinal substance and slowly soluble base.

The question arises: whether the consumption of confectionery dosage forms has a benefit or we only get some pleasure?

The name of this group – confectionery – is not a pharmaceutical term, it is imaginary. Since the range of medicines in these forms is small, the quantity of such products on the pharmaceutical market is insignificant. But there is some need, especially in pediatric and geriatric practice. This is because you can combine some drugs in one dosage form, masking unpleasant taste and odor, adjust the pH of the oral cavity. As a rule, the prices of such products in the pharmacies are high.

The purpose of the study is to prepare lozenges, similar to vitaminised lozenges of industrial production in the laboratory, replacing artificial ingredients with natural, inexpensive, without using preservatives.

At club lessons, based on the study of confectionery dosage forms production materials, the following main ingredients for the preparation of the experimental lozenges were chosen: food gelatin, ascorbic acid, glycerin, menthol, as well as additional components: honey, ginger, orange essential oil (in small amounts). The essential requirements were rational choice formulations, no residual aftertaste of sweets, and a minimum of side effects.

The active substance is ascorbic acid. It has significant regenerative properties, participates in redox reactions, the regulation of carbohydrate metabolism, synthesis of collagen, improves capillary permeability, participates in the synthesis of hemoglobin.

Materials and methods. Gelatin was filled with the necessary amount of mineral water, adhere to the time for its swelling. Then the glycerine was added and it was put in a water bath until gelatin dissolved. After that ascorbic acid, menthol, honey, dried ginger was added to the half cold mass and the finished mixture was poured in molds. After keeping in the fridge, ready lozenges were taken and covered with the corn starch to remove excess moisture and to give them an aesthetic look.

Results and discussions: The prepared lozenges were studied by the members of inorganic and organic chemistry club "Vitalis". Since the active substance is ascorbic acid, quantitative and qualitative analysis was carried out. After having done some work the club students came to the conclusion that the lozenges are ready for use. Our College staff and students had the opportunity to taste the products.

According to the survey: the lozenges are not bright in color (which indicates the absence of the dye), have some pleasant sour - sweet orange taste. After consumption there was no allergic and other side effects. It is advisable to use them for adults, if children, it is possible to exclude the essential oil and reduce the dose of ascorbic acid to 0.75 on the whole mass of lozenges.

Conclusions: while working on this topic the material from scientific articles and books were used, and orange-ginger vitaminised lozenges formulation was developed in experimental way. As a result of the research we came to the conclusion that lozenges have advantages and disadvantages.

Advantages:

1. Tasty and healthy
2. Have a pleasant texture
3. Composed of most natural ingredients
4. If desired, you can always make adjustments to the recipe
5. The lozenges have an aesthetic look
6. Inexpensive at cost
7. Do not leave an unpleasant aftertaste in the mouth.

Disadvantages:

1. Not recommended for children under 6 years
2. Store preferably in a cool place
3. Contraindicated for people with diabetes
4. Short shelf life

So prepare experiment and be healthy!