



## **Born Free Mineral Troches Frequently Asked Questions**

**What if I experience some tooth-staining from the troche?** This staining can at times occur due to biofilms / plaque on your teeth, grasping to the orange/brown colour of the ferrous fumarate and riboflavin minerals in the troche. These can be dissolved by using NAC + Sodium Bicarbonate rinse before brushing. See the Born Free Protocol gentle recipe in [2.2.3 Living without chronic dysbiosis](#).

**My troche looks grainy on top?** Sediments on top of the troche can occur during shipping this can be due to temperature changes in transit. Troches are made on heat and cooled-down to set in the troches-case, however sometimes during shipping they lose some shape or sediments may occur on a layer. Ideally, it's best that they stay cool to keep their shape.

**How should I store my troches?** Should be kept in the freezer upon arrival. Where after, kept in a cool area away from heat.

**Why the different flavours for the mineral troche to the zinc troche?** Rectal insertion is not recommended in peppermint flavour as 'peppermint' can enhance a bowel movement. In this case, Vanilla-Butternut may serve a better option.

**My troche is taking a long time to dissolve in my mouth.** This can be due to lack of saliva or lack of oral movement which can happen in some people who are critically unwell due to a medical illness. Having a drink of water, wetting the mouth beforehand can help, or trying another area of the mouth which may have better salivation, and more tongue movement. Alternatively, troche can be used rectally.

**Taste and flavour options.** The most palatable troche flavours are vanilla-butternut and peppermint. Flavours have been tried and tested, carefully selected for each troche.

**Compliance especially in kids:** Ny child doesn't like the taste? Sometimes children (some adults) are sensitive to taste and may not like the taste. These troches aren't overly palatable and are available to use as a suppository, if desired. It is suggested to avoid peppermint flavouring if this is your intended administration route, as it can trigger bowel movements. Troche 1 has Vanilla-Butternut flavouring, which is much more tolerable for either application. Alternatively, you may like to try a custom combination with your next order to remove some of the stronger taste minerals such as NAC, Iron, etc. Unfortunately, once Born Free Protocol Certified products are ordered, returns cannot be accepted.

# THE Health Dispensary

**Returns and change of mind?** Unfortunately, we cannot accept returns on Born Free Protocol items as they are custom compounded for you. We suggest you purchase 1 month to start with if you are unsure of compliance with the flavour. Health Dispensary will not be held responsible to issue with compliance, taste, or change of mind, etc.

**Do I have to have 2 separate troches?** The Born Free protocol suggests both troches, Mineral and Zinc.

**Why are there 2 troches?** Why aren't they all combined in one troche? The Zinc is in a separate troche to the other minerals because the quantity required to make Zinc is quite substantial in comparison to the mineral troche ingredients. The simple answer is that the Zinc could not fit into the Mineral Troche.

**Why is it so expensive?** If you purchase the individual products as per the Born Free protocol, you could spend in excess \$1000 ordering individual supplements. The troche is a simplified way of reaching your intake goals in one or two lozenges per day.

**A lot of items in the protocol are things I've tried in the past, but didn't get anywhere. Why is this different?** The Born Free protocol is a synergistic approach, where each supplement works with a specific intent, to read more please read the FAQ on [Born Free.life](https://bornfree.life)

**Will it affect a GI test result?** The ferrous fumarate may cause a false positive for occult blood on a GI test.

**Why do I have a black tongue?** The ferrous fumarate may cause a black/brown hairy tongue at times, if you have existing inflammation.

**I have a mouth ulcer, what do I do?** If you experience mouth ulcers / lesions / sores with use, pause for a few days and address your oral microbiome using [via [born free.life](https://bornfree.life)] bacteriophage, antiseptic recipe and follow with oral proboscis in [2.2.3 Living without chronic dysbiosis.](#)

Please speak to your health practitioner should have any concerns regarding your prescription for your troches.