



Hygiene products for your Voice

These products may help relieve the feeling of dryness in the larynx.

Throat Lozenges



**Thayers Slippery Elm
Lozenges**
thayers.com
Available at Whole Foods



Grether's Pastilles
pastillesforless.com
Available online



Halls Breezers
gethalls.com
Available in sugar-free



Luden's
ludens.com
Cherry & Berry Assortment

Throat Sprays



Entertainer's Secret
entertainers-secret.com



Singer's Saving Grace
herbsetc.com



**Vocal-eze Throat
Spray**
travelwellness.com

Choose products that contain glycerin, slippery elm, and pectin rather than products containing alcohol, menthol or eucalyptus. Product recommendations are taken from the Duke Voice Care Center.