What is claimed is:

1. A lozenge comprising:
   1.4-1.8% by weight pectin;
   78-88% by weight sweetener;
   0.1-1.5% of an organic acid; and
   10-19% by weight of water.

2. The lozenge of claim 1, wherein the lozenge is free of gelling agents and rheology modifying agents.

3. The lozenge of claim 1, wherein the lozenge is free of gelatin and starch.

4. The lozenge of claim 1, wherein the lozenge has a total weight of between 2 and 6 grams.

5. The lozenge of claim 1, wherein the lozenge comprises at least 40 mg of pectin.

6. The lozenge of claim 1, wherein the sweetener comprises between 82-86% by weight of the lozenge.

7. The lozenge of claim 1, wherein the sweetener is an artificial sweetener.

8. The lozenge of claim 1, wherein the sweetener comprises one or more of fructose, sucrose, lactose, glucose and mixtures thereof.

9. The lozenge of claim 1, wherein the sweetener is a combination of sucrose and corn syrup.

10. The lozenge of claim 9, wherein the sucrose and corn syrup are present in a weight ratio of 20:80 to 80:20.

11. The lozenge of claim 1 wherein the organic acid comprises between 0.5-1% by weight of the lozenge.

12. The lozenge of claim 1, wherein the organic acid comprises citric acid, salts of citric acid and mixtures thereof.

13. The lozenge of claim 1, wherein the water comprises between 12-17% by weight.

14. The lozenge of claim 1 further comprising a flavoring, a dye, a preservative, or mixtures thereof.

15. The lozenge of claim 1, wherein the lozenge has a hardness of between 8000 and 20,000 grams as measured by a TPA test.

16. The lozenge of claim 1 further comprising an additional active ingredient selected from a group consisting of menthol, guaifenesin, acetaminophen, benzocaine, phenylephrine HCl, dextromethorphan HBr, and mixtures thereof.

17. A lozenge according to claim 1 consisting essentially of:

1.4-1.8% by weight pectin;
81-83% by weight sucrose and glucose;
14-17% by weight water;
0.9-1.10% by weight citric acid and/or citric acid salts and/or mixtures thereof; and
0.1-0.5% by weight flavorings.

18. The lozenge of claim 17, wherein a weight ratio of sucrose to glucose is between 60:40 and 40:60.

19. The lozenge of claim 17, wherein the lozenge has a total weight of between 3 and 4 grams.

20. A method of treating sore throats comprising:

applying a lozenge of claim 1 to an oral cavity of a patient in need; and
dissolving the lozenge over a period of at least 5 minutes.

21. The method of claim 20, wherein the lozenge dissolves over a period of at least 10 minutes.