We claim:

1. A stable palatable chewable lozenge tablet comprising:

i.) 15-24% w/w Vitamin C;

ii.) 3-15 mg of zinc from zinc citrate, zinc malate, and mixtures thereof;

iii.) greater than about 50% w/w of sweetener selected from sucrose, lactose, a sugar alcohol other than mannitol, and mixtures thereof;

wherein:

i.) the tablet is substantially free of monosaccharide, organic acid, and mono-carboxylic amino acid;

ii.) the Vitamin C is sodium ascorbate or a mixture of ascorbic acid and sodium ascorbate;

iii.) the Vitamin C from sodium ascorbate is 65% to 100% of the total Vitamin C;

iv.) the Vitamin C and zinc are not microencapsulated, coated, or melt granulated; and

v.) the mobile bound water is present in an amount of about 0.3-2% w/w.

2. The tablet according to Claim 1, wherein the Vitamin C is 17-25% w/w.

3. The tablet according to Claim 1, wherein the sweetener is greater than about 55% w/w.

4. The tablet according to Claim 3, wherein the sweetener is greater than about 60% w/w.

5. The tablet according to Claim 1, wherein the sweetener is a mixture of sucrose and lactose.

6. The tablet according to Claim 5, wherein the sucrose is 45-60% w/w of the total amount of sucrose and lactose.

7. The tablet according to Claim 1, wherein the sugar alcohol is sorbitol, xylitol, or maltitol.

8. The tablet according to Claim 1, wherein the only sweetener is maltitol.

9. The tablet according to Claim 1, wherein the Vitamin C from sodium ascorbate is 70% to 100% of the total vitamin C.

10. The tablet according to Claim 9, wherein the Vitamin C from sodium ascorbate is 75% to 100% of the total vitamin C.

11. The tablet according to Claim 1, which further contains at least one high-intensity sweetener.

12. The tablet according to Claim 11, wherein the high intensity sweetener is sucralose.

13. The tablet according to Claim 1, which further contains a flavor, crospovidone, colloidal silicon dioxide, and magnesium stearate.

14. The tablet according to Claim 13, which contains 1-3% w/w flavor, 1-3% crospovidone, 0.2-1% w/w colloidal silicon dioxide, and 0.5-2% w/w magnesium stearate.

15. The tablet according to Claim 1, wherein the tablet weight is not more than about 600 mg.

16. The tablet according to Claim 15, wherein the tablet weight is not more than about 450 mg.

17. A stable palatable chewable lozenge tablet comprising:

i.) 20-24% w/w Vitamin C;

ii.) 5-10 mg of zinc from zinc citrate;

iii.) 55-75% w/w of sucrose and lactose;

iv.) 0.5-1.5% w/w sucralose;

v.) 1-3% w/w flavor

vi.) 1-3% w/w crospovidone;

vii.) 0.2-1% w/w colloidal silicon dioxide; and

viii.) 0.5-2% w/w magnesium stearate;

wherein:

i.) the tablet is substantially free of monosaccharide, organic acid, and mono-carboxylic amino acid;

ii.) the Vitamin C is a mixture of ascorbic acid and sodium ascorbate;

iii.) the Vitamin C from sodium ascorbate is 75% to 85% of the total Vitamin C;

iv.) the Vitamin C and zinc are not microencapsulated, coated, or melt granulated;

v.) the sucrose is 50-60% of the combined amount of sucrose and lactose; and

vi.) the mobile bound water is present in an amount of about 0.3% w/w.

18. A stable palatable chewable lozenge tablet comprising:

i.) 20-24% w/w Vitamin C ;

ii.) 5-10 mg of zinc from zinc citrate;

iii.) 55-75% w/w of maltitol;

iv.) 0.1-0.5% w/w sucralose;

vi.) 1-4% w/w flavor;

vi.) 1-3% w/w crospovidone;

vii.) 0.2-1% w/w colloidal silicon dioxide; and

viii.) 0.5-2.5% w/w magnesium stearate;

wherein:

i.) the tablet is substantially free of monosaccharide, organic acid and mono-carboxylic amino acid;

ii.) the Vitamin C is sodium ascorbate;

iii.) the Vitamin C and zinc are not microencapsulated, coated, or melt granulated; and

iv.) the mobile bound water is present in an amount of about 0.3% w/w.