



# Pill-Taking Tip

A drink with your HIV cocktail

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Even with all the advances in HIV meds—fewer pills, fewer doses—many people still choke up when swallowing them. Here's one *POZ* reader's trick for smoothing the way: "My meds go down easier with milk than water," says Chris Camp of Baltimore, "and chocolate milk works even better."

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<http://beta.docker.poz.com/article/pill-taking-tip-14388-8489>