

Quick summary

Troclosene sodium and sodium dichloroisocyanurate refer to the same active chemistry (often abbreviated NaDCC). Many brands use that chemistry but package and dose it differently for different uses. Milton tablets are formulated and marketed for sterilising baby feeding equipment and surfaces; Lifesystems tablets are typically marketed as water-purification/tablet disinfectants for camping and emergencies. The active agent is the same type of chlorine releaser, but concentration per tablet, recommended dose, contact time, and labelled use differ — so use the product intended for your task and follow the label instructions.

1) What the chemistry is and how it works

- **Active ingredient:** troclosene sodium is a common name for sodium dichloroisocyanurate (NaDCC). Some products use potassium dichloroisocyanurate, but the disinfecting action is the same family.
- **Mechanism:** when dissolved in water NaDCC releases available chlorine (hypochlorous acid/hypochlorite) which oxidises and kills bacteria, many viruses and some protozoa.
- **Advantages vs bleach:** NaDCC tablets are more stable in solid form than liquid sodium hypochlorite (household bleach), have a predictable per-tablet dose, and are convenient for storage and travel.

2) Key practical differences between Milton and Lifesystems products

- **Intended use:**
 - Milton: primarily sold for sterilising baby bottles, teats and equipment; may be labelled as a 'sterilising' solution for feeding items.
 - Lifesystems: typically sold as water purification or emergency water-treatment tablets for drinking water while camping/travelling.
- **Tablet strength & dose per tablet:** brands use different tablet weights and active amounts. That means 1 Milton tablet is not necessarily the same chlorine yield as 1 Lifesystems tablet. Always check the label for the number of litres each tablet treats.
- **Target concentration and contact time:**
 - Milton instructions for sterilising equipment tend to specify a particular solution strength and often a short contact time adequate for surface/instrument sterilisation (follow their label — typically minutes).
 - Water purification tablets typically advise a defined number of minutes (often 30 minutes) before drinking and may recommend longer contact for cloudy water or certain pathogens.
- **Residues and rinsing:**
 - Milton often states that items do not need rinsing if the specified dilution is used and manufacturer instructions are followed (because residues are safe at their recommended dose for baby items).
 - Water purification tablets are formulated for potable water; they are safe for drinking at the recommended doses but will leave a chlorine taste/odour until residual dissipates.
- **Packaging, shelf life and stability:** travel tablets (Lifesystems) are usually unit-wrapped with long shelf lives for emergency kits; Milton packaging is designed for household use and storage. Check expiry dates — effectiveness declines with age and exposure to moisture.
- **Regulatory claims:** product labelling may claim specific organism kills (e.g., bacteria, viruses). Those claims are based on concentration and contact time — again, read the label for the verified claims.

3) Safety, handling and environmental notes

- NaDCC releases chlorine — it is an oxidiser and can irritate skin, eyes and mucous membranes at concentrated levels. Wear gloves if handling concentrated solutions or tablets frequently.
- Do not mix with acids, ammonia, other cleaners or bleach — hazardous gases can form.
- Corrosive to some metals with prolonged contact; rinse metal instruments if recommended by the manufacturer.
- NaDCC leaves a small amount of cyanurate (isocyanuric acid) residues; this is normal for this chemistry. For normal household use the residues are low and considered safe when used as instructed, but avoid chronic ingestion beyond labelled drinking-water uses.
- Dispose of unused or expired tablets according to local waste rules; do not pour concentrated solution down sensitive drains or into aquatic systems in large amounts.

4) Which should you use?

- If you are sterilising baby bottles, teats and feeding equipment: use the product specifically labelled for that purpose (Milton or equivalent). Those products are formulated and labelled for contact times and concentrations considered safe for baby items; they often explicitly state whether rinsing is necessary.
- If you need to treat drinking water on the go (camping, travel, emergency): use a water-purification tablet designed and labelled for potable water (Lifesystems or similar). Follow the dose per litre and wait the full contact time before drinking.
- Do not substitute without checking label instructions: one tablet from one brand will not necessarily give the same ppm of free chlorine as one tablet from another brand.

5) Practical tips — step by step

1. Read the product label and leaflet. Confirm intended use (sterilising equipment vs making water potable), dose per litre, and contact time.
2. Use clean water to dissolve the tablet and prepare the solution as instructed. Measure volume accurately when needed (especially for water purification).
3. Allow full contact time before using/serving/drinking. Increase contact time if water is cloudy or very cold.
4. Store tablets in their original, dry packaging in a cool, dry place and keep them out of reach of children.
5. If you're uncertain about concentration or safety for a particular use (e.g., sterilising certain plastics or medical devices), consult the manufacturer's guidance or a health professional.

6) If you want a precise comparison

I can compare two specific product packs for you (e.g., exact Milton SKU and exact Lifesystems SKU) if you paste the label text or a photo. Then I can list tablet mass, available chlorine per tablet, recommended dose, contact times and any different precautions.

Bottom line

Chemically Milton and Lifesystems tablets are based on the same family of chlorine-releasing compounds (dichloroisocyanurates), but each brand packages a specific tablet strength and gives instructions for particular uses. Use the product intended and labelled for the job — Milton for baby-item sterilising (household), Lifesystems for water purification (portable/emergency) — and always follow the

manufacturer's dose and contact-time instructions.