



# Medicine & Cosmetics

## Medicine Guidelines

The cRc's general guidelines on medicines, cosmetics and toiletries can be found on page 3 of this guide. The following is a summary of the medicine portion of those guidelines:

All pill medication – with or without *chametz* – that one swallows is permitted. (Candy-coated pills are an exception to this rule, but they are quite uncommon.)

Rav Gedalia Dov Schwartz, zt"l, has ruled that generally vitamins do not qualify as medications and are instead treated as food supplements which require *hashgachah* for Pesach. If a doctor prescribes a specific vitamin which does not have Pesach supervision, please review your specific situation with your doctor and Rabbi.

Liquid and chewable medications that may contain *chametz* should only be used under the direction of a doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a swallowable pill. **Important: Do not discontinue use of liquid, chewable, or any other medicine without consulting with your doctor and Rabbi.**

Liquid and chewable medications that contain *kitnios* may be consumed by someone who is ill.

For laws of taking medicine on *Shabbos* and *Yom Tov*, please consult your Rabbi.

## Medicine and Toiletry Details

Items marked “Possible *Chametz*” contain edible ingredients whose *chametz*-status we were unable to determine; these items may be permitted for someone who is seriously ill, and consumers should consult with their Rabbi.



## Antibiotics

The cRc recommends all medicinal items in pill form, which includes most of the antibiotics that adults take. The same does not apply when dealing with liquid or chewable medicines, which are considered “edible”. Since there is a chance that they contain *chametz*, they should only be used if they are known to be free of any concerns.

However, antibiotics are an exception that rule. Generally, antibiotics are given to treat ailments which, if left untreated, can lead to a situation of *sakanah* (danger to life). Therefore, one may consume antibiotics regardless of the ingredients used in creating them.

For an expanded and updated list of products, search [www.ASKcRc.org](http://www.ASKcRc.org) or our smartphone apps.

## Allergy

- Allegra Children's Liquid Suspension ..... Possible *Chametz*
- Claritin Children's Chewable Grape Flavor ..... Possible *Chametz*
- Claritin Children's Non-Drowsy Oral Solution  
(Grape Flavor) (Liquid) ..... Possible *Chametz*
- Genexa Kid's Allergy (Liquid)..... Possible *Chametz*
- Nasacort Nose Spray Allergy 24 Hour (Liquid)  
..... Possible *Chametz*
- Up & Up Children's Allergy (Chewable Tablets)  
..... Possible *Chametz*
- Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid)  
..... Possible *Chametz*
- Zyrtec Children's Dissolve Tabs (Tablets) ..... Possible *Chametz*

## Antacid / Digestion / Gas

- Align Capsules..... Possible *Chametz* (dairy)
- Alka Seltzer Original Effervescent Tabs (Tablets)  
..... Possible *Chametz*
- Culturelle Kids Purely Probiotics Chewables  
(Bursting Berry Flavor)..... Possible *Chametz*
- Gas-X Extra Strength Cherry Crème (Chewable Tablet)  
..... Possible *Chametz*
- Imodium AD Multi-Symptom Relief (Caplets) .... Recommended
- Mylicon Infant's Dye-Free Drops (Liquid)..... Possible *Chametz*
- Pepto Bismol 5 Symptom Relief Caplets ..... Recommended
- Pepto Bismol 5 Symptom Relief Chewables .... Possible *Chametz*
- Pepto Bismol Kids Pepto (Bubble Gum Flavor)  
(Chewable Tablets) ..... Possible *Chametz*
- Pepto Bismol Ultra (Liquid)..... Possible *Chametz*
- Probiotics, Assorted  
..... Powders, liquids & gel caps need certification; pills do not

**Blush** ..... All are recommended

**Body Soap** ..... All are recommended

**Cologne**..... Only recommended if free of (denatured) alcohol or if manufactured in the United States

## Cough, Cold & Flu

Alka Seltzer Plus Cold Effervescent Tabs  
(includes Night Cold Formula) (Tablets) ..... Possible *Chametz*

## TUMS

Why does cRc not recommend Tums for Pesach, but other Rabbis do?

The reason for the difference in policy as to whether Tums is recommended for Pesach is a Rabbinic difference of opinion as to whether one must refrain from consuming products which contain flavors of unknown kosher and Pesach status. Some Rabbis take a lenient position due to the fact that most of the flavor-contributing chemicals are not *chametz*, no single chemical's taste is perceived in the final product (i.e., *zeh v'zeh gorem*), and the flavor is used in tiny proportions. Other Rabbis disagree based on *halachic* and factual grounds which are beyond the scope of this document. The cRc follows the latter, stricter approach to this question.

The certifying Rabbi for Tums reported that he was unable to determine whether the flavorings used in Tums are acceptable for Pesach, and, therefore, the cRc is unable to recommend them. Others who list certain Tums products as acceptable for Pesach are aware of this but accept the lenient approach outlined above, which rules that flavors of unknown status do not compromise the Pesach status of the Tums. It is noteworthy that there is corn starch in every variety of Tums which we looked at, which means that even according to the lenient approach Tums should only be consumed by those who are either Sephardic or ill and permitted to eat *kitnios*.

- Alka Seltzer Plus Severe Cold & Flu Formula  
(Effervescent Tablets)..... Possible *Chametz*
- Delsym 12 Hour Cough (Orange Flavor) (Liquid)  
..... Possible *Chametz*
- Delsym Children's 12 Hour Cough Liquid (Grape Flavor)  
..... Possible *Chametz*
- Delsym Children's 12 Hour Cough Liquid (Orange Flavor)  
..... Possible *Chametz*
- Equate Children's Chewable Acetaminophen  
(Bubble Gum Flavor) ..... Possible *Chametz*
- Equate Children's Chewable Ibuprofen (Grape Flavor)  
..... Possible *Chametz*
- Kosher-Meds Children's Ibuprofen (Original Berry Flavor)  
(Liquid) ..... Recommended when bearing OU
- Theraflu Multi-Symptom Severe Cold (Packets)  
..... Possible *Chametz*
- Thera-Flu Nighttime Severe Cold and Cough Powder  
..... Possible *Chametz*
- Vicks Nyquil Liquid Cold and Flu (Liquid) ..... Possible *Chametz*
- Zarbees Baby Cough Syrup + Mucus (Liquid)  
..... Possible *Chametz*

Zicam Cold Remedy RapidMelts Tablets ..... Possible *Chametz*  
 Zicam Rapidmelts Ultra (Orange Cream Flavor) (Tablet)  
 .....Possible *Chametz*

**Creams**..... All are recommended

**Deodorant**

Gel..... All are recommended

Liquid..... Recommended if free of (denatured) alcohol or if manufactured in the United States

Spray ..... Recommended if free of (denatured) alcohol or if manufactured in the United States

**Fiber Supplements** ..... see Laxatives

**Fever Reducer / Pain Relief**

Midol Complete (Caplets)..... Recommended

Walgreens Children’s Ibuprofen 100 Chewable Tablets (Orange or Grape Flavor) ..... Recommended

**Fever for A Child**

Each year, the cRc researches different fever reducers and pain relievers to see which are suitable for use for Pesach. Some of the results are ready in time for inclusion in the printed cRc Pesach Guide, and some others can only be found in the cRc app, or at [www.ASKcRc.org](http://www.ASKcRc.org).

You may notice that our recommendation for many of these items is that they are “Possible *Chametz*”, which means that they contain ingredients which are sensitive for Pesach but likely do not pose a Pesach concern. You might want to consult with your Rabbi before Pesach so that he can direct as to when it is appropriate to give “Possible *Chametz*” to a sick child (or adult).

**Gas** ..... see Antacid/Digestion/Gas

**Hairspray and Mousse**..... Recommended if free of (denatured) alcohol or if manufactured in the United States

**Indigestion** ..... see Antacid/Digestion/Gas

**Laxatives / Fiber Supplements**

Benefiber Powder ..... *Chametz* (Not Recommended)

Benefiber Stick Packs (Unflavored) (Powder)  
 .....*Chametz* (Not Recommended)

Dulcolax Pink Overnight Relief (Tablets) ..... Recommended

Dulcolax Suppository ..... Recommended

Epsom Salt (pure) Generic or Branded versions (Powder)  
 ..... Recommended

Metamucil 4-in-1 Fiber Sugar Free Orange (Powder)  
 .....Possible *Chametz*

Miralax Powder ..... Recommended

Pedia-Lax Suppository ..... Recommended

Phillips Milk of Magnesia Caplets ..... Recommended

Polyethylene Glycol (pure), Generic or Branded versions (Powder)..... Recommended

Senokot-S Tablets ..... Recommended

Walgreens Mineral Oil (Liquid)..... Recommended

**Lipstick**



*If your lipstick is not listed here, you can use our search feature at [www.cRckosher.org/lipstick](http://www.cRckosher.org/lipstick).*

**Bobbi Brown**

Crushed Lip Color ..... Recommended

Lip Color ..... Recommended

Luxe Matte Lip Color ..... Recommended

Luxe Shine Intense Lipstick..... Recommended

**Chanel**

Rouge Allure ..... Recommended

Rouge Allure Velvet..... Recommended

Rouge Coco ..... Recommended

Rouge Coco Flash ..... Recommended

**Clinique**

Clinique Pop Lip Colour + Primer ..... Not Recommended

Clinique Pop Matte Lip Colour + Primer ..... Recommended

Dramatically Different Lipstick Shaping Lip Colour  
 ..... Recommended

**Dior**

Rouge Dior ..... Recommended

Rouge Dior Forever ..... Recommended

Rouge Dior Forever Liquid..... Possible *Chametz*

**Estee Lauder**

Pure Color Envy Matte Sculpting Lipstick.... Not Recommended

Pure Color Envy Sculpting Lipstick ..... Not Recommended

Pure Color Illuminating Shine.....Not Recommended

**L’Oreal**

Colour Riche Satin Lipstick .....Recommended

Colour Riche Shine Lipstick .....Recommended

**Lancome**

Color Design .....Recommended

L’absolu Rouge Cream Lipstick.....Possible *Chametz*

L’absolu Rouge Drama Matte Lipstick.....Recommended

**MAC**

Amplified Lipstick .....Not Recommended

Cremesheen Lipstick.....Not Recommended

Lustreglass Sheer-Shine Lipstick .....Not Recommended

Matte Lipstick.....Recommended

Retro Matte Liquid Lipcolour .....Recommended

**Maybelline**

Color Sensational The Creams, Cream Finish Lipstick Makeup.....Recommended

Color Sensational The Mattes, Matte Finish Lipstick Makeup.....Recommended

Color Sensational Ultimatte Slim Lipstick Makeup .....Recommended

Super Stay 24 2-Step Liquid Lipstick Makeup .....Recommended

Super Stay Ink Crayon Lipstick, Matte Longwear Lipstick Makeup.....Recommended

Super Stay Matte Ink Liquid Lipstick.....Recommended

**Revlon**

Colorstay Ultimate Liquid Lipstick .....Recommended

Super Lustrous Lipstick Crème .....Recommended

Ultra HD Matte Lip Color .....Recommended

**Lotions**.....All are recommended

**Mascara**.....All are recommended

**Miscellaneous**

Anbesol Maximum Strength Liquid.....Possible *Chametz*

Asthma Inhalers, all types (Liquid Vapor).....Recommended

Castor Oil (pure) (Liquid) .....Recommended

Chapstick Classic Original.....Recommended

Chapstick Moisturizer.....Recommended

**Contact Lens Solution**

We reviewed the ingredients used in several popular brands of contact lens solution and did not see anything which was sensitive for Pesach, but we did not get to see every single product. To be sure yours is okay, please send a copy of the ingredient panel to info@cRckosher.org, so one of our Rabbis can evaluate your specific product.

Dramamine Chewables .....Possible *Chametz*

Ensure, Assorted Nutritional Supplements ..... See Nutritional Supplement Pages

Femcon Fe (brown and white pills) (Chewable Tablet) ..... Possible *Chametz* (dairy)

Fixodent Extra Hold (Powder).....Recommended

Floss, Flavored .....Possible *Chametz*

Floss, Unflavored.....Recommended

Kanka Mouth-pain Liquid .....Possible *Chametz*

Lip Balm, Assorted.....Recommended without flavor

NoDoz Alertness Aid (Caplet) .....Recommended

Orajel Mouth Sores Triple Medicated (Gel) ..... Recommended

Polident 3 Minute (Tablet) .....Possible *Chametz*

Polident Overnight Whitening (Tablet).....Possible *Chametz*

Polygrip Free (Cream).....Recommended

Polygrip Original (Cream) .....Recommended

Sambucol Black Elderberry Dietary Supplement (Liquid) .....Possible *Chametz*

Unisom SleepTab (Tablet) .....Recommended

Vivarin (Tablet) .....Recommended

**Mousse**.....See Hairspray and Mousse

**Mouthwash**.... Only recommended if known to be *Chametz*-free

**Nail Polish** .....All are recommended

**Ointments** .....All are recommended

**Perfume**.....Recommended if free of (denatured) alcohol or if manufactured in the United States

**Shampoo** .....All are recommended

### **Shaving Cream**

Cream .....All are recommended

Gels .....All are recommended

Liquid.....Recommended if free of (denatured) alcohol or if manufactured in the United States

Lotion.....All are recommended

**Toothpaste** ..... Only recommended if known to be *Chametz*-free

**Vitamins**.....See Guidelines above

**Wipes** .....Recommended if free of (denatured) alcohol or if manufactured in the United States

## **Toothpaste**

There are those who take the position that toothpaste is considered inedible, since any food that tastes like toothpaste would never be served as a meal-item. This is the justification for why many Rabbis permit the use of any toothpaste (year-round) despite the possibility that the glycerin contained in the toothpaste is made from non-kosher animal fat. Others argue that toothpaste is *halachically* considered edible, and they are supported by the fact that people put toothpaste into their mouths every day (and that young children choose to eat it). Some follow that position all year-round and will only use a toothpaste that is certified as kosher (or free of glycerin).

The cRc accepts the lenient approach as relates to year-round use but recommends that one be *machmir* to the strict opinion as relates to Pesach. Therefore, for Pesach we recommend that one only use a toothpaste that is known to be *chametz*-free.

What ingredients in toothpaste might be *chametz*? Just about every variety of toothpaste contains sorbitol, which is created by “hydrogenating” glucose. Glucose can be derived from *chametz*, *kitnios*, or completely innocuous ingredients, and (although most glucose and sorbitol in the United States is not made from *chametz*) we cannot recommend toothpaste unless we know what the glucose is made from. Toothpastes also commonly contain other minor ingredients which raise *chametz* concerns.