



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 to 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 or our smartphone apps.

Allergy

Alavert Citrus Burst (Disintegrating Tablets)	Possible <i>Chametz</i>
Allegra At Home Health Children's Allergy (Cherry Flavor) (Liquid).....	Possible <i>Chametz</i>
Allegra Children's Liquid Suspension	Possible <i>Chametz</i>
Claritin Children's Chewable (Grape Flavor)	Possible <i>Chametz</i>
Claritin Children's Non-Drowsy Oral Solution (Grape Flavor) (Liquid)	Possible <i>Chametz</i>
Genexa Kids' Allergy (Liquid)	Possible <i>Chametz</i>
Kirkland Children's Aller-Tec Sugar-Free Dye-Free (Grape Flavor) (Liquid)	Possible <i>Chametz</i>
Nasacort Nose Spray Allergy 24 Hour (Liquid)	Possible <i>Chametz</i>
Ohm Children's Chewable Tablets, Dye Free (Grape Flavor)	Possible <i>Chametz</i>
Ohm Children's Loratadine Dye-Free Chewable Tablets (Grape Flavor).....	Possible <i>Chametz</i>
Up & Up Children's Allergy (Chewable Tablets)	Possible <i>Chametz</i>
Up & Up Children's Allergy Relief Dye and Sugar Free (Grape Flavor) (Liquid)	Possible <i>Chametz</i>
Up & Up Children's Allergy Relief (Grape Flavor) (Chewable Tablets)	Possible <i>Chametz</i>
Walgreens Children's Wal-Zyr Dye-Free (Grape Flavor) (Liquid)	Possible <i>Chametz</i>
Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid)	Possible <i>Chametz</i>
Zyrtec Children's Dissolve Tabs (Tablets)	Possible <i>Chametz</i>
Zyrtec Children's Dye-Free Chewables (Grape Flavor)	Possible <i>Chametz</i> (dairy)

Antacid / Digestion / Gas

Align Capsules.....	Possible <i>Chametz</i> (dairy)
Alka Seltzer Original Effervescent Tabs (Tablets)	Possible <i>Chametz</i>
Beano Extra-Strength Tablets	Recommended
Culturelle Kids Probiotic + Fiber Regularity Packets (Powder)	<i>Chametz</i> (Not Recommended)
Culturelle Kids Purely Probiotics Chewables (Bursting Berry Flavor).....	Possible <i>Chametz</i>

Gas-X Extra Strength Cherry Crème (Chewable Tablet)	Possible <i>Chametz</i>
Gas-X Total Relief Maximum Strength (Berries Flavor) (Chewable Tablets)	Possible <i>Chametz</i>
Gaviscon Extra Strength Cherry (Chewables)	Possible <i>Chametz</i>
Imodium AD For Ages 6 & Up (Liquid).....	Not Recommended (except in cases of severe diarrhea)
Imodium AD Multi-Symptom Relief (Caplets)	Recommended
Kaopectate Vanilla Regular Flavor (Liquid)	Possible <i>Chametz</i>
Mylicon Infant's Dye-Free Drops (Liquid)	Possible <i>Chametz</i>
Nature's Way Primadophilus Kids (Cherry Flavor) (Chewable Tablets)	Possible <i>Chametz</i>

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 since 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 article. The cRc follows the latter, stricter approach to this question.

We are unable to determine whether the flavorings used in Tums are acceptable for Pesach, and, therefore, cannot 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*.

Pepcid Complete Chewables (Berry Flavor)	Possible <i>Chametz</i> (dairy)
Pepto Bismol 5 Symptom Relief Caplets	Recommended
Pepto Bismol 5 Symptom Relief Chewables	Possible <i>Chametz</i>

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*

Alka Seltzer Plus Cough and Chest Congestion (Cool Blueberry
Pomegranate Flavor) (Effervescent Tablets) Possible *Chametz*

Alka Seltzer Plus Severe Cold & Flu Formula
(Effervescent Tablets)..... Possible *Chametz*

Alka Seltzer Plus Severe Cold + Flu Night (Honey Lemon Zest)
(Packets) Possible *Chametz*

Amazon Basic Care NightTime Cold and Flu (Cherry Flavor)
(Liquid)..... Possible *Chametz*

Chestal Kids Honey Cough Syrup (Liquid)
..... 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 or Grape Flavor)..... Possible *Chametz*

Equate Children's Chewable Ibuprofen (Grape Flavor)
..... Possible *Chametz*

Equate Nighttime Cold & Flu (Cherry Flavor) (Liquid)
..... Possible *Chametz*

Genexa Kids Cold Crush (Chewable Tablets) ... Possible *Chametz*

Genexa Kids Cough and Chest Congestion (Liquid)
..... Possible *Chametz*

Mucinex Cough Mini-Melts for Kids (Orange Creme Flavor)
(Dissolving Granules) Possible *Chametz*

Mucinex InstaSoothe Sore Throat and Pain Relief Spray
..... Possible *Chametz*

Signature Care Nighttime Cold and Flu Relief (Cherry Flavor)
(Liquid)..... Possible *Chametz*

Theraflu Flu Relief Max Strength Nighttime
(Honey Lemon Flavor) (Packets) Possible *Chametz*

Theraflu Max Strength Daytime (Honey Lemon Flavor)
(Packets) Possible *Chametz*

Theraflu Multi-Symptom Severe Cold (Packets)
..... Possible *Chametz*

Theraflu Multi-Symptom Severe Cold Nighttime Tea Infusions
with Green Tea and Citrus (Packets) Possible *Chametz*

Theraflu Nighttime Severe Cold and Cough Powder
..... Possible *Chametz*

Theraflu Severe Cold Relief Combo Pack (Honey Lemon Flavor)
(Packets) Possible *Chametz*

Zarbees Baby Cough Syrup + Immune (Natural Grape Flavor or
Natural Cherry Flavor) (Liquid) Possible *Chametz*

Zarbees Baby Cough Syrup + Immune with Agave
(Natural Grape Flavor) (Liquid) Possible *Chametz*

Zarbees Baby Cough Syrup + Mucus (Natural Cherry Flavor)
(Liquid)..... Possible *Chametz*

Zarbees Children's Daytime Cough Syrup + Mucus, Throat &
Nasal (Liquid)..... Possible *Chametz*

Zarbees Children's Daytime Cough Syrup Plus Immune
(Natural Mixed Berry Flavor) (Liquid)..... Possible *Chametz*

Zarbees Children's Nighttime Cough Syrup + Immune
(Natural Mixed Berry Flavor) (Liquid)..... Possible *Chametz*

Zarbees Children's Nighttime Cough Syrup + Mucus
(Natural Mixed Berry Flavor) (Liquid)..... Possible *Chametz*

Zarbees Cough Syrup + Mucus (Mixed Berry Flavor) (Liquid)
..... Possible *Chametz*

Zicam Cold Remedy RapidMelts Tablets
..... Possible *Chametz*

Zicam No Drip Nasal Spray
..... Recommended

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

Amazon Basic Care Children’s Ibuprofen Chewable Tablets (Orange Flavor)..... Possible *Chametz*

CVS Children’s Ibuprofen (Orange or Grape Flavor) (Chewable Tablets) Possible *Chametz*

Genexa Kids’ Pain & Fever (Liquid) Possible *Chametz*

Midol Complete (Caplets)..... Recommended

Motrin Children’s Chewables (Grape Flavor) (Chewable Tablets) Recommended

Signature Care Children’s Ibuprofen (Grape Flavor) (Chewable Tablets) Recommended

Tylenol Adult Dissolve Packs (Berry Flavor) (Powder) Possible *Chametz*

Tylenol Childrens Chewables (Grape Flavor) Recommended

Ex-Lax Tablets Recommended

Generic Mineral Oil (pure) (Liquid) 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
Bobbi Brown**



If your lipstick is not listed here, you can use our search feature at www.cRcKosher.org/lipstick.

Crushed Lip Color Recommended

Luxe Matte Lip Color Recommended

Luxe Shine Intense Lipstick..... Recommended

Clinique

Dramatically Different Lipstick Shaping Lip Colour Recommended

E.L.F.

O Face Satin Lipstick..... Recommended

SRSLY Satin Lipstick Recommended

Estee Lauder

Pure Color Creme Lipstick..... Recommended

Pure Color Hi-Lustre Lipstick Recommended

Pure Color Whipped Matte Lip Color With Moringa Butter Not Recommended

L’Oreal

Colour Riche Intense Volume Matte Lipstick Recommended

Colour Riche Satin Lipstick Recommended

Lancome

L’absolu Rouge Cream Lipstick..... Not Recommended

L’absolu Rouge Drama Matte Lipstick..... 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.
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 you 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)

Citrucel Caplets Recommended

Dulcolax Overnight Relief (Tablets) Recommended

Dulcolax Suppository Recommended

Epsom Salt (pure) Generic or Branded versions (Powder) 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
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Wet n Wild

Mega Last High-Shine Lip Color.....	Recommended
Mega Last Matte Lip Color.....	Recommended
Perfect Pout Lip Color.....	Recommended
Silk Finish Lipstick.....	Recommended
Ultra Hd Matte Lip Color.....	Recommended

Lotions.....All are recommended

Mascara.....All are recommended

Miscellaneous

Anbesol Maximum Strength Liquid.....	Possible <i>Chametz</i>
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 acceptable, 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 <i>Chametz</i>
Dramamine Original (Tablet - Non-chewable).....	Recommended
Ensure, Assorted Nutritional Supplements.....	See Nutritional Supplement Pages
Femcon Fe (brown and white pills) (Chewable Tablet).....	Possible <i>Chametz</i> (dairy)
Fixodent Original (Cream).....	Recommended
Floss, Flavored.....	Possible <i>Chametz</i>
Floss, Unflavored.....	Recommended
Kanka Mouth-pain (Liquid).....	Possible <i>Chametz</i>
Lip Balm, Assorted.....	Recommended without flavor
Listerine PocketPaks, Assorted Varieties (Dissolving strip).....	Not Recommended
NoDoz Alertness Aid (Caplet).....	Recommended
Orajel Mouth Sores Triple Medicated (Gel).....	Recommended
Polident Overnight Whitening (Tablet).....	Possible <i>Chametz</i>
Polygrip Free (Cream).....	Recommended
Polygrip Original (Cream).....	Recommended
Unisom SleepTab (Tablet).....	Recommended
Vivarin (Tablet).....	Recommended
Mousse	See Hairspray and Mousse
Mouthwash	Only recommended if known to be <i>Chametz</i> -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

- CreamAll are recommended
- GelsAll 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 in the introduction to this article

WipesRecommended 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.