

Medications Guidelines for use of **on Pesach**



IMPORTANT: NO ONE SHOULD DISCONTINUE OR AVOID TAKING MEDICATIONS THAT HAVE BEEN PRESCRIBED TO THEM WITHOUT CONSULTING THEIR DOCTOR AND RABBI.

MEDICATION which tastes bitter (when chewed) is permitted. However, one should not take a pill that contains chometz if there is a chometz-free alternative.

LIQUID and chewable medications, as well as coatings of medications that contain chometz should not be used.

VITAMINS and food supplements that contain chometz should not be used.

MEDICINE containing kitniyos is permitted for someone who feels ill.

PRODUCTS that are only permitted for medical reasons should be used in separate utensils.

The following is a list of some common over the counter products that are chometz-free but may contain kitniyos. Furthermore, the list does not verify the general kashrus of the medications. Items must be in exact format as shown and exactly as named.

Allergy

Adwe – Tussin
Allegra-D – 12 hr. Tablets
Benadryl Allergy – Ultratab Tablets
Benadryl Children’s Allergy – Dye Free Liquid (All), Liquid (All), Allergy Plus Congestion, Chewable (Grape)
Claritin-D – 12 hr. Tablets (Dairy), 24 hr. Tablets

Antacid/Digestion/Gas

Adwe Heartburn Relief
Align (Capsule)
Alka-Seltzer – Original
Imodium AD Multisymptom Relief Caplets
Konsyl Powder Original Formula – Unflavored (no kitniyos)
Pepto Bismol – 5 Symptom Relief (Caplet)
Pepto Bismol – Original Liquid
Phillips’ Milk of Magnesia – Original Liquid [no kitniyos]
Prilosec OTC – Wildberry Flavor - Non-Chewable (Tablet)

Fever Reducer/Pain Relief

Advil – Caplets – Coated but not Film-Coated variety. Look for last inactive ingredient listed to be white wax
Tablets – Coated but not Film-Coated variety. Look for last inactive ingredient listed to be white wax
Adwe – Pain Relief Children Liquid Acetaminopen, Pain Relief Infant Liquid Acetaminopen
Aleve – Caplets (Blue Pill), Aleve-D Sinus & Cold, Aleve-D Sinus & Headache, Aleve PM
Bayer Aspirin – Genuine Tabs, Low-Dose Chewable 81mg (cherry, orange)
Motrin – coated caplets, Infant Drops (All), Children’s Suspension (All)
Tylenol – Extra Strength Caplets, Regular Strength Tablets
Tylenol – Children’s Suspension (All) Infants Oral Suspension (All)
Walgreens – Junior Strength Ibuprofen 100 (Chewable Tabs) Orange or Grape

Laxatives/Fiber Supplements

Citrucel (Caplets)
Dulcolax Overnight Relief (Tablets)
Epsom Salt (pure) Generic or Branded versions (Powder)
Ex-Lax (Tablets)
Fibercon (Caplet)
Metamucil – 4 in 1 Real Sugar Unflavored Coarse Powder (no kitniyos), 4 in 1 Sugar Free Orange Smooth Powder
Mineral Oil (Liquid)
Miralax (Powder)
Phillips Milk of Magnesia – Caplets, Original Liquid (unflavored)
Senokot (Tablets) Senokot-S (Tablets)

Miscellaneous

Culturelle – Baby Calm + Comfort Drops, Baby Grow + Thrive Packets, Kids Complete Multivitamin + Probiotic, Kids Probiotic Chewable Packets, Kids Regularity, Pro-Well 3in1 Complete, Digestive Health Daily Capsules
Dramamine – Original Formula (Dairy), Less-Drowsy tabs (Dairy), Chewable tabs (orange)
Melatonin Tablets 3mg Breckenridge Pharmaceutical (Available on Amazon)

The OU has researched the following nutritional supplements and determined that they are respectively suitable for someone who is infirm (choleh she’ain bo sakanah) and for infants, when bearing the OU logo.*

Nutritional Supplements

Boost Glucose Control
Boost High Protein
Boost Nutritional Pudding
Boost Plus
Enlive
Ensure Compact
Ensure Complete Nutrition Shake
Ensure Healthy Mom Shake
Ensure High Calcium Shake
Ensure High Protein Shake
Ensure HN
Ensure Homemade Shake
Ensure Plus
Ensure Plus Advance
Ensure Plus HN

Ensure Plus Next Generation
Ensure Shake
Ensure TwoCal

Pediatric Supplements

Enfamil 5% Glucose Water
Electrolytes – The following brands are acceptable:
CVS, Pedialyte (All flavors), Walgreens
Pediasure Complete
Pediasure Peptide
Pediasure RPB
Pediasure Vanilla Powder
Pediasure Shakes

The list above is based on information from the CRC and the Star K.

*Most of these products contain kitniyos, and for some that is the primary ingredient. With the exception of the flavors used, any item which might be chometz-based is used in such small proportions that it is batel b’shishim (nullified). Where possible, it is preferred to (a) use a substitute which is certified for Pesach, and (b) use a liquid supplement instead of a powdered one. 📺