

IMPORTANT: ONE SHOULD NOT 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

Aleve-D Sinus & Headache

Allegra-D – 12 hr. Tablets

Benadryl Allergy – Ultratab Tablets

Benadryl Children's Allergy – Dye Free Liquid (All Flavors), Liquid (All Flavors), Chewable (Grape), Plus Congestion

Claritin-D – 12 hr. Tablets (Dairy), 24 hr. Tablets

Antacid/Digestion/Gas

Align (Capsule)

Alka-Seltzer – Original

Culturelle Digestive Daily Probiotic

Dramamine – Original Formula (Dairy)

Imodium AD Multisymptom Relief Caplets

Konsyl Powder Original Formula – Unflavored (no kitniyos)

Pepto Bismol – 5 Symptom Relief (Caplet)

Pepto Bismol – Original Caplets

Fever Reducer/Pain Relief

Advil:

Caplets – Coated (but not Film-Coated) approved when last inactive ingredient listed on panel is white wax

Tablets – Coated (but not Film-Coated) approved when last inactive ingredient listed on panel is white wax

Advil – Childrens Suspension (All Flavors)

Advil – Infant Drops (Grape)

Adwe :

Pain Relief Children Liquid Acetaminophen,

Pain Relief Infant Liquid Acetaminophen

Aleve – Tablets

Bayer Aspirin – Genuine Tabs, Low-Dose Chewable 81mg (cherry, orange)

Motrin:

IB coated caplets

Infant Liquid Suspension

Children's Liquid Suspension

Tylenol:

Extra Strength Caplets, Regular Strength Tablets

Children's Liquid Suspension

Infants Oral Suspension

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 Fiber with Real Sugar Unflavored (Powder)

Mineral Oil Pure(Liquid)

Miralax (Powder)

Peri-Colase (Tablets)

Phillips Milk of Magnesia – Caplets, Original Liquid (unflavored)

Senokot (Tablets) Senokot-S (Tablets)

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

Ensure – All shakes, all liquids, all powders, all flavors, *Excluding* bars

Resource – Thicken Up, Thickened Juice, Shake Plus Simply Thick

Thick & Easy - All

Thick-It

Pediatric Supplements

Boost Kid Essentials, 1.0, 1.5

Boost Kid Essentials with Fiber

Pediasure – All shakes, all liquids, all powders, all flavors, *Excluding* bars

*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.

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