



# MEDICINE & COSMETICS

## Chicago Rabbinical Council

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פסח תשפ"ו / Pesach 2026

### MEDICINES, COSMETICS & TOILETRIES FOR PESACH

NOTE: THIS LETTER REFERS TO PESACH-SPECIFIC CONCERNS.  
PLEASE CONSULT YOUR RABBI REGARDING THE USE OF MEDICINES, COSMETICS,  
AND TOILETRIES ON *SHABBOS* AND *YOM TOV*.

#### MEDICINES

- All pill or non-chewable tablet medication – with or without *chametz* – that one swallows is permitted. [Candy-coated pills are an exception to this rule, but they are quite uncommon.] Vitamins and food supplements do not necessarily fall into this category, and each person should consult with their Rabbi.
- Gelcaps, both hard and soft, do not pose a *chametz* concern, but the gelatin they are made from is not kosher. Accordingly, during *Pesach* and all year-round, they should only be consumed by someone who is ill and does not have an alternative medicine which is free of *kashrus* concerns.
- 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. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of *kitnios*.

#### COSMETICS & TOILETRIES

- All varieties of blush, body soap, conditioners, creams, eye shadow, eyeliner, foundations, ink, lotions, mascara, nail polish, ointments, paint, shampoo, and stick deodorant are permitted for use on *Pesach* – regardless of the ingredients contained within them.
- Many varieties of cologne, liquid deodorants, hairspray, mousse, perfume, shaving lotion, sunscreen, and wipes contain denatured alcohol, and therefore should only be used on *Pesach* if they do not contain alcohol or the alcohol is known to be free of *chametz*. Such products manufactured in the United States may be used, regardless of whether the ingredient list includes denatured alcohol.
- Lipstick, mouthwash, and toothpaste which contain *chametz* should not be used.

  
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## Medicine Guidelines

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

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

**Vitamins** generally 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.

**Gelcaps**, both hard and soft, do not pose a *chametz* concern, but the gelatin they are made from is not kosher. Accordingly, during Pesach and all year round, they should only be consumed by someone who is ill and does not have an alternate medicine which is free of kashrus concerns.

**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 *kitniyos* 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.

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

## Allergy

**Allegra Children's Dissolve Tabs 12 Hour Indoor/Outdoor (Orange Cream Flavor)** Possible *Chametz* (dairy)

**Benadryl Children's Allergy (Grape Flavor) (Chewable Tablets)** Recommended

**Claritin Children's Chewable (Grape Flavor, Bubble Gum Flavor)** Possible *Chametz*

**Claritin Children's Non-Drowsy Oral Solution (Grape Flavor) Liquid** Possible *Chametz*

**Equate Children's Non-Drowsy Loratadine Chewable Dye-Free Indoor and Outdoor Allergies (Grape Flavor)** Possible *Chametz*

**Nasacort Nose Spray Allergy 24 Hour** Possible *Chametz*

**Up & Up Children's Allergy Relief (Grape Flavor) (Chewable Tablets)** Recommended

**Walgreens 24-Hour Children's Allergy Relief Dye-Free (Grape Flavor) (Liquid)** Recommended

**Walgreens Children's Wal-Zyr Dye-Free (Grape Flavor) (Liquid)** Possible *Chametz*

**Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid)** Possible *Chametz*

**Zyrtec Children's Dissolve Tabs** Possible *Chametz*

## Antacid / Digestion / Gas

**Align Capsules** Possible *Chametz*

**Alka Seltzer Lemon Lime Effervescent Tabs** Possible *Chametz*

**Alka Seltzer Original Effervescent Tabs** Possible *Chametz*

**Alka Seltzer Xtra Strength (Effervescent Tablet)** Possible *Chametz*

**Beano Extra-Strength (Tablet)** Recommended

**Culturelle Digestive Daily Probiotics with Prebiotics (Capsule)** Possible *Chametz*

**Culturelle Kids Purely Probiotics (Packets)** Possible *Chametz*

**Culturelle Kids Purely Probiotics Chewables (Berry or Bursting Berry Flavor)** Possible *Chametz*

**Culturelle Women's 4 in 1 Protection (Capsules)** Recommended

**Gas-X Extra Strength (Cherry Crème Flavor) (Chewable Tablet)** Possible *Chametz*

**Gaviscon Extra Strength Original (Chewable Tablet)** Possible *Chametz*

**Imodium AD (Liquid)** Not Recommended (except in cases of severe diarrhea)

**Imodium AD Multisymptom Relief (Caplets)** Recommended

**Kaopectate Max (Peppermint Flavor) (Liquid)** Possible *Chametz*

**Little Remedies Gas Relief Drops (Liquid)** Possible *Chametz*

**Mylicon Infant's Dye-Free Drops (Liquid)** Possible *Chametz*

**Pepcid Complete (Berry Flavor) (Chewable Tablet)** Possible *Chametz* (dairy)

**Pepto Bismol 5 Symptom Relief (Caplets)** Recommended

**Pepto Bismol 5 Symptom Relief (Chewable Tablet)** Possible *Chametz*

**Pepto Bismol Kids Pepto (Bubble Gum Flavor) Chewable Tablet** Possible *Chametz*

**Pepto Bismol Ultra (Liquid)** Possible *Chametz*

**Up & Up 5-Symptom Digestion Relief (Chewable tablets)** Possible *Chametz*

**Up & Up Extra Strength Gas Relief Chewable Tablet**  
Possible *Chametz*

**Antibiotics**

Generally speaking, 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.

**Blush**

All are recommended

**Body Soap**

All are recommended

**Cologne**

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

**Contact Lens Solution**

See Eye Care

**Cough, Cold & Flu**

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

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

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

**Alka Seltzer Plus Severe Cold Powerfast Fizz Night (Effervescent Tablet)** Possible *Chametz*

**CVS Health Extra Strength Acetaminophen (Adult) (Liquid)** Recommended

**Delsym 12 Hour Cough (Orange Flavor) (Liquid)**  
Possible *Chametz*

**Delsym 12 Hour Cough Relief (Grape Flavor - Children’s) (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 Acetaminophen (assorted flavors) (Chewable Tablet)** Recommended

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

**Mucinex Children’s Cough and Chest Congestion**

**(Orange Crème Flavor) (Dissolving Granules)**  
Possible *Chametz*

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

**Mucinex Instasoothe Sore Throat + Cough Relief (Alpine Herbs and Fresh Mint Flavor) (Lozenge)**  
Possible *Chametz*

**Mucinex InstaSoothe Sore Throat and Pain Relief Spray** 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 Severe Cold Relief Combo Pack (Honey Lemon Flavor) (Packets)** Possible *Chametz*

**Zarbees All-In-One Children’s Nighttime Cough Syrup + Mucus, Throat & Nasal (Liquid)**  
Possible *Chametz*

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

**Zarbees Children’s Cough Syrup + Mucus (Mixed Berry Flavor) (Liquid)** Possible *Chametz*

**Zarbees Children’s Daytime Cough Syrup Honey, Elderberry & Ivy Leaf (Liquid)** Possible *Chametz*

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

**Zicam Cold Remedy Rapidmelts (Citrus Flavor)**  
Possible *Chametz*

**Zicam No Drip Nasal Spray (Liquid)** Recommended

**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

**Eye Care**

**Alcon GenTeal Tears Moderate** Possible *Chametz*

**Alcon Opti-Free Puremoist 5-in-1** Possible *Chametz*

**Alcon Opti-Free Replenish Enhanced Comfort**  
Recommended

**Alcon Pataday Once Daily Relief Eye Allergy Itch Relief** Recommended

**Alcon Pataday Twice Daily Relief Eye Allergy Itch & Redness Relief** Recommended

**Alcon Systane Gel Drops Soothing Dry Eye Relief**  
Possible *Chametz*

**Alcon Systane Ultra High Performing Dry Eye Relief** Possible *Chametz*

**Alcon Systane Zaditor Antihistamine Eye Drops Eye Itch Relief** Recommended

**Bausch + Lomb Alaway Eye Itch Relief**  
Recommended

**Bausch + Lomb Bio true Hydration Boost for Dry Eyes** Recommended

**Bausch + Lomb Bio true Hydration Plus**  
Recommended

**Bausch + Lomb Bio true Multi-Purpose Solution**  
Recommended

**Bausch + Lomb Blink Geltears Dry Eye Lubricating Eye Drops Moderate-Severe** Recommended

**Bausch + Lomb Blink Tears Dry Eye Lubricating Eye Drops Mild-Moderate** Recommended

**Bausch + Lomb Blink Triple Care Dry Eye Lubricating Eye Drops Moderate-Severe 3-in-1 Extended Relief** Recommended

**Bausch + Lomb Boston Advance Conditioning Solution Advanced Comfort Formula** Recommended

**Bausch + Lomb Boston Simplus Multi-Action Soution Cleans and Conditions** Recommended

**Bausch + Lomb Lumify Preservative Free Redness Reliever Eye Drops** Recommended

**Bausch + Lomb Lumify Redness Reliever Eye Drops** Recommended

**Bausch + Lomb Opcon-A Eye Allergy Relief**  
Recommended

**Bausch + Lomb re-nu Multi-Purpose Solution Adanced Formula** Recommended

**Bausch + Lomb SootheXP Xtra Protection Advanced Dry Eye Therapy** Possible *Chametz*

**Clear Care Plus with Hydraglyde** Recommended

**Rohto Cooling Eye Drops Max Strength Maximum Redness Relief** Recommended

**Rohto Cooling Eye Drops Optic Glow**  
Possible *Chametz*

**Signature Select Multi-Purpose Solution for Soft Contact Lenses** Recommended

**Thera Tears Dry Eye Therapy** Recommended

**Thera Tears Extra Dry Eye Therapy Extra Moisturizing** Recommended

**Transform Your Day Clear Eyes Maximum Redness Relief** Recommended

**Transform Your Day Clear Eyes Redness Relief**  
Recommended

**Up & Up Advanced Moisture Balance Multi-Purpose Solution for Silicone Hydrogel and Soft Contact Lenses** Recommended

**Up & Up Clear Comfort Multi-Purpose Solution for Soft Contact Lenses** Recommended

**Up & Up Eye Allergy Itch & Redness Relief**  
Recommended

**Up & Up Eye Allergy Relief** Recommended

**Up & Up Eye Allergy Relief Drops** Recommended

**Up & Up Eye Itch Relief** Recommended

**Up & Up Lubricating and Rewetting Eye Drops for Soft (Hydrophilic) Contact Lenses** Recommended

**Up & Up Saline Solution for Sensitive Eyes**  
Recommended

**Visine Dry Eye Relief** Recommended

**Visine Red Eye Comfort Fast Acting Redness Relief** Recommended

## Fiber Supplements

See Laxatives

## Fever Reducer / Pain Relief

### Fever for a Child

Each year, the cRc researches different fever-reducers and pain relievers to see which are suitable for use on 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).



**CVS Children's Ibuprofen (Assorted Flavors) Chewable Tablets** Recommended

**CVS Health Children's Pain Relief Acetaminophen (Grape Flavor) (Chewable Tablets)** Recommended

**Genexa Kids Pain and Fever Liquid** Possible *Chametz*

**Midol Complete (Caplets)** Recommended

**Motrin Children's (Grape Flavor) (Chewable Tablets)** Recommended

**Signature Care Children's Ibuprofen (Grape Flavor) Chewable Tablet** Recommended

**Tylenol Children's Chewables (assorted flavors)**  
Recommended

**Up & Up Children's Ibuprofen Chewable Tablets (Orange Flavor)** Recommended

## 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 (Caplet)** Recommended

**Dulcolax Overnight Relief (Tablets)** Recommended

**Ex-Lax (Tablets)** Recommended

**Generic Epsom Salt (pure) (Powder)**  
Recommended

**Generic Mineral Oil (pure) (Liquid)** Recommended

**Metamucil 4 in 1 Fiber Made with Real Sugar (Powder)** Possible *Chametz*

**Metamucil 4-in-1 Fiber No Added Sweeteners (Unflavored) (Powder)** Possible *Chametz*

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

**Miralax Powder** Recommended

**Pedia-Lax Chewable** Possible *Chametz*

**Polyethylene Glycol (pure) Generic or Branded Versions (Powder)** Recommended

**Psyllium Husk (pure)** Recommended

**Senokot Tablets** 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 Lipstick** Recommended

**Luxe Cashmere Matte Lipstick** Recommended

**Luxe Lipstick** Recommended

**CLINIQUE**

**Chubby Stick Moisturizing Lip Color Balm**  
Recommended

**Clinique Pop Longwear Lipstick** Not Recommended

**Dramatically Different Lipstick Shaping Lip Colour**  
Recommended

**E.L.F.**

**Glossy Lip Stain** Recommended

**Hydrating Core Lip Shine** Recommended

**Lip Plumping Gloss** Recommended

**O Face Satin Lipstick** Recommended

**ESTÉE LAUDER**

**Pure Color Creme Lipstick** Recommended

**Pure Color Hi-Lustre Lipstick** Recommended

**Pure Color Matte Lipstick** Recommended

**JANE IREDALE**

**Beyond Matte Lip Stain** Recommended

**ColorLuxe Hydrating Cream Lipstick** Recommended

**L'OREAL**

**Colour Riche Intense Volume Matte Lipstick**  
Recommended

**Colour Riche Satin Lipstick** Recommended

**LANCÔME**

**Juicy Tubes Lip Gloss** Possible *Chametz*

**L'Absolu Rouge Cream Lipstick** Possible *Chametz*

**L'Absolu Rouge Drama Matte Lipstick**  
Recommended

**MAC**

**Lipglass** Recommended

**Lusterglass Sheer-Shine Lipstick** Not Recommended

**M·A·C Locked Kiss 24hr Lipstick** Recommended

**M·A·Cximal Silky Matte Lipstick** Recommended

**M·A·Cximal Sleek Satin 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 Ultimate 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 Matte Lite Crayon Lipstick**  
Recommended

**ColorStay Overtime Lipcolor** Recommended

**ColorStay Ultimate Liquid Lipstick** Recommended

**Super Lustrous The Lip Gloss** Recommended

**Super Lustrous Lipstick** Recommended

**Super Lustrous The Luscious Mattes Lipstick**  
Recommended

## Lotions

All are recommended

## Mascara

All are recommended

## Miscellaneous

**Anbesol Maximum Strength (Liquid)** Possible *Chametz*

**Antibiotics (all forms, including liquid)**  
Recommended

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

**Campho Phenique Maximum Strength Cold Sore Treatment Gel with Aloe Gel** Recommended

**Castor Oil (pure) (Liquid)** Recommended

**Chapstick Classic Original** Recommended

**Chapstick Moisturizer** Recommended

**Dramamine Chewable for Kids (Grape Flavor, including Dye-Free)** Possible *Chametz*

**Dramamine Chewables** Possible *Chametz*

**Dramamine Original Tablet (non-chewable)**  
Recommended

**Ensure Assorted nutritional supplements**  
See Nutritional Supplement Listings

**Fixodent Original (Cream)** Recommended

**Kanka Mouth-Pain (Liquid)** Possible *Chametz*

**NoDoz Alertness Aid (Caplet)** Recommended

**Orajel 4X Toothache and Gum (Cream)**  
Possible *Chametz*

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

**Oxygen Concentrator (various brands)**  
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*

**Suppositories (general)** Recommended

**Unisom SleepTab Tablet** Recommended

**Vivarin (Tablet)** Recommended

**Zarbees Children's Sleep with Melatonin (Grape Flavor) Chewable Tablets** Possible *Chametz*

## 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

## FAQ Coated Pills

**Q** It says on your website that one can take any pill medication that is swallowed. Does that include coated pills such as Advil?

**A** Most pills which are meant to be swallowed are coated with a glaze, wax, or shellac, which makes the pills easier to swallow, and some of these coatings have some form of simple sugar (e.g., sucrose). None of these ingredients are problematic for Pesach.

In rare cases, though, a pill has a flavor or is coated with sweeteners which are Pesach-sensitive (e.g., sorbitol or mannitol). These are listed as inactive ingredients, and we don't recommend them for Pesach. One example of this is some Advil brand products. The inactive ingredient panel occasionally lists that the coating contains mannitol or a flavor, and those items are not recommended.