

SHOPPING GUIDE

GUIDE D'ACHAT

תשפ"ו 2026

CANADA'S
PESACH
MAGAZINE



MEDICATIONS
MÉDICAMENTS

FOODS
ALIMENTS

COSMETICS
COSMÉTIQUES

KOSHER QUESTIONS?

Passoverinfo.com



 **438 800 3379**





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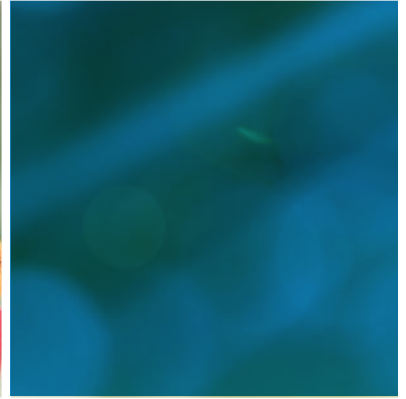


**VENTE DE
CHAMETZ/
SALE OF
CHAMETZ**

**SELL
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ONLINE**

VENDEZ VOTRE CHAMETZ EN LIGNE

SELYOURCHAMETZ.CA



Groceries

Épicerie

Groceries | Épicerie

- Acceptable without Pesach certification | Acceptable sans certification de Pessah
- Must bear Pesach Certification | L'emballage doit avoir une certification de Pessah
- Kitniyot
- Not acceptable for Pesach | N'est pas acceptable pour Pessah

PRODUCT – PRODUIT	STATUS	NOTES
Alcohol – Alcool	●	For drinking
Alfalfa – Luzerne	●	Suitable for Ochlei Kitniyot
Amaranth – Amarante	●	Amaranth is not Kitniyot but requires certification to be sure no other grains are mixed in. L'amarante n'est pas Kitniyoth, mais requiert une certification afin d'assurer qu'aucun autre grain n'y est mélangé.
Anise – Fresh	●	Suitable for Ochlei Kitniyot only
Apple Cider – Cidre	●	
Apple Juice – Jus de Pomme	●	
Apple Sauce Compotes de pommes	●	
Aspartame	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Baby Carrots Carottes miniatures	●	
Baby Formula Préparations pour nourrissons		See list in baby section Voir la liste dans la section de produits pour bébé
Baking Powder Poudre à pâte	●	

PRODUCT – PRODUIT	STATUS	NOTES
Baking Soda Bicarbonate de soude	●	
Beans – dry Haricots sec	●	Suitable for Ochlei Kitniyot. (Best to avoid brands that produce chulent mix)
Beans – canned Haricots en conserve	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Bean Sprouts Germe de soja	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Beverages – Boissons	●	
Bicarbonate of Soda Bicarbonate de sodium	●	One should buy a new box
Brewer's Yeast Levure de bière	●	
Brown Sugar – Cassonade	●	
Buckwheat – Sarrasin	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Butter – Beurre	●	
Cake – Gateaux	●	
Candy – Bonbons	●	
Canned Fruit or Vegetables Fruit – légumes en conserve	●	
Canola Oil – Huile de Canola	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Caraway Seed Graines de carvi	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Carrots raw Carottes crues	●	Acceptable if additive free. Acceptables si elles ne contiennent aucun additif

PRODUCT - PRODUIT	STATUS	NOTES
Carrots canned, frozen or cooked – Carottes en conserve, congelées ou cuites	●	
Cheese – Fromage	●	
Cheese Spreads Fromage à tartiner	●	
Chicken	●	All raw, fresh or frozen poultry in original packaging is acceptable for Pesach without Pesach certification. Toute volaille crue, fraîche ou congelée, est autorisée sans certification pour Pessa'h.
Chicken	●	Processed chicken and/or poultry requires Kosher for Pesach certification. Les produits à base de poulet transformés nécessitent une certification cachère le Pessa'h.
Chickpeas – Dry Pois chiche sec	●	Suitable for Ochlei Kitniyot
Chickpeas – canned Pois chiche canned	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Cloves – Clou de girofle		Some have a custom not to use cloves
Cocoa Powder Poudre de cacao		Acceptable if 100% pure and not processed in Europe. Acceptable si 100% pur et non traitée en Europe
Coconut Shredded (unsweetened) Noix de coco râpée	●	
Coconut Shredded (sweetened) Noix de coco râpée	●	

PRODUCT – PRODUIT	STATUS	NOTES
Coffee Beans Graines de café	●	Beans which are plain, unflavored and not decaffeinated do not require certification. The grinder must be clean. Les graines naturel, non aromatisées et non décaféinées sont permises sans certification. Le broyeur à café doit être propre.
Coffee Instant – Café soluble	●	Plain, flavored or decaffeinated coffee, other than those below, requires certification. Nécessite une certification, qu'il soit nature, aromatisé ou décaféiné
Taster's Choice Regular Instant	●	
Folger's Regular & Decaf	●	
Coffee Whitener Blanchisseur de café	●	
Coca-Cola	●	
Confectionary Sugar Sucre glace	●	
Cookies – Biscuits	●	
Cooking Oil Spray Huile à friture	●	
Cooking Wine – Vin de Cuisine	●	
Coriander – Coriandre	●	Suitable for Ochlei Kitniyot
Corn – Fresh Maïs-Frais	●	Suitable for Ochlei Kitniyot
Corn – canned maïs en boîte	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Cumin	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification

PRODUCT – PRODUIT	STATUS	NOTES
Dates Dry – Dattes sèches	●	
Dates Fresh – Dattes fraîches	●	
Dates Chopped Dattes coupées	●	
Dessert Gels & Puddings Gelée et crèmes desserts	●	
Diet Coke – Coke diète	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Dried Fruit – Fruits secs	●	
Edamame	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Eggs Cooked or Liquid Oeufs cuits ou liquides	●	
Eggs Whole & Raw Oeufs entiers ou crus	●	
Fennel Seeds Graines de fenouil	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Fish – Poisson	●	Fresh
Fish – Poisson	●	Canned, Frozen or Processed en boîte, congelé ou transformé
Flavoured Seltzer Seltzer aromatisé	●	
Flavoured Water Eau aromatisé	●	
Flaxseed	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Flour – Farine	●	
Food Coloring Colorant alimentaire	●	

PRODUCT - PRODUIT	STATUS	NOTES
Frozen Dinners Repas surgelés	●	
Frozen Vegetables Légumes surgelés	●	
Fruit Juice – Jus de fruit	●	
Fruits	●	Canned, Cooked, Dried or Sweetened En boîte, cuits, séchés ou sucrés
Fruits Fresh – Fruits Frais	●	
Fruit Preserves Fruits en conserve	●	
Garlic Fresh – Ail Frais	●	According to custom Selon les Coutumes
Garlic Peeled – Ail épluché	●	In jars or cans En bocal ou en boîte
Grape Juice – Jus de raisin	●	
Green Beans – fresh Haricots verts – frais	●	Suitable for Ochlei Kitniyot
Green Beans – frozen Haricots verts – surgelés	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Gum – Gomme	●	Suitable for Ochlei Kitniyot
Hemp – Chanvre	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Herbal Tea – Tisane	●	
Honey – Miel	●	
Horseradish raw – Raifort cru	●	
Horseradish Prepared Préparation de raifort	●	

PRODUCT - PRODUIT	STATUS	NOTES
Ice (bagged) - Glace en sac	●	
Ice Cream - Crème glacée	●	
Ices - Glaces	●	
Invert Sugar - Sucre inverti	●	
Jam - Confitures	●	
Jelly - Gelée	●	
Juice (Fruit) - Jus (fruit)	●	All flavors
K-cups	See Note	Unflavored and not decaffeinated K-cups bearing OU do not require special Pesach certification. Les K-cups sans saveur et non décaféiné qui portent le logo OU ne nécessitent pas de certification cachère le Pessa'h.
Kasha	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Ketchup	●	
Kimmel - Carvi	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Lactaid	●	Lactaid milk should be purchased before Pesach . Chewable Pills / Non-chewable Pills: Consult with a Rabbi Le lait Lactaid peut être utilisé s'il a été acheté avant Pessa'h. Pour les comprimés à croquer ou pilules ordinaires, consultez un rabbin.

PRODUCT - PRODUIT	STATUS	NOTES
Lemon / Lime Juice Jus de citron / lime	●	RealLemon & Reallime brand don't require special Pesach Certification
Lentils dry – Lentilles secs	●	Suitable for Ochlei Kitniyot
Lentils canned Lentilles en boîte	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Liquor – Liqueurs	●	
Maple Syrup – Sirop d'érable	●	
Margarine	●	
Mayonnaise	●	
Matza – Matsa	●	
Meat – Viande	●	All MK raw, fresh or frozen meat in original packaging is acceptable for Pesach without a Pesach certification. Toute viande MK crue, fraîche ou congelée, est autorisée sans certification pour Pessa'h.
Meat – Viande	●	Cooked, pickled or repacked Cuite, mariné ou remballée
Millet	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Milk – Lait	●	Preferably with a Pesach certification. If not available, then milk should be purchased before Pesach. Doit être certifié cachère le Pessa'h. Si du lait cachère le Pessa'h n'est pas disponible, le lait doit être acheté avant Pessa'h.
Mushrooms – Champignons	●	Canned or dry en boîte ou séchés
Mushrooms raw Champignons crus	●	

PRODUCT – PRODUIT	STATUS	NOTES
Mustard– Moutarde	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Non-Dairy Creamer Succédané de crème non laitier	●	
Nuts – Noix ● Peanuts are kitniyot.	●	Nuts are acceptable without certification if whole, free of BHA-BHT and not blanched or roasted, except for pecans which are not whole. Les noix sont autorisées sans certification à condition qu'elles soient entières, non blanchies, non grillées, et sans BHA-BHT, sauf pour les pacane qui ne sont entières.
Olive Oil Extra Virgin Huile d'olive Extra Vierge	●	
Oil – Huile	●	All oils, except for extra virgin olive oil, require special Pesach certification. Y compris tout autre type d'huile d'olive, et toutes autres huiles.
Orange Juice – Jus d'orange	●	
Orange Concentrate Juice Pure frozen – Concentré de jus d'orange pur, surgelé.	●	
Pam	●	
Peas – Pois	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Pickles – Cornichons	●	
Poppy Seeds Graines de pavot	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Popcorn Seeds raw	●	Suitable for Ochlei Kitniyot when there is no added ingredients

PRODUCT - PRODUIT	STATUS	NOTES
Potato Chips Croustilles		
Preserves- Conserves		
Prunes- Pruneaux		
Pumpkin Seeds Graines de citrouille		Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Quinoa	See Note	According to some opinions, quinoa may be Kitniyot and according to those who permit it-it must bear a Kosher for Pesach certification - please consult with a Rabbi. Selon certains avis, le quinoa pourrait être considéré comme étant Kitniyote - et selon les opinions qui le permette, il doit être certifié cachère lepeassa'h - veuillez consulter votre rabbin.
Raisins – Raisins secs		
Rice – Riz (including Basmati, brown, jasmine, wild)		Suitable for Ochlei Kitniyot. If enriched rice requires Pesach Certification
Rice Milk- Lait de riz		May contain chametz Peut contenir du 'hamèts
Saffron – Safran	See Note	According to custom Selon les coutumes
Salads (bagged) Salade (en sac)		
Salmon – Saumon	 	Fresh – Frais Canned, Frozen or Processed Saumon en boîte, congelé ou transformé
Salt – Sel		Acceptable without iodine or other additives Acceptable sans iode ou autres additifs
Seltzer – Club Soda		UNFLAVORED ONLY

PRODUCT - PRODUIT	STATUS	NOTES
Sesame Seeds Graines de sésame	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Sherbet – Sorbet	●	
Shortening – Matières grasses	●	
Snow Peas – Pois mange-tout	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Soda	●	
Soda Stream	●	Regular unflavored CO2 with the OU certification sans saveur avec la certification OU
Sorbitol	●	
Sorghum – Sorgho	●	
Soup Mix Préparation pour potage	●	
Sour Tomatoes Tomates acidulées	●	
Soy Products Produits de soja	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Soy Sauce & Soy Milk Sauce de soja & lait de soja	●	May contain chametz Peuvent contenir du 'hamèts
Spices – Épices	●	
Sweeteners – Édulcorants	●	
Sugar – Sucre	●	
Sugar Substitute Édulcorants	●	
Sunflower Seeds Graines de tournesol	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification

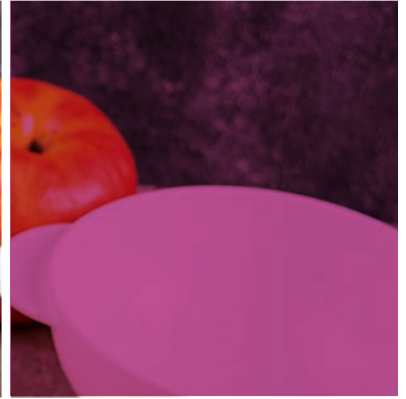
PRODUCT - PRODUIT	STATUS	NOTES
Syrups – sirops	●	
Tea – Thé	See Note	Pure Black, Green or White Tea leaves or Tea Bags are acceptable. Les feuilles ou les sachets de thé noir, vert ou blanc purs sont acceptables.
Tea	●	Flavoured (herbal), decaffeinated Aromatisé ou décaféiné
Tofu	●	Suitable for Ochlei Kitniyot only when bearing Pesach Certification
Tomato based Products Produits à base de tomate	●	
Tuna Fish (canned) Thon en boîte	●	
Turkey - Dinde	●	Processed turkey requires Kosher for Pesach certification. Les produits à base de dinde transformés nécessite une certification cachère lepeassa'h
Vanilla Extract	●	
Vanilla Sugar	●	
Vegetables (canned)	●	
Vegetables (frozen)	●	
Vegetable Oil Huile végétale	●	
Vinegar – Vinaigre	●	
Vegetable Wash Nettoyant pour légumes	●	
Vitamins – Vitamines	●	

PRODUCT – PRODUIT	STATUS	NOTES
Water – Eau		Unflavored – Non aromatisé
Wild Rice – Riz sauvage		(see rice)
Wine – Vin		
Yogurt – Yogourt		

Kosher Questions?

Web: Passoverinfo.com
Text – WhatsApp
438 800 3379





Baby Formula & Nutritional Products

**Préparation pour nourrissons
et compléments alimentaires**



Baby Formula & Nutritional Products

Préparation pour nourrissons et compléments alimentaires

THE FOLLOWING INFORMATION HAS BEEN VERIFIED BY THE OU.

Many of the products contain kitniyos, some as the primary ingredient.

Some of the products may contain minor ingredients that are possibly, though unlikely, produced from chametz-based raw materials. All such ingredients are used at a less than 1:60 ratios.

Liquid versions of these products are preferable to their powdered counterparts.

Products that contain flavors should

only be provided when no unflavored alternative exists.

Products should be purchased before Pesach and be maintained segregated from Kosher for Pesach foods.

A few – not all – of the Ensure, Glucerna, Pediasure and Jevity products contain oat fiber; the OU has determined that the fiber is not Chametz, and the products are permitted to be consumed on Pesach.

The product brands listed below are not certified kosher for pesach by the OU. Nonetheless the OU has identified these products as halachically acceptable for infants/babies and those who are ill:

LES INFORMATIONS SUIVANTES ONT ÉTÉ VÉRIFIÉES PAR LE OU :

Plusieurs produits contiennent des kitniyot, parfois comme ingrédient principal.

Certains produits peuvent contenir des ingrédients mineurs — bien que peu probable — dérivés de matières premières à base de hametz. Tous ces ingrédients sont utilisés dans une proportion inférieure à 1:60.

Les versions liquides de ces produits sont préférables à leurs équivalents en poudre.

Les produits contenant des arômes ne doivent être utilisés que lorsqu'il n'existe aucune alternative non aromatisée.

Les produits doivent être achetés avant Pessah et conservés séparément des aliments Cacher pour Pessah.

Quelques produits — mais pas tous — des marques Ensure, Glucerna, PediaSure et Jevity contiennent des fibres d'avoine ; le OU a déterminé que ces fibres ne sont pas hametz, et ces produits sont autorisés à la consommation pendant Pessah.

Les marques de produits énumérées ci-dessous ne sont pas certifiées Cacher pour Pessah par le OU. Néanmoins, le OU a identifié ces produits comme étant halakhiquement acceptables pour les nourrissons/bébés et les personnes malades :

Baby Formula & Nutritional Products

PEDIATRIC SUPPLEMENTS SUPPLÉMENTS PÉDIATRIQUES

- Boost Kid Essentials, 1.0, 1.5
- Boost Kid Essentials with Fiber
- Di-Vi-Sol
- Fer-In-Sol Drops
- Poly-Vi-Sol Drops
- Tri-Vi-Sol Drops
- Resource Just for Kids with Fiber
- Pediasure (all shakes, all liquids, all powders, all flavors, excluding bars)

PEDIATRIC ELECTROLYTES ÉLECTROLYTES PÉDIATRIQUES

- Enfamil Enfalyte Oral Electrolyte Solution
- Equate
- Good Sense
- Parent's Choice
- Pedialyte (all flavors/toutes les saveurs)
- Top Care
- Western Family

INFANT FORMULAS – PRÉPARATION POUR NOURRISSONS

When acceptable, bottles should be filled and cleaned separately from Pesach dishes since formula is Kitniyos.

Les biberons dans lesquels on met ces préparations ne doivent pas être remplis et nettoyés avec la vaisselle de Pessa'h, car ils contiennent des Kitniyot.

- EnfaCare
- Enfamil
- Enfagrow
- EnfaPort (medical/specialty – hospital or special order)
- Isomil (under Similac in Canada)
- Nestlé Good Start
- Gerber Good Start
- ProSobee (Enfamil product)
- PurAmino (Enfamil specialty formula)
- Similac
- President's Choice (Loblaws private label)
- Kirkland Signature (Costco Canada)
- Ketonex (metabolic formula – specialty only)
- RCF (Ross Carbohydrate Free – specialty medical formula)
- EnfaPort (hospital / special order)
- PurAmino (pharmacy order in many cases)

Préparation pour nourrissons et compléments alimentaires

MEDICAL NUTRITIONAL SUPPLEMENTS – COMPLÉMENTS NUTRITIONNELS MÉDICAUX

- Boost High Protein
- Boost Nutritional Pudding
- Boost Plus
- Ensure Compact
- Ensure Complete – Nutrition Shake
- Ensure High Protein Shake
- Ensure Plus
- Glucerna 1.0

The following are available in certain regions and must be ordered through pharmacy:

- Jevity 1.0
- Jevity 1.2
- Jevity 1.5
- Nepro Vanilla
- Vital

MILK SUBSTITUTES (KITNIYOT) – SUBSTITUTS DE LAIT (KITNIYOT)

The following product contain kitniyos and are acceptable for the infirm who need milk alternatives.

- Blue Diamond Almond Breeze Original Unsweetened Almond Milk (shelf stable)

BABY OIL & OINTMENT – HUILE ET ONGUENTS POUR BÉBÉS

Baby Powder
Poudre pour bébés

ALL ACCEPTABLE EXCEPT AVEENO TOUT EST ACCEPTABLE SAUF AVEENO

Johnson's Baby Powder Original
Contains Corn Starch, therefore one must
wash one's hands in the washroom after
using.
Contient de l'amidon de maïs. Il faut donc
se laver les mains à la salle de bain après
l'avoir utilisé.

Baby Wipes
Lingettes pour bébés

Baby wipes are acceptable if they do not
contain ethyl alcohol (ethanol).
Acceptables si elles ne contiennent
aucun alcool éthylique (éthanol).

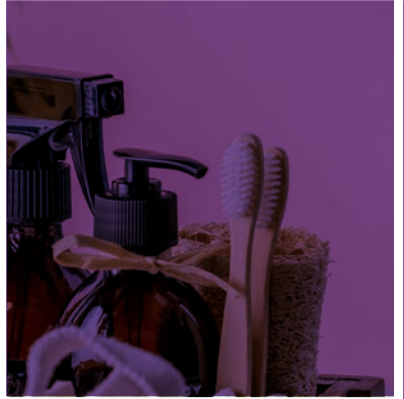
QUESTIONS WHILE SHOPPING?



TEXT / WHATSAPP

438 800 3379





Household Maison

Household | Maison

Miscellaneous | Articles divers

- Acceptable without Pesach Certification | Acceptable sans certification de Pessah
- Must bear Pesach Certification | L'emballage doit avoir une certification de Pessah
- Not acceptable for Pesach | N'est pas acceptable pour Pessah

PRODUCT - PRODUIT	STATUS	NOTES
Adhesive Bandages Pansements adhésifs	●	
Air freshener: Liquid, Solid, Spray Assainisseur d'air Liquide, Solide, vaporisateur	●	
All Purpose Cleaner Nettoyant tout usage	●	
Alcohol Isopropyl Alcool isopropylique	●	
Aluminum Products or Pans Produits ou contenants d'aluminium	●	
Ammonia – Ammoniac	●	
Balloons – Ballons	●	If powdered do not use. Ne pas utiliser s'ils ont été poudrés.
Band-aids	●	
Bags – Sacs	●	
Bleach – Eau de Javel	●	

PRODUCT – PRODUIT	STATUS	NOTES
Braces Appareil orthodontique	●	Clean braces thoroughly paying attention to the hooks. Some do not eat hot chametz for 24 hours prior to the last permitted time for eating chametz. Elastics must be washed. Bien nettoyer l'appareil en faisant attention aux crochets. Certains ne mangent pas de 'hamèts chaud pendant les 24 heures qui précèdent l'heure limite pour manger le 'hamèts. Les élastiques doivent être lavés.
Buckwheat Pillow	●	One may own, derive and benefit from kitniyot.
Candles – Bougies	●	
Carpet Cleaner Nettoyeur de tapis	●	
Charcoal (Wood) Charbon (bois)	●	
Coffee Filters – Filtres à café	●	
Contact Lens Solution Solution pour lentilles de contact	●	
Contact Paper Papier Contact	●	
Corn Remover – Coricide	●	
Crock Pot Liner Contenant intérieur pour mijoteuse	●	
Cups – plastic / styrofoam Gobelets – plastique / mousse	●	
Cupcake Liner Moules à pâtisserie	●	

PRODUCT – PRODUIT	STATUS	NOTES
Cutlery – plastic Service de couverts plastique	●	
Dental Floss or Tape Bande à polir et soie dentaire	●	Unflavored (including waxed) Non aromatisé (y compris ciré)
Dentures Prothèses dentaires	●	Must be Koshered Doivent être Cachèreisées
Dishwashing Detergent Détergent pour vaisselle	●	
Eye Drops Gouttes pour les yeux	●	
Fabric Protector Protection à tissus	●	
Fabric Softener Produit assouplissant	●	
Floor Cleaner Nettoyant pour plancher	●	
Furniture Polish Cire pour meubles	●	
Glass Cleaner Nettoyant à vitres	●	
Gloves (Disposable) Gants (jetables)	●	Powder Free Only Sans poudre seulement
Glue – Colle	●	Not paste
Hand Sanitizer Désinfectant pour les mains	●	
Hydrogen Peroxide Peroxyde d’hydrogène	●	

PRODUCT – PRODUIT	STATUS	NOTES
Ink – Encre	●	
Insecticide	●	Sprays – Vaporisateur
Insecticide	●	Some mouse traps may contain Chometz – Certains pièges peuvent contenir du ‘Hamets’
Jewellery Polish Nettoyant pour bijoux	●	
Latex Gloves – Gants de latex	●	Powder Free – Sans poudre
Latex Gloves – Gants de latex	●	With Powder – Avec poudre
Laundry Detergent Détergent à lessive	●	
Mineral Oil – Huile minérale	●	
Murphy’s Oil	●	
Nail Polish – Vernis à ongle	●	
Nail Polish Remover Produit pour enlever le vernis à ongles	●	
Napkins – Serviettes de table	●	
Oven Cleaner Nettoyant pour le four	●	
Paint – Peinture	●	
Paper Products Produits en papier	●	

Household

PRODUCT – PRODUIT	STATUS	NOTES
Paper Towel Serviettes en papier	●	
Paraffin – Paraffine	●	
Parchment Paper Papier sulfurisé	●	
Plastic Products Produits en plastique	●	Including plates, cups, bowls, bags, etc. Y compris les assiettes, les gobelets, les bols, les sacs, etc.
Plastic Wrap Emballage de plastique	●	
Plates – Assiettes	●	
Play-Doh	●	
Polish – Cire	●	Furniture, shoe, silver Meubles, chaussures, argenterie
Powdered Dish Detergent Détergent à vaisselle en poudre	●	
Sanitizers – Assainisseurs	●	e.g. Purell, comme Purell
Scouring Pads Tampon à récurer	●	With soap – avec savon
Scouring Pads Tampon à récurer	●	Without soap – sans savon
Shaving Lotion Crème à raser	●	
Shoe Polish – Cirage	●	

PRODUCT – PRODUIT	STATUS	NOTES
Silver Polish Produit de nettoyage pour l'argent	●	
Soaps – Savon	●	
Stain Remover	●	
Styrofoam Mousse de polystyrène	●	
Tissues – Mouchoirs	●	
Toothpicks – Cure-dents	●	Plain. Not flavored or colored. Ordinaires, non aromatisés & non colorés.
Vaseline – Petroleum Jelly Gelée de pétrole	●	
Wax for braces Cire pour appareil dentaire	●	
Wax Paper – Papier ciré	●	
Wipes – Lingettes	●	
Wrap (plastic) Film étirable	●	
Wood Chips Copeaux de bois	●	

PESACH QUESTIONS - ANSWERED!



RABBIS ON CALL

**WEDNESDAY MARCH 25
& THURSDAY MARCH 26
11:00 AM - 4:00 PM**

DR. - PHARMACIST ON CALL

THURSDAY MARCH 26

**DR: 10:00 AM - 12:00 PM
PHARMACIST: 12:00 PM - 2:00 PM**

514.739.6363



Pharmaceutical Pharmaceutique

Pharmaceutical Pharmaceutique

HALACHOS – LAWS OF MEDICINES, COSMETICS & TOILETRIES

This list does not verify the general kashrus of medications, lipsticks or personal care products. It only relates to its non-chametz status. Items must be purchased in the exact form they are named.

All medications for a heart condition, diabetes, abnormal blood pressure, stroke, kidney disease, lung disease, depression, the immune system (transplant anti-rejection) and cancer treatment (including precautionary) must be taken on Pesach. No one should refrain from taking any required medication, even if it contains chometz, without first consulting his or her physician and Rabbi.

*All medications in pill or tablet form which are swallowed and which taste bitter or bland (when the pill is licked) are permitted.

*All medicated drops for ear, eye or nose only, including injections, ointments, powders (talc and cornstarch), foot powders, and inhalers may be used. If products contain cornstarch one should wash ones hands before touching food.

*See list for vitamins and food supplements.

*Over the counter pills, liquid and chewable medications that may contain Chametz should only be used under the direction of a Rabbi together with a doctor who will determine the severity of an illness and the possibility of substituting medication.

*Liquid and chewable medications that may contain Kitniyot may be taken by someone who is ill. An otherwise healthy person who only has a slight discomfort should only use medication in non-chometz tablet form.

Cette liste ne vérifie pas la cachेरoute générale des médicaments, rouges à lèvres ou des produits de soins corporels. Elle se rapporte uniquement au statut non 'hamèts des produits qui y sont mentionnés. Ces articles doivent être achetés selon la formulation précise par laquelle ils ont été nommés.

Tout médicament relatif aux maladies cardiaques, au diabète, à une tension artérielle anormale, à une attaque d'apoplexie, à une maladie des reins ou des poumons, à la dépression, au système immunitaire (pour prévenir le rejet d'une greffe) et au cancer (même à titre préventif), est autorisé à Pessa'h. Personne ne doit s'abstenir de prendre un médicament requis – même si ce dernier contient du 'hamèts – sans avoir consulté au préalable son médecin et son rabbin.

*Tout médicament sous forme de pilule ou de comprimé que l'on avale ou qui a un goût amer ou fade lorsqu'on le suce, est autorisé.

*Toutes les gouttes médicamenteuses utilisées uniquement pour les oreilles, les yeux, ou le nez, les injections, les pommades, les poudres – talc, amidon de maïs, poudres pour pieds, etc. – et les inhalateurs, sont permis à Pessa'h. Si

ces produits contiennent de l'amidon de maïs, on devra se laver les mains avant de toucher un aliment quelconque.

*Les vitamines et suppléments alimentaires ne sont pas forcément classés dans cette catégorie de médicaments. De ce fait, il convient de consulter son rabbin.

*Les comprimés vendus sans prescription et les médicaments à boire ou à mâcher qui pourraient contenir du 'hamèts, ne doivent être utilisés qu'avec l'autorisation d'un rabbin et d'un médecin qui, eux, évalueront la gravité de la maladie en question et la possibilité de remplacer ces médicaments par d'autres qui ne contiennent pas de 'hamèts.

*Les médicaments à boire ou à mâcher qui pourraient contenir des Kitniyot (légumineuses) peuvent être pris par un(e) malade. Toutefois, une personne qui est en bonne santé et qui n'éprouve qu'un léger malaise, pourra prendre uniquement un médicament sans 'hamèts, sous forme de comprimé.

LIST OF OVER THE COUNTER PRODUCTS WHICH ARE ACCEPTABLE FOR PESACH

Do not discontinue use of any medication without consulting a rabbi or doctor

Ne pas interrompre l'usage d'un médicament sans consulter un rabbin ou un médecin

ACID REDUCER

- | | |
|---|----------------------------------|
| • Alka-Seltzer Original Eff. Tab | • Olex Tablet |
| • Eno Powder | • Pepcid AC Tablet |
| • Gaviscon Extra Strength Chew. Tablet | • Pepcid Complete |
| • Gaviscon MAX RELIEF Chew. Tablet | • Pepcid Maximum Strength Tablet |
| • Gaviscon Regular Strength Chew. Tablet | • Zantac Max. Strength Tab |
| • Gaviscon Soothing Liquid All Flavors Liquid | • Zantac Reg Strength Tab |

ALLERGY

- | | |
|---|--|
| • Alerius Dual Action Tablet | • Biomedic Regular Strength Allergy Caplet |
| • Alerius Regular Tablet | • Claritin Allergy + Sinus Extra Strength Tablet |
| • Allegra 12h Caplet | • Claritin Allergy Tablet |
| • Allegra 24h Caplet | • Claritin Allergy+Sinus Tab |
| • Allegra D Caplet | • Claritin Kids Syrup |
| • Atoma Diphenhydramine Cap | • Cortate Cream |
| • Benadryl Bug Bite Relief | • Dristan Tablet & Dristan Extra Strength Caplet |
| • Benadryl Exilir | • Otrivin Medicated |
| • Benadryl Extra-Strength Nighttime Cap | • Otrivin Medicated Moisturizing Formula |
| • Benadryl Extra-Strength Total Allergy & Sinus Cap | • Reactine Allergy & Sinus |
| • Benadryl Itch Relief Cream | • Reactine Extra Strength Tab |
| • Benadryl Regular Cap | • Reactine Regular Tablet |
| • Biomedic Allergy Remedy Tablets | • Sinutab Allergy & Sinus Cap |
| • Biomedic Desloratadine Allergy Control Tablets | • Sinutab Allergy & Sinus Extra Strength Caplet |
| • Biomedic Extra-Strength Allergy Relief Tablets | • Sinutab Nighttime Extra Strength |
| | • Sinutab Sinus Non Drowsy Extra Strength Cap |
| | • Tylenol Allergy Tablet |

ANALGESIC – PAIN RELIEF

- Advil 12 hours
- Advil Children Suspension [All Flavors], Infants' Drops
- Advil Extra Strength Cap
- Advil Junior Strength Swallow Tablets (NOT Chewables)
- Advil Muscle & Joint Caplet
- Aleve Regular Caplet
- Aleve Tablets
- Anacin Regular Tablet
- Aspirin 81 Coated Tablet
- Aspirin Arthritis Extra Strength Tablet
- Aspirin Arthritis Tablet
- Aspirin Extra Strength Tab
- Aspirin Regular Strength Cap
- Aspirin Regular Tab
- Aspirin Stomach Guard Extra Strength
- Aspirin Stomach Guard Regular Strength
- Atasol Forte Caplet
- Biomedic AAS 81 Tab
- Biomedic Naproxen Cap
- Entrophen Chew Tab
- Entrophen Enteric Coated Tablet
- Entrophen Regular Cap
- Entrophen Regular Tab
- Midol Extra-Strength Tab
- Midol Menstrual Complete
- Midol Menstrual Extra-Strength Tablet
- Midol PMS Extra-Strength Tablet
- Midol Teen Tablet
- Motrin Extra Strength Tab
- Motrin IB
- Motrin Muscle and Body
- Motrin Regular Tab
- Motrin Super Strength Tab
- Motrin Suspensions & Concentrated Drops
- Tempra Children Syrup Liq
- Tempra Infant Drops Liquid
- Tylenol Arthritis Pain Cap
- Tylenol Back Pain Cap
- Tylenol Extra Strength Cap
- Tylenol Extra Strength Tab
- Tylenol Muscle Aches & Body Pain Caplet
- Tylenol Muscle and Body
- Tylenol Nighttime Cap
- Tylenol Regular Caplet
- Tylenol Regular Tablet
- Tylenol Ultra Relief
- Tylenol Ultra Tough on Headaches Tablet

ANTIBIOTIC

- Bactroban Cream
- Bactroban Ointment
- Ozonol Ointment
- Polysporin Kids Cream
- Polysporin Original Cream
- Polysporin Original Ointment
- Polysporin Triple Ointment
- Taro-mupirocin

ANTI-DIARRHEA

- Atoma Loperamide Cap
- Imodium
- Imodium Caplets
- Pepto-Bismol Cherry Liq
- Pepto-Bismol Extra Liq
- Pepto-Bismol Original Extra Strength Liquid
- Pepto-Bismol Original Liq

ANTIFUNGAL

- Canesten Topical Cream
- Tinactin Tinactin Cream

ANTI-WORM

- Combatin Tablet
- Vermox (on prescription only)

ANTI-NAUSEA

- Atoma Dimenhydrinate Tab
- Biomedic Regular Tab (NOT ginger)
- Gravol Children's Chewable Tab
- Gravol Easy to Swallow Tab
- Gravol Ginger
- Gravol Immediate Release Long Lasting Tablets
- Gravol Quick Dissolve Chew. Tablet

COLD RELIEF

- Advil Cold & Flu Caplet
- Advil Cold & Sinus Caplet
- Advil Cold & Sinus Nighttime
- Advil Cold & Sinus Plus Cap
- Benylin All-in-One Cold & Flu Caplet
- Benylin All-in-One Cold & Flu Night Cap
- Benylin Cold & Sinus Plus Caplet
- Benylin Cold & Sinus Plus/Benylin Cold & Sinus Night
- Benylin Mucus & Phlegm Plus Caplet
- Coricidin Cold & Flu Extra Strength Tablet
- Coricidin Cold & Flu Tab
- Coricidin Cough & Cold Tab
- Eltor Caplet
- Hydrasense All Formats Spray
- Mucinex Multi action
- Reactine Sinus+Allergy Tab
- Salinex All Formats Spray
- Sudafed 12 Hour Decongestant Caplet
- Sudafed Cold & Cough Cap
- Sudafed Decongestant Cap
- Sudafed Head Cold & Sinus Caplet
- Sudafed Sinus Advance Cap
- Tylenol Cold Tablet
- Tylenol Complete Cold Cough & Flu Cap
- Tylenol Cough Cap
- Tylenol Extra Strength Cold
- Tylenol Extra Strength Cold & Sinus
- Tylenol Extra Strength Flu
- Tylenol Flu Tablet
- Tylenol Sinus Tablet

DENTURE ADHESIVE

- Fixodent All Flavors Cream
- Fixodent Complete Denture Adhesive Cream
- Fixodent Extra Hold Powder-Free Gel
- Fixodent Original Denture Adhesive Cream
- Poligrip 5 minutes (effervescent tablet)
- Poligrip Advanced Care Cream
- Poligrip Comfort Strips
- Poligrip Daily Care (effervescent tablet)
- Poligrip Denture Adhesive Powder
- Poligrip Free Cream
- Poligrip Overnight (effervescent tablet)
- Poligrip Partials (effervescent tablet)
- Poligrip Retainer Cleanser (effervescent tab)
- Poligrip Strong Hold Cream
- Poligrip Ultra Fresh Cream
- Poligrip Whitening (effervescent tablet)

DENTURE CLEANER

- Polident 3 Minutes Antibacterial, Triple Mint
- Polident 5 Minutes Eff. Tab
- Polident Daily Care Eff. Tab
- Polident Overnight Whitening Eff. Tablet
- Polident Partials Antibacterial Eff. Tablet
- Polident Retainer Cleanser Eff. Tablet
- Polident Whitening Eff. Tab

GAS RELIEF

- Ex-lax sennoside 25 mg
- Ovol Baby Drops Liquid
- Pepcid Complete
- Restorolax PEG 3350

IRON REPLACEMENT

- Feramax 150 Capsule
- Polyride Fe

LAXATIVE

- Apotex Bisacodyl Tab
- Benefibre Original Powder
- Colyte/Peglyte Regular - Unflavored
- Dulcolax For Women Tab
- Dulcolax Regular Tab
- Ex-Lax Maximum Strength Tablets
- Ex-Lax Regular Strength Tablets
- Lax-a-day Powder (all)
- MetaMucil 4 in 1 Unflavoured
- Metamucil Original Texture Unflavored Powder (non-kitniyot)
- Phillips Milk of Magnesia Liq
- Phillips Milk of Magnesia Tab
- Relaxa all powders
- RestoraLAX Powder (all)
- Senokot Tablet
- Senokot-S Tablet



ALL OTHER MAXI HEALTH PRODUCTS CONTAIN KITNIYOS.

NO CHOMETZ.

**ALL 2-PIECE MAXICAPS USED IN OUR PRODUCTS ARE KOSHER FOR PESACH
AND DO NOT CONTAIN CHAMETZ OR KITNIYOS.**



The products listed below were checked out by the CRC and KOF-K, and they were confirmed to be chametz free and may contain kitniyot.

- | | |
|---|---|
| ☐ Melatonin | ☐ Eye Support |
| ☐ Cod Liver Oil | ☐ Magnesium Bisglycinate |
| ☐ Ultra Prostate Care | ☐ NAC - N-Acetyl-L-Cysteine 600mg |
| ☐ Coenzyme Q10 | ☐ Ultimate Probiotic - 100 billion |
| ☐ Ultimate Methyl Folate | ☐ Probiotic Care |
| ☐ Advanced Blood Sugar Support/Glucose Balance | ☐ All Whey Proteins |
| | ☐ Zinc Glycinate |
| | ☐ Absorbable Magnesium 400 mg |
| | ☐ Curcumin Meriva |



-Kosher l'pesach:

- Constipation care
- Constipation care 2
- Colloidal silver
- Natures cal
- Immune power caps
- Miracle clay powder
- Miracle clay caps
- Miracle clay cream
- Miracle clay toothpaste
- Miracle baby powder
- Restore 'n heal cream
- Teething oil



Allergy relief liquid



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over
HEART®**

all Hand over Heart products
are kosher l'pesach under
Rabbi Unsorfer's supervision.



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-Kosher l'pesach:

- Immune mix
- Sweet Sleep
- Calm it
- Constipaid
- Multivitamix
- Stomach soothe



-Kosher l'pesach:

- Action
- Motion
- C-food powder



Feel free to contact us
with any question

Tel: (514) 418-6360 ext. 2 
orders@schonsnatural.com
www.schonsnatural.ca

LICE

- Nix After-Shampoo
- Nyda Shampoo
- R&C Shampoo
- Resultz After-Shampo

MUSCLE RELAXANT

- Robax Platinum Caplet
- Robax Robaxisal Extra Strength Caplet
- Robaxacet Caplet
- Robaxacet Extra Strength Cap
- Robaxin Caplet
- Robaxisal Extra Strength

OTHER

- Abreva Cream
- Cortate Cream
- Cortoderm Ointment
- Hyderm Cream
- Refresh All Formats Drops
- Systane All Formats Drops
- Zincofax All Formats Ointment

PRENATAL VITAMINS

- PregVit
- PregVit Folic 5

REHYDRATION

- Biomedic Electrolyte Powder Original

SLEEPING AID

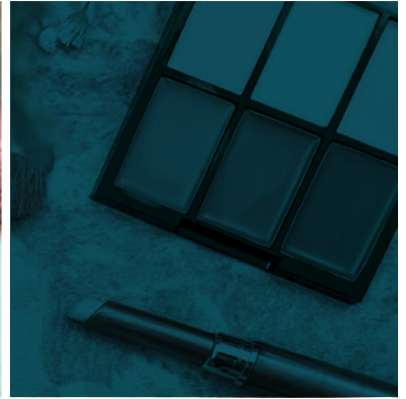
- Biomedic Extra Strength Cap
- Nytol Caplet
- Nytol Tablet
- Unisom Extra Strength Tab

TOPICAL ANALGESIC

- A535 All Formats
- Bengay All Formats
- Myoflex All Formats
- Ozonol Ozonol Ointment
- Voltaren Extra-Strength Gel
- Voltaren Original Gel

VITAMIN

- Refresh Drops all formats (eye drops)
- Systane Drops all formats (eye drops)
- Vitalux Advanced Tablet
- Vitalux Eye Health Tab
- Vitalux-S AREDS Tablet



Makeup, Cosmetics & Personal Care Guide

Maquillage, cosmétiques et Soins Personnels

Makeup, Cosmetics & Personal Care

Maquillage, cosmétiques et Soins Personnels

MAKEUP AND COSMETIC GUIDELINES

At MK, we've simplified our cosmetic guide! Instead of listing brands and statuses, we've broken it down into clear, easy-to-follow points.

The following alcohols are not sourced from chametz:

- Benzyl Alcohol
- Cetyl Alcohol
- Isopropyl Alcohol
- Methanol
- Stearyl Alcohol

Alcohol derived from chametz and that pose a challenge for Pesach may be labeled as:

- Ethyl Alcohol
- Ethanol
- Denatured Alcohol
- Alcohol Denat.
- SD Alcohol
- SDA or SDA Alcohol
- Alcohol
- **Blush:** All are recommended
- **Body Wash:** All are recommended unless it contains oats (i.e. Aveeno)
- **Bronzers:** All are recommended
- **Cleansers:** All are recommended
- **Cologne:** Check that it doesn't contain an alcohol with Chametz (see sidebar list above)
- **Creams:** All are recommended

- 
- **Deodorant:**
 - Spray: Check that it doesn't contain an alcohol with Chametz
 - Gel: All are recommended
 - **Foundations:** All are recommended
 - **Hair Foam:** All are recommended
 - **Hair Gel:** All are recommended
 - **Hairspray:** Check that it doesn't contain an alcohol with Chametz
 - **Hand Soap:** All are recommended unless it contains oats (i.e. Aveeno)
 - **Lip Care:** All BLISTEX products are approved EXCEPT the following:
 - Blistex five star lip protection
 - Blistex medicated lip ointment
 - Blistex ultra rich hydration dual layer lip protectant
 - ChapStick Skin Protectant Classic Original
 - Chapstick Active
 - Chapstick Moisturizer
 - Lip Balm Assorted
 - **Lotions:** All are recommended
 - **Makeup:** All are recommended
 - **Mascara:** All are recommended
 - **Moisturizers:** All are recommended
 - **Mousse:** Check that it doesn't contain an alcohol with Chametz
 - **Nail polish:** All are recommended
 - **Ointments:** All are recommended
 - **Perfume:** Check that it doesn't contain an alcohol with Chametz
 - **Shampoos & Conditioners:** All are recommended unless it contains oats (i.e. Aveeno)
 - **Sunscreen:** All are recommended

BARE MINERALS LIPS

- Loud & Clear Lipsheer
- Marvelous Moxie – Live Large
- Marvelous Moxie – Raise the Bar
- Marvelous Moxie Lipgloss
- Marvelous Moxie Lipgloss – Hypnotist
- Marvelous Moxie Lipstick – Break Away
- Marvelous Moxie Lipstick in Take Charge
- Modern Pop Marvelous Moxie Lipstick in Dream Big
- Pop of Passion Lip Oil – Balm

BURBERRY BEAUTY

- Lip Charm Natural Lip Gloss
- Lip Cover Soft Satin Lipstick
- Lip Glow Natural Lip Gloss
- Lip Mist Natural Sheer

CLARINS

- Lipliner Pencil Crayon Levres
- Joli Rouge Long Wearing Moisturizing Lipstick
- Joli Rouge Brilliant Perfect Shine Sheer Lipstick
Transparent
- Rouge Eclat Satin Finish Lipstick Age Defying

COVERGIRL

- Colorlicious Jumbo Gloss Balm Creams
- Lip Perfection Jumbo Gloss Balm
- Outlast All-Day Lipcolor
- Outlast Longwear Lipstick
- Outlast Moisturizing Topcoat Lipcolor
- Colorlicious Lip Gloss

LANCÔME LIPS

- Baume In Love
- Color Design Jason Wu Collection Lip Color
- Color Design Limited Edition
- Color Design Matte Lip Color
- Color Design Matte Lip Crayon
- Color Design Sensational Effects
- L'absolu Nu
- L'absolu Rouge Advanced Replenishing &
Reshaping Lipcolor Pro-Xylane
- L'absolu Rouge Definition
- L'absolu Rouge Long-Wear Advanced
Replenishing & Reshaping Lipcolor
- L'absolu Velours
- Rouge In Love
- Shine Lover

LISE WATIER

- Bicolour Lipstick
- Haute Lumière High Shine Lip Gloss
- Rouge Gourmand Velours Lipstick
- Rouge Sheer & Shine Lipstick

L'OREAL

- Colour Riche Le Gloss
- Colour Riche Collection Exclusive lipstick
(lip colour)
- Colour Riche Glossy Balm
- Colour Riche Le Matte Lipstick
- Extraordinaire Colour Riche Lipstick
- Infallible 2-Step Lipstick (Lipcolour)
- Infallible Pro-Matte Lip Gloss

MAC

- Giambattista Valli Lipstick
- Huggable Lipcolor
- Retro Matte Lipstick

MARCELLE

- Lux Gloss Natural
- Lux Gloss Creme
- 2 in 1 Retractable Plumping Lip Liner
- Lip Loving Colour & Caring Oil-in-Stick Lipstick
- Velvet Gel Waterproof Lipliner
- Universal Anti-Feathering Lipliner Clear
- Lux Gloss
- Waterproof Lip Definition Crayon
- Velvet Liquid Lip Color

MAX FACTOR

- Colour Elixir Lipstick Pashmina
- Lipfinity Lasting Lip Tint
- Max Effect Gloss Cube
- Max Effect Lip Gloss
- Vibrant Curve Effect Lip Gloss

NYC NEW YORK COLOR

- Liquid Lipshine
- Ultra Last Lipwear
- Ultra Last Lipwear

MAYBELLINE

- Baby Lips Balm
- New York Baby Lips Lip Gloss
- New York Color Sensational Lipcolor
- New York Color sensational The Buffs
- New York Color Sensational Creamy Matte Lipstick
- New York Colour Elixir By Color Sensational Lipcolor Iridescent
- New York Colour Sensational Rebel Bloom Lipcolor
- New York Lip Studio Color Blur Pencil
- Superstay 14HR Lipstick
- Superstay 24HR 2-Step Lipcolor

REVLON

- ColorBurst Balm Stain
- ColorBurst Lacquer Lip Balm
- ColorBurst Matte Lip Balm
- ColorStay Lipliner
- ColorStay Ultimate Suede Lipstick
- ColorStay Ultimate Liquid Lipstick
- Super Lustrous Lipgloss
- Super Lustrous Lipstick
- Ultra HD Lip Lacquer
- Ultra HD Lipstick

RIMMEL

- London Exaggerate Automatic Liner
- Show Off Lip Lacque

MOUTHWASH

- Crest – all alcohol free varieties
- Gum Paroex Oral Rinse (on prescription only)
- Listerine Original Liquid
- Listerine Total Care Zero Liquid (with no alcohol)
- Listerine Zero Liquid (with no alcohol)
- Personnelle alcohol free Moisturizing Mouthwash
- Sensodyne Mouthwash Fresh Mint

TOOTHPASTE

ARM & HAMMER

- Complete Care Toothpaste

COLGATE

- Sensitive Pro-Relief Whitening

CREST

- Cavity Protection Cool Mint Gel
- Cavity Protection Regular
- Kids Cavity Protection Toothpaste
- Pro-Health Advanced Smooth Mint
- Pro-Health Multi Protection CPC Antigingivitis / Antiplaque Oral Rinse

SENSODYNE

- Complete Protection Sensitivity with Fluoride, Extra Fresh
- Complete Protection Sensitivity with Cavity & Gingivitis Protection
- ProNamel Gentle Whitening for Sensitive Teeth
- Tartar Control + Whitening for Sensitive Teeth and Cavity Prevention
- Toothpaste for Sensitive Teeth & Cavity Protection, Repair & Protect
- ProNamel Daily anti Cavity Toothpaste for Children

TOMS OF MAINE

- Children's Gentle Cleaning, Great Taste – Silly Strawberry
- Natural Cavity Protection Spearmint Fluoride
- Fluoride-Free Natural Children's Silly Strawberry
- Natural Clean & Fresh Fennel Fluoride-Free
- Natural Clean & Fresh Spearmint Fluoride-Free
- Maximum Strength Sensitive Soothing Mint Fluoride
- Simply White Peppermint Fluoride-Free
- Whole Care Peppermint Fluoride
- Wicked Cool! Mild Mint Fluoride-Free



**MK'S YOSHON DEPARTMENT
WISHES THE
MONTREAL COMMUNITY A**

חג הפסח כשר ושמח

Contact us at:

Rabbimamane@mk.ca

Yoshon@mk.ca

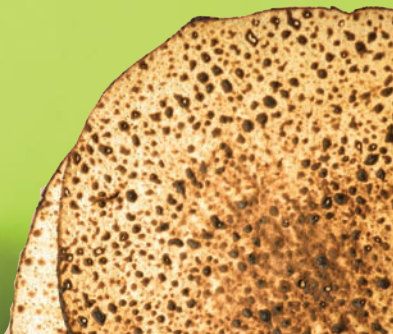


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overseen by the Vaad HaRabbonim



Sheimos/Geniza*
drop off

Shatnez checking*



Challah Burning

Pesach Questions
MK Rabbanim on Site



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29**
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