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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.
- 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 AND 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 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.

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 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.

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 or our smartphone apps.

ALLERGY

- Allegra Children's Liquid Suspension (Liquid)
.....Possible *Chametz*
- Allegra Children's Orally Disintegrating Tablet
..... Possible *Chametz* (dairy)
- Claritin Children's Chewable Grape Flavor
.....Possible *Chametz*
- Zyrtec Children's Allergy Indoor & Outdoor Allergies (Liquid)
..... Possible *Chametz*
- Zyrtec Children's Dissolve Tabs (Tablets)
.....Possible *Chametz*

ANTACID / DIGESTION / GAS

- Align Capsules
..... Recommended
- Alka Seltzer Alka-Seltzer Xtra Strength (Effervescent Tablets)
..... Possible *Chametz*
- Alka Seltzer Original Effervescent Tabs (Tablets)
.....Possible *Chametz*
- Culturelle Kids (Chewable)
.....Possible *Chametz*
- Gas-X Extra Strength Cherry Crème (Chewable Tablet)
.....Possible *Chametz*
- Gaviscon Extra Strength Cherry (Chewables)
.....Possible *Chametz*
- Gaviscon Extra Strength Original (Chewable)
.....Possible *Chametz*
- Imodium AD For Ages 6 & Up (Liquid)
.. Not Recommended (except in cases of severe diarrhea)
- Imodium AD Liquid
.. Not Recommended (except in cases of severe diarrhea)
- Imodium AD Multi-symptom Relief (Caplets)
..... Recommended
- Kaopectate Vanilla Regular Flavor (Liquid)
.....Possible *Chametz*
- Mylicon Infants Original Drops (Liquid)
.....Possible *Chametz*
- Pepcid Complete Berry Flavor (Chewables)
..... Possible *Chametz* (dairy)
- Pepcid Complete Cool Mint (Chewables)
..... Possible *Chametz* (dairy)
- Pepto Bismol 5 Symptom Relief (Caplets)
..... Recommended

- Pepto Bismol 5 Symptom Relief Cherry (Liquid)
.....Possible *Chametz*
- Pepto Bismol 5 Symptom Relief (Chewable)
.....Possible *Chametz*
- Pepto Bismol Children's Pepto Bubble Gum Flavor
(Chewable Tablets)
.....Possible *Chametz*
- Pepto Bismol Ultra (Liquid)
.....Possible *Chametz*
- Prilosec OTC Wildberry Flavor (Non-Chewable) (Tablet)
..... Recommended
- Tums Regular - Assorted Fruit, Sugar Free and Peppermint
(Chewable)
.....Possible *Chametz*

TUMS

There is a difference of opinion regarding the usage of Tums on Pesach, revolving around the question of whether one is permitted to consume products on Pesach which contain flavors of unknown kosher - and kosher for Pesach - status. Some Rabbis take a lenient position due to the fact that 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 document. The cRc follows the latter, stricter approach to this question.

The Rabbi who certifies Tums as kosher reported that he was unable to determine whether the flavorings used in Tums are acceptable for Pesach, and therefore the cRc is unable to 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*.

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 Alka Seltzer Plus Cold Effervescent Tabs (Tablets)Possible Chametz
- Alka Seltzer Alka Seltzer Plus Severe Cold & Flu Formula (Effervescent Tablets)Possible Chametz
- Delsym 12 Hour Cough Relief (Orange Flavor) (Liquid)Possible Chametz
- Delsym Children's 12 Hour Cough (Grape Flavor) (Liquid)Possible Chametz
- Delsym Children's 12 Hour Cough (Orange Flavor) (Liquid)Possible Chametz
- Little Remedies Honey Cough Syrup (Liquid)Possible Chametz
- Mucinex Cough Mini-Melts for Kids Orange Creme Flavor (Dissolving Granules)Possible Chametz
- Theraflu Multi-Symptom Severe Cold (Packets)Possible Chametz
- Thera-Flu Nighttime Severe Cold and Cough (Powder)Possible Chametz
- Triaminic Children's Night Time Cold and Cough (Grape flavor) (Liquid) Not Recommended
- Triaminic Day Time Cold and Cough Cherry Flavor (Liquid) Not Recommended
- Vicks Nyquil Cough (Liquid)Possible Chametz
- Vicks Nyquil Liquid Cold and Flu (Liquid)Possible Chametz
- Zarbee's Children's Nighttime Cough Syrup Grape Flavor (Liquid)Possible Chametz
- Zarbee's Naturals Children's Cough Syrup (Liquid)Possible Chametz
- Zicam Cold Remedy RapidMelts (Cherry flavor) (Tablets)Possible Chametz
- 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

- CVS Adult Pain Reliever (Acetaminophen) [NOT dye free]Possible Chametz
Check with doctor for children's dosage
- Midol Complete (Caplets) Recommended
- Tylenol Children's Chewable Bubble Gum Flavor (Tablet) Recommended
- Tylenol Children's Chewables (Grape Flavor)Possible Chametz
- Tylenol Children's Dissolve Packs (Powder)Possible Chametz
- Walgreens Adult Pain Reliever (Acetaminophen) [NOT dye free] (Liquid)Possible Chametz
Check with doctor for children's dosage
- Walgreens Junior Strength Ibuprofen 100 Chewable Tablets (Orange or Grape flavor) Recommended

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.

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
Ex-Lax Tablets Recommended
Fibercon Caplets Recommended
Generic Mineral Oil (pure) (Liquid) Recommended
Metamucil Sugar Free Orange (Powder) Possible Chametz
Miralax Powder Recommended
Pedia-Lax Chewable (Tablets) Possible Chametz
Pedia-Lax Liquid Stool Softener Berry Flavor (Liquid) Possible Chametz
Pedia-Lax Suppository Recommended
Phillips Milk of Magnesia Caplets Recommended
Phillips Milk of Magnesia Original Liquid (unflavored) Recommended
Polyethylene Glycol (pure) Generic or Branded versions (Powder) Recommended
Prunelax Ciruelax Tablets 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.crc kosher.org/lipstick.

BOBBI BROWN

Crushed Lip Color Recommended
Crushed Liquid Lip Recommended
Lip Color Recommended
Luxe Liquid Lip Velvet Matte Recommended
Luxe Matte Lip Color Recommended
Luxe Shine Intense Lipstick Recommended

CHANEL

Rouge Allure Recommended
Rouge Allure Velvet Recommended
Rouge Allure Velvet Extrême Recommended
Rouge Coco Recommended
Rouge Coco Flash Recommended

CLINIQUE

Almost Lipstick Recommended
Dramatically Different Lipstick Shaping Lip Colour Recommended
Pop Glaze Sheer Lip Colour + Primer Not Recommended

LIPSTICK *continued*

CLINIQUE, *continued*

- Pop Lip Colour + Primer
..... Not Recommended
- Pop Matte Lip Colour + Primer
..... Recommended

DIOR

- Dior Addict Lacquer Stick
..... Recommended
- Dior Addict Stellar Shine
..... Recommended
- Rouge Dior
..... Recommended
- Rouge Dior Ultra Care Liquid
..... Recommended
- Rouge Dior Ultra Rouge
..... Recommended

ESTEE LAUDER

- Pure Color Envy Hi-Lustre Light Sculpting Lipstick
..... Not Recommended
- Pure Color Envy Matte Sculpting Lipstick
..... Not Recommended
- Pure Color Envy Sculpting Lipstick
..... Not Recommended

L'OREAL

- Colour Riche Matte Lipstick
..... Recommended
- Colour Riche Plump And Shine Lip Color
..... Possible *Chametz*
- Colour Riche Satin Lipstick
..... Recommended
- Colour Riche Shine Lipstick
..... Recommended
- Infallible Pro-Matte Liquid Lipstick
..... Recommended

LANCOME

- Color Design
..... Recommended
- L'absolu Rouge Drama Matte Lipstick
..... Recommended
- L'absolu Rouge Hydrating Lipstick
..... Recommended

- L'absolu Rouge Intimatte
..... Recommended

MAYBELLINE

- Color Sensational The Mattes, Matte Finish Lipstick
..... Recommended
- Superstay 24 2-Step Liquid Lipstick
..... Recommended
- Superstay Ink Crayon Lipstick, Matte Longwear Lipstick
..... Recommended
- Superstay Matte Ink Liquid Lipstick
..... Recommended

REVLON

- Colorstay Ultimate Liquid Lipstick
..... Recommended
- Super Lustrous Lipstick
..... Recommended
- Ultra Hd Matte Lip Color
..... Recommended

URBAN DECAY

- Vice Lipstick 1993 Cream
..... Recommended
- Vice Lipstick 1993 Cream Comfort Matte
..... Recommended
- Vice Lipstick 1993 Cream Mega Matte
..... Recommended
- Vice Lipstick Accident (Metallized)
..... Recommended
- Vice Lipstick Brat (Sheer)
..... Recommended
- Vice Lipstick Native (Cream)
..... Recommended

LOTIONS

All are recommended

MASCARA

All are recommended

MISCELLANEOUS

- Adwe - Mouthwash (assorted varieties)
..... Recommended
- Anbesol Maximum Strength (Liquid)
.....Possible *Chametz*
- Asthma Inhalers, all types (Liquid Vapor)
..... Recommended
- Bayer Low Dose Baby Aspirin (Cherry and Orange)
(Chewable)Possible *Chametz*
- Bonine Complete Raspberry Flavored (Chewable)
..... Possible *Chametz* (dairy)
- 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. However, we did not review every product, so to check your solution, please send a copy of the ingredient panel to info@crckosher.org so one of our Rabbis can evaluate your specific product.

- Culturelle Digestive Health Women's Health Balance
(Capsule)..... Recommended
- Dramamine (Chewable)
.....Possible *Chametz*
- Ensure Assorted Nutritional Supplements
.....See Nutritional Supplement Pages
- Femcon Fe (brown and white pills) (Chewable tablet)
..... Possible *Chametz* (dairy)
- Fixodent Extra Hold (Powder)
..... Recommended
- Fixodent Original (Cream)
..... Recommended
- Floss, Flavored
.....Possible *Chametz*
- Floss, Unflavored
..... Recommended
- Kanka Mouth-pain (Liquid)
.....Possible *Chametz*
- Lip Balm, Assorted
.....Recommended (preferably without flavor)

- Listerine PocketPaks Assorted varieties (Dissolving strip)
..... Not Recommended
- NoDoz Alertness Aid (Pill)
..... Recommended
- Orajel Mouth Sores Triple Medicated (Gel)
..... Recommended
- Pedialyte Liters and Singles (Liquid)
..... Recommended
- Polident 3 Minute (Tablet)
.....Possible *Chametz*
- Polident Overnight Whitening (Tablet)
.....Possible *Chametz*
- Polygrip Free (Cream)
..... Recommended
- Polygrip Original (Cream)
..... Recommended
- Probiotics Assorted (Assorted)
Powders, liquids & gelcaps need certification; pills do not
- Unisom Sleepmelts (Meltaway)
.....Possible *Chametz*
- Unisom SleepTab (Tablet)
..... Recommended
- Vicks ZzzQuil Liquid (Warming Vanilla Cherry and
Warming Berry)Possible *Chametz*
- Vivarin (Tablet)
..... Recommended

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

CreamAll are recommended

GelsAll are recommended

Liquid Recommended if free of (denatured) alcohol
or if manufactured in the United States

LotionAll are recommended

TOOTHPASTE

Only recommended if known to be *chametz*-free

VITAMINS

See Medicine Guidelines above

WIPES

Recommended 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 tasted 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 don't mind eating 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* for 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.

AN IMPORTANT REQUEST FROM THE cRc

The cRc investigates the kosher status of medicinal items for Pesach and year-round. (See our website at <http://bit.ly/OTCList>, by searching at www.ASKcRc.org, or our app.) If you have a question about something not listed there, feel free to take a picture of all sides of the package, making sure to include the active and inactive ingredients, and send it to info@cRckosher.org, so someone can help you.

In addition to proving a wealth of *kashrus* information on our websites and apps, the cRc is happy to answer questions submitted by members of the community. Often, these questions require time and effort to research and ensure that we are providing accurate and up-to-date information; serving the public is our mission and we are happy to make that effort. Occasionally, someone eager for an answer will direct the same question to several members of our *Kashrus* team, not realizing that all of them may end up spending time researching the very same question, which reduces the number of questions from the public that we field during that time. Therefore, we ask that questions be submitted only to info@cRckosher.org OR to only one member of our *Kashrus* team. Thank you for being considerate with our time and resources and helping us to better serve the community.