

**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**

Advil Allergy & Congestion Relief Tablets

Advil Allergy Sinus Coated Caplets

Advil Cold & Sinus Caplets

Aleve-D Sinus & Headache

Allegra-D – 12 hr. & 24 hr. Tablets

Allegra Allergy Children's OD Tablets, Children's Allergy Oral Suspension (Sanofi)

Allegra Allergy Childrens 12 hr. Tablets, Children's Allergy OD Tablets, Children's Allergy Oral Suspension (Chattem)

Benadryl Allergy Plus Congestion Chewable Tablets

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

Tylenol Sinus Severe Caplets

### **Antacid/Digestion/Gas**

Align Baby Colic Relief (P&G)

Alka-Seltzer – Original

Culturelle Digestive Daily Probiotic – Digestive Health Daily Capsules

Dramamine – Original Formula Tablets, Less Drowsy Tablets, Long Lasting Tablets (All Contain Dairy)

Imodium A-D Caplets, Multi-Symptom Relief Caplets

Konsyl Powder Original Formula – Unflavored (no kitniyos)

Pepto Bismol – 5 Symptom Relief (Caplet)

Pepto Bismol – Original Liquid

### **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

Childrens Suspension (All Flavors)

Infant Drops (Grape Dye Free)

PM Caplets, Tablets

Adwe:

Pain Relief Children Liquid Acetaminophen,

Pain Relief Infant Liquid Acetaminophen

Aleve – Caplets (Blue Pill)

Bayer Aspirin – Genuine Tabs, Low-Dose Chewable 81mg (cherry, orange)  
Motrin IB coated Caplets  
Tylenol:  
Extra Strength Caplets, Extra Strength PM Caplets, Regular Strength Tablets

### **Laxatives/Fiber Supplements**

Citrucel Caplets, Powder, Sugar Free Powder (Glaxco)  
Dulcolax Laxative Tablets  
Epsom Salt (pure) Generic or Branded versions (Powder)  
Ex-Lax Tablets (Glaxco)  
Metamucil – 4 in 1 Fiber with Real Sugar Unflavored (Powder)  
Mineral Oil Pure (Liquid)  
Miralax (Bayer)  
Phillips Milk of Magnesia – Original Liquid (unflavored)  
Senokot Extra Strength Tablets (Dairy)

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**

Agrinaid  
Boost Glucose Control  
Boost High Protein  
Boost Nutritional Pudding  
Boost Plus  
Ensure – All shakes, all liquids, all powders, all flavors, *Excluding* bars  
Fibersource HN  
Resource – 2.0, Diabetic, 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.