

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

Aleve-D Sinus & Headache

Allegra-D – 12 hr. & 24 hr. Tablets

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

Allegra 12 hr. 24 hr. Tablets, (Chattem)

Benadryl Allergy Ultratab Tablets, Extra Strength Allergy Relief Tablets

Benadryl Children's Allergy Chewable Grape

Benadryl Children's Allergy Liquid Cherry

Benadryl Children's Allergy Plus Congestion Grape

Benadryl Children's Dye-Free Liquid Bubblegum

Claritin-D – 12 hr. Swallowable Tablets (Dairy), 24 hr. Swallowable Tablets, NOT Chewable

Zyrtec – 10mg Tablets, Children's Allergy Syrup Bubblegum, Grape NOT Chewables

Antacid/Digestion/Gas

Align Baby Colic Relief (P&G)

Alka-Seltzer – Original

Culturelle Digestive Daily Probiotic Capsules, Digestive Health Daily Chewables, Kids Daily Probiotic Chewable, Baby Colic & Soothing Drops, Baby Digestive Calm & Comfort

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

Imodium A-D Caplets (Dairy), Oral Solution, Oral Solution for Children

Kaopectate Liquid

Konsyl Daily Psyllium Powder Original Formula – Unflavored (no kitniyos), Capsules (no kitniyos)

Pepto Bismol – Original Liquid

Fever Reducer/Pain Relief

Advil – Caplets Coated, NOT Film Coated, Tablets, Children's Suspension, Infant Drops

Advil - PM Caplets, Tablets

Advil – Sinus Congestion & Pain Tablets

Adwe - FeverX Children Liquid Acetaminophen,

Adwe - FeverX Infant Liquid Acetaminophen

Aleve – Caplets, Tablets

Bayer Aspirin – Genuine Tabs, Extra Strength, Low-Dose Chewable 81mg (cherry, orange), Children’s Aspirin
Motrin IB coated Caplets, PM Coated Caplets
Motrin Childrens Liquid
Motrin Infant Liquid
Tylenol - Extra Strength Caplets, Regular Strength Tablets, Children’s Chewable
Tylenol Children’s Oral Suspension Regular, Dye-Free, Dissolve Packs
Tylenol Infant’s Oral Suspension

Laxatives/Fiber Supplements

Citrucel Caplets, Powder, Sugar Free Powder (Glaxco)
Dulcolax Laxative Tablets, Pink Tablets, Liquid
Epsom Salt (pure) Generic or Branded versions (Powder)
Ex-Lax Tablets Regular & Extra Strength (Glaxco)
Metamucil – 4 in 1 Fiber with Real Sugar Unflavored Smooth Powder [kitniyos], Coarse Powder [No Kitniyos]
Mineral Oil Pure (Liquid)
Miralax (Bayer)
Phillips Milk of Magnesia – Original Liquid (unflavored)
Senokot Extra Strength Tablets (Dairy), Senokot Tea

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, Agrinaid Extra
Boost Glucose Control
Boost High Protein
Boost Nutritional Pudding
Boost Plus
Electrolytes – CVS, Pedialyte, Walgreens
Enlive
Ensure – All shakes, all liquids, all powders, all flavors, *Excluding* bars
Fibersource HN
Isosource, Isosource HN with Fiber
Resource – 2.0, Diabetic Vanilla; Fruit Flavored Beverage Orange, Peach, Wildberry; Plus Chocolate, Strawberry, Vanilla
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.