



MEDICINE & COSMETICS

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סוּס תשפ"ה / Pesach 2025

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 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 – 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.

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 or the cRc apps.

Allergy

At Home Health Children's Allergy (Cherry Flavor) (Liquid) Possible *Chametz*

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

Benadryl Children's Chewables (Grape Flavor) Possible *Chametz*

Claritin Children's Chewable Grape Flavor Possible *Chametz*

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

Genexa Kids Allergy (Liquid) Possible *Chametz*

Kirkland Children's Aller-Tec Sugar-Free Dye-Free (Grape Flavor) (Liquid) Possible *Chametz*

Nasacort Nose Spray Allergy 24 Hour (Liquid) Possible *Chametz*

Ohm Children's Chewable Tablets, Dye Free, Grape (Chewable Tablets) Possible *Chametz*

Ohm Children's Loratadine Dye-Free (Grape Flavor) (Chewable Tablets) Possible *Chametz*

Up & Up Children's Allergy (Chewable Tablets) Possible *Chametz*

Up & Up Children's Allergy Relief (Grape Flavor) (Chewable tablets) Possible *Chametz*

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 Dye-Free Chewables (Grape Flavor) (Chewable Tablets) Possible *Chametz* (dairy)

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 Xtra Strength (Effervescent Tablets) Possible *Chametz*

Alka Seltzer Lemon Lime Effervescent Tabs (Tablets) Possible *Chametz*

Alka Seltzer Original Effervescent Tabs (Tablets) Possible *Chametz*

Beano Extra-Strength (Tablet) Recommended

Culturelle Daily Probiotic Chewables (Fresh Orange Flavor) Possible *Chametz*

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

Culturelle Kids Complete Multivitamin + Probiotic Chewable - Digestive & Immune Support for Kids - With Vitamin C, D3 and Zinc (Fruit Punch Flavor) Possible *Chametz*

Culturelle Kids Probiotic + Fiber Regularity Packets (Powder) *Chametz* (not recommended)

Culturelle Kids Purely Probiotics (Packets) Possible *Chametz*

Culturelle Ultimate Strength Probiotic (Capsules) Possible *Chametz*

Culturelle Women's 4 in 1 Protection (Capsules)

Recommended

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

Gaviscon Extra Strength Original (Chewable)
Possible *Chametz*

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

Imodium AD For Ages 6 & Up (Liquid)
Not Recommended (except in cases of severe diarrhea)

Imodium AD Multi-symptom Relief (Caplets)
Recommended

Kaopectate Max Peppermint (Liquid)
Possible *Chametz*

Kaopectate Vanilla Regular Flavor (Liquid)
Possible *Chametz*

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

Pepcid Complete Berry Flavor (Chewables)
Possible *Chametz* (dairy)

Pepto Bismol 5 Symptom Relief (Caplets)
Recommended

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

Pepto Bismol 5 Symptom Relief Cherry (Liquid)
Possible *Chametz*

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

Pepto Bismol Ultra (Liquid) Possible *Chametz*

Probiotics Assorted (Assorted) Powders, liquids, capsules, & gelpcaps need certification; pills do not

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

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 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

Cough, Cold, & Flu

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

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

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

Alka Seltzer Plus Sinus Congestion and Pain Maximum Strength (Berry Flavor) (Effervescent Tablets) Possible *Chametz*

Amazon Basic Care NightTime Cold and Flu (Cherry Flavor) (Liquid) Possible *Chametz*

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

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

Delsym Children's 12 Hour Cough Liquid (Grape Flavor) (Liquid) Possible *Chametz*

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

Equate Children's Acetaminophen (Bubble Gum or Grape Flavor) (Chewable)
Recommended

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

Genexa Kids Cold Crush (Chewable Tablets)
Possible *Chametz*

Hyland's Naturals Baby, Organic Cough and Immune Daytime (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 Insta-Soothe Kickstart (Spray)
Possible *Chametz*

Mucinex InstaSoothe Sore Throat 3 in 1 formula (Honey Echinacea Flavor) (Lozenge) Possible *Chametz*

Mucinex InstaSoothe Sore Throat and Pain Relief Spray (Spray) Possible *Chametz*

Signature Care Nighttime Cold and Flu Relief (Cherry Flavor) (Liquid) 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*

Triaminic Day Time Cold and Cough Cherry Flavor (Liquid) Not Recommended

Walgreen's Children's Chest Congestion Relief (Grape Flavor) (Liquid) Possible *Chametz*

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

Zarbees Baby Cough Syrup + Immune (Natural Grape Flavor or Natural Cherry Flavor) (Liquid) Possible *Chametz*

Zarbees Children's Daytime Cough Syrup + Mucus, Throat & Nasal (Liquid) Possible *Chametz*

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

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

Zicam Cold Remedy Rapidmelts (Tablets) Possible *Chametz*

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

Zicam No Drip Nasal Spray (Liquid) Recommended

Zicam Quick Dissolve Tablets Echinacea + Sambucus (Tablets) Possible *Chametz*

Zicam Rapidmelts Ultra (Orange Cream Flavor) 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

www.crc kosher.org/consumer

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 for Pesach. Some of the results are ready in time for inclusion in the printed cRc Pesach Guide, and others can only be found in the cRc app or at www.ASKcRc.org.



Amazon Basic Care Children's Ibuprofen (Orange Flavor) (Chewable Tablets) Possible *Chametz*

CVS Children's Ibuprofen (Orange or Grape Flavor) (Chewable Tablets) Possible *Chametz*

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

Equate Children's Ibuprofen (Grape Flavor) (Chewable Tablets) Recommended

Midol Complete (Caplets) Recommended

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

Signature Care Children's Ibuprofen Grape Flavor Chewable Recommended

Tylenol Children's Chewables (Bubble Gum or Grape Flavor) (Chewable Tablet) 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 Healthy Shape (Powder) *Chametz* (not recommended)

Benefiber Powder *Chametz* (not recommended)

Benefiber Stick Packs (unflavored) (Powder) *Chametz* (not recommended)

Citrucel Caplets Recommended

Dulcolax Overnight Relief (Tablets) Recommended

Dulcolax Suppository (Suppository) Recommended

cRc Pesach Guide Preparation for Pesach 2025

Epsom Salt (pure) Generic or Branded versions (Powder) Recommended

Ex-Lax (Tablets) Recommended

Generic Mineral Oil (pure) (Liquid) Recommended

Kirkland Signature Optifiber (Powder)
Not Recommended (*Chametz*)

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

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

Metamucil Premium Blend Sugar Free with Stevia Orange Flavor (Powder) Possible *Chametz*

Miralax Powder (Powder) Recommended

Pedia-Lax Chewable Possible *Chametz*

Pedia-Lax Suppository Recommended

Phillips Laxative Caplets Recommended

Phillips Milk of Magnesia Original (unflavored) (Liquid) Recommended

Polyethylene Glycol (pure) Generic or Branded Versions (Powder) 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.

BOBBI BROWN

Crushed Lipstick Recommended

Luxe Lipstick Recommended

Luxe Matte Lipstick Recommended

CLINIQUE

Clinique Pop Longwear Lipstick Not Recommended

Dramatically Different Lipstick Shaping Lip Colour
Recommended

E.L.F.

Hydrating Core Lip Shine Recommended

Lip Plumping Gloss Recommended

O Face Satin Lipstick Recommended

Srsly Satin Lipstick Recommended

ESTÉE LAUDER

Pure Color Creme Lipstick Recommended

Pure Color Hi-Lustre Lipstick Recommended

Pure Color Whipped Matte Lip Color with Moringa Butter Not 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

LANCOME

L'absolu Lip Gloss Recommended

L'absolu Rouge Cream Lipstick Possible *Chametz*

L'absolu Rouge Drama Matte Lipstick Recommended

MAC

Lipglass Recommended

Lustreglass 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

Lifter Gloss Lip Gloss Makeup with Hyaluronic Acid
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

WET N WILD

Mega Last High-Shine Lip Color Recommended

Mega Last Matte Lip Color Recommended

Megalast Lock 'N' Shine Lip Color Recommended

Megaslicks Lip Gloss Recommended

Perfect Pout Lip Color Recommended

Silk Finish Lipstick Recommended

Lotions

All are recommended

Mascara

All are recommended

Miscellaneous

Anbesol Maximum Strength (Liquid) Possible *Chametz*

Asthma Inhalers, all types (Liquid Vapor) Recommended

Bee Pollen, Pure Recommended if pure with no additives

Castor Oil (Pure) (Liquid) Recommended

Chapstick Classic Original Recommended

Chapstick Moisturizer Recommended

Disposable Toothbrush (assorted brands) Not Recommended

Dramamine Chewables Possible *Chametz*

Dramamine Original (Tablet [non-chewable]) Recommended

Ensure Assorted Nutritional Supplements See Nutritional Supplement Listings

Fixodent Original (Cream) Recommended

Floss, Flavored Possible *Chametz*

Floss, Unflavored Recommended

Kanka Mouth-Pain (Liquid) Possible *Chametz*

Lip Balm, Assorted Recommended without flavor

Listerine PocketPaks Assorted Varieties (Dissolving Strip) Not Recommended

NoDoz Alertness Aid (Caplet) Recommended

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

Orajel Mouth Sores Triple Medicated (Gel) 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*

Unisom SleepTab (Tablet) Recommended

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

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 *Medicine 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 are some Advil brand products. The inactive ingredient panel occasionally lists that the coating contains mannitol or a flavor, and those items are not recommended.