



**Chicago Rabbinical Council**  
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The following are general guidelines for the consumption of over the counter medications. [For more details and sources, see our article at <http://bit.ly/KosherOTC>, starting on the second page. For FAQs or to ask a question see <http://bit.ly/KosherFAQ>].

1. Pill medications that one swallows are permitted even if they contain non-kosher ingredients. Two exceptions to that rule are:
  - Vitamins – In most cases vitamins do not qualify as medicine, and instead are treated as food supplements which require *hashgachah*. If a doctor prescribes a specific vitamin which is not kosher certified, please review your specific situation with your doctor and Rabbi.
  - Gelcaps – Gelcaps (hard or soft) should only be taken by someone who is ill and does not have any alternative medicine that is free of *kashrus* concerns.
2. Liquid and chewable medication that contains kosher-sensitive ingredients 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 is non-kosher, and the possibility of substituting an alternative which is free of *kashrus* concerns.
3. Please consult your Rabbi for the laws of taking medicine on *Shabbos* and *Yom Tov*.
4. **Do not discontinue the use of any medicine without consulting with your doctor and Rabbi.**
5. **This list is for year round use and does not include information for Pesach.**
6. This information on this list is updated regularly. This edition should not be used after December 31, 2021.

## cRc - Over The Counter Medicine List

### Allergy

Allegra	Childrens Liquid Suspension	Liquid	Recommended
Allegra	Childrens Orally Disintegrating Tablet	Disintegrating Tablet	Recommended (dairy)
Benadryl	Childrens Allergy (All flavors)	Liquid	Recommended
Benadryl	Childrens Allergy Chewable Grape Flavor	Tablet	Recommended
Claritin	Childrens Chewable Grape Flavor	Chewable	Recommended
Claritin	Children's Non-Drowsy Oral Solution (Grape)	Liquid	Recommended when bearing the OK
Claritin	Liqui-Gels	Liquid Filled Capsules	Not Recommended
Claritin	RediTabs (Dissolves on Tongue)	Dissolving tablet	Not recommended
Genexa	Kid's Allergy	Liquid	Recommended
Nasacort Nose Spray	Allergy 24 Hour	Liquid	Recommended
Signature Care	24 Hour Childrens Allergy Relief Grape Flavored	liquid	Recommended
Signature Care	Childrens Allergy Relief Cherry Flavor	liquid	Not Recommended
Up & Up	Children's Allergy (grape flavor)	Chewable Tablets	Recommended
Zyrtec	Childrens Allergy Indoor & Outdoor Allergies	Liquid	Recommended
Zyrtec	Children's Dissolve Tabs	Tablets	Recommended

## cRc - Over The Counter Medicine List

### Breath Freshener

Listerine	Cool Mint PocketMist	Liquid	Not Recommended
Listerine	Ready! Tabs	Chewable Tablet	Recommended when bearing Kof-K symbol
Listerine PocketPaks	Assorted varieties	Dissolving strip	Recommended when bearing Kof-K

### Cold and Flu

See also 'Cough'

Alka Seltzer	Alka Seltzer Plus Cold Effervescent Tabs (includes Night Cold Formula)	Tablets	Recommended
Alka Seltzer	Alka Seltzer Plus Severe Cold & Flu Formula	Effervescent Tablets	Recommended
Alka-Seltzer Plus	Powermax Gels Cold & Cough	Liquid Gel	Not Recommended
Alka-Seltzer Plus	Sinus & Cold (Includes both Day and Night varieties)	Liquid Gels	Not Recommended
Cold-EEZE	Cherry Flavor	Lozenge	Recommended for cholim (sick people)
Cold-EEZE	Honey Lemon Flavor	Lozenge	Recommended for cholim (sick people)
Cold-EEZE	Sugar Free Wild Cherry Flavor	Lozenge	Recommended for cholim (sick people)
Delsym	Liquid Nighttime Cough and Cold	Liquid	Not Recommended
Dimetapp	Childrens Cold and Allergy Liquid	Liquid	Not Recommended
Dimetapp	Children's Cold and Cough	Liquid	Not Recommended
Mucinex	Fast Max Cold, Flu and Sore Throat	Liquid	Not Recommended
Mucinex	Fast Max Nightshift Cold & Flu	Liquid	Not Recommended
Sudafed	Childrens PE Cold and Cough	Liquid	Not Recommended
Sudafed	Childrens PE Nasal Decongestant	Liquid	Not Recommended
Theraflu	Multi-Symptom Severe Cold	Packets	Recommended
Thera-Flu	Nighttime Severe Cold and Cough Powder	Powder	Recommended
Triaminic	Children's Night Time Cold and Cough (Grape flavor)	Liquid	Recommended
Tylenol	Cold Max (Day Non-drowsy)	Liquid	Not Recommended
Tylenol	Cold Max (Night)	Liquid	Not Recommended
Tylenol	Cold Max Nighttime Cool Burst	Liquid	Not Recommended
Tylenol	Cold+Flu Severe Warming Honey Lemon	Liquid	Not Recommended
Vicks	Dayquil Cold & Flu LiquiCaps	Gelcap	Not Recommended
Vicks	Dayquil Liquid Cold and Flu	Liquid	Not Recommended
Vicks	Nyquil Childrens Cold and Cough	Liquid	Recommended
Vicks	Nyquil Cold and Flu LiquiCaps	Liquicaps	Not Recommended
Vicks	Nyquil Liquid Cold and Flu	Liquid	Recommended
Vicks	NyQuil Severe Cold and Flu	Liquid	Not Recommended
Vicks	Nyquil/Dayquil Cold and Flu LiquiCaps	Liquicaps	Not Recommended

## cRc - Over The Counter Medicine List

### Cold and Flu

See also 'Cough'

Zicam	Cold Remedy Rapid Melts with Echinacea (Lemon-Lime flavor)	Tablet	Recommended
Zicam	Cold Remedy RapidMelts Tablets (Cherry flavor)	Tablets	Recommended
Zicam	Oral Mist	Liquid	Not Recommended
Zicam	Rapidmelts Ultra (Orange Cream Flavor)	Tablet	Recommended

### Cough

See also 'Cold and Flu'

Delsym	12 Hour Cough Relief (Orange Flavor)	Liquid	Recommended
Delsym	Children's 12 Hour Cough Liquid (Grape Flavor)	Liquid	Recommended
Delsym	Children's 12 Hour Cough Liquid (Orange Flavor)	Liquid	Recommended
Delsym	Cough + Chest Congestion DM Cherry	Liquid	Not Recommended
Little Remedies	Honey Cough Syrup	liquid	Recommended
Mucinex	Chest Congestion Mini-Melts for Kids Bubble Gum Flavor	Dissolving Granules	Recommended
Mucinex	Childrens Cough Liquid	Liquid	Not Recommended
Mucinex	Children's Multi-Symptom Cold Very Berry Flavor	Liquid	Not Recommended
Mucinex	Cough Mini-Melts for Kids Orange Creme Flavor	Dissolving Granules	Recommended
Mucinex	Fast Max Severe Congestion and Cough	Liquid	Not Recommended
Mucinex	Fast-Max DM Max Liquid	Liquid	Not Recommended
Robitussin	Childrens Cough and Cold (fruit punch)	Liquid	Not Recommended
Robitussin	Cough+Chest Congestion DM	Liquid	Not Recommended
Safetussin DM	Day Time Cough Relief	Liquid	Not Recommended
Triaminic	Day Time Cold and Cough Cherry Flavor	Liquid	Recommended
Vicks	Nyquil Cough	Liquid	Recommended
Vick's	DayQuil Cough	Liquid	Recommended
Zarbees	Baby Cough Syrup + Mucus Natural Grape Flavor	Liquid	Recommended
Zarbees	Children's Nighttime Cough Syrup Grape Flavor	Liquid	Recommended
Zarbees	Naturals Childrens Cough Syrup	Liquid	Recommended

### Cough Drops

Cepacol	Extra Strength Sore Throat Lozenges (Cherry)	Lozenge	Recommended for cholim (people who are ill)
Chloraseptic	Sore Throat	Lozenge	Not Recommended
Halls	Breezers Cool Berry	lozenge	Recommended for cholim (sick people)
Halls	Defense Assorted Citrus	Lozenge	Recommended for cholim (sick people)

## cRc - Over The Counter Medicine List

### Cough Drops

Halls	Defense Sugar Free - Assorted Citrus	Lozenge	Recommended for cholim (sick people)
Halls	Relief Cherry	Lozenge	Recommended for cholim (sick people)
Halls	Relief Sugar Free Honey Lemon	lozenge	Recommended for cholim (sick people)
Halls	Sugar Free Mountain Menthol	lozenge	Recommended for cholim (sick people)
Halls Soothe	Honey	Drops	Recommended for cholim
Ricola	Honey Herb	Lozenge	Recommended
Ricola	Lemon Mint	Lozenge	Recommended
Ricola	Lemon Mint - Sugar Free	Lozenge	Recommended
Ricola	Natural Herb (original)	Lozenge	Recommended
Sucrets	Sore Throat and Cough	Lozenge	Recommended for cholim (sick people)

### Digestive Health

Align	Capsules	Capsules	Recommended
Align Jr	Cherry Smoothie Chewables	Chewable	Recommended (dairy)
Beano	Strawberry Meltaways Gluten Free	Meltaway	Recommended
Culturelle	Digestive Health Vegetarian Capsules	Capsules	Recommended
Culturelle	Kids Chewables	Chewable	Recommended
Culturelle	Kids Packets Daily Probiotic	Powder	Recommended
Imodium AD	For Ages 6 & Up Liquid	Liquid	Not Recommended (except in cases of severe diarrhea)
Imodium AD	Liquid	Liquid	Not Recommended (except in cases of severe diarrhea)
Imodium AD	Multisymptom Relief Caplets	Caplets	Recommended
Kaopectate	Max Peppermint	Liquid	Recommended
Kaopectate	Vanilla Regular Flavor	Liquid	Recommended

### Fiber Supplement/Laxative

Benefiber	Healthy Shape	Powder	Recommended
Benefiber	Powder	powder	Recommended
Benefiber	Stick Packs (unflavored)	Powder	Recommended
Cirulax Prunelax	Maximum Relief	Coated Tablet	Recommended
Citrucel	Caplets	Caplets	Recommended
Citrucel	Regular Powder (Orange Flavor)	Powder	Not Recommended unless other choices are not suitable
Citrucel	Sugar Free Powder (Orange flavor)	Powder	Not Recommended unless other choices are not suitable

## cRc - Over The Counter Medicine List

### Fiber Supplement/Laxative

Colase	Caplets	Caplet/capsule	Not Recommended
Dulcolax	Liquid Gel	Soft Gel	Not Recommended
Dulcolax	Overnight Relief	Tablets	Recommended
Dulcolax	Stool Softener	Liquid Gel	Not Recommended
Dulcolax	Suppository	Suppository	Recommended
Epsom Salt (pure)	Generic or Branded versions	Powder	Recommended
Ex-Lax	Tablets	Tablets	Recommended
Fibercon	Caplets	Caplet	Recommended
Generic	Mineral Oil (pure)	Liquid	Recommended
Metamucil	3 in 1 Multi Health	Capsule	Not Recommended
Metamucil	4 in 1 Fiber with Real Sugar (Unflavored)	Powder	Recommended
Metamucil	4-in-1 Multihealth Orange Smooth Powder	Powder	Not Recommended unless other choices are not suitable
Metamucil	Sugar Free Orange	Powder	Not Recommended unless other choices are not suitable
Miralax	Powder	Powder	Recommended
Pedia-Lax	Chewable	Tablets	Recommended
Pedia-Lax	Liquid Stool Softener Berry Flavor	Liquid	Recommended
Pedia-Lax	Suppository	Suppository	Recommended
Phillips	Milk of Magnesia Concentrated Fresh Strawberry	Liquid	Not Recommended
Phillips	Milk of Magnesia Fresh Mint	Liquid	Recommended
Phillips Milk of Magnesia	Caplets	Caplets	Recommended
Phillips Milk of Magnesia	Cherry Flavor Liquid	Liquid	Not Recommended
Phillips Milk of Magnesia	Original Liquid (unflavored)	Liquid	Recommended
Polyethylene Glycol (pure)	Generic or Branded versions	Powder	Recommended
Prunelax Ciruelax	Tablets	Tablets	Recommended
Senokot	Tablets	Tablets	Recommended
Senokot-S	Tablets	Tablets	Recommended
Walgreens	Mineral Oil	Liquid	Recommended

### Gas/Indigestion Relief

Alka Seltzer	Alka-Seltzer Xtra Strength	Effervescent Tablets	Recommended
Alka Seltzer	Heartburn Relief Fruit Chews	Chewable Tablet	Not Recommended
Alka Seltzer	Lemon Lime Effervescent Tabs	Tablets	Not Recommended
Alka Seltzer	Original Effervescent Tabs	Tablets	Recommended
Equate	Extra Strength Gas Relief Cherry Crème	Chewable Tablet	Recommended

## cRc - Over The Counter Medicine List

### Gas/Indigestion Relief

Gas-X	Extra Strength Cherry Crème	Chewable Tablet	Recommended
Gas-X	Extra Strength Chewables Peppermint Crème	Chewable	Not Recommended
Gas-X	Soft Gel Extra Strength	Softgel	Not Recommended
Gaviscon	Extra Strength Cherry	Chewables	Recommended
Gaviscon	Extra Strength Original	Chewable	Recommended
Mylicon	Infants Original Drops	Liquid	Recommended
Pepcid	Complete Berry Flavor Chewables	Chewables	Recommended (dairy)
Pepcid	Complete Cool Mint Chewables	Chewables	Recommended (dairy)
Pepto Bismol	5 Symptom Relief Caplets	Caplets	Recommended
Pepto Bismol	5 Symptom Relief Cherry	Liquid	Recommended
Pepto Bismol	5 Symptom Relief Chewables	Chewable	Recommended
Pepto Bismol	Children's Pepto Bubble Gum Flavor	Chewable Tablets	Recommended
Pepto Bismol	Ultra	Liquid	Recommended
Prilosec OTC	Wildberry Flavor (Non-Chewable)	Tablet	Recommended
Tums	Regular - Assorted Fruit, Sugar Free and Peppermint	Chewable	Recommended when bearing Diamond K

### Miscellaneous

Asthma Inhalers, all types		Liquid Vapor	Recommended
Bayer	Low Dose Baby Aspirin Chewables (Cherry and Orange)	Chewable	Recommended
Bonine	Complete Raspberry Flavored	Chewable	Recommended (dairy)
Castor Oil (pure)		Liquid	Recommended for cholim (sick people)
Chapstick	Classic Original		Recommended
Chapstick	Moisturizer		Recommended
Culturelle	Digestive Health Women's Healty Balance	Capsule	Recommended
Emergen-C	1000 mg Vitamin C Dietary Supplement Super Orange	Powder	Not Recommended
Enfamil	Soothe	Powder	Recommended
Ensure	Assorted nutritional supplements		Recommended when bearing OU
Femcon	Fe (brown and white pills)	chewable tablet	Recommended (dairy)
Fixodent	Extra Hold	Powder	Recommended
Fixodent	Original	Cream	Recommended
Floss	Flavored		Preferable to use unflavored floss
Floss	Unflavored		Recommended
Lip Balm	Assorted		All are recommended (preferably without flavor)
Lipo Flavonoid Plus		Caplet	Recommended

## cRc - Over The Counter Medicine List

### Miscellaneous

Midol	Complete	Gelcap	Not Recommended
NoDoz	Alertness Aid	Pill	Recommended
Pedialyte	Freeze Pops	Liquid	Recommended when bearing OU
Pedialyte	Liters and Singles	Liquid	Recommended when bearing OU (DE even when labeled OU-D)
Pedialyte	Powder Packs	Powder	Recommended when bearing OU
Polident	3 Minute	Tablet	Recommended
Polident	Overnight Whitening	Tablet	Recommended
Polygrip	Free	Cream	Recommended
Polygrip	Original	Cream	Recommended
Probiotics	Assorted	Assorted	Powders, liquids & gelcaps need certification; pills do not
Sambucol	Black Elderberry Dietary Supplement	Liquid	Recommended
St. Joseph	81mg Chewable Aspirin	Chewable	Recommended
Vivarin		Tablet	Recommended
Zarbees	Black Elderberry Syrup Immune Support	Liquid	Not Recommended

### Motion Sickness

Dramamine	Chewables	Chewable	Recommended
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### Mouth Pain Relief

Anbesol	Gel	Gel	Not Recommended
Anbesol	Maximum Strength Liquid	Liquid	Recommended
Kanka	Mouth-pain Liquid	Liquid	Recommended
Kanka	Softbrush Gel	Gel	Not Recommended
Orajel	Mouth Sores Triple Medicated	Gel	Recommended
Oralmedic		Liquid	Recommended

### Mouthwash

*cRc position is that mouthwash does not require hashgachah, but it is preferred to use a kosher variety if available.*

Adwe	Assorted varieties	Liquid	Recommended when bearing Debracin logo
Toms of Maine	Assorted varieties	Liquid	Recommended when bearing OU

### Pain Relief/Fever Reducer

Advil	Children Suspension	Liquid	Recommended
Advil	Infants Drops	Liquid	Recommended
Advil	Junior Strength Chewables (grape)	Tablet	Not Recommended
Advil	Liqui-Gels	Gelcap	Not Recommended

## cRc - Over The Counter Medicine List

### Pain Relief/Fever Reducer

Advil	Migraine Liqui-Gel	Gelcap	Not Recommended
Aleve	Gelcaps	Gelcaps	Not Recommended
Aleve	Liquid Gels	Gelcap	Not Recommended
CVS	Adult Pain Reliever (Acetaminophen) [dye free]		Not Recommended
CVS	Adult Pain Reliever (Acetaminophen) [NOT dye free]		Recommended
Genexa	Kid's Pain & Fever	Liquid	Recommended
Midol	Complete	Caplets	Recommended
Motrin	Children's Liquid (all flavors)	Liquid	Recommended
Motrin	Children's Chewable (Grape Flavor)	Tablet	Recommended
Motrin	Infant's Liquid (all flavors)	Liquid	Recommended
Signature Care	Children's Ibuprofen Berry Flavor	Liquid	Not Recommended
Signature Care	Children's Pain Reliever Bubble Gum Flavor	Liquid	Not Recommended
Signature Care	Dye-Free Children's Pain Reliever Grape Flavor	Liquid	Not Recommended
Signature Care	Dye-Free Infants' Pain Relief Grape Flavor	liquid	Not Recommended
Signature Care	Infants Ibuprofen Berry Flavor	Liquid	Not Recommended
Signature Care	Junior Strength Ibuprofen Grape Flavor Chewable	Tablet	Recommended
Tylenol	Children's Cold and Cough and Runny Nose	Liquid	Recommended
Tylenol	Children's Cold and Cough and Sore Throat	Liquid	Recommended
Tylenol	Children's Cold and Flu	Liquid	Recommended
Tylenol	Children's Suspension	Liquid	Recommended
Tylenol	Children's Chewable Bubble Gum Flavor	Tablet	Recommended
Tylenol	Children's Chewables (Grape Flavor)	tablet	Recommended
Tylenol	Children's Dissolve Packs	Powder	Recommended
Tylenol	Ex Strength PM Liquid	Liquid	Recommended
Tylenol	Infant's Oral Suspension	Liquid	Recommended
Walgreens	Adult Pain Reliever (Acetaminophen) [NOT dye free]	Liquid	Recommended
Walgreens	Junior Strength Ibuprofen 100 Chewable Tablets (Orange or Grape flavor)	Tablet	Recommended

### Sleep Aid

Emergen-C	Emergen-ZZZZ (Assorted Varieties)	Powder	Not Recommended
Unisom	SleepGels	SoftGels	Not Recommended
Unisom	Sleepmelts	Meltaway	Recommended
Unisom	SleepTab	Tablet	Recommended
Vicks	ZzzQuil Liquid (Warming Vanilla Cherry and Warming Berry)	Liquid	Recommended



## cRc - Over The Counter Medicine List

### Sleep Aid

Vicks	ZzzQuil Liquidcaps	Liquidcap	Not Recommended
Zarbees	Childrens Sleep Liquid with Melatonin	Liquid	Not Recommended

### Throat Irritation

Chloraseptic	Spray	Liquid	Not Recommended
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### Toothpaste

*cRc position is that toothpaste does not require hashgachah, but it is preferred to use a kosher variety if available.*

AIM	Multi Benefit Ultra Mint Gel		Recommended
Arm & Hammer	Advanced White Baking Soda and Peroxide		Recommended
Arm & Hammer	Complete Care Extra Whitening		Recommended
Arm & Hammer	Peroxi Care Baking Soda and Peroxide		Recommended
Colgate	All toothpaste varieties sold in the USA		Recommended, including those made in Mexico
Colgate	Bubble Fruit Flavor		Recommended
Colgate	Max fresh with Mini Breath Strips Whitening Clean Mint		Recommended
Colgate	Max Fresh with Mini Breath Strips Whitening Cool Mint		Recommended
Crest	Cavity Protection Regular Paste		Recommended
Crest	Kids Crest Cavity Protection Sparkle Fun		Recommended
Crest	Tartar Protection Regular Paste		Recommended
Crest	Whitening with Tartar Protection		Recommended
Toms of Maine	Whole Care Peppermint	Gel	Recommended when bearing OU

### Vitamins

*cRc position is that generally vitamins are treated as food supplements which require hashgachah even if they are in pill form. If a doctor recommends a specific vitamin which is not certified, please review your situation with your doctor and Rabbi.*

Bluebonnet	Assorted		Recommended when bearing Kof-K
Freeda	Assorted		Recommended when bearing OU
Landau	Assorted		Recommended when bearing the Volover Rav's certification mark
Maxi Health	Assorted		Recommended when bearing OU
Natures Answer	Assorted		Recommended when bearing Kof-K
Nutralife	Assorted		Recommended when bearing Star-K
Nutri-Supreme	Assorted		Recommended when bearing Kof-K

# cRc - Over The Counter Medicine List

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## Vitamins

*cRc position is that generally vitamins are treated as food supplements which require hashgachah even if they are in pill form. If a doctor recommends a specific vitamin which is not certified, please review your situation with your doctor and Rabbi.*

Solgar	Assorted	Recommended when bearing Kof-K
Zahlers	Assorted	Recommended when bearing OU