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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. An exception is that multivitamins and prenatal multivitamins which are in tablet form are acceptable even if they are not kosher-certified. This exception does not apply to (a) Pesach, (b) similar products in chewable, liquid, or gelcap, or (c) tablets with just one or two vitamins in them.
  - 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, 2023.

## cRc - Over The Counter Medicine List

### Allergy

| Alavert (Citrus Burst)<br>Allegra | Children's Oral Suspension                  | Disintegrating Tablets | Recommended  |
|-----------------------------------|---|------------------------|--|
|                                   |   |                        | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Allegra                           | Childrens Liquid Suspension                 | Liquid                 | Recommended  |
| Allegra                           | Childrens Orally Disintegrating Tablet      | Disintegrating Tablet  | Recommended (dairy)  |
| Benadryl                          | Allergy Plus Congestion Chewable Tablets    | Chewable Tablets       | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Benadryl                          | Childrens Allergy (All flavors)             | Liquid                 | Recommended  |
| Claritin                          | Childrens Chewable Grape Flavor             | Chewable               | Recommended  |
| Claritin                          | Children's Non-Drowsy Oral Solution (Grape) | Liquid                 | Recommended when bearing the OK  |

## cRc - Over The Counter Medicine List

### Allergy

|                     |  |                        |                    |
|---------------------|--|------------------------|--------------------|
| Claritin            | Liqui-Gels   | Liquid Filled Capsules | Not Recommended    |
| Claritin            | RediTabs (Dissolves on Tongue)                                 | Dissolving tablet      | Not recommended    |
| Genexa              | Kid's Allergy  | Liquid                 | Recommended        |
| Kirkland            | Children's Aller-Tec Sugar-Free Dye-Free (Grape Flavor)        | Liquid                 | Recommended        |
| Nasacort Nose Spray | Allergy 24 Hour  | Liquid                 | Recommended        |
| Ohm                 | Children's Chewable Tablets, Dye Free, Grape                   | Chewable Tablets       | Recommended        |
| ohm                 | Children's Loratadine Dye-Free Chewable Tablets (Grape Flavor) | Chewable Tablets       | Recommended        |
| Signature Care      | 24 Hour Childrens Allergy Relief Grape Flavored                | liquid                 | Not Recommended    |
| Up & Up             | Children's Allergy   | Chewable Tablets       | Recommended        |
| Up & Up             | Children's Allergy Relief Dye-Free (Bubblegum Flavor)          | Liquid                 | Not Recommended    |
| Zyrtec              | Children's Dye-Free Chewables (Grape Flavor)                   | Chewable Tablets       | Recommended, Dairy |
| Zyrtec              | Childrens Allergy Indoor & Outdoor Allergies                   | Liquid                 | Recommended        |
| Zyrtec              | Children's Dissolve Tabs                                       | Tablets                | Recommended        |

### 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 | Sever Cold + Flu Night (Honey Lemon Zest)                              | Packets              | Recommended                          |
| Alka Seltzer Plus | Severe Cold and Flu Day (Honey Lemon Zest)                             | Packets              | 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                      |
| Equate            | Children's Acetaminophen Chewable (Bubble Gum or Grape Flavor)         | Chewable             | Recommended                          |

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### Cold and Flu

See also 'Cough'

|            |   |                  |  |
|------------|---|------------------|--|
| Equate     | Children's Chewable Ibuprofen Grape Flavor            | Chewable         | Recommended  |
| Equate     | Infants Dye-Free Ibuprofen Drops, Berry Flavor        | Liquid           | Not Recommended  |
| Equate     | Nighttime Cold & Flu (Cherry Flavor)                  | Liquid           | Recommended  |
| Genexa     | Flu Fix   | Chewable Tablets | Recommended  |
| Genexa     | Kids Cold Crush                                       | Chewable Tablets | 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  |
| Sudafed PE | Children's Cold & Cough                               | Liquid           | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Sudafed PE | Children's Nasal Decongestant (Grape or Berry Flavor) | Liquid           | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Theraflu   | Flu Relief Max Strength Nighttime Honey Lemon Flavor  | Packets          | Recommended  |
| Theraflu   | Max Strength Daytime Honey Lemon Flavor               | Packets          | Recommended  |
| Theraflu   | Multi-Symptom Severe Cold                             | Packets          | Recommended  |
| Theraflu   | Severe Cold Relief Combo Pack (Honey Lemon Flavor)    | Packets          | Recommended  |
| Thera-Flu  | Nighttime Severe Cold and Cough Powder                | Powder           | Recommended  |
| Top Care   | Children's Ibuprofen                                  | Liquid           | Not Recommended  |
| Triaminic  | Children's Night Time Cold and Cough (Grape flavor)   | Liquid           | Recommended  |
| Tylenol    | Children's Cold + Cough + Runny Nose                  | Liquid           | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |

## cRc - Over The Counter Medicine List

### Cold and Flu

See also 'Cough'

|         |  |                  |  |
|---------|--|------------------|--|
| Tylenol | Children's Cold + Cough + Sore Throat                      | Liquid           | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Tylenol | Children's Cold + Flu                                      | Liquid           | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| 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  |
| Up & Up | Children's Acetaminophen Chewables                         | Chewable Tablets | Recommended  |
| Vicks   | Dayquil Liquid Cold and Flu                                | Liquid           | Not Recommended  |
| Vicks   | Nyquil Cold and Flu  | Liquid           | Not Recommended  |
| Vicks   | Nyquil Cold and Flu Nighttime Relief Alcohol 10% Cherry    | Liquid           | Not Recommended  |
| Vicks   | NyQuil Severe Cold and Flu                                 | Liquid           | Not Recommended  |
| Vicks   | Nyquil/Dayquil Cold and Flu LiquiCaps                      | Liquicaps        | Not Recommended  |
| Zicam   | Cold Remedy Rapid Melts with Echinacea (Lemon-Lime flavor) | Tablet           | Recommended  |
| Zicam   | Cold Remedy RapidMelts Tablets                             | Tablets          | Recommended  |
| Zicam   | Lozenges (Wild Cherry Flavor)                              | Lozenge          | Recommended  |
| Zicam   | Oral Mist  | Liquid           | Not Recommended  |
| Zicam   | Rapidmelts Ultra (Orange Cream Flavor)                     | Tablet           | Recommended  |

### Cough

See also 'Cold and Flu'

|                   |  |                      |                                      |
|-------------------|--|----------------------|--------------------------------------|
| Alka Seltzer Plus | Cough and Chest Congestion (Cool Blueberry Pomegranate flavor) | Effervescent Tablets | Recommended                          |
| Cepacol           | Extra Strength Sore Throat Lozenges (Assorted Flavors)         | Lozenge              | Recommended for cholim (sick people) |
| Chloraseptic      | Sore Throat  | Lozenge              | Not Recommended                      |
| Chloraseptic      | Spray  | Liquid               | Not Recommended                      |
| Delsym            | 12 Hour Cough (Orange Flavor)                                  | Liquid               | Recommended                          |
| Delsym            | Children's 12 Hour Cough Liquid (Grape Flavor)                 | Liquid               | Recommended                          |

## cRc - Over The Counter Medicine List

### Cough

See also 'Cold and Flu'

|                 |   |                     |                                      |
|-----------------|---|---------------------|--------------------------------------|
| Delsym          | Children's 12 Hour Cough Liquid (Orange Flavor)                           | Liquid              | Recommended                          |
| Delsym          | Cough + Chest Congestion DM Cherry  | Liquid              | Not Recommended                      |
| Genexa          | Kids Cough and Chest Congestion   | Liquid              | Recommended                          |
| Halls           | Breezers Cool Berry   | lozenge             | Recommended for cholim (sick people) |
| Halls           | Defense Assorted Citrus   | Lozenge             | Recommended for cholim (sick people) |
| Halls           | Relief Cherry   | Lozenge             | Recommended for cholim (sick people) |
| Halls           | Relief Mentho-Lyptus  | Lozenge             | Recommended for cholim (sick people) |
| Halls           | Soothe Honey Vanilla Flavor   | Lozenge             | Recommended for cholim (sick people) |
| Little Remedies | Honey Cough Syrup   | liquid              | 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                      |
| Mucinex         | InstaSoothe Sore Throat and Pain Relief Spray                             | Spray               | Recommended                          |
| Ricola          | Honey Herb  | Lozenge             | Recommended                          |
| Ricola          | Lemon Mint  | Lozenge             | Recommended                          |
| Ricola          | Lemon Mint - Sugar Free   | Lozenge             | Recommended                          |
| Ricola          | Natural Herb (original)   | Lozenge             | Recommended                          |
| Robitussin      | Adult Cough+Chest Congestion DM   | Liquid              | Not Recommended                      |
| Robitussin      | Childrens Cough and Cold (fruit punch)                                    | Liquid              | Not Recommended                      |
| Robitussin      | Maximum Strength Cough and Chest Congestion DM                            | Liqui-gel Capsules  | Recommended for cholim (sick people) |
| Safetussin DM   | Day Time Cough Relief   | Liquid              | Not Recommended                      |
| Sucrets         | Sore Throat and Cough   | Lozenge             | Recommended for cholim (sick people) |
| Theraflu        | Cough Relief  | Liquid              | Recommended                          |
| Triaminic       | Day Time Cold and Cough Cherry Flavor                                     | Liquid              | Recommended                          |
| Zarbees         | Baby Cough Syrup + Immune (Natural Grape Flavor or Natural Cherry Flavor) | Liquid              | Recommended                          |
| Zarbees         | Baby Cough Syrup + Immune with Agave (Natural Grape Flavor)               | Liquid              | Recommended                          |
| Zarbees         | Baby Cough Syrup + Mucus  | Liquid              | Recommended                          |
| Zarbees         | Baby Cough Syrup + Mucus (Natural Cherry Flavor)                          | Liquid              | Recommended                          |

## cRc - Over The Counter Medicine List

### Cough

See also 'Cold and Flu'

|         |   |        |                 |
|---------|---|--------|-----------------|
| Zarbees | Childrens Daytime Cough Syrup +Mucus (Natural Mixed Berry Flavor)       | Liquid | Not Recommended |
| Zarbees | Children's Daytime Cough Syrup Plus Immune (Natural Mixed Berry Flavor) | Liquid | Recommended     |
| Zarbees | Children's Nighttime Cough Syrup (All flavors)                          | Liquid | Recommended     |
| Zarbees | Children's Nighttime Cough Syrup + Mucus (Natural Mixed Berry Flavor)   | Liquid | Not Recommended |
| Zarbees | Naturals Childrens Cough Syrup  | Liquid | Recommended     |

### Digestive Health

|                   |  |                    |   |
|-------------------|--|--------------------|---|
| Align             | Capsules   | Capsules           | Recommended (dairy)   |
| Align Jr          | Cherry Smoothie Chewables  | Chewable           | Recommended (dairy)   |
| Beano             | Extra-Strength Tablets   | Tablet             | Recommended   |
| Beano             | Strawberry Meltaways Gluten Free   | Meltaway           | Recommended   |
| Culturelle        | Baby Grow+Thrive Probiotic + Vitamin D   | Packet             | Recommended   |
| Culturelle        | Daily Probiotic Chewables (Fresh Orange Flavor)  |                    | Recommended   |
| Culturelle        | Digestive Daily Probiotic  | Vegetarian Capsule | Recommended   |
| Culturelle        | Kids Complete Multivitamin + Probiotic Chewable - Digestive & Immune Support for Kids - With Vitamin C, D3 and Zinc (Fruit Punch Flavor) | Tablet             | Not Recommended   |
| Culturelle        | Kids Probiotic + Fiber Regularity Packets  | Powder             | Recommended   |
| Culturelle        | Kids Purely Probiotics   | Packets            | Recommended   |
| Culturelle        | Kids Purely Probiotics Chewables, Bursting Berry Flavor  | Chewable Tablet    | Recommended   |
| Florastor (Dairy) | Vegetarian Capsules  | Capsule            | Recommended for cholim (sick people) and only if there is no alternate in tablet form - dairy |
| 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   |
| Probiotics        | Assorted   | Assorted           | Powders, liquids, capsules & gelcaps need certification; pills do not                         |

## cRc - Over The Counter Medicine List

### 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 |
| Colase                    | Capsules   | Capsule          | Not Recommended                                       |
| Dulcolax                  | Liquid Gel   | Soft Gel         | Not Recommended                                       |
| Dulcolax                  | Overnight Relief                                   | Tablets          | Recommended   |
| Dulcolax                  | Pink Comfort Coated Tablets                        | Tablets          | Not Recommended                                       |
| Dulcolax                  | Pink 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                    | Chocolated Stimulant Laxative                      | Chocolate Pieces | Not Recommended                                       |
| Ex-Lax                    | Tablets  | Tablets          | Recommended   |
| Fibercon                  | Caplets  | Caplet           | Recommended   |
| Generic                   | Mineral Oil (pure)                                 | Liquid           | Recommended   |
| Kirkland Signature        | Optifiber  | Powder           | 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 Fiber No Added Sweeteners (unflavored)      | Powder           | Recommended   |
| Metamucil                 | 4-in-1 Fiber Sugar Free Orange                     | Powder           | Not Recommended unless other choices are not suitable |
| Metamucil                 | 4-in-1 Orange Smooth Powder Real Sugar             | Powder           | Not Recommended unless other choices are not suitable |
| Metmucil                  | Premium Blend Sugar Free with Stevia Orange Flavor | Powder           | Not Recommended                                       |
| 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   |

## cRc - Over The Counter Medicine List

### Fiber Supplement/Laxative

|                            |                              |                  |                 |
|----------------------------|------------------------------|------------------|-----------------|
| 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     |
| Senokot                    | Tablets                      | Tablets          | Recommended     |
| Senokot-S                  | Tablets                      | Tablets          | Recommended     |
| Walgreens                  | Chocolate Stimulant Laxative | Chocolate Pieces | Not 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 | Kids Tummy Relief Chews   | Chewable             | Not Recommended                          |
| Alka Seltzer | Lemon Lime Effervescent Tabs  | Tablets              | Not Recommended                          |
| Alka Seltzer | Original Effervescent Tabs  | Tablets              | Recommended                              |
| 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                          |
| Gas-X        | Soft Gel Ultra Strength   | Softgel              | Not Recommended                          |
| Gaviscon     | Double Action (Mint Flavor)   | Chewable Tablets     | Recommended                              |
| Gaviscon     | Extra Strength Cherry   | Chewables            | Recommended                              |
| Gaviscon     | Extra Strength Original   | Chewable             | Recommended                              |
| Mylicon      | Infant's Dye-Free Drops   | Liquid               | Recommended                              |
| Mylicon      | Infants Original Drops  | Liquid               | Recommended                              |
| Pepcid       | Complete Berry Flavor Chewables   | Chewables            | Recommended (dairy)                      |
| Pepcid       | Complete Cool Mint Chewables  | Chewables            | Recommended (dairy)                      |
| Pepcid       | Complete Tropical Fruit Flavor  | Chewable Tablet      | 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 | Kids Pepto Bubble Gum Flavor  | Chewable Tablets     | Recommended                              |
| Pepto Bismol | Ultra   | Liquid               | Recommended                              |
| Tums         | Chewy Delights- Very Cherry, Smooth Peppermint, Orange Rush                         | Tablets              | Recommended (dairy, chalav stam)         |
| Tums         | EX - Assorted Berries, Assorted Fruit, Assorted Tropical Fruit, Cherry, Wintergreen | Chewable             | Recommended when bearing Diamond K or OU |
| Tums         | Kids (Cherry)   | Chewable             | Recommended when bearing Diamond K or OU |



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### Gas/Indigestion Relief

|      |  |          |  |
|------|--|----------|--|
| Tums | Regular - Assorted Fruit, Sugar Free and Peppermint  | Chewable | Recommended when bearing Diamond K or OU |
| Tums | Smoothies - Assorted Fruit, Berry Fusion, Peppermint, Spearmint, and Tropical                | Chewable | Recommended when bearing Diamond K or OU |
| Tums | Ultra - Assorted Berries, Assorted Fruit, Assorted Tropical Fruit, Peppermint, and Spearmint | Chewable | Recommended when bearing Diamond K or OU |

### Miscellaneous

|                            |   |                 |  |
|----------------------------|---|-----------------|--|
| Anbesol                    | Gel   | Gel             | Not Recommended                                |
| Anbesol                    | Maximum Strength Liquid                             | Liquid          | Recommended                                    |
| Asthma Inhalers, all types |   | Liquid Vapor    | Recommended                                    |
| Bayer                      | Low Dose Baby Aspirin Chewables (Cherry and Orange) | Chewable        | Recommended                                    |
| Bonine                     | 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                                    |
| FlavorX                    | Assorted flavors                                    | Liquid          | Recommended when bearing Star-K                |
| Floss                      | Flavored  |                 | Preferable to use unflavored floss             |
| Floss                      | Unflavored  |                 | Recommended                                    |
| Kanka                      | Mouth-Pain Liquid                                   | Liquid          | Recommended                                    |
| Kanka                      | Softbrush Gel                                       | Gel             | Not Recommended                                |
| Lip Balm, Assorted         |   |                 | All are recommended, preferably without flavor |
| Lipo Flavonoid Plus        |   | Caplet          | Recommended                                    |
| Lipo Flavonoid Plus        |   | Caplet          | Recommended                                    |
| Listerine                  | Cool Mint PocketMist                                | Liquid          | Not Recommended                                |

## cRc - Over The Counter Medicine List

### Miscellaneous

|                      |                                       |                  |                                       |
|----------------------|---------------------------------------|------------------|---------------------------------------|
| Listerine            | Ready! Tabs                           | Chewable Tablet  | Recommended when bearing Kof-K symbol |
| Listerine PocketPaks | Assorted varieties                    | Dissolving strip | Recommended when bearing Kof-K        |
| Midol                | Complete                              | Gelcap           | Not Recommended                       |
| NoDoz                | Alertness Aid                         | Caplet           | Recommended                           |
| Orajel               | Mouth Sores Triple Medicated          | Gel              | Recommended                           |
| Oralmedic            |                                       | Liquid           | Recommended                           |
| Polident             | 3 Minute                              | Tablet           | Recommended                           |
| Polident             | Overnight Whitening                   | Tablet           | Recommended                           |
| Polygrip             | Free                                  | Cream            | Recommended                           |
| Polygrip             | Original                              | Cream            | Recommended                           |
| 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     |
| Dramamine | Ginger Chews             | Soft Chews            | Not Recommended |
| Dramamine | Made with Natural Ginger | capsules              | Not Recommended |
| Dramamine | Original                 | Tablet (non-chewable) | Recommended     |

### Mouthwash

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

|               |                        |        |                             |
|---------------|------------------------|--------|-----------------------------|
| Toms of Maine | Wicked Fresh Mouthwash | Liquid | Recommended When Bearing OU |
|---------------|------------------------|--------|-----------------------------|

### Pain Relief/Fever Reducer

|       |                                     |        |  |
|-------|-------------------------------------|--------|--|
| Advil | Children Suspension                 | Liquid | Recommended  |
| Advil | Children's Suspension - all flavors | Liquid | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Advil | Infants Drops                       | Liquid | Recommended  |
| Advil | Infants Suspension (Grape)          | Liquid | Recommended  |

## cRc - Over The Counter Medicine List

### Pain Relief/Fever Reducer

|                |   |                  |  |
|----------------|---|------------------|--|
| Advil          | Infants' Drops Dye Free – White Grape                   | Liquid           | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Advil          | Junior Strength Chewables (grape)                       | Tablet           | Not Recommended  |
| Advil          | Liqui-Gels  | Gelcap           | Not Recommended  |
| 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  |
| CVS            | Children's Ibuprofen (Orange Flavor)                    | Chewable Tablets | Recommended  |
| CVS            | Children's Ibuprofen Berry Flavor                       | Liquid           | Not Recommended  |
| CVS            | Children's Pain & Fever Acetaminophen (Grape Flavor)    | Liquid           | Not Recommended  |
| DG Health      | Children's Pain and Fever Chewables Grape Flavor        | Tablet           | Recommended  |
| Genexa         | Kid's Pain & Fever                                      | Liquid           | Recommended  |
| Genexa         | Kids Pain and Fever                                     | Liquid           | Recommended  |
| Hyland's       | 4 Kids Sore Throat (Natural Grape Flavor)               | Liquid           | Not Recommended  |
| Kosher-Meds    | Childrens Ibuprofen (Originall Berry Flavor)            | Liquid           | Recommended when bearing the OU  |
| Midol          | Complete  | Caplets          | Recommended  |
| Motrin         | Children's Liquid (all flavors)                         | Liquid           | Recommended  |
| Motrin         | Children's Bubble Gum Suspension                        | Liquid           | Recommended  |
| Motrin         | Childrens Chewable (Grape Flavor)                       | Tablet           | Recommended  |
| Motrin         | Children's Chewable (Grape Flavor)                      | Chewable Tablets | Recommended  |
| Motrin         | Children's Oral Suspension (all flavors)                | Liquid           | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Motrin         | Childrens Suspension, Dye Free (Berry)                  | Liquid           | Recommended  |
| Motrin         | Infant Drops Original Berry Flavor (Including Dye-Free) | Liquid           | Recommended  |
| Motrin         | Infant's Liquid (all flavors)                           | Liquid           | Recommended  |
| Signature Care | Children's Ibuprofen Berry Flavor                       | Liquid           | Not Recommended  |

## cRc - Over The Counter Medicine List

### Pain Relief/Fever Reducer

|                |  |        |  |
|----------------|--|--------|--|
| Signature Care | Childrens Ibuprofen Grape Flavor Chewable                        | Tablet | Recommended  |
| Signature Care | Children's Pain Relief Chewables Acetaminophen Bubble Gum Flavor | Tablet | 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 | Infants Ibuprofen Berry Flavor                                   | Liquid | Not Recommended  |
| Top Care       | Children's Pain and Fever Acetaminophen, Cherry Flavor           | Liquid | Not Recommended  |
| Tylenol        | Adult Dissolve Packs (Berry Flavor)                              | Powder | Recommended  |
| Tylenol        | Children's Dye Free Suspension                                   | Liquid | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Tylenol        | Children's Suspension - All Flavors                              | Liquid | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Tylenol        | Childrens Chewable Bubble Gum Flavor                             | Tablet | Recommended  |
| Tylenol        | Childrens Chewables (Grape Flavor)                               | tablet | Recommended  |
| Tylenol        | Childrens Cold and Cough and Runny Nose                          | Liquid | Recommended  |
| Tylenol        | Childrens Cold and Cough and Sore Throat                         | Liquid | Recommended  |
| Tylenol        | Childrens Cold and Flu   | Liquid | Recommended  |
| Tylenol        | Childrens Dissolve Packs   | Powder | Recommended  |
| Tylenol        | Childrens Suspension   | Liquid | Recommended  |
| Tylenol        | Ex Strength PM Liquid  | Liquid | Recommended  |
| Tylenol        | Family Suspension  | Liquid | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Tylenol        | Infants Oral Suspension  | Liquid | Recommended  |
| Up & Up        | Children's Acetaminophen Liquid                                  | Liquid | Not Recommended  |

## cRc - Over The Counter Medicine List

### Pain Relief/Fever Reducer

|           |   |                        |                 |
|-----------|---|------------------------|-----------------|
| Up & Up   | Children's Ibuprofen Liquid (Mixed Berry)                         | Liquid                 | Not Recommended |
| Up & Up   | Dye-Free Infants Concentrated Ibuprofen (Berry Flavor)            | Liquid                 | Not Recommended |
| Vazalore  | Liquid Filled Aspirin Capsules                                    | Liquid Filled Capsules | Not Recommended |
| Walgreens | Adult Pain Reliever (Acetaminophen) [NOT dye free]                | Liquid                 | Recommended     |
| Walgreens | Childrens Ibuprofen (Berry Flavor)                                | Liquid                 | Not Recommended |
| Walgreens | Childrens Ibuprofen 100 Chewable Tablets (Orange or Grape flavor) | Tablet                 | Recommended     |
| Walgreens | Infants Ibuprofen Dye-Free Berry Flavor                           | Liquid                 | Not Recommended |

### Sleep Aid

|         |                                       |           |                 |
|---------|---------------------------------------|-----------|-----------------|
| Unisom  | SleepGels                             | SoftGels  | Not Recommended |
| Unisom  | Sleepmelts                            | Meltaway  | Recommended     |
| Unisom  | SleepTab                              | Tablet    | Recommended     |
| Vicks   | ZzzQuil Liquid (Warming Berry)        | Liquid    | Not Recommended |
| Vicks   | ZzzQuil Liquidcaps                    | Liquidcap | Not Recommended |
| Zarbees | Childrens Sleep Liquid with Melatonin | Liquid    | Not Recommended |

### 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  | 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                                 |
| Toms of Maine | Whole Care Peppermint                                  | Gel | Recommended when bearing OU                 |

## cRc - Over The Counter Medicine List

### 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.*

|                   |                             |        |  |
|-------------------|-----------------------------|--------|--|
| Enfamil           | D-Vi-Sol Drops              | Liquid | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Enfamil           | Poly-Vi-Sol Drops           | Liquid | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Enfamil           | Poly-Vi-Sol Drops with Iron | Liquid | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Enfamil           | Tri-Vi-Sol Drops            | Liquid | cRc Kosher has not investigated this item, but Rabbi Bess and the Kollel of Los Angeles have researched it and determined that it is suitable for use year-round and for Pesach. |
| Freeda            | Assorted                    |        | Recommended when bearing OU  |
| Landau            | Assorted                    |        | Recommended when bearing the Volover Rav's certification mark  |
| Maxi Health       | Assorted                    |        | Recommended when bearing OU  |
| Multivitamins     |                             | Tablet | See detail   |
| Nutri-Supreme     | Assorted                    |        | Recommended when bearing Kof-K   |
| Prenatal Vitamins |                             | Tablet | See Detail   |
| Solgar            | Assorted                    |        | Recommended when bearing Kof-K   |