



Medication

GUIDELINES

First and foremost, it should be stated clearly: **no one should discontinue or avoid taking medications that have been prescribed to them without consulting their doctor and rabbi.**

PLEASANT TASTING MEDICINE

Liquid medicines and chewable pills, which are flavoured to give a pleasant taste, have the same *halachic* status as regular food, even though they are only being taken for their medicinal benefits.

If these medications contain *chametz*, they are forbidden to be ingested on Pesach. In a situation where the patient is seriously ill (*choleh sheyaish bo sakana*), a rabbi should be consulted.

BITTER TASTING MEDICINE

Pills which are bitter are permitted for someone who is ill, even if the pills contain *chametz*. (If a pill has a thin, sweet flavoured coating, but the actual pill is bitter, the pill may be permitted as long as the coating is *chametz*-free). This leniency is based on the principle that the pill is being eaten in an abnormal way, *shlo k'derech achila*, and is limited to one who is ill. Someone who is suffering only slight discomfort should not take pills that contain *chametz*. In addition, even if someone is ill, the *halacha* clearly states (*Rama Y"D* 155:3) that one may not take a pill that contains *chametz* if there is a *chametz*-free alternative.

VITAMINS AND SUPPLEMENTS

Since the allowance for taking medicines that contain *chametz* is limited to someone who is ill, it is forbidden to electively take vitamins or food supplements unless it is determined that they do not contain *chametz*.

KITNIYOT

Medicine containing *kitniyot* is permitted for someone who feels ill.

REMEMBER

- **IMPORTANT:** No one should 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 *chametz* if there is a *chametz*-free alternative.
- Liquid and chewable medications as well as coatings of medications that contain *chametz* should not be used.
- Vitamins and food supplements that contain *chametz* should not be used.
- Medicine containing *kitniyot* is permitted for someone who feels ill.
- Products that are only permitted for medical reasons should be used in separate utensils.
- The above guidelines do not address the question of consuming medicines on *Shabbat* or *Yom Tov*.

Chametz-Free Medications

The following is a list of basic over the counter products that are chametz-free but may contain kitniyot. The list does not verify the general kashrut of the medications.

Items must be in exact format as shown and exactly as named.

ALLERGY AND COLD & COUGH RELIEF

- Advil Cold & Flu
- Advil Cold & Sinus Plus
- Advil Cold & Sinus Nighttime
- Aeries
- Allegra 12 Hour 60 mg tablet
- Allegra 24 Hour 120 mg tablet
- Allegra-D
- Benadryl Liquid Elixir
- Benadryl Allergy Caplets
- Benadryl Extra Strength Nighttime Caplets
- Benylin Cold and Sinus Plus+
- Benylin Cold and Sinus Day/Night
- Claritin Allergy+Sinus Tablet
- Claritin Allergy+Sinus Extra Strength
- Claritin Kids Syrup
- Coricidin HBP Antihistamine Cough & Cold
- Reactine Tablets
- Reactine Allergy & Sinus
- Sudafed Sinus Advance
- Sudafed Head Cold + Sinus Extra Strength

ANALGESICS/PAIN RELIEF

- Advil Tablets/Caplets
- Advil Extra Strength Caplets

- Advil Muscle & Joint
- Advil - Pediatric Drops (All Flavours)
- Advil - Children's Advil (All Flavours)
- Advil - Junior Strength Swallow Tablets (NOT Chewables)
- Aleve Caplets
- Anacin
- Aspirin Regular Strength Tablets/ Caplets
- Aspirin Extra-Strength Tablets
- Aspirin Stomach Guard Extra Strength
- Aspirin Stomach Guard Regular Strength
- Midol Menstrual Complete
- Midol PMS Complete
- Midol Teen Complete
- Motrin IB Regular Strength
- Motrin IB Extra Strength
- Motrin IB Super Strength
- Motrin Suspensions and Concentrated Drops
- Tempra Syrup
- Tylenol Regular Strength Caplets/ Tablets
- Tylenol Extra Strength Caplets

ANTACIDS

- Alka-Seltzer

- Pepcid AC
- Pepcid AC Maximum Strength
- Pepcid Tablets
- Zantac

ANTI-DIARRHEA

- Imodium Caplets
- Pepto-Bismol Liquid
- Pepto-Bismol Liquid Extra Strength

ANTI-NAUSEA

- Diclectin
- Gravol FilmKote Tablets

LAXATIVES

- Benefibre (Canadian version only) (The US version of Benefiber is *chametz*)
- Metamucil Original Coarse Powder (non-*kitniyot*) (Also acceptable with non-medicinal ingredient: sucrose)
- RestoraLAX
- Phillips' Milk of Magnesia Original
- Senokot Tablets
- Senokot•S

PRENATAL VITAMINS

- PregVit
- PregVit Folic 5

Questions about medications?



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