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בס"ד

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, 2016.

cRc - Over The Counter Medicine List

Allergy

Adwe	Allergy Relief	Liquid	Recommended
Allegra	Childrens Liquid Suspension	Liquid	Recommended
Allegra	Childrens Orally Disintegrating Tablet	Disintegrating Tablet	Recommended
Benadryl	Childrens Allergy Cherry Flavor	Liquid	Not Recommended
Benadryl	Children's Benadryl-D Allergy and Sinus (grape flavor)	Liquid	Not Recommended
Claritin	Childrens Allergy Liquid	Liquid	Not recommended
Claritin	Childrens Chewable	Chewable	Recommended
Claritin	Liqui-Gels	Liquid Filled Capsules	Not Recommended
Claritin	RediTabs (Dissolves on Tongue)	Dissolving tablet	Not recommended
Equaline	Children's Allergy Cherry Flavor	Liquid	Not Recommended
Equaline	Childrens Allergy Relief Cherry Flavor	Liquid	Not Recommended
Equaline	Children's Allergy Relief Syrup Fruit Flavored Syrup	Liquid	Not Recommended
Preferred Plus Pharmacy	Children's Allergy Medicine (compared to Benadryl)	Liquid	Recommended
Zyrtec	Childrens Allergy Indoor & Outdoor Allergies	Liquid	Recommended
Zyrtec	Dissolve Tabs	Tablets	Recommended for those who cannot use other options

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Allergy

Zyrtec	Liquid Gels	Liquid Filled Capsules	Not Recommended

Breath Freshener

Listerine	Cool Mint PocketMist	Liquid	Not Recommended
Listerine PocketPaks	Assorted varieties	Dissolving strip	Recommended

Cold and Flu

See also 'Cough'

Alka Seltzer	Alka Seltzer Plus Cold and Cough LiquiGels	LiquiGel	Not Recommended
Alka Seltzer	Alka Seltzer Plus Cold Effervescent Tabs (includes Night Cold Formula)	Tablets	Not Recommended
Alka Seltzer	Alka Seltzer Plus Severe Cold & Flu Formula	Effevescent Tablets	Recommended
Cold-EEZE	Cherry Flavor	Lozenge	Recommended for cholim (sick people)
Cold-EEZE	Daytime QuickMelts (Mixed Berry flavor)	Meltaway	Recommended
Cold-EEZE	Honey Lemon Flavor	Lozenge	Recommended for cholim (sick people)
Cold-EEZE	Nighttime QuickMelts (Mixed Berry flavor)	Quickmelt tablet	Recommended
Delsym	Daytime Cough + Cold Mixed Berry	Liquid	Not Recommended
Delsym	Liquid Nighttime Cough and Cold	Liquid	Not Recommended
Diabetic Tussin	Nighttime Cold & Flu Formula	Liquid	Recommended
Dimetapp	Childrens Cold and Allergy Liquid	Liquid	Not Recommended
Dimetapp	Children's Cold and Cough	Liquid	Not Recommended
Dr Cocoa	Daytime Cough and Cold	Liquid	Recommended
Dr Cocoa	Nighttime Cough and Cold	Liquid	Recommended
Emergen-C	Assorted Varieties	Powder	Not Recommended
Equaline	Children's Night Time Cold & Cough	Liquid	Recommended
Little Remedies	Multi-Symptom Cold and Fever	Liquid	Not Recommended
Mucinex	Fast Max Cold and Sinus	Liquid	Not Recommended
Mucinex	Fast Max Cold, Flu & Sore Throat Honey Lemon Packets	Powder	Recommended
Mucinex	Fast Max Cold, Flu and Sore Throat	Liquid	Not Recommended
Mucinex	Fast Max Night Time Cold & Flu	liquid	Not Recommended
Mucinex	Fast Max Night Time Cold & Flu Honey Lemon Packets	Powder	Recommended
Mucinex	Fast Max Night Time Cold & Fu	Liquid	Not Recommended
Mucinex	Fast Max Severe Cold	Liquid	Not Recommended
Mucinex	Fast Max Severe Cold Honey Lemon Packets	Powder	Recommended
Mucinex	Sinus Max Sever Congestion Relief	Liquid	Not Recommended

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Cold and Flu

See also 'Cough'

Mucinex	Sinus-Max Night Time Congestion & Cough	Liquid	Not Recommended
Mucinex	Sinus-Max Preassure & Pain	Liquid	Not Recommended
Pediacare	Multisymptom Cold Liquid	Liquid	Not Recommended
Sudafed	Children's Nasal Decongestant	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
Triaminic	Night Time Cough and Cold	Liquid	Recommended
Tylenol	Cold and Flu Severe Warming Honey Lemon	Liquid	Not Recommended
Tylenol	Cold Max (Day Non-drowsy)	Liquid	Not Recommended
Tylenol	Cold Max (Night)	Liquid	Not Recommended
Tylenol	Cold Multi-Symptom Nighttime Cool Burst	Liquid	Not Recommended
Tylenol	Cold Multi-Symptom Severe	Liquid	Not Recommended
Tylenol	Cold Sore Throat Cool Burst	Liquid	Recommended
Tylenol	Cold+Flu Severe Warming Honey Lemon	Liquid	Not Recommended
Vicks	Alcohol Free Nyquil	Liquid	Recommended
Vicks	Dayquil Cold & Flu LiquiCaps	Caplets	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/Dayquil Cold and Flu LiquiCaps	Liquicaps	Not Recommended
Walgreens	Childrens Chest Congestion Liquid	Liquid	Not Recommended
Walgreens	Waltussin Cough and Chest Congestion DM Sugar Free	Liquid	Not Recommended
Zicam	Cold Remedy Lemon Lime	Crystals	Recommended for cholim (sick people)
Zicam	Cold Remedy Rapid Melts with Echinacea (Lemon-Lime flavor)	Tablet	Recommended
Zicam	Rapid Melt Tablets	Tablets	Recommended

Cough

See also 'Cold and Flu'

Adwe	Cough Syrup Tussin	Liquid	Recommended
Delsym	Children’s 12 Hour Cough Liquid (Grape Flavor)	Liquid	Recommended
Delsym	Children’s 12 Hour Cough Liquid (Orange Flavor)	Liquid	Recommended

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Cough

See also 'Cold and Flu'

Delsym	Cough + Chest Congestion Cherry (includes Adult and Childrens)	Liquid	Not Recommended
Delsym	Liquid Cough Suppressant	Liquid	Recommended
Diabetic Tussin	DM Max Strength Cough Suppressant/Expectorant	Liquid	Recommended
Dr Cocoa	Non-Drowsy Cough	Liquid	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 Crème Flavor	Dissolving Granules	Recommended
Mucinex	Fast Max DM Max	Liquid	Not Recommended
Mucinex	Fast Max Severe Congestion and Cough	Liquid	Not Recommended
Mucinex	Fast-Max DM Max Liquid	Liquid	Not Recommended
Pediacare	Cough & Congestion Cherry Flavor	Liquid	Not Recommended
Robitussin	Adult Peak Cold Cough + Chest Congestion DM Maximum Strength	Liquid	Not Recommended
Robitussin	Childrens Cough and Cold (fruit punch)	Liquid	Not Recommended
Robitussin	Cough + Chest Congestion DM	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	Children's Nighttime Cough Syrup Grape Flavor	Liquid	Recommended
Zarbees	Naturals Childrens Cough Syrup	Liquid	Recommended

Cough Drops

Cepacol	Lozenges	Lozenge	Not Recommended
Halls	Defense Sugar Free - Assorted Citrus	Lozenge	Recommended for cholim (sick people)
Halls	Triple Soothing Action Cherry	Lozenge	Recommended for cholim (sick people)
Ricola	Honey Herb	Lozenge	Recommended
Ricola	Honey Lemon with Echinacea	Lozenge	Recommended
Ricola	Lemon Mint	Lozenge	Recommended
Ricola	Lemon Verbena	Lozenge	Recommended
Ricola	Natural Herb (original)	Lozenge	Recommended
Ricola	Sugar Free - Green Tea with Echinacea, Lemon Mint, Menthol, and Mountain Herb	Lozenge	Recommended
Sucrets	Sore Throat and Cough	Lozenge	Recommended for cholim (sick people)

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Digestive Health

Beano	Strawberry Meltaways	Meltaway	Recommended
Beano	Strawberry Meltaways Gluten Free	Meltaway	Recommended
Beano	Tablet (chewable)	Chewable	Recommended
BioGaia	Probiotic Chewable Tablets	Tablet	Not Recommended
BioGaia	Protectis Baby	Liquid	Recommended for cholim (sick people)
Culturelle	Digestive Health Capsules	Capsules	Not Recommended while in capsule
Culturelle	Digestive Health Chewables	Chewable	Not Recommended
Culturelle	Kids Chewables	Chewable	Recommended
Culturelle	Kids Packets	Powder	Recommended
Equaline	Dairy Digest Fast Acting	Caplets	Recommended when bearing Star-K
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
Lactaid	Fast Act	Assorted	Recommended when bearing OU
Pedia-Lax	Probiotic Yums	Chewable	Recommended

Fiber Supplement/Laxative

Benefiber	Flavor Stick Packs-Kiwi Strawberry	Powder	Not Recommended
Benefiber	Healthy Shape	Powder	Recommended
Benefiber	Powder	powder	Recommended
Benefiber	Stick Packs (unflavored)	Powder	Recommended
Citrucel	Caplets	Caplets	Recommended
Citrucel	Regular Powder (Orange Flavor)	Powder	Not Recommended
Citrucel	Sugar Free Powder	Powder	Not Recommended
Colase	Caplets	Caplet/capsule	Not Recommended
Ducolax	Pink Soft Gel	Soft Gel	Not Recommended
Dulcolax	Liquid Gel	Soft Gel	Not Recommended
Dulcolax	Overnight Relief	Tablets	Not Recommended
Dulcolax	Pink	Tablets	Recommended
Dulcolax	Stool Softener	liquid gel	Not Recommended
Dulcolax	Suppository	Suppository	Recommended
Dulcolax	Tablets	Tablet	Not Recommended
Epsom Salt (pure)	Generic or Branded versions	Powder	Recommended
Ex-Lax	Tablets	Tablets	Recommended
Fibercon	Caplets	Caplet	Recommended

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Fiber Supplement/Laxative

Generic	Mineral Oil (pure)	Liquid	Recommended
Metamucil	4-in-1 Multihealth Orange Smooth Powder	Powder	Not Recommended
Metamucil	Capsules Plus Calcium	Capsules	Not Recommended
Metamucil	MultiHealth Fiber Original Smooth	Powder	Recommended
Metamucil	Original Coarse	Powder	Recommended
Metamucil	Sugar Free Orange	Powder	Not Recommended
Miralax	Powder	Powder	Recommended
Pedia-Lax	Chewable	Tablets	Not Recommended
Pedia-Lax	Liquid Stool Softener Fruit Punch	Liquid	Recommended
Pedia-Lax	Suppository	Suppository	Recommended
Peri-Colase	Tablets	Tablets	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

Adwe	Calcium Heartburn Relief	Chewable	Recommended
Adwe	Ko-Lanta Antacid Anti-gas	Liquid	Recommended
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
Equaline	Extra Strength Gas Gone Chewable Peppermint Tablets	Chewable Tablet	Recommended
Gas-X	Extra Strength Chewables Cherry Crème	Chewable	Recommended
Gas-X	Extra Strength Chewables Peppermint Crème	Chewable	Recommended
Gas-X	Extra Strength Thin Strips	Meltaway	Recommended
Gas-X	Soft Gel Extra Strength	Softgel	Not Recommended
Gas-X	Soft Gel Ultra Strength	Softgel	Not Recommended
Gaviscon	Extra Strength Cherry	Chewables	Recommended

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Gas/Indigestion Relief

Gaviscon	Extra Strength Original	Chewable	Recommended
Gaviscon	Regular Strength Coolmint Flavor	Liquid	Not 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 if caplets aren't suitable
Pepto Bismol	5 Symptom Relief Chewables	Chewable	Recommended if caplets aren't suitable
Pepto Bismol	5 Symptom Relief Instacool Chewables	Chewable	Recommended if caplets aren't suitable
Pepto Bismol	Children's Pepto Bubble Gum Flavor	Chewable Tablets	Recommended
Pepto Bismol	Max Strength Liquid	Liquid	Recommended if caplets aren't suitable
Tums	EX - Assorted Berries, Assorted Fruit, Assorted Tropical Fruit, Cherry, Wintergreen	Chewable	Recommended
Tums	Freshers (including spearmint)	Chewable	Recommended
Tums	Kids (Cherry)	Chewable	Recommended
Tums	Regular - Assorted Fruit, and Peppermint	Chewable	Recommended
Tums	Smoothies - Assorted Fruit, Berry Fusion, Peppermint, Spearmint, and Tropical	Chewable	Recommended
Tums	Ultra - Assorted Berries, Assorted Fruit, Assorted Tropical Fruit, Peppermint, and Spearmint	Chewable	Recommended

Miscellaneous

Airborne	Airborne Effervescent Tablets with Vitamin C	tablet	Not Recommended
Airborne	Blast of Vitamin C Berry Chewable Tablets	Tablet	Not Recommended
Airborne	Blast of Vitamin C Effervescent Tablets	Tablet	Not Recommended
Asthma Inhalers, all types		Liquid Vapor	Recommended
Bayer	Low Dose Baby Aspirin Chewables (Cherry and Orange)	Chewable	Recommended
Bonine	Bonine Complete Raspberry Flavored	Chewable	Recommended (dairy)
Castor Oil (pure)		Liquid	Recommended for cholim (sick people)
Chapstick	Active		Recommended
Chapstick	Classic Cherry, Strawberry, Spearmint		Recommended
Chapstick	Classic Original		Recommended
Chapstick	Moisturizer		Recommended
Crest	Crest 3D White Whitestrips 1 Hour Express		Recommended
Enfamil	Soothe	Powder	Recommended

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Miscellaneous

Ensure	Assorted nutritional supplements		Recommended when bearing OU
Femcon	Fe (brown and white pills)	chewable tablet	Recommended (dairy)
Fixodent	Extra Hold	Powder	Recommended
Fixodent	Food Seal	Gel	Recommended
Fixodent	Free	Gel	Recommended
Fixodent	Original	Gel	Recommended
FlavorX	Apple, Grape, Lemon, Raspberry and Watermelon flavors	Liquid	Recommended when bearing Star-K
Floss	Floss, flavored		Preferable to use unflavored floss
Floss	Floss, unflavored		Recommended
Lip Balm	Assorted		All are recommended (preferably without flavor)
Midol	Complete Liquid Gels	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
Pin-X		liquid	Recommended
Polident	3 Minute	Tablet	Recommended
Polident	Overnight Whitening	Tablet	Recommended
Polygrip	Free	Gel	Recommended
Polygrip	Original	Gel	Recommended
Probiotics	Assorted	Assorted	Powders, liquids & gelcaps need certification; pills do not
St Joseph	Low Dose Asprin Rapid Dissolving Rapid Melts	Rapid Melt	Recommended
St. Joseph	81mg Chewable Asprin	Chewable	Recommended

Motion Sickness

Dramamine	Chewables Orange Flavor	Chewable	Recommended

Mouth Pain Relief

Abreva	Gel	Gel	Recommended
Anbesol	Maximum Strength Liquid	Liquid	Recommended
Anbesol Gel	Gel	Gel	Not Recommended
Kanka	Mouth-pain Liquid	Liquid	Recommended
Kanka	Softbrush Gel	Gel	Not Recommended
Orajel	Maximum Strength Toothache	Gel	Recommended

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Mouth Pain Relief

Orajel	Mouth Sores Triple Medicated	Gel	Recommended
Orajel	Severe Toothache	Gel	Not Recommended
SPRY	Spry Infant Tooth Gel	Gel	Recommended when bearing OU

Mouthwash

Rav Schwartz holds mouthwash doesn't require hashgachah, but it is preferred to use a kosher variety if available.

Adwe	Assorted varieties	Liquid	Recommended when bearing Debracin logo
Biotene	PBF Oral Rinse	Liquid	Recommended (dairy)
Jason	Assorted Varieties	Liquid	Recommended when bearing OU
SPRY	Rain Dry Mouth Spray	Liquid	Recommended when bearing OU
SPRY	Spry Oral Rinse	Liquid	Recommended when bearing OU
TheraBreath	Fresh Breath Oral Rinse	Liquid	Recommended when Bearing KSA
Toms of Maine	Assorted varieties	Liquid	Recommended when bearing OU
Toms of Maine	Wicked Fresh Mouthwash	Liquid	Recommended When Bearing OU

Pain Relief/Fever Reducer

Advil	Childrens Liquid (All flavors including dye-free)	Liquid	Recommended
Advil	Infants Suspension White Grape Dye-Free	Liquid	Recommended
Advil	Junior Strength Chewables (grape)	Tablet	Not Recommended
Advil	Liqui-Gels	Gelcap	Not Recommended
Advil	Migrane Liqui-Gel	Gelcap	Not Recommended
Adwe	Fever-Ex	Liquid	Recommended
Aleve	Gelcaps	Gelcaps	Not Recommended
Aleve	Liquid Gels	Gelcap	Not Recommended
CVS	Extra Strength Pain Relief Adult Liquid Acetaminophen Rapid Burst (Cherry)		Recommended
Equaline	Acetaminophen Rapid Tabs Bubble Gum Flavor	Tablet	Recommended
Equaline	Children's Ibuprophen Oral Suspension (Grape, Bubble Gum)	Liquid	Not Recommended
Equaline	Children's Ibuprophen Oral Suspension Berry Flavor	Liquid	Not Recommended
Equaline	Children's Pain Relief Acetaminophen (Cherry, Grape)	Liquid	Not recommended
Equaline	Junior Strength Ibuprofen Grape Chewable Tablets	Tablets	Recommended
Motrin	Children's Original Berry Flavor (Including dye-free)	Liquid	Recommended

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Pain Relief/Fever Reducer

Motrin	Infant Drops Original Berry Flavor (Including Dye-Free)	Liquid	Recommended
Pediacare	Childrens Fever Reducer Pain Reliever Oral Suspension	Liquid	Not Recommended
Tylenol	Children's Liquid Cherry Blast or Grape (Not including dye-free)	Liquid	Recommended
Tylenol	Infant Drops Cherry or Grape Flavor (Not including dye-free)	Liquid	Recommended
Up & Up	Childrens Acetaminophen Melty Tabs	tablet	Recommended
Up & Up	Junior's Strength Acetaminophen Melty Tabs	tablet	Recommended
Up and Up	Childrens Ibuprofen Oral Suspension	Liquid	Not Recommended
Up and Up	Dye Free Infants Concentrated Ibuprofen	Liquid	Not Recommended
Walgreens	Extra Strength Pain Reliever Acetaminophen (Cherry Flavor)	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	PM Pain SleepCap	Caplet	Recommended
Unisom	QuickMelts	Meltaway	Recommended
Unisom	SleepGels	SoftGels	Not Recommended
Unisom	SleepTab	Tablet	Recommended
Vicks	ZzzQuil Liquid	Liquid	Recommended
Vicks	ZzzQuil Liquidcaps	Liquidcap	Not Recommended

Smoking Aid

Nicoderm CQ	Patch	Patch	Recommended
Nicorette	2mg & 4mg Mint Lozenge	Lozenge	Recommended (dairy)
Nicorette	2mg & 4mg Mint Mini Lozenge	Lozenge	Recommended
Nicorette	2mg Cinnmon Surge Gum	Gum	Not Recommended
Nicorette	2mg Fruit Chill Gum	Gum	Not Recommended
Nicorette	2mg White Ice Mint Gum	Gum	Not Recommended
Nicorette	4mg Cinnamon Surge Gum	Gum	Not Recommended
Nicorette	4mg Fruit Chill Gum	Gum	Not Recommended
Nicorette	4mg Original Gum	Gum	Not Recommended
Nicorette	4mg White Ice Mint Gum	Gum	Not Recommended

Throat Irritation

Chloraseptic	Max Spray	Liquid	Not Recommended
Chloraseptic	Spray	Liquid	Not Recommended
Sucrets	Sore Throat, Cough & Dry Mouth (Honey Lemon)	lozenge	Recommended for cholim

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Toothpaste

Rav Schwartz holds toothpaste doesn't 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	Max fresh with Mini Breath Strips Whitening Clean Mint		Recommended
Colgate	Max Fresh with Mini Breath Strips Whitening Cool Mint		Recommended
Colgate	Mild Bubble Fruit Flavor		Recommended
Colgate	Triple Action Original Mint		Recommended
Crest	Cavity Protection Regular Paste		Recommended
Crest	Kids Crest Cavity Protection Sparkle Fun		Recommended
Crest	Pro Health For Me for Kids 8+		Recommended
Crest	Tartar Protection Regular Paste		Recommended
TheraBreath	Fresh Breath Toothpaste	Gel	Recommended when Bearing KSA
Toms of Maine	Whole Care Peppermint	Gel	Recommended when bearing OU

Vitamins

Rav Schwartz holds 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
Solgar	Assorted		Recommended when bearing Kof-K
Vplenish	Vitamin Boost Taste Free Powder	Powder	Recommended when bearing OU
Zahlers	Assorted		Recommended when bearing the Debriciner Rav's certification mark

Weight Loss Supplement

Alli	Capsules	Capsules	Not Recommended, except for cholim (sick people)