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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, 2012.

cRc - Over The Counter Medicine List

Allergy

Adwe	Allergy Relief	Liquid	Recommended
Alavert	Orally Disintegrating Tablet (assorted flavors)	Dissolving tablet	Recommended
Alka Setzer	Alka-Seltzer Plus - Allergy	Tablets	Recommended
Allegra	Childrens Liquid Suspension	Liquid	Recommended
Allegra	Childrens Orally Disintegrating Tablet	Disintegrating Tablet	Recommended
Allegra	Liquid Suspension	Liquid	Recommended
Allegra	Orally Disintegrating Tablet	Tablet	Recommended
Benadryl	Children's Allergy fast melt - Cherry & Grape		Recommended
Claritin	Childrens Allergy Liquid	Liquid	Not recommended
Claritin	Childrens Chewable	Chewable	Recommended
Claritin	RediTabs (Dissolves on Tongue)	Dissolving tablet	Not recommended
Kids-EEZE	Allergy Grape Flavor	Soft Chews	Recommended for cholim
Singulair	Chewable	Tablet	Recommended
Singulair	Oral Granules	Powder	Recommended
Singulair	Tablet	Tablet	Recommended
Zyrtec	Children's Allergy Bubblegum (Sugar & Dye Free)		Recommended

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Breath Freshener

Biotene	Mouth Spray	Liquid	Not Recommended
Listerine	Assorted varieties	Dissolving strip	Recommended
PocketPaks			
Sweet Breath	Assorted varieties	Drops, Sprays or Mists	Recommended when bearing OU

Cold and Flu

See also 'Cough'

Alka Seltzer	Alka Seltzer Cold Effervescent Tabs	Tablets	Not Recommended
Alka Seltzer	Alka Seltzer Plus Cough and Cold LiquiGels	LiquiGel	Not Recommended
Alka Seltzer	Alka Seltzer Plus Flu Formula	Effevescent Tablets	Recommended
Alka Seltzer	Alka-Seltzer Plus - Fast Crystal Pack Cold	effervescent granule	Recommended
Alka Seltzer	Alka-Seltzer Plus - Fast Crystal Pack Cold & Flu	effervescent granule	Recommended
Alka-Seltzer	Alka-Seltzer Plus Severe Sinus Congestion & Cough	Liquid Gel	Not Recommended
Cold-EEZE	Cherry Flavor	Lozenge	Recommended for cholim
Cold-EEZE	Honey Lemon Flavor	Lozenge	Recommended for cholim
Cold-EEZE	Natural Green Tea with Honey Flavor	Lozenge	Recommended for cholim
Cold-EEZE	Sugar Free Honey Lemon	Lozenge	Recommended for cholim
Cold-EEZE	Sugar Free Pomegranate Flavor	Lozenge	Recommended for cholim
Cold-EEZE	Sugar Free Wild Cherry Flavor	Lozenge	Recommended for cholim
Delsym	Liquid Multi Symptom	Liquid	Not Recommended
Delsym	Liquid Nighttime Cough and Cold	Liquid	Recommended
Delsym	Nighttime Multi Symptom	Liquid	Recommended
Diabetic Tussin	Nighttime Cold & Flu Formula	Liquid	Recommended
Dimetapp	Childrens Cold and Allergy Liquid	Liquid	Not Recommended
Kids-EEZE	Cough and Cold - Grape	Soft Chews	Recommended
Kids-EEZE	Cough and Cold Grape Flavor	Soft Chew	Recommended for cholim
Mucinex	Fast Max Cold and Sinus	Liquid	Not Recommended
Mucinex	Fast Max Cold, Flu and Sore Throat	Liquid	Not Recommended
Mucinex	Fast-Max Cold, Flu & Sore Throat Liquid	Liquid	Not Recommended
Mucinex	Fast-Max Cold & Sinus	Liquid	Not Recommended
Mucinex	Multisymptom Cold Liquid	Liquid	Not Recommended
Pediacare	Multisymptom Cold Liquid	Liquid	Not Recommended
Sudafed	Children's Nasal Decongestant	Liquid	Not Recommended
Sudafed	Childrens PE Cough and Cold	Liquid	Not Recommended
Sudafed	Childrens PE Nasal Decongestant	Liquid	Not Recommended
Thera-Flu	Flu and Sore Throat Powder	Powder	Recommended
Thera-Flu	Max-D Severe Cold & Flu Powder	Powder	Recommended
Thera-Flu	Nighttime/Daytime Severe Cold and Cough Powder	Powder	Recommended

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Cold and Flu

See also 'Cough'

Thera-Flu	Sinus and Cold Powder	Powder	Recommended
Thera-Flu	Warming Relief Flu and Sore Throat Liquid	Liquid	Not Recommended
Thera-Flu	Warming Relief Nighttime Severe Cold and Cough Liquid	Liquid	Not Recommended
Tylenol	Severe Cold and Flu Warming Liquid	Liquid	Not Recommended
Vicks	Alcohol Free Nyquil	Liquid	Recommended
Vicks	Dayquil Liquid Cold and Flu	Liquid	Not Recommended
Vicks	Dayquil Mucus Control	Liquid	Recommended
Vicks	Dayquil Mucus Control DM	Liquid	Recommended
Vicks	Nyquil Childrens Cold and Flu	Liquid	Recommended, if Triaminic with an OU is not a good substitute
Vicks	Nyquil Liquid Cold and Flu	Liquid	Recommended
Vicks	Nyquil/Dayquil Cold and Flu LiquiCaps	Liquicaps	Not Recommended
Vicks	Nyquil/Dayquil Plus Vitamin C Caplets	Caplets	Recommended
Vicks	Nyquil/Dayquil Sinex LiquiCaps	Liquicaps	Not Recommended
Vicks Nature Fusion	Cold and Flu Multi Symptom Relief	Caplet	Recommended
Vicks Nature Fusion	Cold and Flu Nighttime Relief	Liquid	Not Recommended
Walgreens	Childrens Chest Congestion Liquid	Liquid	Not Recommended
Walgreens	Waltussin Cough and Chest Congestion DM Sugar Free	Liquid	Not Recommended
Zicam	Liqui-Loz	LiquiGel	Not Recommended
Zicam	Nasal Spray	Liquid	Recommended
Zicam	Oral Mist	Liquid	Not Recommended
Zicam	Rapid Melt Tablets	Tablets	Recommended
Zicam	Rapid Melt Tablets with Vitamin C	Tablets	Recommended

Cough

See also 'Cold and Flu'

Adwe	Cough Syrup Tussin	Liquid	Recommended
Delsym	Liquid Cough Suppressant	Liquid	Recommended
Diabetic Tussin	DM Cough Suppressant/Expectorant	Liquid	Recommended
Diabetic Tussin	DM Max Strength Cough Suppressant/Expectorant	Liquid	Recommended
Diabetic Tussin	EX Expectorant	Liquid	Recommended
Diabetic Tussin	Expectorant Mucus Relief	Caplets	Recommended
Diabetic Tussin	Menthol Eucalyptus Cough Drops	Cough Drops	Recommended
Diabetic Tussin	Mucus Relief	Liquid	Recommended
Kids-EEZE	Chest Relief Strawberry Flavor	Soft Chews	Not Recommended
Mucinex	Chest Congestion Liquid	Liquid	Not Recommended
Mucinex	Childrens Cough Liquid	Liquid	Not Recommended

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Cough

See also 'Cold and Flu'

Mucinex	Childrens Mini Melts	Meltaway	Recommended
Mucinex	Children's Multi-Symptom Cold Very Berry Flavor	Liquid	Not Recommended
Mucinex	Cough Liquid in Cherry Flavor for Kids	Liquid	Not 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
Mucinex	Mini-Melts for Kids Bubble Gum Flavor	Dissolving Granules	Recommended
Mucinex	Mini-Melts for Kids Grape Flavor	Dissolving Granules	Recommended
Mucinex	Mini-Melts for Kids Orange Crème Flavor	Dissolving Granules	Recommended
Triaminic	Cough Syrups	Liquid	Recommended when bearing OU
Vicks	Custom Care Dry Cough Liquid and Chesty Cough Liquid	Liquid	Recommended
Vicks Nature Fusion	Cough	Liquid	Not Recommended
Vicks Nature Fusion	Cough and Chest Congestion	Liquid	Not Recommended

Cough Drops

Cepecol	Lozenges	Lozenge	Not Recommended
Chloraseptic	Lozenges with Soothing Liquid Center	Lozenge	Not Recommended
Halls	Breezers Sugar Free - Cool Berry	Lozenge	Recommended for medicinal purposes
Halls	Defense Sugar Free - Assorted Citrus	Lozenge	Recommended for medicinal purposes
Halls	Original - Cherry	Lozenge	Recommended for medicinal purposes
Halls	Original Sugar Free - Freshmint, Honey-Berry, Ice Blue, Mentho-Lyptus, Mountain Menthol, Peppermint, Spearmint, Strawberry, Tropical Fruit	Lozenge	Recommended for medicinal purposes
Lofthouses	Fisherman's Friend Cough Suppressant Lozenges	Lozenge	Recommended for medicinal purposes
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	Complete Sore Throat Cough Stuffiness	Lozenge	Recommended for cholim
Sucrets	Lozenges	Lozenge	Not Recommended

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Digestive Health

Align	Capsules	Capsules	Recommended
Beano	Strawberry Meltaways	Meltaway	Recommended
Beano	Tablet (chewable)	Chewable	Recommended
BioGaia	Probiotic Chewable Tablets	Tablet	Recommended
BioGaia	Protectis Baby	Liquid	Recommended for cholim
Culturelle	Capsules	Capsules	Not Recommended while in capsule
Culturelle	Probiotics for Kids	Powder	Recommended
Imodium AD	Caplets	Caplets	Recommended
Imodium AD	EZ Chews Cool Mint Tablets	Tablets	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	Extra Peppermint	Liquid	Recommended
Kaopectate	Vanilla Regular Flavor	Liquid	Recommended
Peptamen	Assorted varieties		Recommended when bearing OU
Requa	Charcocaps A-D	Gelcap	Not Recommended (except in cases of severe diarrhea)

Fiber Supplement/Laxative

Benefiber	Chewables	Tablets	Not Recommended
Benefiber	Powder	Powder	Recommended (when bearing OU)
Carter's	Tablets	Tablets	Not Recommended
Citrucel	Caplets	Caplets	Recommended
Citrucel	Regular Powder	Powder	Not Recommended
Citrucel	Sugar Free Powder	Powder	Not Recommended
Colace	Syrup	Liquid	Recommended
Colase	Caplets	Caplet	Not Recommended
Dulcolax	Soft Gel	Soft Gel	Not Recommended
Dulcolax	Suppository	Suppository	Recommended
Epsom Salt	Generic or Branded versions	Powder	Recommended
Ex-lax	Caplets	Caplets	Recommended
Fibercon	Caplets	Caplet	Recommended
Fletcher's	Senna Pod Concentrate	Liquid	Not Recommended
Generic	Mineral Oil (pure)	Liquid	Recommended
Konsyl	Psyllium Hydrophilic Mucilloid	Powder	Recommended
Metamucil	Capsules Plus Calcium	Capsules	Not Recommended
Metamucil	Clear and Natural	Powder	Recommended
Metamucil	Orange Smooth Powder	Powder	Not Recommended

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Fiber Supplement/Laxative

Metamucil	Original Coarse	Powder	Recommended
Miralax	Powder	Powder	Recommended
Pedia-Lax	Chewable	Tablets	Not Recommended
Pedia-Lax	Liquid Stool Softener Fruit Punch	Liquid	Recommended
Pedia-Lax	Pedia-Lax	Suppository	Recommended
Pedia-Lax	Quick Dissolve Strips	Meltaway	Recommended
Peri-Colase	Tablets	Tablets	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	Generic or Branded versions	Powder	Recommended
Prunelax Ciruelax	Tablets	Tablets	Recommended
Senokot	Tablets	Tablets	Recommended
Senokot-S	Tablets	Tablets	Recommended

Fluoride

Fluor-A-Day	Drops	Liquid	Recommended when bearing MK
Fluor-A-Day	Tablets	Tablets	Recommended when bearing MK
Fluoritab	Fluoride Drops	Liquid	Recommended
PharmaPure	Fluoride Tablets	Chewables	Recommended when there is a medical need
Waterpik	Ultra Control Fluoride Foam	Foam	Recommended

Gas/Indigestion Relief

Adwe	Calcium Heartburn Relief	Chewable	Recommended
Adwe	Ko-Lanta Antacid Anti-gas	Liquid	Recommended
Alka Seltzer	Alka Seltzer Plus Night LiquiGels	LiquiGel	Not Recommended
Alka Seltzer	Lemon Lime Effervescent Tabs	Tablets	Not Recommended
Alka Seltzer	Original Effervescent Tabs	Tablets	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
Maalox	Advanced Maximum Strength Liquid Mint	Liquid	Recommended when bearing OU
Maalox	Chewable Tablets	Chewable	Recommended when bearing OU

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Gas/Indigestion Relief

Pepcid	Complete Berry Flavor Chewables	Chewables	Recommended
Pepcid	Complete Cool Mint Chewables	Chewables	Recommended
Pepcid	Complete Tropical Fruit Chewables	Chewables	Recommended
Pepto Bismol	5 Symptom Relief	Liquid	Recommended if caplets aren't suitable
Pepto Bismol	5 Symptom Relief Caplets	Caplets	Recommended
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	Max Strength Liquid	Liquid	Recommended if caplets aren't suitable
Rolaids	Extra Strength - Fresh Mint, and Fruit		Recommended
Rolaids	Multi-Symptom - Berry, and Mint		Recommended
Rolaids	Peppermint		Recommended
Tums	Dual Action	Chewable	Not Recommended
Tums	EX - Assorted Berries, Assorted Fruit, Assorted Tropical Fruit, Cherry, Wintergreen	Chewable	Recommended
Tums	Kids (Cherry)	Chewable	Recommended
Tums	Regular - Assorted Fruit, and Peppermint	Chewable	Recommended
Tums	Smoothies - Assorted Fruit, and Cocoa & Cream	Chewable	Recommended (dairy)
Tums	Smoothies - Berry Fusion, Peppermint, and Tropical	Chewable	Recommended
Tums	Ultra - Assorted Berries, Assorted Fruit, Assorted Tropical Fruit, Peppermint, and Spearmint	Chewable	Recommended

Miscellaneous

AquaCareH2O	Assorted	Liquid	Recommended when bearing cRc
Azur Pharma	Niravam	Disintegrating tablets	Recommended
Bayer	Low Dose Baby Aspirin Chewables	Chewable	Recommended
Castor Oil (pure)		Liquid	Recommended for cholim
Crest	3D White Whitestrips Advanced Seal 2 Hour Express Whitening Kit	Strips	Recommended
Crest	3D White Whitestrips with Advanced Seal No Slip Technology	Strips	Recommended
Crest	Smile Renewal Whitestrips	Strips	Recommended
Elecare	Infant Formula	Powder	Recommended
Enfamil	Nutramigen Infant Formula	Powder	Recommended
Ensure	Assorted nutritional supplements		Recommended when bearing OU

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Miscellaneous

FlavorX	Apple, Grape, Lemon, Raspberry and Watermelon flavors	Liquid	Recommended when bearing Star-K
Lip Balm	Assorted		All are recommended (preferably without flavor)
Nutricia	Neocate Infant Formula	Powder	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
Similac	Alimentum Infant Formula	Powder	Recommended
Simply Thick	Powder	Powder	Recommended
St. Joseph	81mg Chewable Aspirin	Chewables	Recommended

Motion Sickness

Bonnie Kids	Berry Blast Chewable	Tablet	Recommended
Dramamine	Chewables	Tablets	Recommended for medicinal purposes

Mouth Pain Relief

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

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
Jason	Assorted Varieties	Liquid	Recommended when bearing OU
Listerine	CoolMint	Liquid	Recommended
Listerine	FreshBurst	Liquid	Recommended
Listerine	Original	Liquid	Recommended
Toms of Maine	Assorted varieties	Liquid	Recommended when bearing OU

Pain Relief/Fever Reducer

Advil	Childrens Liquid	Liquid	Not Recommended
Adwe	Fever-Ex	Liquid	Recommended

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Pain Relief/Fever Reducer

Pediacare	Childrens Fever Reducer Pain Reliever Oral Suspension	Liquid	Not Recommended
PRU (732-534-5280)	Ibuprofen for Kids (assorted flavors)	Liquid	Recommended with certification of Rabbi Y. Zucker
Triaminic	Acetaminophen fever reduction	Liquid	Recommended when bearing OU
Tylenol	Children's Liquid (grape flavored)	Liquid	Not Recommended
Tylenol	Extra Strength Pain Reliever/Fever Reducer Adult (cherry flavor)	Liquid	Recommended
Up and Up	Childrens Ibuprofen Oral Suspension	Liquid	Not Recommended
Up and Up	Dye Free Infants Concentrated Ibuprofen	Liquid	Not Recommended

Sleep Aid

Natrol	Advanced Sleep Melatonin 10mg Maximum Strength	Tablet	Recommended
Natrol	Melatonin 1, 3, and 5mg Regular and Time Release Tablets	Tablet	Recommended
Natrol	Melatonin 1, and 2.5mg Liquid	Liquid	Recommended if pills are not suitable
Natrol	Melatonin 3mg Fast Dissolve	Dissolving Tablet	Recommended
Natrol	Melatonin 5mg Fast Dissolve	Dissolving Tablet	Recommended
NOW	Liquid Melatonin 3mg	Liquid	Not Recommended
NOW	Melatonin 1 mg	Tablet	Recommended
NOW	Melatonin 1 mg with B3, B6 & Magnesium TR Veg	Tablet	Recommended
NOW	Melatonin 3mg	Gelcap	Not Recommended
NOW	Melatonin 3mg Chewables	Lozenge	Recommended
NOW	Melatonin 5mg Vcaps Melatonin 5 mg	Capsule	Recommended
Sominex	Maximum Strength	Caplet	Recommended
Sominex	Original	Tablets	Recommended
Unisom	PM Pain SleepCap	Caplet	Recommended
Unisom	SeepTab	Tablet	Recommended
Unisom	SleepGels	SoftGels	Not Recommended
Unisom	SleepMelts	Meltaway	Recommended

Smoking Aid

Nicoderm CQ	Patch	Patch	Recommended
Nicorette	2mg & 4mg Cherry Lozenge	Lozenge	Recommended
Nicorette	2mg & 4mg Mint Lozenge	Lozenge	Recommended
Nicorette	2mg & 4mg Mint Mini Lozenge	Lozenge	Recommended
Nicorette	2mg & 4mg Original Lozenge	Lozenge	Recommended
Nicorette	2mg Cinnmon Surge Gum	Gum	Not Recommended

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Smoking Aid

Nicorette	2mg Fresh Mint Gum	Gum	Not Recommended
Nicorette	2mg Fruit Chill Gum	Gum	Not Recommended
Nicorette	2mg Mint Gum	Gum	Not Recommended
Nicorette	2mg Original Gum	Gum	Not Recommended
Nicorette	2mg White Ice Mint Gum	Gum	Not Recommended
Nicorette	4mg Cinnamon Surge Gum	Gum	Not Recommended
Nicorette	4mg Fresh Mint Gum	Gum	Not Recommended
Nicorette	4mg Fruit Chill Gum	Gum	Not Recommended
Nicorette	4mg Mint 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

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 Bright Strips Whitening Clean Mint		Recommended
Colgate	Max Fresh with Mini Bright Strips Whitening Cool Mint		Recommended
Colgate	Max White with Mini Bright Strips Crystal Mint		Recommended
Colgate	Mild Bubble Fruit Flavor		Recommended
Colgate	Triple Action Original Mint		Recommended
Crest	3D Vivid		Recommended
Crest	Cavity Protection Regular Paste		Recommended
Crest	Extra Whitening with Tartar		Recommended
Crest	Kids Crest Cavity Protection Sparkle Fun		Recommended
Crest	Pro Health For Me for Kids 8+		Recommended
Crest	Tartar Protection Regular Paste		Recommended
Crest	Whitening Expressions Cinnamon Rush		Recommended

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.

Azur Pharma	Gesticare Prenatal Vitamin	Tablet	Recommended when bearing COR
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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.

Azur Pharma	Natelle One Prenatal Vitamin	Gelcap	Not Recommended
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
PregVit		Tablets	Recommended when bearing COR
PreVit folic 5		Tablets	Recommended when bearing COR
Solgar	Assorted		Recommended when bearing Kof-K
Vplenish	Vitamin Boost Taste Free Powder	Powder	Recommended when bearing OU
Zahlers	Assorted		Recommended when bearing the Devriciner Rav's certification mark

Weight Loss Supplement

Alli	Capsules	Capsules	Not Recommended, except for cholim
Sensa	Assorted	Powder	Not Recommended