



The Gerald & Karin Feldhamer  
OU Kosher Halacha Yomis

This column is dedicated in memory of:

Rav Chaim Yisroel ben Reb Dov HaLevi Belsky, zt"l  
Senior OU Kosher Halachic Consultant from 1987-2016

## Q. What are the OU guidelines for cough medicine?

A. Many cough medicines are formulated as a liquid syrup, which is one of the most effective ways of delivering the active ingredient, dextromethorphan or guaifenesin, into one's throat. These liquids often contain glycerin, which can be derived either from vegetable oil or animal fat.

The consumer hotline at the manufacturers of the following products have declared (in writing) that the following products contain no animal derivatives.

Although the OU has not independently verified these claims and does not certify these products, the OU *poskim* have ruled that in this context such a claim is reliable:

- Robitussin DM and Maximum Strength Liquid Cough Medicine
- Mucinex Liquid Cough Medicine
- Quality Choice Liquid Cough Suppressant (99413 appears under bar code)

The following products do not contain glycerin and can be assumed to be kosher:

- Dayquil and Nyquil Cold and Flu Liquid Medicine (these do not contain glycerin); However, Vapocool Severe, according to the P&G consumer hotline, contains non-kosher glycerin
- Delsym Liquid Cough Medicine (these do not contain glycerin)

None of the medicines above present a problem of *chametz*.

Liquid cough medicines that are prescribed by a doctor should be viewed as a *safek* (doubt). Ideally these should be diluted in a ratio of two teaspoons of liquid medicine to five ounces of water, juice or other liquid. This should be done if it is practical and doing so does not compromise the effectiveness of the medicine.

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**Dedicated by Gerald and Karin Feldhamer  
in memory of their parents**

R' Moshe ben R' Elyokim Getzel Feldhamer and Pesha bas Reb Mordechai  
R' Avrohom Abba ben R' Chaim Finkelstein and Taube bas R' Yissocher Dov HaKohen  
In memory of R' Kalman ben R' Moshe Feldhamer

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