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Section 3

2026

Kosher for Passover

Cosmetics & Medications

One should be aware that medications with flavorings may have possible chametz issues.

Check out page 25 for Rabbi Bess' list of chametz Ingredients in Toiletries.

Section iii- Cosmetics & Medications

— Cosmetics (21-22)

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— Rabbi Bess' Ingredients list (25)

— Pad Adverttisement / Sweet Spot Cafe (26)

Many cosmetics contain ethyl alcohol, which is chametz. (Isopropyl alcohol is not chametz.)

If anyone needs a medicine over Pesach and can't find an approved one, please speak with the Rabbi!

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2026 Cosmetics

The following is a basic list of cosmetics that may be used on Pesach, unless otherwise noted. Other makeup may also be acceptable. This is not a complete list of all makeup products.

Many cosmetics contain ethyl alcohol, which is *chametz*. (Isopropyl alcohol is not *chametz*.) Though most of these products are inedible, it is preferable not to use them on *Pesach*. A detailed list of those products which do not contain chametz is available in shul. *Check the Product Guide in this issue. Some are listed.*

✏ **Blush / Rouge / Face Powder** - All Powders are acceptable.

✏ **Eye Liner** - any brand without grain ingredients.

✏ **Eye Shadow** - any brand without grain ingredients.

✏ **Hair Remover** - All are acceptable.

✏ **Hair Mousse & Gel**- May be used for *Pesach. Erev Yom Tov* and *Chol Hamoed* use **only** (not to be applied on *Shabbos* or *Yom Tov).*

✏ **Hairspray** - Any brand that does not contain alcohol or wheat protein. Hairspray produced in the USA usually meets this criteria.

↳ **Pantene** Flexible Hold Alcohol Free Air Spray

↳ **Pantene** Lightweight Finish Alcohol Free Hair Spray

The cRc offers an online search engine for checking lipsticks for Pesach. Click here for more information: www.crckosher.org/lipstick

✏ **Lipstick / Lip makeup** — ***Also see Lip Therapy in our Basic Product List.***

— ***Lipstick should only be used on Pesach if known to be chametz free.***

The following list of lipsticks and the like do not contain chametz ingredients.

Clinique - Chubby Stick Intense Moisturizing Lip Color Balm; Pop Liquid Matte Lip Colour + Primer; Quickliner For Lips. **Estee Lauder** - Double Wear 24h Stay-in-place Lip Liner; **Estee Lauder** - Gloss Lip Liner; **Estee Lauder Pure Color** - Explicit Slick Shine Lipstick; Gelee Glow Balm; Gloss Stick; Illuminating Gloss; Multi-shimmer Gloss; Sensuous Rough Lipcolor. **L'Oreal Paris Colour Riche** - Caresse Wet Shine Lip Stain in 'Endless Red'; Creamy Matte Lipstick in 'Mattespresson'; Lipstick in 'Mica" . **Mac** - Chromeglass; Dare to Wear Lipglass; Huggable Lipcolour. **Mac Lip Pencil** (shades: Brick, Cherry, Chestnut, Edge to Edge, Plum, Spice, Stone, Whirl, Dervish, Subculture, Nightmoth, Soar, Bodly Bare, Cyberword, Ruby Woo, Life's A Breeze, Temperature Rising). **Mac Lipgloss Pencil** (shades: Brickmate; Coral Craze; Fucshia Lining; Neutralzone; Part Nude; Pink Edge; Red Stroke; Rosebound; Plum Mate). **Mac Park Hyemin** Matte Lip Mousse. **Mac Petit-gloss** (shades: Glaze, Millefeuille, Plum Parfait). **Mac Shadestick** (shades: Beige-ing, Shimmersand, Taupographic, Lucky Jade, Mangomix, Sea Me, Royal Hue, Gentle Lentil, Sharkskin, Crimsonaire, Pink Couture, Gracious Me, Shimm). **Mac Slimshine Lipstick** (shades: Bare, Kissable, Long Stem Rose, Scant, Mousse, Lovey-Dove, Ardor, Prudeaux, Pink D'lush, Ultra-elegant, Funshine, Urgent, Cocoamour, Most Want). **Mac Tendertalk Lip Balm** (shades: Candy Wrapped, Pretty Me Up, Play With Me, Teddy Pink, Side Dish). **Maybelline** - Baby Lips Moisturizing Lip Balm; Lip Studio Electric Shine Prismatic Lip Gloss; Long Wearing Lipstick; Moisture Extreme Lipstick; New York Color Sensational Made for All; Shiny-Licious Lip Gloss; Super Stay 24 HR Color 2-Step Liquid Lipstick; Super Stay Matte Ink Liquid Lipstick. **REVLON:** ColorStay Matte Lite Crayon Lipstick; ColorStay Overtime Lipcolor; ColorStay Ultimate Liquid Lipstick; Super Lustrous The Lip Gloss; Super Lustrous Lipstick; Super Lustrous The Luscious Mattes Lipstick.

✏ **Mascara** - Any brand without grain ingredients.

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JEWISH HOUSTON SPECIAL NEEDS

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2026 Medications

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Note Regarding Medications:

Many medicines can contain *chametz*. Almost all tablets contain starch, which generally is from corn. However, occasionally wheat starch is used. Liquid medicines often contain alcohol, which is sometimes *chametz*. Vitamins can also contain *chametz*. A detailed list of medicines will be available from the Rabbi. *Check the Product Guide in this issue, some are listed here.* **If anyone needs a medicine over Pesach and can't find an approved one, please speak with Rabbi Wender!**

Please note that the following is just a basic medications list.

Nail Polish - Any brand.

Nail Polish Remover - Any brand.

Perfume/Fragrances - *Should only be used if without any chametz ingredients.*

Some acceptable fragrances include:

- **Clinique Aromatics Elixir** Eau De Toilette;
- **Estee Lauder** Cinnabar Fragrance; Super Cologne Spray; Eau De Parfum (Intuition, Knowing, Youth-Dew); Vivid Garden Illuminating Powder.
- **Frederic Malle En Passant Editions De Parfums**

NOTE: ↳ Many of the Mary Kay products contain *chametz*, and should be avoided during *Pesach*, unless you know that it *chametz* free.

Check out page 25 for Rabbi Bess' list of chametz Ingredients in Toiletries.

Abdominal discomfort & Acid

- **Alka Seltzer** Original Effervescent Tablets; Extra Strength Effervescent Tablets may be used on *Pesach.*
  - ↳ **Other *Alka-Seltzer Products may contain chametz.***
- **Benefiber products are listed this year as *Chametz.***
- **Dulcolax** - Laxative Tablets; Laxative Pink Tablets; Liquid; Stool Softener; Pink Liquid Gels [gelatin] ~ that are manufactured by "Chattem" are acceptable for use on *Pesach.*
- **Famotidine** [manufactured by Aurobindo], **Famotidine Tablets** [manufactured Teva], **Famotidine Tablets** 10 mg & 20 mg [over the counter, manufactured by Dr Reddy's] may all be used on *Pesach*.
- **Imodium AD** Caplets; Oral Solution; Oral Solution for Children Ages 6+ , when manufactured by Kenvue, may be used on *Pesach.*
  - ↳ **Loperamide HCl** (generic Imodium manufactured by Teva) may be used on *Pesach*.
- **Kaopectate** (Caplets; Liquid [All Flavors]) manufactured by Chattem) may be used on *Pesach*.• **Kaopectate** Anti Diarrheal Liquid; Extra Strength Tablets; Regular Strength Tablets (manufactured by Pharmacia) may be used on *Pesach.*

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More Meds...

- **Metamucil** 4-in-1 Fiber Real Sugar Unflavored Course Powder; and **Metamucil** Supergreens Digestive Blend [manufactured by P&G] may be used on *Pesach*.
- **The following Metamucil manufactured by P&G all contain *Kitniyos*, but may be used by those who need it:**

⇨ Metamucil 4-in-1 Fiber Sugar-Free & Regular Orange Smooth Powder,
⇨ Metamucil 4-in-1 Fiber Sugar-Free Berry Powder,
⇨ Metamucil 4-in-1 Fiber Sugar-Free Unflavored Smooth Powder,
⇨ Metamucil 4-in-1 Real Sugar Orange Smooth Powder,
⇨ Metamucil Clear Fiber Blend;
⇨ Metamucil Premium Blend
⇨ Metamucil Fiber Thins Wafers (Apple, Cinnamon, Chocolate) all contain *chametz* (wheat) and is not recommended for use on *Pesach*.
⇨ Metamucil Fiber + Collagen is not Kosher.

Note: Adwe has a full line of *Kosher l'Pesach* medications and toiletries available online at www.Koshervitamins.com

- **MiraLax** — [manufactured by Bayer] is acceptable for use on *Pesach*.

Famotidine [manufactured by Aurobindo], **Famotidine Tablets** [manufactured by Teva], **Famotidine Tablets** 10 mg & 20 mg [over the counter, manufactured by Dr Reddy's] may all be used on *Pesach*.

- **Pepto Bismol — Original Liquid** (regular); **Ultra Liquid; Ultra caplets; Diarrhea Caplets; Chews [manufactured by P&G]** may be used on Pesach.

↳ other Pepto Bismol products should be avoided on Pesach.

- **Phillips Milk of Magnesia** Original [manufactured by Bayer]is acceptable for use on *Pesach*.

- **Prevacid** Capsules [manufactured by Glaxo]— is acceptable for use on *Pesach*.

↳ Prevacid Solutabs [manufactured by Takeda] **contains *chametz*.**

- **Tums — Kitniyos: Peppermint only and manufactured by Haleon. As per Rabbi Gershon Bess: *"All Tums have kitniyos. The assumption is that one who is taking it has heartburn, in which case one can take kitniyos, especially in a form that is not really edible."***

↳ All other Tums brand products should be avoided on Pesach.

Medication Notes

Flavorings — Film Coatings

►One should be aware that medications with flavorings may have possible chametz issues. This includes film coated pills that are swallowed whole (non-chewable). So whenever possible, it is preferred to use medications that are known to be *chametz* free.

►A regular glaze that is not flavored does not pose a problem for *Pesach*. However, sometimes the coatings have an added flavoring, so it is best to check the ingredient panel to make sure there are no flavorings added to the coating.

►An example of a flavored coating would be Advil pills that are "film coated", as opposed to just plain coated. The possible *chametz* issue would be in the "film" part of the coating because it may have some sort of flavor that is added to it, but by definition might not appear as an added flavor on the packaging.

Gershon Bess: *"All Tums have kitniyos. The assumption is that one who is taking it has heartburn, in which case one can take kitniyos, especially in a form that is not really edible."*

↳ All other Tums brand products should be avoided on Pesach.

⇨Adwe produces "Heartburn Relief", which is an alternative to Tums, that is Kosher for Passover.

- **Zantac 360** — is acceptable for use on *Pesach*.

Acne & Facial Care

- **Cetaphil** Acne Relief Body Wash; Gentle Clear Clarifying Acne Cleanser; Cracked Skin Repair *may all be used on Pesach*.

⇨ Cetaphil Baby Eczema Soothing Lotion & Moisturizing Lotion contain chametz.
⇨ Cetaphil Pro Eczema Soothing Moisturizer Lotion contains chametz.
⇨ Cetaphil Eczema Flare Up Cream; Itch Relief Gel both contain chametz.

- **Oxy** [Acne Treatment Lotion; Daily Defense Face Scrub; Daily Defense Ultra Face Cleanser; Detox Acne Wash; Max Action 10% BPO Face Wash; Maximum Action 10% BPO Treatment Lotion (Vanishing); Sensitive 5% BPO Wash; Volcanic Ash Scrub.]

⇨ Oxy Daily Cleansing Pads – Sensitive Skin contains *chametz*.
⇨ Oxy Maximum 3 in 1 Cleansing Pads — contains *chametz*.
⇨ Oxy Maximum Daily Cleansing Pads — contains *chametz*.

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...Even More Meds

Allergy.....Cold.....Fever.....Pain....

• **Advil** (Advil Tablets; Advil Caplets; • Allergy Congestion & Relief; • Allergy Sinus Coated Caplets; • Children's Suspension [All flavors]; • Cold & Sinus Caplets; • Gel Caplets; • Infant Drops; • Menstrual Pain [Pfizer]; • Multi-Symptom Cold & Flu Tablets; • PM Caplets, Tablets; Sinus Congestion and Pain Tablets; Tablets, Caplets.) [manufactured by Haleon] ***are all acceptable for use on Pesach.***

⇨ **Advil** Junior Strength Chewable Tablets - not Kosher and contains chametz ingredients.

⇨ ***Also see Ibuprofen.***

• **Aleve** [Arthritis Pain Gel • Back & Muscle Pain • Caplets, Tablets • Headache Pain • Aleve PM] ;

• **Aleve-D** [Sinus & Headache • Sinus & Cold].

⇨ ***Also see "Naproxen".***

• **Allegra Allergy** 12 hr. 24 hr Tablets [manufactured by Sanofi or Chattem] may be used on *Pesach.*

• **Allegra Allergy Children's** 12 hr Tablets; Suspension; Oral Suspension; OD Tablets ~ are all acceptable for use on *Pesach.*

• **Allegra-D** 12 hr; 24 hr Tablets [manufactured by Sanofi or Chattem] may be used on *Pesach.*

• **Amoxicillin** [Capsules; Tablets; Oral Suspension] may all be used on *Pesach,* with the exception of those listed below.

• **Amoxicillin & Clavulanate Potassium:** [Oral Suspension; Tablet] may all be used on *Pesach,* with the following exceptions:

↳ **Amoxicillin / Clavulanate Tablets; Chewables; and ER Tablets [Made in Austria] and manufactured by Sandoz, contains chametz.**

↳ **Amoxicillin Chewable Tablets and Clavulanate Potassium Chew Tab manufactured by Teva contain chametz.**

↳ **Amoxicillin chewables should not be used on Pesach.**

• **Bayer Aspirin** [Back & Body; Children's Aspirin; Genuine Aspirin; Chewable Low Dose Asprin; Extra Strength; Low Does Aspirin] **may all be used on *Pesach*.**

↳ **Bayer Rapid Relief contains *Chametz.***

• **Claritin** Swallowable Tablets [manufactured by Bayer] may be used on *Pesach*.

• **Claritin -D** [Swallowable Tablets [manufactured by Bayer] may be used on *Pesach*.

↳ **Claritin Chewable Tablets [Bayer] contain *chametz.***

↳ **Claritin Redi-Tabs are not kosher and they also contain *chametz.***

• **Ibuprofen**

⇨ **Hydrocodone/Ibuprofen (generic for Vicoprofen** [Manufactured by Amneal] may be used on *Pesach.*

⇨ **Ibuprofen (caps, Tablets) Generic for Advil, Motrin [Manufactured by Amneal]** may be used on *Pesach.*

⇨ ***Also see Advil, Midol, and Motrin.***

• **Midol Capsules** [Manufactured by Bayer] may be used on *Pesach*.

• **Motrin IB** caplets [manufactured by Kenvue] may be used on *Pesach*.

• **Motrin PM** coated caplets [manufactured by Kenvue] may be used on *Pesach*.

• **Motrin Tablets** [manufactured by Pharm & Up] may be used on *Pesach*.

• **Motrin Infant's Liquid** (Berry and Dye-Free Berry) [manufactured by Kenvue] may be used on *Pesach*.

• **Motrin Children's Chewable Grape, Dye-Free Grape is Chametz.**

⇨ **Also see Ibuprofen.**

One should be aware that medications with flavorings may have possible chametz issues. This includes film coated pills that are swallowed whole (non-chewable). So whenever possible, it is preferred to use medications that are known to be chametz free.

See box on previous page for more details...

Wishing all our friends a very

"CHAG PESACH KASHER V'SAMEACH"

Fondly,

David & Darlene Schwartz

Chametz Ingredients in Toiletries

- **Always check for obvious suspicious ingredients like wheat germ oil.**
- **One should be careful about products containing alcohol, since the source is unknown.**
- **The following list of ingredients, compiled by Rabbi Bess of the Kollel Los Angeles, are derived from *chametz* and can often be found in cosmetics and toiletries.**

To get a full copy of the Medicine Guide from Rabbi Bess, call the Kollel LA office at 323-933-7193 and leave your name and address.

- **Amino Peptide Complex**
- **Amp-Isostearoyl Hydrolized Wheat Protein**
- **Avena Sativa (Oat) Kernel Flour**
- **Avena Sativa Flour**
- **Avena Sativa Kernel Protein**
- **Barley Extract**
- **Beta Glucan**
- **Cyclodextrin**
- **Dextrin**
- **Dextrin Palmitate**
- **Disodium Wheatgermido Peg-2 Sulfosuccinate**
- **Hordeum Vulgare Extract**
- **Hydrolyzed Malt Extract**
- **Hydrolyzed Oat Flour**
- **Hydrolyzed Vegetable Protein**
- **Hydrolyzed Wheat Flour**
- **Hydrolyzed Wheat Gluten**
- **Hydrolyzed Wheat Protein**
- **Hydrolyzed Wheat Protein Pg-Propyl Silanetriol**
- **Hydrolyzed Wheat Protein/ PVP Crosspolymer**
- **Hydrolyzed Wheat Starch**
- **Hydroxypropyltrimonium Hydro Wheat Protein**
- **Malt Extract**
- **Maltodextrin**
- **Oat Beta Glucan**
- **Oat Extract**
- **Oat Flour**

- **Phytosphingosine Extract**
- **Prolamine**
- **Secale Cereal (Rye) Seed Flour**
- **Sodium C8-16 Isoalkylsuccinyl Wheat Protein Sulfonate**
- **Sodium Lauroyl Oat Amino Acids**
- **Stearyldimoniumhy.opyl Hydrolyzed Wheat Protein**
- **Triticum Vulgare (Wheat) Flour Lipids**
- **Triticum Vulgare (Wheat) Germ Extract**
- **Triticum Vulgare (Wheat) Germ Oil**
- **Triticum Vulgare (Wheat) Gluten**
- **Triticum Vulgare (Wheat) Starch**
- **Wheat Amino Acids**
- **Wheat Bran Extract**
- **Wheat Germ Extract**
- **Wheat Germ Glycerides**
- **Wheat Germ Oil**
- **Wheat Germamidopropyl Ethyldimonium Ethosulfate**
- **Wheat Germamidopropalkonium Chloride**
- **Wheat Germamidopropyldimonium Hydroxypropyl Hydrolyzed Wheat Protein**
- **Wheat Protein**
- **Wheat Sphingolipids**
- **Yeast Extract**

Mucinex (D/DM; DM Expectorant & Cough Tablets; Fast-Max Severe Congestion and cold tablets; Maximum Strength 12 hr Tablets; Sinus-max Tablets; Tablets) are all acceptable for use on *Pesach* when manufactured by Reckitt.

- **Naproxen** [Tablets; Sodium Tablets; Delay; Sodium].
- **Nasal Spray** [Atrovent; Azelastine; Calcitonin-Salmon; Dristan 12 Hr Nasal Spray; Fluticasone Propionate; Mometasone Furoate; Neo-Synephrine; Patanase; Pretz].

The following Tylenol products may be used on ***Pesach:***

- **Tylenol 8 Hour Arthritis Pain ER;**
- **Tylenol 8 Hour Muscle Aches & Pain;**
- **Tylenol Children's Chewables** [all flavors];
- **Tylenol Children's Cold + Cough + Runny Nose** [grape];
- **Tylenol Children's Cold + Cough + Sore Throat** [bubblegum];
- **Tylenol Children's Cold + Flu** [grape];
- **Tylenol Children's Dissolve Packs;**
- **Tylenol Children's Dye Free Suspension;**
- Tylenol **Children's Suspension** [all flavors];
- **Tylenol Cold + Flu Severe Warming** [liquid];
- **Tylenol Cold + Sore Throat COOL BURST** [liquid];
- **Tylenol Cold Max Daytime** [liquid];
- **Tylenol Cold Max Nighttime** [liquid];
- **Tylenol Extra Strength** [caplets; dissolve packs];
- **Tylenol Infant's Oral Suspension** [All flavors];
- **Tylenol PM Extra Strength** [liquid];
- **Tylenol Regular 8 Hour Muscle Aches & Pain**;
- **Tylenol Regular Strength** [Tablets];
- **Tylenol Sinus Severe** [Caplets];
- **Tylenol Children's Cold + Flu Oral Suspension** [All flavors].

Dietary / Nutritional Suppliments

Please click below to read the OU policy regarding Nutritional and Dietary Supplements for Passover.

http://oukosher.org/passover/guidelines/medicine-guidlines/nutritionals-and-dietary-supplements/

Additional medications may appear in our Basic List on the following pages.

Keep Reading!

Our Basic Product List continues alphabetically on the following pages.
Additional medications that didn't appear on the previous pages may be found on the pages to follow.

בס"ד

Sweet Spot Cafe
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