
Netzach Israel
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Pesach Product List
For Sefaradim

Prepared by Rabbi Yehuda Boroosan

2023 CHANGES ARE DONE IN BLUE AND ARE BOLD.

This guide is prepared as a service to the general public by Rabbi Yehuda Boroosan, who is employed by the Orthodox Union, the largest Kosher certification agency in the world, as the Rabbinic Field Representative and Mashgiach for the southeast region of the United States. He has over 20 years of experience working in the food industry and has extensive knowledge regarding the commercial production of food and household products. Rabbi Boroosan received his semicha from the Ner Israel Rabbinical College, and is the Rabbi Emeritus of Congregation Netzach Israel of Atlanta.

The Pesach Product List is based on Heter Kitniot for Sefaradim and is not endorsed by the OU. Our objective in providing this guide is to:

- Educate the public with the laws of Pesach
- To assist them with an easy to understand guide to prepare for Pesach
- To provide an alternative list of products that are L'chatchila/ (categorically) acceptable for Sefaradim

MUST READ NOTES:

- (1) The provisions of this list **apply ONLY to U.S. Domestic Brands, they DO NOT apply to organic or foreign brands** or to alternative varieties such as Diet, Reduced Fat, Sugar Free, Zero, Zero Sugar, Fat Free, etc. unless specified in the List. **This cannot be emphasized enough.**
- (2) If a specific brand is listed, do not assume that other brands of the same product are acceptable.
- (3) Unless specified otherwise, approved items only refer to the plain/original/classic variety, **NOT to any flavored varieties.**

The halachic basis for permitting these foods on Pesach vary, as do the circumstances under which certain foods are permitted. Accordingly, **it is critical that you pay close attention to these guidelines when shopping for Pesach.**

This Pesach Product List (the "List") is prepared in conjunction with the Pesach Guide as a service to the general public. Please refer to the Pesach Guide for an overview of the laws of Pesach, and a step-by-step manual of how to prepare for Pesach, and conduct the Seder.

The List includes common products which are permitted L'Chatechila, for consumption on Pesach by Sefaradim only. (Many of the items on this list are permitted based on Heter Kitniyot, which is unique to Sefardic Jews. Accordingly, Ashkenazi Jews cannot rely on the list.)

If you have any questions or comments about the items on this list, or if you require any clarification, please contact Rabbi Boroosan directly or, for a quicker response, send an email to pesach@netzachisrael.org.

**DID YOU FIND THE LIST
& GUIDE HELPFUL?**



Product	Pesach Certification
Air Fresheners	Any. Can be purchased before or during Pesach.
Almond Butter	Any with a year-round reliable certification. Must be purchased before Pesach.
Almond Flour	Any with a year-round reliable certification. Must be purchased before Pesach.
Almond Milk/Original	Any original, sweetened and unsweetened with a year-round reliable certification. Must be purchased before Pesach.
Aluminum Foil	Any. Can be purchased before or during Pesach.
Ammonia	Any. Can be purchased before or during Pesach.
Apple Sauce	Any with a year-round reliable certification. Must be purchased before Pesach.
Artificial Sweetener	Sweet N' Low, Splenda, Equal (sucralose, saccharin) with a year-round reliable certification. Must be purchased before Pesach.
Baby Food - Rice Cereal	Any. Must be purchased before Pesach.
Baby Food - 100% Pure Fruit or Vegetable	Any. Can be purchased before or during Pesach.
Baby Food – Any variety with blended grains	Requires KFP certification. Several varieties contain oats and may contain other fillers that are Chametz.
Baby Formula	Refer to the <i>Nutritional Supplements, Pediatric Supplements & Electrolytes and Baby Formula</i> section at the end of this document. Nutramigen is fine for Pesach (<i>not an issue of chametz</i>), but if they can use the Elecare that is preferable because the Nutramigen has non-kosher ingredients (pancreas from pig).
Baby Oil	Any. Can be purchased before or during Pesach.
Baby Ointment	Any. Can be purchased before or during Pesach.
Baby Powder	Johnson's. Can be purchased before or during Pesach.
Baby Wipes	Any. Can be purchased before or during Pesach.
Baking Powder	Any. Can be purchased before or during Pesach.
Baking Soda (Bicarbonate Soda)	Any. Can be purchased before or during Pesach.
Band-Aids	Any. Can be purchased before or during Pesach.
BBQ Sauce	Sweet Baby Ray's - BBQ Sweet Baby Ray's - Honey BBQ Sauce. Sweet Baby Ray's - Sweet 'n Spicy Sweet Baby Ray's - Honey Chipotle Sweet Baby Ray's - Sweet Vidalia Onion

BBQ Sauce (Cont.)	Sweet Baby Ray's - Hickory & Brown Sugar All above varieties of Sweet Baby Ray's BBQ Sauces that are certified by the OU and state "Gluten Free" on the bottom of the back label are כשר לפסח. Must be purchased before Pesach.
Bleach	Any. Can be purchased before or during Pesach.
Breakfast Cereal	Requires KFP certification.
Butter	Any with a year-round reliable certification. Can be purchased before or during Pesach.
Candles	Any. Can be purchased before or during Pesach.
Candy/Lollipop	Charms Brand: Squares, Blow Pops, Super Blow Pops, Blow Pop Minis. Must be purchased before Pesach.
Cat Food	Refer to the Pet Food section at the end of this document.
Cheese, American Processed	Requires reliable KFP certification.
Cheese, Cottage Cheese	Any domestic brand with a year round reliable certification. Must be purchased before Pesach.
Cheese, Cream Cheese	Any with a year round reliable certification. Must be purchased before Pesach. Kite Hill made with almond milk
Cheese, Feta	Any with a year-round reliable certification. Can be purchased before or during Pesach.
Cheese, processed	Requires reliable KFP certification.
Cheese, non-dairy	Soya Kaas brand: Mozzarella Style - OK-D Gouda Style - OK-D Jalapeno Mexi-Kass - OK-D Nat Garden Vegetable / Cream Cheese Style - OK-D All items listed above must be purchased before Pesach.
Chili Sauce	Heinz brand. Must be purchased before Pesach.
Chocolate Chips	Any with a year-round reliable certification. Must be purchased before Pesach.
Chocolate Syrup	Hershey's Brand. Can be purchased before or during Pesach.
Cocoa	Hershey's or any other 100% pure. Can be purchased before or during Pesach.
Coconut Cream	With no added ingredients. Can be purchased before or during Pesach.
Coffee Beans, Whole and/or Ground	Any plain, <u>unflavored</u> whole beans or coffee grounds. <u>Decaffeinated is not included.</u> Can be purchased before or during Pesach, but <i>do not</i> grind them in the store's grinder during Pesach.
Coffee Creamer	Rich's, Nestle's Coffee Mate, Great Value, Chobani & International Delight brands with year-round reliable certification. Must be purchased before Pesach. NOTE: Plant-based, Oat-based, zero sugar, and reduced fat varieties are NOT approved.
Coffee Filters	Any. Can be purchased before or during Pesach.

Coffee, Instant	Folgers, Taster's Choice. Can be purchased before or during Pesach.
Coffee, K-Cups	Any plain, unflavored k-cups. Decaffeinated is not included.
Coffee, Decaffeinated	Folgers Classic Decaf Ground or Instant, and Sanka brand. Must be purchased before Pesach.
Coffee, Flavored	All flavored coffee (whole beans, ground coffee, and instant coffee) require reliable KFP certification.
Contact Lenses and Solution	Any. Can be purchased before or during Pesach.
Contact Paper	Any. Can be purchased before or during Pesach.
Cooking Oil Spray/Baking Oil Spray	Requires reliable KFP certification.
Corn Tortilla	Any with a year-round reliable certification. Must be purchased before Pesach. Please note that only CORN tortillas are acceptable when purchased before Pesach. FLOUR TORTILLAS ARE CHAMETZ.
Corn Chips	Tostitos Scoops. Must be purchased before Pesach.
Deli and Processed Meats	Requires reliable KFP certification.
Dental Floss	Any unflavored including waxed. Can be purchased before or during Pesach.
Deodorants	Any. Can be purchased before or during Pesach.
Detergents	Any. Can be purchased before or during Pesach.
Dog Food	Natural Balance: Potato & Duck, Sweet Potato & Fish, Sweet Potato & Bison. Must be purchased before Pesach.
Eggs	Any. Can be purchased before or during Pesach.
Fish, Raw	Any kosher-species raw fresh and frozen fish is acceptable. Can be purchased before or during Pesach.
Fish, Gefilte	Requires reliable KFP certification. (contain fillers that may be Chametz)
Fish Sticks	Requires reliable KFP certification.
Flour	Flours in the market are Chametz. Requires reliable KFP certification.
Fruit	Any 100% - fresh or frozen. Can be purchased before or during Pesach.
Fruit, Dried	Any 100% pure without additives. Can be purchased before or during Pesach.
Fruit, Canned	In juice and/or in corn syrup. Must be purchased before Pesach.
Furniture Polish	Any. Can be purchased before or during Pesach.
Garlic / Garlic Powder, Granulated Garlic	Any with year-round reliable certification. Must be purchased before Pesach.
Grape Juice, Pure	Any with year-round reliable certification (light varieties not included). Can be purchased before or during Pesach.
Gum / Bubble Gum	Concord Confections Brand Dubble Bubble (the classic "twist" gum - any flavor) with year-round reliable certification Must be purchased before Pesach. All other brands require a reliable KFP certification.
Honey	Any 100% pure honey. Can be purchased before or during Pesach.
Hot Sauce	Sriracha, Texas Pete <u>Original</u> Hot Sauce, Frank's RedHot Sauce - Original . Must be purchased before Pesach.

Hydrogen Peroxide	Any. Can be purchased before or during Pesach.
Ice Cream	Plain vanilla with year-round reliable certification. Must be purchased before Pesach.
Ices	Any with year-round reliable certification. Must be purchased before Pesach.
Jams and Jellies	<u>Smucker's Simply Fruit: Strawberry, Blackberry, Concord Grape, Peach, Apricot, Red Raspberry PLEASE</u> <u>Smucker's Low Sugar: Strawberry & Concord Grape Preserves</u> <u>Smucker's Sugar Free: Strawberry Preserves</u> <u>Smucker's Jam: Concord Grape, Strawberry, Raspberry, Blackberry, Plum, Apple Butter</u> All above when bearing the Kosher emblem of the OU are acceptable for Pesach. Must be purchased before Pesach.
Juice	Any 100% pure fresh & frozen juices. Can be purchased before or during Pesach. Any juices which include grape require a year round reliable certification.
Ketchup	Hunt's, Heinz. Must be purchased before Pesach.
Legumes, Canned (Beans, chickpeas, lentils, etc.)	Any with a year round reliable certification. Must be purchased before Pesach.
Legumes; Dried (Beans, chickpeas, lentils, etc.)	Any with no other ingredients. Keep in mind that you need to check them and remove any other grain that may have been inadvertently mixed in it, before cooking it for Pesach.
Lemon/Lime Juice	Any. Can be purchased before or during Pesach.
Limes / Limoo Ammani (Persian Dried Limes)	Any. Can be purchased before or during Pesach.
Liquor	Requires reliable KFP certification.
Maple Syrup	Any 100% pure maple syrup. Must be purchased before Pesach.
Margarine / Imitation Butter	Fleischman, Benecol, Smart Balance light with Flaxseed oil, <u>Earth Balance Vegan Buttery Sticks</u> <i>I can't believe it's not Butter</i> – Light (Pareve) / The Original (Dairy) Must be purchased before Pesach.
Matzah	Requires reliable KFP certification.
Matzah, Egg	If made with fruit juice or egg- requires reliable KFP certification. Please note that even sick and elderly do not fulfill the obligation to eat matzah at the Seder with this type of matzah.
Mayonnaise	Any US domestic brand with a year round reliable certification. Must be purchased before Pesach. Lite Mayo and Mayo with Olive Oil are currently not approved.
Meat: raw, fresh or frozen	Any with a year round reliable certification. Must be purchased before Pesach. [without sauce and/or seasoning]
Medicine	See Medicine section below
Milk	ONLY Plain unflavored and Lactaid milk. Must be purchased before Pesach.
Milk, Chocolate	Any with a year round reliable certification. Must be purchased before Pesach.

Milk, Evaporated	Carnation, PET with OU-D emblem. Must be purchased before Pesach.
Milk, Sweetened Condensed	Eagle brand by Borden - OU-D. Must be purchased before Pesach.
Mineral Oil	Any. Can be purchased before or during Pesach.
Mineral Water	Any. Can be purchased before or during Pesach.
Miracle Whip	Acceptable when bearing the OK kosher emblem. Must be purchased before Pesach.
Mouthwash	Any. Must be purchased before Pesach.
Mustard	Any US domestic brand with year-round reliable certification. Must be purchased before Pesach.
Nail Polish	Any. Can be purchased before or during Pesach.
Nuts	Only raw [NOT roasted] -Any brand. Can be purchased before or during Pesach.
Oil (includes Avocado Oil, Canola Cottonseed oil, Coconut oil, Palm Oil, Peanut oil, Soybean Oil)	Any with a year round reliable certification. Must be purchased before Pesach.
Olive Oil, 100% Pure	Any with a year round reliable certification. Can be purchased before or during Pesach.
Olive Oil, Extra Virgin	Any with a year round reliable certification (even for Ashkenazim). Can be purchased before or during Pesach.
Onion powder	Any with year-round reliable certification. Must be purchased before Pesach.
Oven Cleaner	Any. Can be purchased before or during Pesach.
Paper Plates	Any. Can be purchased before or during Pesach.
Peanut Butter	Any with a year round reliable certification. Must be purchased before Pesach.
Pickle Products	Any US domestic brand with reliable certification for all year round. Must be purchased before Pesach.
Plastic Wrap	Any. Can be purchased before or during Pesach.
Popcorn	Any raw kernels. It should be checked for wheat or other grains before Pesach, like rice.
Potato Chips, Plain Salted	Any unflavored with a year round reliable certification. Can be purchased before or during Pesach.
Potato Chips, Cape Cod	Kettle Cooked Potato Chips- <u>Original</u> . Can be purchased before or during Pesach.
Potato Chips, Lay's	Classic, Wavy Potato Chips- <u>Original</u> , Kettle Cooked Potato Chips- <u>Original</u> . Can be purchased before or during Pesach.
Potato Chips, Ruffles	Original. Can be purchased before or during Pesach.
Poultry (Chicken, turkey, etc.) raw, fresh or frozen	Any with a year round reliable certification. Must be purchased before Pesach. [without sauce and/or seasoning]
Prepared Foods	Require reliable KFP certification.
Quinoa	Raw with no seasonings, no matter where it was grown. It should be checked for wheat or other grains before Pesach, like rice.
Rice	See page 10
Rice Milk/Original	Organic with a year-round reliable certification. Must be purchased before Pesach.

Salad Dressing	Ken's Brand: Honey Mustard, Italian, Zesty Italian, Raspberry Walnut Vinaigrette Dressing, and Simply Vinaigrette Olive Oil & Vinegar (<i>when bearing an OU for all year round use</i>). Must be purchased before Pesach.
Salt	Any.
Sauces & Dips	Requires reliable KFP certification.
Seaweed	Any unflavored with a year round reliable certification. Must be purchased before Pesach.
Seltzer (Unflavored)	Any unflavored seltzer. Must be purchased before Pesach.
Seltzer (Flavored)	Requires reliable KFP certification.
Silver Polish	Any. Can be purchased before or during Pesach.
Soap	Any. Can be purchased before or during Pesach.
Soft Drinks/Soda	Coca Cola Classic (excluding Diet & Zero), Caffeine Free Coca Cola Classic (excluding Diet & Zero), Fanta Orange (excluding Zero), Mello Yellow (excluding Zero), Gold Peak (Sweetened & Unsweetened) Lemon Iced Tea, Gold Peak (Sweetened, Slightly Sweet & Unsweetened) Southern Style Iced Tea (excluding Zero), Minute Maid Fruit Punch, Minute Maid Grape, Minute Maid Lemonade, Minute Maid Orange, Nestea Citrus Green Tea, Nestea Cool Lemon, Nestea Green Tea Peach. Must be purchased before Pesach. NOTE: ALL Diet & Zero varieties require reliable KFP certification.
Sour Cream	Any with a year round reliable certification. Can be purchased before or during Pesach.
Soy Milk/Original	Silk, Organic. Must be purchased before Pesach.
Soy sauce	Requires reliable KFP certification.
Spices	Any 100% pure spice. Sumac Spice from the DeKalb Farmer's Market in Atlanta, GA is not approved for Pesach. Must be purchased before Pesach.
Styrofoam plates/cups etc.	Any. Can be purchased before or during Pesach.
Sugar, Brown	Domino brand. Can be purchased before or during Pesach.
Sugar, Confectioner's	Any US domestic brand is acceptable. Must be purchased before Pesach.
Sugar, Granulated	Any brand of granulated white or brown sugar. Can be purchased before or during Pesach.
Sunseed	Vita Prima Sun Salad. Must be purchased before Pesach.
Tahini	Any 100% Pure Tahini. Can be purchased before or during Pesach.
Tea, Decaffeinated	Lipton Tea bags. Must be purchased before Pesach.
Tea, Iced	Arizona (Any flavor except diet), Lipton iced tea powder mix. Must be purchased before Pesach.
Tea, Instant	Lipton Tea bags. Must be purchased before Pesach.
Tea, Regular	Any brand pure, unflavored tea leaves or tea bags. Must be purchased before Pesach.
Tequila	"Top Shelf" tequila that is labeled 100% agave is generally acceptable for Pesach. Lower range tequilas can have other added sugars and should be avoided. A list of approved tequilas will be shared when it is made available.

Tissues	Any, including scented tissues
Tofu	Any with a year round reliable certification. Must be purchased before Pesach.
Tomato Juice	Any with a year- round reliable certification. Must be purchased before Pesach.
Tomato Paste	Any with a year-round reliable certification. Including Hunt's & Heinz. Must be purchased before Pesach.
Tomato Sauce	Any with a year-round reliable certification. Including Hunt's & Heinz. Must be purchased before Pesach.
Tomato, Diced or Crushed	Any with a year-round reliable certification. Must be purchased before Pesach.
Tomato, Whole Canned	Any with a year-round reliable certification. Must be purchased before Pesach.
Toothpaste	Any. Can be purchased before or during Pesach.
Toothpicks	Any. Can be purchased before or during Pesach.
Tuna, in oil	Any with a year- round reliable certification in Vegetable Oil or Olive Oil only. Must be purchased before Pesach.
Tuna, in water	Requires reliable KFP certification.
Vegetables, Fresh	Any. Can be purchased before or during Pesach.
Vegetables, Frozen	Any plain. Can be purchased before or during Pesach.
Vinegar	Any Apple Cider, Red Wine, Distilled White & Balsamic U.S. domestic brand with reliable certification for all year round. Must be purchased before Pesach. Malt vinegar is NOT acceptable for Pesach use.
Vodka	Zachlawi Vodka bearing OU-P Zachlawi Sweet Potato Vodka bearing OU-P
Water	Any brand, even with electrolytes. Can be purchased before or during Pesach.
Wax Paper	Any. Can be purchased before or during Pesach.
Whip Topping	Rich's. Must be purchased before Pesach.
Wine	Any 100% GRAPE wine or juice that is labeled as acceptable for Kiddush & Havdalah with a year-round reliable certification. See also page 12.
Yogurt, plain	Any U.S. domestic brand. Any Greek yogurt with reliable year-round certification. Can be purchased before or during Pesach.
Yogurt, Flavored	Chobani Greek Yogurt: Plain, Apricot, Blackberry, Black Cherry, Blueberry, Mango, Vanilla Mixed Berry, Passion Fruit, Peach, Pineapple, Pomegranate, Raspberry, Strawberry, Strawberry banana. Must be purchased before Pesach.

Rice

Rice is a primary staple food for many people. When rice is processed into white rice, the fiber and nutrient rich outer bran is stripped first, leaving behind the germ and endosperm. In many cases, the nutritious germ is lost as well during the polishing process. As a result, white rice is not terribly nutritious, naturally. Therefore, the U.S. Food and Drug Administration (FDA) requires that any rice labeled “enriched”, regardless of its point of origin - whether domestically grown or imported - must contain at least the minimum levels of thiamin, niacin, iron and folic acid as specified in the Code of Federal Regulations. By contrast, “Organic Rice” may not contain other nutrients, in compliance with the regulations set forth by the International Federation of Organic Agriculture Movements (IFOAM). Although the USDA does not require any import permit to import processed “Natural Rice” such as Basmati, Jasmine, etc., without enrichment, for food consumption to the U.S., in some countries abroad the trend has become to enrich their natural rice that is intended for import purposes. The production process described above may cause chametz to be introduced into regular rice.

- Niacin (Vitamin B3) is produced through a synthetic process that utilizes enzymatic processes in commercial production. The enzymes used in the process are not of any chametz concern
- Iron (ferrous sulfate) is an inorganic chemical and is not of any chametz concern.
- Folic Acid (Vitamin B9) is an innocuous ingredient and presents no issues for Pesach.
- Thiamin (Vitamin B1) is a vitamin that is made through reaction of ethanol with formic acid to produce ethyl formate that is used to make Vitamin B1. Ethanol can be made using wheat, sugar cane, sweet potato or corn. Because there are no federal regulations governing the production process, commercial producers manufacture ethanol using the cheapest available base product. From a kashrut perspective, this makes it impossible to verify that the ratio of ethanol is less than 1/60 of the total mix that is utilized to produce the final product.

Due to the concerns with thiamin, some Poskim advise against using enriched rice on Pesach. However, considering the fact that all four vitamins are blended together along with a carrier and then only 3/10 of a pound of enrichment is added to every one thousand pounds (0.03%) of rice, the enrichment is considered null & void. **Hence, if you purchase enriched rice for Pesach, it should be rinsed well before cooking to remove any added vitamins.**

The following chart is a useful reference for purchase qualified kosher rice for Pesach. Keep in mind that you need to check the rice and remove any other grain that may have been inadvertently mixed in it, before cooking it for Pesach.

Type of rice	If Labeled...	Ingredient List	Acceptable for Pesach?
Domestic brand of Rice	Enriched	Includes above listed enrichments	Yes – Buy before Pesach
Natural Rice - Imported Rice such as Jasmine or Basmati	Enriched	Includes above listed enrichments	Yes – Buy before Pesach
Natural Rice – Imported Rice such as Jasmine or Basmati	Natural Rice	Natural Rice	Yes
Natural Rice - Imported Rice such as Jasmine or Basmati	Natural Rice	It is never enriched	Yes – You may buy it even during Pesach. However, keep in mind that you do not wish to possess any other grain that may have been mixed in the rice. Check it and dispose of any other grain mixed in it before using.
Organic Rice	It is never enriched	It is never enriched	Yes – You may buy it even during Pesach. However, keep in mind that you do not wish to possess any other grain that may have been mixed in the rice. Check it and dispose of any other grain mixed in it before using.

Pesach Wines

Some people follow a stringency of not using any wine that contains added sugar or water. Preferably, if there is **less** than one part of water to two parts of wine, and the blend still tastes like authentic wine, the mixture is still considered wine.

All OU approved Table Wines (Dry Wines) are not blended with any water.

The following varieties of “Kedem Estate Wines” are free of water and/or sugar.

Kedem Estates	Blush Chablis (750 MI)	Mevushal
Kedem Estates	Reduced Carb Light Red	Mevushal
Kedem Estates	Cabernet Soft 1.5L	Not Mevushal
Kedem Estates	Chardonnay	Mevushal
Kedem Estates	Eshkol Ruby Red No Sulfites (Organic)	Mevushal
Kedem Estates	Blush Chablis (1.5 L)	Not Mevushal

All other varieties are made with more than 70% single strength fermented grape juice/wine, and are accordingly acceptable for ארבעה כוסות and Kiddush. Accordingly, when one wishes to dilute wine with water, the maximum amount of water should be less than 20% and the remaining 10% should be wine or grape juice.

The following varieties of Grape Juice which may contain artificial sweetener; is blended with more water. Accordingly, it should not be blended with more than 10% water to be qualified for ארבעה כוסות and Kiddush.

- Light White Grape Juice Beverage
- Light Concord Grape Juice Beverage
- Sparkling Light Concord Grape Juice

All Mevushal wines and grape juices are heated to a minimum 180 F. They are accordingly are Mevushal and labeled as Mevushal. Non-Mevushal wines are not heated at all during the production process. However, some (sweetened) wines and grape juices, are heated below the temperature 160 F, and thus are labelled Non-Mevushal.

IMPORTANT NOTE: Several varieties of Manischewitz wine such as blackberry and cherry wine, do not contain grapes, and may not be used for Kiddush or the four cups of the Seder (or Kiddush & Havdalah during the rest of the year). The Beracha of these varieties is “Shehakol” and not “Borei Peri Hagefen”.

Cosmetics & Toiletries

Anything which is poisonous/dangerous to ingest is, by definition, not chametz, even if it contains one of the five grains which make chametz - and may be used for Pesach. In particular, “denatured alcohol” or “alcohol denat.” is poisonous. Drinkable alcohol is listed as “ethyl alcohol” or “alcohol” on ingredient list). Thus, all varieties of blush, body soap, creams, eye shadow, eyeliner, face or foot powder, lotions, mascara, nail polish, nail polish remover, ointments, shampoo, and stick deodorant are permitted on Pesach.

Medicine

All pill medications-with or without chametz-that one swallows whole are permitted. Vitamins and food supplements do not fall into this category. Please consult a competent Rabbi whether your specific condition, qualifies you to take vitamins or supplements.

Liquid and chewable medications that may contain chametz (alcohol, starch) should only be used under the direction of a doctor and competent rabbi who would qualify the severity of the illness, the likelihood that the medication contains chametz and the possibility of substituting it with non-chewing pill. **PLEASE**, do not discontinue taking liquid, chewable or any other medicine that are prescribed by your doctor without consulting with your doctor and rabbi.

Brief Medication List

This list is not exhaustive, and any medication meeting the above criteria, may be used.

Allergy, Cold and Pain Relief:

Adwe – Stool Softener

Advil Tablets & Caplets

Afrin (nasal spray)

Aleve

Allegra-D- 12 Hours Tablets

Alka Seltzer – Original tablets

Aspirin; St. Joseph (adult & children's chewable)

Claritin- Syrup & Tablets;

Contact D

Coricidin Cold & flu: Cough & Cold

Drixoral all

Konsyl Powder - Unflavored

Motrin tablets, caplets, Children's Cold Oral Suspension Dye Free, Children's Cold Oral Suspension, Children's & Jr. Strength Chewable Tablets; Infant Drops

Nasonex Nasal Spray,

Pediacare: Allergy, Long Acting, and Decongestant Syrups

Singulair Oral Granules & Chewable

Sinex, Nasal Spray

Tums Regular, E-X, Ultra

Tylenol reg., extra strength-tablets, caplets, Allergy Complete, Adult Liquid Cherry Pain Reliever, With Codeine Elixar, PM Liquid, Plus /Cold & Runny Nose, Sore Throat Liquid AM& PM, Children's Suspension (Strawberry, Bubble Gum, Grape.) Children's Tablets & Liquid, Children's Cold & Cough Chewable and Suspension, Children's Plus Cold & Cough Suspension, Children's Cold Chew Tabs, Infant concentrated Drops, Junior Strawberry soft chews, Max Strength Flu Nighttime Liquid, Meltaways Children's, and Jr. Vick's Dayquil, Nyquil

Antacids:

Bromo Selzer
 Di-Gel tablets
 Dramamine
 Prevacid Delayed Release Caps & Oral Suspension.
 Pepto-Bismol (all forms);
 Tums: Regular, E-X, Ultra (Smoothies & others contain chametz)
 Rolaids
 Pepcid: Tablets, AC, Complete, Chews
 Philip's Milk of Magnesia

Other digestion related medications:

Imodium (Chewable, Tablets and Liquid);
 Colace: liquid, syrup and capsules;
 Metamucil: capsules & powder & wafers are approved Milk of Magnesia;
 Miralax
 Senokot – tablets only

The following prenatal vitamins do not contain chametz:

Prenate Elite, DHA
 Vi-Daylin;
 Pedialite;
 Fer-Iron Drops
 Freeda PreNatal 1 A Day

Vitamins

Vitamins are normally not considered medication, but rather a food supplement. As such, most Rabbanim feel that vitamins should have supervision in general and for Passover in particular. Many Rabbis hold that pre-natal vitamins that are taken *as directed by a doctor*, should be used without hesitation. Any other cases when your doctor prescribes a specific vitamin that must be taken on Passover should be taken only after consulting your doctor and your Rabbi.

Nutritional Supplements, Pediatric Supplements & Electrolytes, and Baby Formulas

THE PRODUCT BRANDS LISTED BELOW ARE NOT CERTIFIED KOSHER FOR PASSOVER BY THE OU. NONETHELESS THE OU HAS IDENTIFIED THESE PRODUCTS AS HALACHICALLY ACCEPTABLE FOR INFANTS AND THOSE WHO ARE ILL.

Medical Nutritional Supplements

Arginaid, Arginaid Extra, Benecalorie, Beneprotein, Boost Glucose Control, Boost High Protein, Boost Nutritional Pudding, Boost Plus, Diabetishield, Diabetisource Ac Enlive, Ensure Complete Nutrition Shake, Ensure Healthy Mom Shake, Ensure High Calcium Shake, Ensure High Protein Shake, Ensure Hn, Ensure Homemade Shake, Ensure Plus, Ensure Plus Hn, Ensure Plus Next Generation, Ensure Shake, Ensure Twocal, Fibersource Hn, Glucerna 1.0, Glucerna 1.2, Glucerna 1.5, Isosource, Isosource Hn With Fiber, Jevity 1.0, Jevity 1.2, Jevity 1.5, Nepro, Nepro Vanilla, Nepro With Carb Steady Flavored, Novasource Renal Nutren (Product Line), Osmolite 1.0, 1.2, 1.5, Osmolite Hn (Unflavored), Perative, Promote (Except Promote With Fiber), Pulmocare, Resource 2.0, Resource Dairy Thick, Resource Diabetic, Resource Milk Shake Mix, Resource Thicken Up, Resource Thickened Juice, Resource Shake Plus Simply Thick, Thick & Easy – All, Thick-It, Vivonex Pediatric, Vivonex Plus, Vivonex Ten V. Ivonex Ten

Pediatric Supplements

Boost Kid Essentials, 1.0, 1.5, Boost Kid Essentials With Fiber, D-Vi-Sol, Enfamil 5% Glucose Water, Fer-In-Sol Drops, Poly-Vi-Sol Drops, Tri-Vi-Sol Drops, Resource Just For Kids With Fiber, Pediasure Peptide, Pediasure Vanilla Powder, Pediasure Shakes, Pediasure Shakes.

Pediatric Electrolytes

Bright Beginnings, Comforts For Baby, Cottontails, Cvs Pharmacy, Goodness, H-E-B Baby, Home 360 Baby, Mom To Mom, Naturalyte, Shoprite, Parent's Choice, Pedialyte (All Flavors), Top Care, Walgreen's, Western Family

Baby Formulas

365 Everyday Value, Ameribella, America's Choice For Baby, Babies R Us, Baby Basics, Baby's Choice, Baby's Only Organic, Bear Essentials, Belacta, Belacta Premium, Belactasure, Berkley & Jensen, Bright Beginnings, Cottontails, Cvs, Daily Source, Discount Drug Mart, Earth's Best, Elecure, Enficare, Enfagrow, Enfalac, Enfamil, Enfapro, Food Lion, Full Circle, Fulton Street Market, Gerber Good Start, Giant, Giant Eagle Baby, Hannaford, H-E-B, Heinz Nurture, Home 360 Baby, Hy-Vee, Isomil, Kirkland Signature, Kuddles, Laura Lynn, Life Brand, Little Ones, Meijer Baby, Member's Mark, Mom To Mom, Moo Buckaroo, Mother's Choice, My Organic Baby, Nature's Place, Nestle Good Start, Next Step, Nutraenfant, O Organic Baby, Parent's Choice, Premier Value, President's Choice, Price Chopper, Publix, Rite Aid – Tugaboos, Shopko, Shufersal, Similac, Similac Lemehadrin, 1, 2 & 3, Simply Right, Stop & Shop, Sunrise, Supervalu, Target, Tippy Toes By Topcare, Top Care, Topco, Up & Up, Vermont Organics, Walgreens, Wegmans, Well Beginnings, Western Family.

Pet Foods

Cats

Blue Freedom Grain Free Indoor (canned)—Chicken for Kittens, Chicken for Cats, Fish, Flaked Chicken in Tasty Gravy, Chicken for Mature Cats
Friskies (canned): Paté Chicken and Tuna Dinner, Paté Classic Seafood Entrée, Paté Turkey and Giblets, Paté Country Style Dinner, Paté Mariners Catch, Paté Salmon Dinner
Kirkland (Costco) (dry): Healthy Weight Indoor Adult, Maintenance Chicken & Rice, Natures Domain Salmon Meal & Sweet Potato
Merrick Grain Free Limited Ingredient Diet (canned): Real Chicken, Real Duck, Real Salmon, Real Turkey, Real Tuna
Merrick Purrfect Bistro Grain-Free (dry): Adult (Healthy Weight, Real Chicken and Sweet Potato), Healthy Senior, Healthy Kitten
Merrick Purrfect Bistro Grain-Free (canned): Chicken Casserole Morsels, Chicken Divan Morsels, Salmon Paté, Tuna Paté
Prescription Diet: a/d, d/d except duck, m/d canned only, r/d, s/d, t/d, z/d.
Wellness Core Grain-Free (dry): Adult , Indoor, Kitten, Original
Wellness Core Grain-Free Classic Paté (canned): Indoor, Kitten, Whitefish & Salmon & Herring
Natural Balance: Green Pea & Salmon formula, Green Pea & Chicken Formula, Green Peas & Duck Formula.

Dogs

Alpo Chop House (canned): Filet Mignon and Bacon Flavors cooked in Savory Juices, Prime Rib Flavor cooked in Savory Juices, Roasted Chicken and Top Sirloin Flavors cooked in Savory Juices, T-Bone Steak and Ribeye Flavors cooked in Savory Juices
Blue Freedom Grain Free (canned): Chicken Recipe (Small Breed, Puppies), Grillers (Hearty Lamb, Hearty Chicken, Hearty Turkey)
Blue Wilderness Grain Free (canned): Duck & Chicken Grill, Salmon & Chicken Grill, Beef & Chicken Grill
Kirkland (Costco) Natures' Domain (dry): Salmon Meal and Sweet Potato, Turkey Meal and Sweet Potato
Mighty Dog: (canned no gravy): Chicken Egg & Bacon Country Platter, Chicken & Smoked Bacon Combo, Hearty Beef Dinner, With Lamb and Rice.
Prescription Diet: a/d, d/d, h/d, s/d, u/d, r/d.
Wellness Core Grain Free (dry): Ocean, Original, Reduced Fat, Small Breed Original.
Wellness Core Grain Free (canned): Beef & Venison & Lamb, Puppy, Turkey & Chicken Liver & Turkey Liver, Whitefish & Salmon & Herring
Wellness Core Grain Free Ninety Five Percent (canned): Beef with Carrots, Chicken with Broccoli, Turkey with Spinach

Fish

Zoo Med Laboratories Giant Plankton Banquet Block Feeder and Tetra Tropical Slow Release Feeders (Tetra Weekend 5 days, and Tetra Vacation 14 days).
Goldfish and tropical fish - Tubular worms, frozen brine shrimp, and freeze-dried worms without fillers