

# STAR-K APPROVED OVER - THE - COUNTER MEDICATION LIST 2009-2010

## CERTIFIED PRODUCTS

The following is a partial list of companies with kosher certified supplements, health, and pharmaceutical products. Products are certified only when bearing the STAR-K symbol. See letter of Kosher Certification for all listings.

Star-K Certified (when bearing Star-K Symbol)		
Amway/Access Business Group	Arizona Nutritional Supplements	Life Science Laboratories
Melaleuca	Nature's Sunshine	Nutralife Health Products
Raritan Pharmaceuti- cals	Shaklee	Simplexity
Sunrider	Swanson Vitamins	Trout Lake Farm
Virun	Wellness Pro	Wholefoods

Additional Kosher vitamins and supplements certified by various Kashrus agencies are available at [www.koshervitamins.com](http://www.koshervitamins.com). Consumers should confirm that the Kosher symbol from a reliable certifying agency is on the label of the product.

## APPROVED MEDICATIONS (2009 - 2010)

This medication list is a small sample of frequently used over-the-counter (OTC) medications. Prescription medications are not included on this list. If a medication is not listed, it still may be kosher. One should consult a Rav. Certifying agencies are indicated next to products that have kosher certification. It is imperative that each individual understand that under no circumstances should one refrain from taking a prescribed medication or withhold such a medication from children without discussing the matter with a competent Rav and/or physician. **NOTE: Products are approved only when sold in the United States and in the indicated form (e.g. "caplets", "children's", etc.). This list should NOT be used for Pass-over. This list was prepared in 2009 and should not be used after December 2010.**

<b>ANTACIDS</b>		
<b>Alka Seltzer</b>	<b>Effervescent &amp; Antacid Pain Reliever Tablets</b> (Original, Gold, Lemon Lime, Heartburn Relief, P.M., Extra Strength), Wakeup Call!	
	<b>Plus Effervescent Tablets</b> Cold Cherry Burst, Cold & Cough, Cold Orange Zest, Cold Sparkling Original, Day & Night, Flu Formula, Night Cold Formula, Sinus Formula	
<b>Dr. Choice Antacid</b>	when bearing STAR-K	
<b>Freeda</b>	Calcium Carbonate Chewable and Cal Mints Tablets	
<b>Gas-X</b>	Regular & Extra Strength Chewables	
	With Maalox Chewable Tablets Extra Strength (Wildberry, Orange)	
<b>Gaviscon</b>	Antacid Reg & Ex Str Tabs	
<b>Maalox</b>	Tablets - when bearing OU	
	Suspension - when bearing OU	
<b>Mylanta</b>	Chewables	Children's Chewables (Bubble Gum)
		Ultimate Strength (Cherry, Cool Mint)
	Liquid	Maximum Strength (Original Flavor only)
		Regular Strength (Original, Mint)
		Supreme (Cherry)
Ultimate Strength (Cherry, Mint)		
<b>Mylicon</b>	Infant Drops (Regular & non staining)	
<b>Pepcid AC</b>	Original & Max Str Swallowable Tablets	
	Complete Chewable Tablets (Berry, Cool Mint Flavor) - <b>Dairy</b>	
<b>Rolaids</b>	Regular Strength Tabs: Original Peppermint	
	Extra Strength Tabs: Freshmint, Fruit	
	Multi-Symptom Tabs: Berry, Cool Mint	
<b>Tums</b> when bearing Diamond-K	Regular Tabs - Assorted Fruit, Peppermint	
	EX Tabs - Assorted Berries, Assorted Fruit, Assorted Tropical Fruit, Wintergreen	
	Ultra Tabs - Asstd Berries, Asstd Fruit, Asstd Tropical Fruit, Peppermint, Spearmint	
	Smoothies - Peppermint, Tropical, Berry Fusion	
	Smoothies- Assorted Fruit, Cocoa & Crème - <b>Dairy</b>	
<b>ANTI DIARRHEAL</b>		
<b>Imodium</b>	A-D Caplets	
	A-D EZ Chews	
	Advanced Chewable Tabs & Caplets	
<b>Kaopectate</b>	Regular, Cherry, Vanilla & Peppermint Liquid	
	Extra Strength Peppermint Liquid	

<b>Pepto Bismol</b>	Original & Cherry Chewable Tabs	
	Original Liquid	
	Maximum Strength Liquid	
<b>ANTI-NAUSEA</b>		
<b>Bonine</b>	Chewable Tablets	Original - Dairy
		Chewable for Kids
<b>Dramamine</b>	Chewable Tablets	
	Original Formula Tablets - <b>Dairy</b>	
	Less Drowsy Tablets - <b>Dairy</b>	
<b>COLD, ALLERGY &amp; DECONGESTANTS</b>		
<b>Actifed</b>	Cold & Allergy Tablets	
<b>Allavert</b>	Allergy (easy to swallow) Tablet - <b>Dairy</b>	
	Quick Dissolving Tablets (Mint & Citrus Burst)	
	Allergy & Sinus D-12 Tablets - <b>Dairy</b>	
<b>Aleve</b>	Cold & Sinus - <b>Dairy</b>	
<b>Benadryl</b>	Children's Allergy Fastmelt Tablets - (Cherry, Grape)	
<b>Benadryl-D</b>	Allergy and Sinus Ultra Tab Tablets	
<b>Chlor-Trimeton</b>	4-hr Allergy Tabs - <b>Dairy</b>	
<b>Claritin</b>	Non-Drowsy 24-hr Allergy Tablets - <b>Dairy</b>	
	Claritin-D 12 Hour Allergy & Congestion Tablets - <b>Dairy</b>	
	Claritin Grape Chewable Tablets	
	Claritin D 24 Hour Allergy & Congestion Tablets	
<b>Coricidin HBP</b>	Cold & Flu Tablets - <b>Dairy</b>	
	Cough & Cold Tablets - <b>Dairy</b>	
	Max Str Flu Tablets - <b>Dairy</b>	
<b>Dimetapp</b>	Non Drowsy Allergy Tablets	
<b>Freeda</b>	Anti - Allergy Tablets	
<b>Mucinex</b>	Tablet (regular)	
	D Tablet	
	DM Tablet	
	Cough - (Orange Creme mini-melts)	
	Expectorant -Tablets	
	Max Strength Tablets	
<b>Sudafed</b>	12-hr Non-Drowsy Caplets	
	PE Sinus & Allergy Tablets	
	Sudafed PE Severe Cold Caplets	
<b>Triaminic Liquid</b>	when bearing OU	
<b>Tylenol</b> see also Pain Reliever section	Infant's Plus Cold & Cough Drops	
	Sore Throat Liquid (Cool Burst)	
	Severe Allergy Caplets	

<b>Vicks</b>	Children's Nyquil Cold/Cough Relief Liquid
	Nyquil Cough Liquid
	Nyquil Multi-Symptom Cold-Flu Relief (Original, Cherry) Liquid
<b>Zyrtec</b>	10mg tablets (Swallow) - <b>Dairy</b>
	Zyrtec-D Tablets - <b>Dairy</b>
<b>FIBER</b>	
<b>Citrucel</b>	Caplets
	Reg & Sugar Free Orange Flavor Powder
<b>Dr. Choice</b>	<b>Fiber Powder &amp; Tablets</b> - when bearing STAR-K
<b>Fibercon</b>	Caplets
<b>Konsyl</b>	Powder - when bearing OK
<b>Metamucil</b>	All Powders
<b>Shaklee</b>	Fiber Plan Dietary Supplements (Unflavored) - when bearing Star-K
	Fiber Plan Tablets- when bearing Star-D <b>Dairy</b>
<b>LACTOSE INTOLERANT</b>	
<b>Lactaid</b>	Original & Fast Act Caplets - when bearing OU
	Fast Act Chewable (vanilla twist) when bearing OUD <b>Dairy</b>
<b>Dr. Choice</b>	Dairy Digestive - STAR-K
<b>LAXATIVES</b>	
<b>Colace</b>	Liquid 1% Solution
<b>Ex Lax</b>	Reg & Max Str Pills
	Chocolated Pieces - <b>Dairy</b>
<b>Miralax</b>	
<b>Perdiem</b>	Overnight Relief Pills
<b>Philips'</b>	Original & Mint Milk of Magnesia Liquid
	Caplets, Chewable Tablets
<b>Senekot</b>	Regular Tablets - <b>Dairy</b>
	Senokot-S (Stool Softener) Tabs - <b>Dairy</b>
<b>Shaklee</b>	Herblax - STAR-K
<b>PAIN RELIEVERS</b>	
<b>Aleve</b>	Caplets & Tablets
<b>Anacin</b>	Reg Strength Tabs
	Max Str Tabs
	Aspirin-Free Extra Strength Tabs
	Anacin Advanced Headache Formula-Tablets
<b>Bayer</b>	PM Caplets
	Extra Strength Plus- Buffered Caplets
	Low Dose Chewable 81 mg, (Cherry, Orange)

<b>Ecotrin</b>	Aspirin Tablets (325mg & 500mg)
<b>Goody's</b>	Ex Str, PM, Body Pain Powder - <b>Dairy</b>
	Cool Orange Powder
<b>Motrin</b>	Regular Tablets & Caplets
	Junior Strength Chewables (orange, grape)
<b>St. Joseph</b>	Chewable Tablets (81mg)
<b>Tylenol</b> also see Cold, Allergy Decongestion section	8 Hour Caplets
	Extra Strength - Caplets
	EZ Tabs
	Cool Caplet
	PM Caplet
	PM Vanilla Liquid
	Rapid Blast Liquid
	Regular Strength Tablets
	Children's Meltaways (Bubblegum, Grape, Watermelon)
	Junior Strength Tylenol Meltaways (Bubblegum, Grape, Watermelon)
<b>Vanquish</b>	Caplets
<b>SLEEPING AIDS</b>	
<b>Nytol</b>	Quick Caps - <b>Dairy</b>
<b>Sominex</b>	Original Formula Tablets
<b>Unisom</b>	Sleeptabs Tablets

## PRODUCTS ALWAYS APPROVED

The following are products that may always be used without kosher certification: Antibiotics for an infection - except for those skin infections known to be non-life threatening (e.g. acne), Canker Sore Medication, Castor Oil (with no additives), Enemas, Injections, Intravenous (IV), Mineral Oil (with no additives), Sodium Bicarbonate (pure baking soda), Externally applied products including: Antiseptics, Creams, Dermatologicals, Ear Drops, Emollients, Epsom Salts, Eye Drops, Gels, Lotions, Oils, Ointments, Nasal Sprays, Powders, Rubbing Alcohols, Shampoos, and Soaps.