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December 2010

Kislev 5771

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CLUB PRICE



1.39
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Chocolate or Vanilla.



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 Oleina de Palma -OU
 Brand: Makro
 Aceite de Soya-Soy Oil, OU
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 * From: W. H. Escott Co. Ltd., Canada
 Brand: Harvest Time
 Barley Pearled, OU
 Beans Great Northern, OU
 Beans Pink, OU
 Buckwheat Coarse, OU
 Lentils Eston, OU
 Oats, OU
 Poppy Seed, OU
 Rice Sweet & Wild, OU
 Wheat Germ, OU
 Brand: Rice Bowl
 Rice Brown Fancy, OU
 Rice Pearl Grain, OU
 Rice White Short Grain, OU
 * From: Hansen Beverage Do., Corona, CA
 Brand: Blue Sky
 Mocha Mountain Cafe' Energy Drink , OU-D
 Vanilla Sky Cafe' Energy Drink, OU-D
 Brand: Java Monster
 Big Black Cappuccino, OU-D
 Kona, OU-D
 Mean Bean Cappuccino, OU-D
 Russian Cappuccinio, OU-D
 Vanilla Light, OU-D
 * From: Langer Juice Co., Inc., City of Industry, CA
 Brand: Langers
 Apple Juice, OU
 Cranberry Berry Juice Cocktail, OU
 Cranberry Juice Cocktail, OU
 Fruit Punch, OU
 Orange Juice, OU
 Pomegranate Cocktail, OU
 Ruby Red "Jugo de Toronja de Concentrado", OU
 * From: Nestle Healthcare

Nutrition, Minnetonka, MN
 Brand: Nestle Nutrition
 9517484 Resource Plus Hot Cereal Mix-Oatmeal, OU-D
 9517485 Resource Plus Hot Cereal Mix-Farina, OU-D
 9519781 Resource Pureed Bread Mix, OU-D
 9521467 Dietsource Reduced Calorie White Cake Mix, OU-D
 9521468 Dietsource Reduced Calorie Chocolate Cake Mix, OU-D
 * From: Oliviers & Co., SA, France
 Brand: O&CO
 Extra Virgin Olive Oil, OU
 Extra Virgin Olive Oil Specialty with Chili, OU
 Extra Virgin Olive Oil Specialty with Lemon, OU
 Extra Virgin Olive Oil Specialty with Mint, OU
 * From: Rieme Boissons, France
 Brand: Rieme Boissons
 Blood Orange, OU
 Lemon, OU
 Mortuacienne Mandarine Lemonade, OU
 Orange Lemonade, OU
 Tradi Export, OU
 * From: SGS Foods LLC, Teaneck, NJ
 Brand: Slurpin Good Soup
 Black Bean Soup, OU
 Butternut Squash Jalapeno Soup, OU
 Tomato Soup w/ Basil and Orzo, OU
 Vegetable Chili Soup, OU
 * From: Shamrock Seeds (2006) Ltd., Canada
 Brand: Shamrock Seeds
 Alfalfa Seed, OU
 Flax, Golden, OU
 Lentils, Eston, OU
 Lentils, Red, OU
 Peas, Green, OU
 Peas, Yellow Split, OU
 Soybeans, OU
 * From TA Foods, Canada
 Brand: TA Foods
 Flaxseed Ground, OU
 Flaxseed Oil Brown, OU
 Flaxseed Whole, OU
 * From: Stone Mill Inc., Richardton, ND
 Brand: Stone Mill Inc., Barley, OU

Flax Brown, OU
 Mustard Yellow, OU
 Rye, OU
 Wheat Durum, OU
 From ISRAEL: Update from Badatz Beit Yosef
 * The Charutzim Restaurant, located at YadHaCharutzim Street in the Talpiot area of Jerusalem is now under the supervision of Badatz Beit Yosef.
 The phone number of the meat restaurant is 02-678-4054
 * Shmitah Alert: Teperberg Wines
 The Eida Chareidit released a kashrus alert pertaining to certain Teperberg wines, including the Silver collection, which are from Shmitah year and only have a hechsher from the Rabbinat, not the badatz agency.
 * The bottles and the labels are identical to those with a badatz hechsher and one may not realize that all the bottles do not have the same hechsher. The label will however state "from shmitah year".
 * "Jerusalem Kosher News – www.jerusalemkoshernews.com - jerusalemkn@gmail.com As of November 22, 2010
 * WELLNESS PRO, Encino,CA, is no longer Star-K or Star-D certified. Wellness Pro produces nutritional shakes and supplements including Balanced Nutrition-Meal Replacement for Men and for Women and Block 'n Burn. These products are no longer Star-K or Star-D certified.
 * The latest Keeping You Kurrent is now available at www.star-k.org

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 UPDATES PLEASE CHECK
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 WE WISH ALL OUR READERS
 A HAPPY CHANUKAH

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A Closer Look At Vitamins, Supplements & Medications

In my experience over the past thirty years in Kashrus, I have come to expect a multitude of questions concerning the Kashrus status of such food items as Slurpees, M&M's, Nabisco products, etc. However, in more recent years the tide of these inquiries has changed to include concerns about "Which vitamins and supplements need Hashgacha?" It is widely known that in our times many Kosher consumers have become very health conscious and are, therefore, not only concerned about what foods are available in order to satisfy their sweet tooth but also which foods and supplements may they purchase in order to fulfill their quest for a healthier body. In addition, many people have cultivated a renewed interest in alternative medicines (such as herbs and other supplements) to accompany traditional medicine in seeking cures for various maladies. People often assume that vitamins and medicines share the same Halachos (Jewish laws). This is certainly not the consensus of our Poskim (Rabbis who interpret Halacha). Not long ago, I had the opportunity to discuss this complex issue with Reb

Elyashiv, Shiita, who was very clear in his opinion. He stated to me that in most cases, vitamins most definitely need a reliable Hashgacha in order to be considered usable by the kosher consumer. The exception to this, of course, is in the case where these vitamins or supplements are necessary for medical purposes and a kosher substitute cannot be found. In such a case, one must ask a competent Rav as to what to do, as is the case with all medicines. However, because most people take vitamins or supplements in order to increase their overall health and well-being, not necessarily to cure an illness, we give it the status of food, and therefore, it must have a reliable Hashgacha. Looking back in history, we can see a pattern of civilizations turning to the use of vitamins and supplements as a form of preventative medicine. In the late 1800's, in China, when metal or porcelain rollers replaced the stone rollers for the hulling of rice, they found that although the rice now had a more polished and appealing "look", it lacked the nutritious hull. As a result of this new polished rice there was an outbreak of beri-beri in China shortly after this invention. Doctors then had to find a way to replace this missing nutrient. They discovered the "vita mine".

"Vita" for life and "amine" for nitrogen. This is where many feel the manufactured vitamin had its official inauguration. In our times we have additional reasons for the need to add vitamins and supplements to our diets. Many feel that our environment, including many food products are contaminated with toxins or artificial additives. Many foods are processed in such a way that robs them of many of their natural and essential nutrients. Also many foods today have been treated with such things as hormones, pesticides, growth enhancers, as well as antibiotics which many feel pose a health risk to the consumer. In order to save precious time, people often opt for these processed foods rather than a more natural diet. Therefore, many are now turning to manufactured vitamins and supplements to provide these essential nutrients that have been stripped from our basic foods. As a matter of fact, so many nutrients have been removed from the food that we eat today that the FDA has required much of it to be replaced artificially in these food products in order to consider these foods "wholesome" for consumption. Since we rely so heavily on the additives or intake of vitamins today, we must be aware of the definitions of vitamins and supplements and understand their sources. The definition of "Vitamin" is any one of several essential organic substances your body needs in small amounts for normal functions." The definition of a "Dietary Supplement" as defined by federal law is "something that you use to supplement your diet, rather than as a whole food in itself." This may be consumed in pill, tablet, capsule or liquid form and qualifies as a vitamin, mineral, herb or other amino

This issue is dedicated in the name of
 HaRav Avraham Daniel Mordechai ben Miriam Sara & Fega Bat Yeta Rifkah.
 May Hashem grant him a refuah shleimah in the zechus
 of his being a constant osek b'tzorchai tzibuz.

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Virginia Gentleman

W L Weller

Consumers who already own one of these liquors are encouraged to ask their personal Rabbi whether returning the bottles to the store is considered to be having hana'ah (benefit) from chametz she'avar alav HaPesach. Lastly, we note that this notification does not cover the serious question of the status of whisky (or other chametz) owned on Pesach by a Jewish distributor who does or does not arrange for the sale of his chametz; consumers are once again encouraged to discuss this question with their personal Rabbi.

For updated information or questions regarding this notification, please email AKO at liquor@akokosher.org.

From the OU

* Regarding Pearl River Bridge Oyster Flavored Sauce from GUANGDONG PRB Bio-Tech Co.-China. Some Pearl River Bridge brand Oyster Flavored Sauce may mistakenly have an OU. This error was caught early on and the OU was removed from the label. Consumers spotting this product with an OU should please call the OU at 212-613-8344 or at genacks@ou.org.

From the OV

* (Vaad of St. Louis) the logo inadvertently appears on a variety of Ready Pac prewashed salads such as the Santa Barbara and Spring Mix. This was printed in error as these products are not certified by the OV due to concerns of insect infestation.

Triple washed iceberg and coleslaw varieties continue to be acceptable

From the Star K

* The following canned items produced by La Squisita bear an unauthorized Star-K: White Kidney Beans, Red Kidney Beans, Chick Peas.

Corrective action is being taken.

* Please be advised that the EDIBLE ARRANGEMENTS store located at 62 West 38th St, New York, NY, is claiming to be under Star-K certification. This store is not under Star-K certification. Any use of the Star-K or Star-D by this store is unauthorized

* The Star-K and Melaleuca Inc. are committed to upholding high Kosher standards. We are, therefore, notifying the public that a non-Kosher ingredient was used in Melaleuca's Fiberwise and Sustain drink products that bear the Star-D symbol. The amount of non-Kosher in the product is less than 1% and is therefore batel b'shishim (i.e. it is considered nullified as it is less than 1 part non-Kosher to 60 parts Kosher) and may be consumed. All future products will be made with a Kosher version of this ingredient.

From the OK

* Arora Creations (Venice, CA) Indian Spice Packets bear an unauthorized OK symbol. These products are not certified by OK Kosher Certification. Corrective measures are being taken

* Egg Beaters Liquid Egg Product Cheese and Chive is no longer being produced as Kosher. This item will no longer bear an OK-D on the package. Items seen in the store with an OK-D may still be used.

* M. Slavin and Sons, Ltd. Is no longer certified by OK Kosher Certification. Product prepared before November 16, 2010 bearing the OK stamp and signature was produced under OK certification.

* Regarding James Farm & Newland -Broccoli, Cauliflower & Spinach. These products bear an OU but cannot be guaranteed to be free of infestation. These products may be used if inspected or pureed prior to use. The OU is being removed from future packaging. New products

Alerts & Updates

From the OU

* The NEW Balance Bar Company Introduces Three New Kosher Flavors, Lemon Meringue Crunch, Double Chocolate Brownie and S'mores Have the Perfect Balance of Great Taste, Quality Nutrition and Lasting Energy

The 70 piece bag of Laffy Taffy and SweetTarts bearing the O/U on the package are correctly certified by the O/U. However, not all Sweet Tarts are kosher. Check for the Hechscher each time.

* From: Blackwater Distilling Inc., Stevensville, MD Brand: Sloop Betty Hand Crafted Vodka, OU

* From: Dry Soda Co., Seattle, WA

Brand: Dry Cucumber Soda, OU
 Juniper Berry Soda, OU
 Lemongrass Soda, OU
 Vanilla Bean Soda, OU

* From: Empire Spice, Canada Brand: Empire Spice Blood Food Colour, OU
 Butter Extract, Artificial, OU-D
 Caramel Food Colour, OU

Cayenne Pepper, Extra Hot, OU
 Celery, Flakes and Leaves, OU
 Chicken Soup Base, NO MSG, OU

Chocolate Flavoured Chips, OU
 Cinnamon Sugar, OU
 Cloves, Whole, OU
 Coriander Seed, Whole, OU

Curry Powder, OU
 Fennel Seed, Whole, OU
 Ginger Root, Ground, OU
 Green Food Colour, OU
 Italian Spice Blend, OU

M.S.G., OU
 Meat Tenderizer, Seasoned, OU
 * From: Frito Lay Inc., Plkano, TX

Brand: Frito Lay Green Onion Seasoning Mix, OU

Ranch Seasoning Mix, OU
 Brand: Tostitos Guacamole Seasoning Mix, OU
 * From: Gracetales, Columbia Brand: Alegria,

tourists and the Rabbinat wishes to warn the public that even if grapes are used after Maaser (tithes) have been taken and one is certain they are not orla, there is the problem of "Yayin Nesech" or "Stam Yanam" since non-Jews are among those pressing the grapes.

* The following are businesses that advertise as Kosher without legal Kasrus certification or lost their Kashrus certification:

Zevulun

Yuval Tzipori Hall in Nachal Tzipori. The regional Rabbinat revoked its Kosher certification due to Shabbos desecration and Kashrus violations.

Lod

Pizza Patzatz in the Lod Center Mall – Lod Rabbinat revoked Kashrus certification.

Tzfat

Ariek Bakery (83 Yerushalayim St.) Tzfat Rabbinat revoked Kashrus certification.

Shivat Deganim Bakery (21 Palmach St.) Tzfat Rabbinat revoked Kashrus certification. Mendy's Restaurant (29 Yerushalayim St.) Tzfat Rabbinat revoked Kashrus certification.

Tzfat Pizza (4 Bar Yochai St.) Tzfat Rabbinat revoked Kashrus certification.

Deganim Café (24

Yerushalayim St.) Tzfat Rabbinat revoked Kashrus certification.

Rosh Haayin

Isa Zahad Abed Co. (42 Sultani, Kfar Kasseim) is displaying an outdated forged Kosher certificate for figs being sold.

Tel Aviv

Melech Hashawma (58 LEvinsky St.) advertises as Kosher but lacks a legal Kosher certification.

Alerts

* The J-Café at the Milken West Valley JCC does not have kosher supervision on site at the present time.

From the COR

* Please be advised that Compliments brand Chocolates, Candies, and Nuts which bear a COR 345 "sticker" are not kosher certified. These products, (found at Sobey's: Jefferson Square, Vaughan/Thornhill, Clark & Hilda stores) should not be used even when bearing the COR 345 "sticker". From the AKO

* AKO (ASSOCIATION OF KASHRUS ORGANIZATIONS) Rabbi Sholem Fishbane Executive Director E-mail: fishbane@akokosher.org www.akokosher.org

Whisky Alert

September 2010

The AKO Executive Committee has reason to believe that there are large liquor companies in the United States which may be owned in whole or part by Jews. We are concerned that such companies may not have arranged for the sale of their chametz (mechiras chametz) during Pesach. These companies primarily manufacture bourbon, cordials, and American whiskey, and also deal in a small amount of Scotch and vodka.

Chametz-containing liquors owned, produced and/or aged by Jewish-owned companies over Pesach are forbidden as chametz she'avar alav haPesach. Since many liquor products are aged for many years before they are sold to the public, it cannot be assumed that these beverages are acceptable for kosher use even if they are purchased a long time before or after Pesach.

Accordingly, we recommend that Kashrus Agencies and consumers change their policies and only consume those alcoholic beverages which [are free of standard kosher concerns and] are known to (a) be produced by a non-Jewish company or a Jewish-owned company which arranged for the sale of their

chametz, (b) not contain any chametz, including not having chametz secondary grains or malted barley (bourbon and cordials are examples of items that may have these forbidden items), and/or (c) were not aged over Pesach (e.g. vodka).

The following are some brands which we believe to be subject to the above concern:

1792 Ridgemont
99 Schnapps

A. Smith Bowman
Ancient Age

Antique Collection
Barton

Blantons
Bowman

Buffalo Trace

California Deluxe

Canadian Host

Canadian Hunter

Canadian LTD

Canadian Supreme

Colonel Lee

Dr McGillicuddy's

Eagle Rare

Elmer T Lee

Experimental Collection

Fireball

Fleishmann's

George T. Stag

Hancock's Presidents Reserve

Herbsaint

Highland Mist

House of Stuart

Imperial

James Foxe

Kentucky Gentleman

Kentucky Tavern

Lauder's

McAfee's Benchmark

Mr. Boston

Northern Light

Old Charter

Old Rip Van Winkle

Old Thompson

Old Weller

Pappy Van Winkle

Peychaud's

Regan's

Rich & Rare

Rock Hill Farms

Royal Canadian

Sazerac Rye

Ten High

Thomas H. Handy

Tom Moore

Van Winkle

acid.

The definition of "Homeopathic Medicine" derives from the Greek words "Homeo" (similar) and "Pathos" (suffering from diseases). It comes from the theory that "like cures like", which means that in order to cure symptoms a person should be exposed to the same type of symptoms from an outside source. This theory was originated by Dr. Samuel Hahneman in the late 1700's. The one remedy that most closely fits the symptoms of a person's medical problem is called the "Similimum". One of the more unusual aspects of homeopathy is that the dosage is usually extremely diluted, to the point that many doctors feel that, in fact, it is quite useless as a cure. Most remedies are diluted down to 30X, or a strength of 1/10 multiplies by itself 30 times. That translates to mean that one drop of the active substance is diluted in nine drops of alcohol or water, then a drop of the new solution is further diluted by nine drops and so on, 30 times. It has been estimated that a 30X dilution is the equivalent of one drop in a container more than 50 times the size of the earth. This will often make the problematic ingredient in such a dosage "Botel" (annulled) from a Halachic standpoint.

Some Common Problems In Vitamins, Supplements & Additives

It is prudent for the kosher consumer to recognize and be aware of the many materials and derivatives in the manufacture of vitamins and supplements that pose a real halachic issue pertaining to the laws of kashrus. A kosher consumer should be concerned with such things as the raw ingredients, fillers, binders, coating agents, flavors and even the manufacturing process itself in the production

of vitamins and supplements.

In addition, liquids can often contain glycerin, which is frequently derived from an animal source, as well as capsules and coated pills that may contain gelatin.

Even when a nutritional additive may be kosher in itself, it may be processed on equipment that might have kashrus problems.

The following is a guide for some of these inherent problems and for the need to purchase these products with proper kosher supervision.

a.) Alcohol – May be added to some vitamins or supplements and possibly derived from a non-kosher wine solvent.

b.) Vitamin A & D – Source may be from shark oil

c.) Brandy - Often used in flower-derived remedies from non-kosher wine source.

d.) Binders, Coating Agents - Gelatin is often used.

e.) Vitamin B - May come from pork liver.

f.) Calcium - May be derived from oyster shells

g.) Emulsifiers - Can come from whey, oils, lactose (is often used as the base for a large percentage of prescription drugs)

h.) Flavoring - May contain grape juice etc.

i.) Glucosamine Sulfate, Cartilage Extract - Cartilage extracts including purified chondroitin, sulfate, sea cucumber, green liped mussel and shark cartilage are popular nutritional supplements.

j.) Magnesium Stearate - A lubricant from non-kosher animals (although it may be derived from a kosher source).

k.) Pancreatic Enzyme - Derived from a hog's pancreas

l.) Royal Jelly - Derived directly from the queen bee's secretion, which is not kosher (unlike pure bee pollen, propolis or beeswax which are kosher).

m.) Zinc - May be derived from liver or shellfish.

It is important to note that all of the above may be produced

synthetically, thereby assuring the kashrus status of some of these products. It is, therefore, obvious that in order for the kosher consumer to purchase vitamins and supplements with the utmost confidence, a reliable hashgacha is required on these products.

Fortunately, today, there are a large and growing number of companies that manufacture a wide variety of these kosher vitamins and supplements.

A Practical Guide to Vitamins & Minerals

Beta Carotene - An antioxidant that is converted, as needed, by the body to Vitamin A Biotin - Releases energy from food and plays a role in the metabolism of amino acids. Very important for normal hair production and growth.

Choline - Prevents fat accumulation in the liver.

Calcium - Builds bones and teeth and is involved in nerve transmission and muscle contraction.

Folic Acid - Is necessary for proper red blood cell formation. Also plays a vital role in the metabolism of fats, amino acids, DNA and RNA. Last, it is needed for proper cell division and protein synthesis

Iodine - Needed for the proper functioning of the thyroid gland and the production of thyroid hormones.

Inositol - Is involved in calcium mobilization

Iron - It prevents anemia and transports oxygen through the body.

Magnesium - Is needed in many of the enzyme systems in the body and is essential for proper heartbeat and nerve transmission.

Pantothenic Acid - Releases energy from foods and is also needed for normal functioning of the adrenal glands.

Phosphorus - Helps maintain strong bones and teeth and is

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St., Reservoir, Victoria, Australia are Kosher and Pareve Pas Palter. The following products bearing a sticker with the KA seal with the words "Pas Yisroel" are Pas Yisroel: Mountain Bread White Mountain Bread Rye Mountain Bread Oat Mountain Bread Corn Mountain Bread Barley Mountain Bread Rice Mountain Bread White Mountain Bread Organic This certificate is valid until June 30, 2011 and must be renewed at that time.

Heart K (Kehilla Kosher) Updates

* Falafel Village on Burbank Blvd. in Valley Village is now certified by the Heart K.
* House of Bonjour Restaurant/Bakery in North Hollywood, Ca. is now supervised by the Kehilla Kosher.
Eretz Yisroel Alerts and Updates
* Chavuta (Chavrusa) Wine is a sweet red wine bottled under the name "Chavruta" by the IG Company is labeled "Kosher Mehadrin" under the Haifa Rabbinate

In fact, the Haifa Rabbinate reports it does not grant Kashrus certification for the wine and the Kashrut statement is fraudulent. The wine may not be used for Kosher consumption.

Updates from Badatz Beit Yosef

* The following establishments are now under the supervision of Badatz Beit Yosef:
Gorma Restaurant (meat) 18 Nachlat Shiva (Jerusalem) 02-623-4434.

HaNasich HaParsi Shwarma (meat) 4 Herzog Kfar Avraham (Petach Tikvah) 03-934-4111
Netanel Restaurant (dairy/fish) 21 HaOrgim, Chetzi Chinam Complex (Ashdod) 08-853-5623

Pizza Pamilya (dairy/fish) 53 HaNeviim (Bat Yam) 03-656-0183

Shulchan David Baruch (meat &

catering) 136 Jaffa (Haifa) 04-853-2246

Pizza Patzatz (dairy) 11

Tashach HaCiti (Ashdod) 08-864-0009

Muslin Ice Cream (dairy) 11
HaEgoz Machane Yehuda (Jerusalem)

* The following establishments are no longer under BBY supervision.

Madras Pizza (Ashdod)

Zahora Café (Ashdod)

Pasta Rica (Netanya)

* After checking with the Hod HaSharon Rabbinate, it was learned that Mul HaShulchan is treif (non-Kosher). A probe with officials in the Chof HaSharon Regional Council Rabbinate revealed that the certificate displayed was also

a forgery and the caterer never applied for or received Kosher supervision. There are legitimate fears that actual treif meat was served. A complaint was filed with police against the hall for violating state Kosher laws and all legal avenues towards enforcing the law are being pursued.

* Mor Levana – Beit Mordechai Kashrut Agencies: A raid of a number of business in northern Israel revealed that they are claiming Kosher supervision using the unauthorized Mor Levana – Beit Mordechai agencies, and they do not have Kashrus supervision from the appropriate local Rabbinate. As such, items originating in the Jerusalem Bakery and Arbika Coffee (44 Huadi St. in Haifa) are not to be used by Kosher businesses.

* Multiflex Protector is imported by Supermedic Light (8 Fleeman St. Haifa) is advertised as Kosher under the supervision of Rabbi Avraham Hochwald of the Rhine and with the import approval of the Chief Rabbinate of Israel.

A probe reveals that the item contains a quantity of mussel and as a result, does not have any import approval from the Chief Rabbinate. It is also

Alerts & Updates

learned that the same imported, Supermedic Light has other items which it advertises as Kosher with import permission from the Chief Rabbinate of Israel, a fraudulent statement.

* Insect-free Greens from Yarik HaKfar (celery of Meshek Kahanov as well as parsley from the Oren Eliyahu Co. of Moshav Avital) are found to carry unacceptably high levels of pesticides and therefore, the area Rabbinate has decided to pull the products from the marketplace over health issues concerns until further notice.

* According to HaRav Moshe Blau (Shlita) of the Arava Tichona Rabbinate, he is not responsible for the Mehadrin Kashrus of Frisco Chatzba and therefore, assumes no responsibility for the product's Kashrus integrity.

* Sharp Cold Cuts (Maadanei Sharp – Elon Moreh) advertises itself under the Kosher supervision of the Shomron Regional Rabbinate but the latter states this simply is not true and use of its name in this case is not authorized.

* In response to many inquiries regarding Wissotzky Round Petit Beurres Cookies (manufactured by Vieira de Castro Co. from Portugal, bearing kosher certification from the Triangle K), for those who use Chalav Akum milk powder and with import permission from the Chief Rabbinate of Israel, the product is dairy.

Since the public is accustomed to petit beurres crackers being pareve, the company has been instructed to change its wrapper, placing the "dairy" notification in a more prominent position and font, and mashgichim are urged to place a dairy sign near the item on store shelves to alert the public to the status of the product.

* There are a number of wine presses in Israel that attract

Alerts & Updates

Empire Spice (All Purpose Seasoning, Almond Extract-artificial, Anise Seed-Whole, Baking Ammonia, Basil-Ground and Rubbed, Blood Food Colour, Butter Extract-Artificial (dairy)), Caramel Food Colour, Cayenne Pepper- Extra Hot, Celery-Flakes and Leaves, Chicken Soup Base –No MSG, Chocolate Flavoured Chips, Cinnamon Sugar, Cloves-Whole, Coriander Seed-Whole, Curry Powder, Fennel Seed-Whole, Ginger Root-Ground, Green Food Colour, Italian Spice Blend, M.S.G., Meat Tenderizer-Seasoned)
 * Lay's (Green Onion Seasoning Mix, Ranch Seasoning Mix)
 * Tostitos Guacamole Seasoning Mix
 * Alegria Mezcia de Aceite Vegetal-Vegetable Oil Blend
 * Blue Sky (all dairy) (Mocha Mountain Café Energy Drink, Vanilla Sky Café Energy Drink)
 * Java Monster (all dairy) (Big Black Cappuccino, Kona, Mean Bean Cappuccino, Russian Cappuccino, Vanilla Light)
 * Langers (Apple Juice, Cranberry Berry Juice Cocktail, Cranberry Juice Cocktail, Fruit Punch, Orange Juice, Pomegranate Cocktail, Ruby Red "Jugo de Toronja de Concentrado"
 * Nestle Nutrition (Hot Cereal Mix Oatmeal-dairy, Hot Cereal Mix Farina-dairy, Pureed Bread Mix-dairy, Reduced Calorie Cake Mix-dairy, Reduced Calorie Chocolate Cake Mix-dairy)
 * O&CO (Extra Virgin Olive Oil, Extra Virgin Olive Oil Specialty with Chili, Extra Virgin Olive Oil Specialty with Lemon, Extra Virgin Olive Oil Specialty with Mint)
 * Rieme Boissons (Blood Orange, Lemon, Mortuacienne Mandarin Lemonade, Orange Lemonade, Tradi Export)

* Slurpin' Good Soup (Black Bean Soup, Butternut Squash Jalapeno Soup, Tomato Soup w/ Basil and Orzo, Vegetable Chili Soup)
 * Shamrock Seeds (Alfalfa Seed, Flax, Lentils-Eston and Red, Peas-Green & Yellow Split, Soybeans)
 * Stone Mill (Barley, Flax Brown, Mustard Yellow, Rye, Wheat Durum)
 * TA Foods (Flaxseed-Ground, Oil Brown and Whole)
 * Hrvest Time (Barley Pearled, Beans Great Northern, Beans Pink, Buckwheat Coarese, Lentils Eston, Oats, Poppy Seed, Rice Sweet & Wild, Wheat Germ)
 * Rice Bowl (Fancy, Grain and White Short Grain)
 * AB Integrated Solutions (Organic Apple Flake, Organic Hemp Seeds, Organic Rasperry Powder from Juice)
 * North of 49Naturals (Cranberry Enhanced Powder, Organic MACA Powder, Real Berry Berry Blend, Rebar Vegetable Blend)
 * Agtech Processors (Canary Seed, Lentils Eston, Lentils Red, Peas Split Yellow)
 * Saskan (Canary Seed, Chickpeas Kabuli, Lentils Red, Peas Split Yellow)
 * Best Cooking Pulses (Bean Flour, Chickpea Flour Desi, Lentil Powder Organic, Lentils Split Organic, Pea Bran Pro, Pea Flour Green Whole, Pea Flour Whole Yellow, Pea Powder Green Organic, Pea Split Yellow Organic, Vegetable Extract Powder, Vegetable Extract VE)
 * Biooriginal Food & Science Corp. (BakOmega Organic Flax Flour, Hemp Protein Powder, LignaMax Fine Organic Flax Concentrate, Organic Extra Virgin Coconut Oil, Organic Hemp Oil, ProbioFlax Multistrain)
 * B.R. Cohn (2008 Sonoma Valley Cabarnet Sauvignon – O/Up)
 * Domestic Seed (Amaranth Flour, Buckwheat Grits,

Buckwheat Shole, Millet Flour, Sorghum Flour)
 * Electric Beverage Co. –Tieun (Berry Concentrate Sports Drink, Lemon Frenzy Sports Drink, Strawberry Kiwi Sports Drink)
 * Famaol S.A. de C.V. Peanut Paste
 * Galaflo Sodium Lactate
 * Gold Top (Hemp Hearts "Bits" Shelled, Hulled Hemp Seed, Organic Golden Flax Seed, Organic Sunflower Seed Oil)
 * Golden West Bean & Seed (Amaranth, Red Beans, Lentils, Spelt)
 * Natrazyle (Xylitol)
 * Old World Kosher Sausage Co. (Chickin Apple Sausage, Hot Italian Chicken Sausage, Sweet Italian Chicken Sausage)
 * Premier Veggies – (Vegan Chicken Salad, Vegan Spicy Tofu Salad, Vegan Tofu Salad, Vegan Tofu Salad Sandwich, Vegetarian Chicken Salad Sandwich-dairy, Vegetarian Tofu Salad w/ Crackers & Carrots)
 * Veggie Fusion (Red Curry Chicken w/ Brown Rice, Szechuan Noodle w/ Dumplings, Yellow Curry Chicken w/ Brown Rice)
 * Stone Mill Inc. (Barley, Flax Golden, Mustard Yellow, Safflower Seed, Wheat Durum)
 * Wholesome Sweeteners, Inc. (Fair Trade Raw Cane Sugar, Organic Dark Brown Sugar, Organic Powdered Sugar, Organic Zero, Sucanat)
 * Zhangzhou Lipin Food Co. (FD Banana, FD Chives, FD Lychee, FD Mushroom, FD Potato, FD Sweet Corn)

Updates

KOLA Updates

* Kosher To Go café, located next to Continental Bakery on Burbank Blvd. in Valley Village, Ca. now has the KOLA Hashgacha (Rabbi Benzaquen). KA (Kashrut Authority (Serving Australia, New Zealand & the Asia Pacific region)
 * This is to certify that the following wraps made by Mountain Bread Pty Ltd of 3 Pitt

necessary for muscle and nerve function.
 Potassium - An electrolyte in the body necessary to maintain fluid balance, proper heartbeat and nerve transmission.
 Selenium - An antioxidant and helps protect Vitamin E
 Silicon - Necessary for proper bone structure and growth
 Vitamin A - Helps to maintain healthy skin, eyes, bones, hair and teeth
 Vitamin B-1 (Thiamine) - It releases energy from foods and is also needed for the normal functioning of the nervous system.
 Vitamin B-2 (Riboflavin) - Important in releasing energy from foods as well as aiding in the maintenance of skin, the nervous system and proper mental functioning.
 Vitamin B-6 - It releases energy from foods and plays a role in protein and fat metabolism. It is also important for the functioning of red blood cells.
 Vitamin B-12 - Necessary for a healthy nervous system as well as preventing pernicious anemia. It is also involved in synthesizing DNA
 Vitamin C - An antioxidant. Inhibits the formation of nitrosamines (a suspected carcinogen). Also important for maintaining strength and functioning of bones, teeth, collagen and blood vessels as well as enhancing iron absorption and red blood cell formation.
 Vitamin D - Helps in absorbing and metabolizing calcium and phosphorus that aid in strengthening bones and teeth.
 Vitamin E - An antioxidant that helps protect the cell membranes, lipoproteins, fats and vitamin A from destructive oxidation. Also helps protect red blood cells
 Vitamin K - Necessary for proper clotting of blood.
 Zinc - A part of insulin, necessary for blood sugar control. Also needed for sensations of taste and hearing

as well as playing an important part in the healing of wounds.

VITAMINS, HERBS & SUPPLEMENTS

Adora (O/Ud)
 Calcium & Vitamin D
Alvita (Shield K)
 Alfalfa
 Anise
 Astragalus
 Bilberry
 Black Cohosh
 Blueberry
 Buchu
 Burdock
 Cat's Claw
 Catnip
 Chamomile
 Chasteberry
 Chickweed
 Cornsilk
 Cranberry
 Damiana
 Dandelion
 Dong Quai
 Echinacea (and with Goldenseal)
 Elderberry
 Eucalyptus
 Eyebright
 Fennel
 Fenugreek
 Feverfew
 Ginger
 Ginseng
 Goldenseal
 Gotu Kola
 Hawthorne
 Hops
 Horehound
 Horsetail
 Hyssop
 Kava Kava
 Licorice
 Milk Thistle
 Mullein
 Nettle
 Noni
 Papaya
 Parsley
 Passion
 Pau D'Arco
 Peppermint
 Red Clover
 Red Raspberry
 Rose Hips
 Rosemary
 Sage
 Sarsaparilla

VITAMINS, HERBS & SUPPLEMENTS

Saw Palmetto
 Scullcap
 Senna
 Spearmint
 St. John's Wort
 Uva Ursi
 Valerian
 Yellow Dock
Arrowhead Mills (O/K)
 Flaxseed
Barlean's (O/K)
 Flax Oil
 Essential Fatty Acids
Biochoice (O/U)
 Immune Dietary Supplement
 Immune Support Dietary Supplement - Chocolate, Vanilla & Strawberry (dairy)
Bluebonnet (Kof K)
 Acai
 Allergies & Sinus
 Allergy Relief
 Alpha Lipoic Acid (ALA)
 Amino Acid Complex
 Amino Acid Complex
 Amino Acids Proteins
 Antioxidant Combo
 Arginine
 Anginine/Ornithine
 Arthritis Formula
 Ascorbyl Palmitate
 Astragalus
 B 1 Vitamin (Thiamin)
 B 12 Chewable
 B 12 Vitamin
 B 2 Vitamin (Riboflavin)
 B 6 Vitamin (Pyridoxine)
 B Complex
 Beta Carotene
 Bioflavonoids
 Biotin
 Bladder & Urinary Tract
 Bone Support
 Boron
 Branched Chain Amino Acid
 BCAA
 C Vitamin 100
 C Vitamin 1000
 C Vitamin 500
 C Vitamin Buffered
 C Vitamin Chewable
 C Vitamin Complex
 C Vitamin Powder
 Calcium
 Calcium & Magnesium
 Calcium & Vitamin D

8 VITAMINS, HERBS & SUPPLEMENTS

Calcium Combinations
 Cardiovascular & Circulatory
 Carnitine
 Cherry Fruit
 Cholesterol Support
 Chromium
 Chromium Picolinate
 Co Q-10
 Coenzyme Q 10 CoQ10
 Cold Sore
 Copper
 Cranberry
 Cysteine
 Dopa
 DL Phenylalanine
 E Vitamin Dry
 E Vitamin VegiGel
 E Vitamins
 Folic Acid
 Garlic
 Ginseng
 Glucosamine
 Glutamine
 Glutathione
 Iron
 Kidney Health
 L-Arginine
 L-Carnitine
 L-Glutamine

Lipoic Acid
 L-Lysine
 L-Methionine
 L-Ornithine
 L-Phenylalanine
 L-Theanine
 L-Tryptophan
 L-Tyrosine
 Lysine
 Magnesium
 Manganese
 Mango Puree
 Mangosteen
 Marshmellow
 Methionine
 Mood Support
 MSM
 MultiMinerals
 Multi Vitamin
 Multi Vitamin & Mineral
 Multiminerals
 Mushroom
 N-acetyl Cysteine
 Nail, Skin & Hair
 Niacin
 Niacinamide
 Olive
 Omithine
 Pantothenic Acid
 PhenylalaninePlant Sterols
 Policosanol
 Potassium
 Prenatal Vitamin

Pre-Workout & Endurance
 Prostate Support
 Pycnogenol
 Quercetin
 Red Yeqast Rice
 Rutin
 Sage Selenium
 Soy Isoflavones
 Stress & Sleep
 Taruine
 Theanine
 Tryptophan
 Turmeric
 Tyrosine
 Urinary Tract & Bladder
 Vitamin C 1000
 Vitamin C 500
 Vitamin C Buffered
 Vitamin C Chewable
 Vitamin C Complex
 Vitamin C Powder
 Vitamin D
 Vitamin K
 Zinc
Bob's Red Mill (Heart K)
 Flax
Bora Bora (O/U)
 Vitamin B
Bragg (KSA)
 Liquid Aminos and Apple Cider
 Vinegar (unfiltered)
Canadian Organic (Star K)
 Nutra Blue Flax Powder

W L Weller
 Consumers who already own one of these liquors are encouraged to ask their personal Rabbi whether returning the bottles to the store is considered to be having Hana'ah (benefit) from Chametz She'avar Alav HaPesach. Lastly, we note that this notification does not cover the serious question of the status of whisky (or other Chametz) owned on Pesach by a Jewish distributor who does or does not arrange for the sale of his Chametz; consumers are once again encouraged to discuss this question with their personal Rabbi. For updated information or questions regarding this notification, please email AKO at liquor@akokosher.org.
O/U Alerts:
 * Some Pearl River Bridge brand Oyster flavored sauce may mistakenly have an O/U. This error was caught early on and the O/U was removed from the label.
 * RCC: New in Encino, the RCC now gives supervision to Pistachio, a new nut store.
 * OV: The logo of the Vaad of St. Louis inadvertently appears on a variety of Ready Pac prewashed salads such as the Santa Barbara and Spring Mix. This was printed in error as these products are not certified by the OV
 * Vitner's Sour Cream and Onion, Sweet and Tangy BBQ, Salt 'n Sour and Louisiana Hot Sauce Potato Chips mistakenly bear an unauthorized O/U symbol and is not Kosher certified.
 * Vitner's Triple Cheese, Hot Wings and Blue Cheese and Curnchy Curls y Limon Potato Chips bear an unauthorized O/U symbol and are not Kosher.
Star K Alerts:
 * Star K: The following canned items produced by La Squisita bear an unauthorized Star K. White Kidney Beans Red Kidney Beans Chick Peas

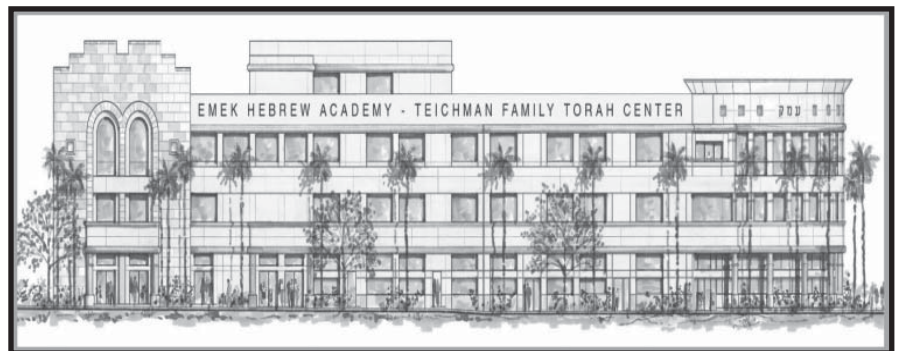
* It has recently been discovered that Red Cabbage can be infested with insects As a result, the Star K has upgraded its Red Cabbage inspection procedures from a simple thorough wash to the same procedure used for other leafy vegetables.
 * Golden Grilled Eggplant mistakenly bears an unauthorized O/U symbol and is not Kosher certified. Corrective measures are being taken.
O/K Alerts:
 * O/K: Please be advised that Arora Creations in Venice, Ca. Indian Spice Packets bear an unauthorized O/K symbol on the label. These products are not certified by O/K Kosher certification. Corrective measures are being taken.
 * O/K: Egg Beaters Liquid Egg Product Cheese & Chive, produced by Conagra Foods, Inc., is no long being produced as Kosher. The item will no longer bear an O/Kd symbol on the package. Items seen in the store with an O/Kd can still be used.
 * The following Pace products, Campbell's Sales Co. (Camden N.J.)
 Chipotle Salsa (Chunky Salsa and Chunky Salsa Hot)
 Chunky Salsa (Medium, Chunky Salsa-Mild)
 Pace Chuny Salsa with Cilantro (Lime and Garlic)
 Picante Sauce, Picante Sauce-Hot Picante Sauce (Medium)
 Picante Sauce-Mild, Roasted Pepper & Garlic Salsa and Salsa Dip
 * Jerry's Subs/Pizza in Silver Spring, Md. Is advertising their Carvel Ice Cream as O/K certified. O/K Kosher certification does not certify any Carvel Ice Cream or their stores (Carvel packaged Ice Cream premixes may be certified, but this does not cover the ice cream or the stores.
 * The Pops Corn store in Pembroke Pine, FL, may have the O/K Kosher symbol posted in the store. O/K Kosher

Alerts & Updates

certification does not certify any of the Pops Corn stores.
 * The Desi Food Truck (formerly owned by Green Tea), which stops in various locations in Manhattan has an unauthorized O/K symbol on the side of the truck. O/K Kosher certification no longer certifies this truck. Any food sold by this truck is NOT KOSHER.
COR Alerts
 * Exotic GLO Delicious Mango 100% Pure Juice Blend, 1 Litre with best before date code 2012JL08 bears an unauthorized COR 344. This product contains non-Kosher white grape juice and is not Kosher.
 * The following products bear COR 408 Dairy symbols where the word "Diary" is not easily discernable:
 Baba Ghanouj
 Grilled Artichoke Dip
 Roasted Butternut Squash
 Roasted Red Pepper Dip
 Tzatzik
Heart K Alerts
 * Golchin Brand "Fine Sour Plumer Tamer" (product of Iran) bears a "Heart K" lokein error. In fact, Kehilla does not certify this product.
 Updates
 O/U Updates
 * O/U: The new Balance Bar Company introduces three new Kosher flavors:
 Lemon Meringue Crunch
 Double Chocolate Brownie
 S'mores
 * O/U The 70 piece bag of Laffy Taffy and Sweet Tarts bearing the O/U on the package are correctly certified by the O/U. However, not all Sweet Tarts are Kosher. Check for the Hechsher each time.
 * Newly Certified by the O/U: (as of Nov. 11, 2010)
 Blackwater(Sloop Betty)
 * Hand Crafted Vodka
 Dry (Cucumber, Juniper Berry, Lemongrass, Vanilla Bean Sodas)

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Website: www.Naturesanswer.com

Naturesway
Website:

www.Naturesway.com
Nutralife (Star K)
1072 Madison Ave.
Lakewood, N.J. 08701
(877) 688-7254

Website: www.Nutralife.com

Shaklee (Star K)

44 Market St.
San Francisco, Ca. 74111
(415) 954-3000

Solgar
500 Willow Tree Rd.
Leonia, N.J. 07605
(201) 944-2311

Sunrider (Star K)

1625 Abalone Ave.
Torrence, Ca. 90501
(310) 781-3808
Sunshine Pharmacy
369 North Fairfax Ave.
Los Angeles, Ca. 90036
(323) 653-8692

To Life Food Co.

(Mail Order Vitamin Co.)
Website: www.tolifefood.com
1 (900) 725-7200
Tom's of Maine
P.O. Box 710
Kennebunk, Me. 04143
1 (800) 332-4100

V.P. Discount Health Food

14645 Ventura Blvd.
(818) 784-9979
8001 Beverly Blvd.
(323) 658-6505

Whole Foods

12905 Riverside Dr.
Sherman Oaks, Ca.
(818) 762-5548

Whole Foods

4520 Sepulveda Blvd.
Sherman Oaks, Ca.
(818) 382-3700
Whole Foods
7871 W. Santa Monica Blvd.

Los Angeles, Ca.
(323) 848-4200
Whole Foods
239 North Crescent Dr.
Beverly Hills, Ca.
(310) 274-3360

Alerts

* Compliments brand Chocolates, Candies and Nuts which bear a COR 345 "sticker" are not Kosher certified. These products (* found at Sobeyes, Jefferson Square, Vaughn/ Thornhill, Clark & Hilda stores) should not be used even when bearing the COR 345 "sticker"

* AKO Association of Kashrus
Rabbi Sholem Fishbane,
Executive Director
e-mail: fishbane@akokosher.org
www.akokosher.org

Whiskey Alert

September 2010

The AKO Executive Committee has reason to believe that there are large liquor companies in the Unites States which may be owned in whole pr part by Jews. We are concerned that such companies may not have arranged for the sale of their Chometz (mechiras chometz) during Pesach. These companies primarily manufacture bourbon, cordials, and American whiskey, and also deal in a small amount of Scotch and Vodka. Chametz-containing liquors owned, produced and/or aged by Jewish-owned companies over Pesach are forbidden as Chametz She'avar Alav HaPesach.

Since many liquor products are aged for many years before they are sold to the public, it cannot be assumed that these beverages are acceptable for Kosher use even if they are purchased a long time before or after Pesac.

Accordingly, we recommend that Kashrus agencies and consumers change their policies and only consume those alcoholic beverages which (are free of standard Kosher concerns and) are known to:

- Be produced by non-Jewish company or a Jewish-owned company which arranged for the sale of their Chametz
- Not contain any Chametz, including not having Chametz

secondary grains or malted barley (bourbon and cordials are examples of items that may have these forbidden items) c.) Were not aged over Pesach (e.g. vodka)
The following are some brands which we believe to be subject to the above concern:

1792 Ridgemont
99 Schnapps
A Smith Bowman
Ancient Age
Antique Collection
Barton
Blantons
Bowman
Buffalo Trace
California Deluxe
Canadian Host
Canadian Hunter
Canadian LTD
Canadian Supreme
Colonel Lee
Dr. McGillicuddy's
Eagle Rare
Elmer T Lee
Experimental Collection
Fireball
Fleishmann's
George T. Stagg
Hancock's Presidents Reserve
Herbsaint
Highland Mist
House of Stuart
Imperial
James Foxe
Kentucky Gentleman
Kentucky's Tavern
Lauder's
McAfee's Benchmark
Mr. Boston
Northern Light
Old Charter
Old Rip Van Winkle
Old Thompson
Old Weller
Pappy Van Winkle
Peychaud's
Regan's
Rich & Rare
Rock Hill Farms
Royal Canadian
Sazerac Rye
Ten High
Thomas H. Handy
Tom Moore
Van Winkle
Very Old Barton
Virginia Gentleman

Nutra Cran Flax Powder
Nutra Sprout Alfalfa Sprouts
Nutra Sprout Alfalfa & Flax Sprouts
Nutra Broccoli Sprouts
Nutra Broccoli & Flax Sprouts
Nutra Fenugreek Sprouts
Nutra Flax Powder
Nutra Health Blend
Nutra Red Clover Blend
Nutra Soy

Challenge (Kof K)

Amino Acids/Proteins
Protein Blends
Whey Protein

Dr. Ben's (O/K)

Co Q 10 Formula
MSM

Multi Vitamin - Mineral (adults & teens)
Osteoporosis Formula
Prenatal
Prostate Formula
Vitamin C Complex

Dynamic Health (O/U Acai)

Acidophilus (Probiotic)
Allergies
Aloe Vera
Apple Cider Vinegar
Black Cherry Concentrate
Black Elderberry
Blueberry Concentrate
C Vitamin Liquid
Calcium
Calcium Liquid
Camu-Camu
Cha de Bugre
Cherry Fruit
Chlorophyll
Cider Vinegar
Cranberry Concentrate
Diet Enhancer
Digestive Aid
Digestive Enzymes
Digestive Support
Enzymes
Eye Care
Fruit
Goji
Gout
Green Food Powders
Green Foods
Mango Puree
Mangosteen
Multi Vitamin
Multi Vitamin Children
Noni Juice
Pantothenic Acid Lliquid
Papaya Puree
Pomegranate

Probiotics
Vitamin C Liquid
Vitamin D
Yumberry
Earthrise (KSA)
Chlorella

Digest Care
Energy Rise
Heart Aid
Joint Assist
Light & Fit Energy Shake
Lite Appetite Diet Formula
Nutragreens
Spirulina

Enzymedica (Kof K)

Acid Rduction & Heartburn
Acid Reflux
Allergies & Sinus
Allergy Relief
Anti-Candida
Diet Enhancer
Digestion Support
Digestive Enzymes
Enzymes
Heart & Cardiovascular
Heartburn Relief
Lactose Intolerance
Yeast Infection

Ethex (O/U)

Advanced Natal Care
NutriNate Chewable
Ultra NatalCare
Floraheal (Badatz)
Blood Pressure & Circulation
Energy Formula
Immune Boosters
Lactation Support
Laxatives
Memory Enhancement
Pain Relief
Sleep & Relaxation Aids
Supplements

Flora Supplement Body

Detox (BCK)

Freedra (O/U)

A&D Vitamins
A Vitamin
Acid Reduction & Heartburn
Acid Reflux
Acid Stomach
Acidophilus (Probiotic)
Alfalfa
Allergies & Sinus
Allergy Relief
Alpha Lipoic Acid (ALA)
Amino Acid
Antioxidant Combo
Anti-Allergy Formula
Antioxidant Formulas
Apple Pectin

Argine/Ornithine
Arthritis Formula
B Complex
B1
B2
B6
B 12 Chewable
B 12 Vitamin
Beta Carotene
Betaine Hcl
Bioflavonoids
Biotin
Bladder & Urinary Tract
Brain & Memory
Bran
Bromelain
C Vitamin 100
C Vitamin 1000
C Vitamin 250
C Vitamin 500
C Vitamin Buffered
C Vitamin Chewable
C Vitamin Complex
C Vitamin POWder
Calcium
Calcuim & Magnesium
Calcium & Vitamin D
Calcium Chewable
Calcium Powder
Cardiovascular & Circulatory
Carnitine
Chlorophyll
Choline
Chromium
Chromium Picolinate
Co-Q10
Coenzyme Q10-CQ10
Cold Sore
Colon Cleanse
Copper
Cranberry
D Vitamin
Digestive Aids
Digestive ENzymes
Digestion Support
E Vitamin Dry
E Vitamin Liquid
Enzymes
Fiber
Folic Acid
Food Supplements
Garlic
Garlic/Parsley
Ginkgo Biloba
Glucosamine
Glutamic Acid
Glutamine

10 VITAMINS, HERBS & SUPPLEMENTS

Glycine
Guar Gum Powder
Inositol
Iron
Kelp
Kidney Health
Joint Boost
Kelp
L-Carnitine
Lecithin
L-Glutamine
Lipoic Acid
L-Lysine
L-Phenylalanine
L-Threonine
L-Tyrosine
Lutein
Lycopene
Lysine
Magnesium
Manganese
Mango Puree
Memory Enhancement
Minerals
MSM
Multi Vitamin
Multi Minerals
Multi Vitamin & Mineral Senior
Multi Vitamin & Mineral Teens
Multi Vitamin Children
Multiminerals
Niacin
Niacinamide
Octacosanol
Paba
Pantothenic Acid
Papaya
Parsley
Pectin
Phenylalanine
Potassium
Prenatal
Pre Workout & Endurance
Probiotics
Protein Powder (Soy)
Psyllium Husk
Quercetin
Rutin
Saw Palmetto
SCD Products
Selenium
Silica
Soy Protein Powder
Specialty Supplements
Stress Formula
Threonine

Tyrosine
Urinary Tract & Bladder
Vitamin A
Vitamin A & D
Vitamin C 100
Vitamin C 1000
Vitamin C 250
Vitamin C 500
Vitamin C Buffered
Vitamin C Chewable
Vitamin C Complex
Vitamin C Powder
Vitami D
Zinc
Zinc
Frontier (KSA)
Echinacea & Goldenseal
Senna Leaf
Slippery Elm
FQH (O/U)
Multi Vitamins Liquid (adults & children)
Galilee Organics (O/U)
Allergy Relief
Arthritis Formula
Attention Please
Change of Life
Digestive Aids
Heartburn Formula
Kava & St. Johns Wort
Menopausal Support
Migraine Headache Relief
Nausea Relief
PMS Formula
Prostate Formula
Sleep & Stress Formula
Tooth, Ear Ache Relief
Total Maintenance
Gen Soy (O/U)
Amino Acids/Proteins
Protein
Global Health (O/Ud)
Amino Acids/Proteins
Weight Loss
Whey Protein
Hadas (Bais Din Tzedek of K'hal Machizikei Hadas)
Healthy Origins
Chia Seeds
Essential Fatty Acids
Fiber
Herbalife (Rabbi Krausz)
Aminogen
Cell-U-Loss
Formula 1 Strictly Kosher
Formula 2 Multivitamin-Mineral & Herbal Tablets
Formula 3 Cell Activator
MentaBalance
Tang Kuei plus

Thermojetics Beige
Thermojetics Green Ephedra
Free
Thermojetics Herbal
Concentrate
Total Control
Inner Life (O/Ud)
Amino Acids/Proteins
Weight Loss
Whey Protein
Integrated (O/Ud)
Amino Acids/Proteins
Creatine
Fiber
Magnesium
Pre-Workout & Endurance
Shaker Cups
Sports Supplements
Whey Protein
Invite (O/U)
Breast Care
Cholesterol Support
Co Q-10
Coenzyme Z10 – CoQ10
E Vitamin Dry
E Vitamins
Lutein
Lycopene
Phosphatidylserine
Plant Steroids
Resveratrol
Jarrow Formulas Flax Seed Oil (BCK)
Juice Plus (Rabbi S.D. Krausz)
Natural Chewable Food
Supplements
Kali Zom (Beth Din Tzedek Eida Charedith of Jerusalem)
Easy Fast Formulas
Kosher Care (O/U)
Allergy Relief
Cough Relief
Pain Relief
Landau
Allergies
Arginine/Ornithine
Children Vitamins
B Complex
B12 Vitamin
B6 Vitamin
B Complex
Brain & Memory
C Vitamins
C Vitamin 1000
C Vitamin 500
C Vitamin Chewable
C Vitamin Complex
C Vitamin Liquid
Calcium
Calcium/Magnesium

Benadryl Allergy & Cold Caplets
Benadryl Children's Allergy
Chewable Tablets
Benadryl Allergy & Sinus
Fastmelt Tabs (dairy)
Chlor-Trimeton 4 hour Allergy
Tabs (dairy)
Claritin Non-Drowsy 24 hour
Tabs (dairy)
Claritin - D Non-Drowsy 24 hour
Tablets
Claritin 12 hour Tablets (dairy)
Coricidin HBP Maximum
Strength Flu Tablets (dairy)
Coricidin HBP Cold & Flu
Tablets (dairy)
Coricidin HBP Cough & Cold
Tablets (dairy)
Primatene Tablets
Sudafed 12 hour Non-Drowsy
Tablets
Sudafed Children's Non-Drowsy
Nasal Decongestant Chewables
Sudafed Sinus & Allergy Tablets
(dairy)
Sudafed Severe Cold Non-
Drowsy Caplets
Travist Allergy Tablets (dairy)
Triaminic Cold & Allergy Liquid
Triaminic Cold & Cough Liquid
Triaminic Cold & Nighttime
Cough Liquid
Triaminic Cough & Congestion
Liquid
Tylenol Children's Allergy - D
Liquid
Tylenol Children's Cold Plus
Cough Chewable Tablets
Tylenol Infant's Plus Cold Drops
Tylenol Infant's Plus Cold &
Cough Drops
Tylenol Severe Allergy Caplets
Vicks Children's Nyquil Cold/
Cough Relief Liquid
Vicks Nyquil (Original, Cherry)
Liquid
Vicks Nyquil Cough Liquid
Fiber
Citrucel Caplets
Citrucel Regular & Sugar Free
Powder
Fibercon Caplets
Metamucil - All Powders
Lactose Intolerant
**Lactaid Regular, Ultra & Extra
Strength Caplets (O/U)**
Laxative
Colace Syrup & Liquid
Ex Lax Regular, Maximum
Strength & Ultra Pills

Ex Lax Chocolated Pieces
(dairy)
Nature's Remedy Tablets (dairy)
Perdiem Caplets and Overnight
Relief Pills
Peri-Colace Syrup & Tablets
Philips Original Milk of
Magnesia Liquid
Senokot - S (Stool Softener)
Tabs (dairy)
Sleeping Aids
Nytol Quick Caps (dairy)
Somnax Original Formula
Tablets
Unisom Sleep Tablets
Vivarin Tablets

**DENTAL HYGIENE
PRODUCTS UNDER
KOSHER SUPERVISION**

Amway (Star K)
Glister Mint Refresher Spray
Glister Multi-Action Fluoride
Toothpaste
Health Guard (O/U)
Peppermint-Sugar Free
Refresher
Jason Natural Products (O/U)
Healthy Mouth Mouthwash
Healthy Mouth Plus Gel
Nutri Smile Toothpaste
Oral Comfort Gel
Power Smile Mouthwash
Power Smile Plus Gel
Power Smile Toothpaste Mini
**Sea Fresh Mouthwash &
Toothpaste Mini**
Melaleuca (Star K)
Breath-Away Mouthwash
Cool-Shot Mouth Spray
Denti-Clean Classic Tooth
Polish
Hot Shot Mouth Spray
MelaBrite Whitener and
Brightener
**Raintree Essix Denture
Cleanser (Star K)**
Sweet Breath (O/U)
Cinnamon Spray
Smokers Spray
Sorbet Mango, Raspberry &
Strawberry Spray
Wintergreen Spray
**VITAMIN/SUPPLEMENT
COMPANIES, STORES
& WEBSITES**
**Dynamic Health Laboratories
(O/U, O/K, Udvarer)**
Brooklyn, N.Y.

VITAMINS, HERBS & SUPPLEMENTS 19

(718) 858-0100
Erewhon Natural Foods
7660 Beverly Blvd.
Los Angeles, Ca.
(213) 937-0777
**First Quality Health (FQH)
Liquid Vitamins (O/U)**
1274-49th St. #140
Brooklyn, N.Y. 11219
(718) 437-4900
Fax: (718) 437-7246
Freda Pharmaceuticals (O/U)
36 E. 41st St.
New York, N.Y. 10017
(212) 685-4980
Website: www.Freedavitamins.com
Galilee Herbal
Website: www.Ghr.com
Genisoy Vitamins
Website: www.Genisoy.com
**Grow Industries (Re-Natured
Vitamins - Kof K)**
195 Kenneth St.
Hackensack, N.J. 07601
(201) 342-2007
Website: Growco@aol.com
Hi Tech Pharmacal Co.
Amityville, N.Y. 11701
Kosher Care (O/U)
1 (800) 899-3116
Kosher Vitamin Express Mail
Order Vitamin Company
1 (800) 645-1899
Kosher Vitamins.com
(Website for many kosher
vitamins)
Website: www.koshervitamins.com
Koshervitaminsforless.com
Website:
www.Koshervitaminsforless.com
Landau Vitamins
460 Kent Ave.
Brooklyn N.Y. 11211
(718) 599-1900
Maxi Health (O/U)
1309 Avenue U
Brooklyn, N.Y. 11229
(718) 787-1235
Website: www.Maxihealth.com
Mead Johnson Laboratories
Evansville, In. 47721
(812) 429-5000y
1 (800) 222-9123

18 VITAMINS, HERBS & SUPPLEMENTS

Probiotics
Vitamin C Chewables
Vitamin D
Vibrant Health
Green Food Powders
Green Foods Supplements
Viactiv (Mead Johnson) Soft Calcium Chews (O/U)
Viobin (Kof K)
Vitalite (Star K) (Wheat Germ Oil)

Action Caps
Fibertone
Fortune Delight
Slim Cap
Sport Caps
Suntrim
Vitastate

MEDICINES & LOZENGES (UNDER HASHGACHA)

Adwe (Kaj)
Celestial Seasonings Soothers Herbal Throat Drops (Star K)
Kosher Care (O/U)
DM Cough Suppressant
Allergy Relief Formula
Pain Relief Liquid
Luden's Cough Drops (O/U)
Ricola (Rabbi Schlesinger)
Throat Lozenges

PROTEIN & HEALTH BARS & SHAKES

Balance Protein Bars (O/Ud)
Clif Energy Bars (O/Ud)
Coach's Energy Bar (Kof Kd)
Deliciously Slim High Protein Bars (O/Ud)
Dr. Soy Protein Bar (O/Ud)
Gatorade Energy Bars (O/Ud)
Genisoy (O/K)
Protein Bars and Shakes
Snack Bars
Soy Protein Bars
Go Shakes (O/Ud)
Mead Johnson (O/U)
Boost Energy Bars (dairy)
Viactiv Energy Bar and Crispette (dairy)
Myoplex Life Nutrition Bar (O/Ud)
Premier Complete Bar (O/Ud)
Shaklee (Star D)
Carbo-Crunch Bar

Fitness Drink Mix
Meal Shakes
Slim Plan Drink Mix
Spiro-Tein Protein Bars and Shakes (O/Ud)
Stella NutriBar (O/Ud)

HERBAL TEAS & BEVERAGES

Aqualife Active Spring Water (O/U)
Celestial Seasonings (Star K)
Energy Vitamin Water - Dragonfruit Flavor (O/U)
Generation Teas (O/U)
Glaceau Fruitwater (O/U)
Honest Tea (O/U)
Hyperactive Energy Drink (O/U)
Melaleuca (Star K) (G'Day Herbal Tea Variety)
Mistic Herbal Tea (O/U)
Republic of Tea (O/U)
Seelect Herb Teas (Heart K)
Strauss Herb Co. Teas (O/U)
Uncle Lee's Herbal Teas (Star K)
Wissotzky (O/U)

RELIABLE OVER THE COUNTER MEDICATIONS WITHOUT HASHGACHA

The following list has been prepared by the Star K and reprinted with their permission.
Analgesics
Aleve Tablets & Caplets
Anacin Regular & Max Strength Tabs
Bayer Children's Chewable Aspirin
Bayer Extra Strength Plus Aspirin Caplets
Ecotrin Aspirin Tablets
Motrin Children's & Junior Chewable Tablets
Motrin Regular Tablets & Caplets
St. Joseph Low Strength Chewable Tablets
Tylenol Children's Soft Chews
Tylenol Extra Strength Tablets & Caplets
Tylenol Junior Strength Soft Chews
Tylenol Regular Strength Tablets
Vanquish Caplets
Antacids
Alka Seltzer Tablets (Original,

Cherry, Lemon Lime, Extra Strength)
Gas-X Regular & Extra Strength Chewables
Gaviscon Antacid Regular & Extra Strength Tabs
Maalox Liquid
Maalox Maximum Strength Antacid/Anti-Gar Liquid
Maalox Quick Dissolve Chewables
Mylanta (Regular, Children's & Ultra Tabs)
Pepcid AC Chewable Tablets (dairy)
Pepcid Complete Tablets (dairy)
Phazyme Tabs
Roloids Regular Strength (Cherry, Original Peppermint, Spearmint) Tabs
Extra Strength (Freshmint, Fruit Cool Strawberry, Tropical Punch) Tabs
Tums Regular (Assorted Fruit, Peppermint) Tabs
Tums E-X (Assorted Berries, Assorted Fruit, Assorted Tropical Fruit, Wintergreen) Tabs
Tums Ultra (Assorted Berries, Assorted Fruit, Assorted Tropical Fruit, Peppermint, Spearmint) Tabs
Tums 500 Calcium (Assorted Fruit, Peppermint) Tabs
Tums Cool Relief Cool Mint Tabs (dairy)
Tums E-X Fresh Blends Tabs (dairy)
Anti Diarrheal
Imodium A-D Caplets & Advanced Chewable Tabs and Caplets
Kaopectate Regular (Vanilla, Cherry, Peppermint Liquid) & Extra Strength Liquid
Pepto Bismol Original & Maximum Strength Liquid
Pepto Bismol Original & Cherry Chewable Tabs
Bonnie Chewable Tablets
Dramamine Chewable Tablette (dairy)
Dramamine Original Formula Tablets (dairy)
Dramamine Less Drowsy Tablets (dairy)
Cold, Allergy, Decongestant Advil Cold & Sinus Tablets & Caplets

Calcium & Vitamin D
Calcium Chewable
Calcium Liquid
Chromium Picolinate
Coenzyme Q10
E Vitamin
Echinacea
Folic Acid
Garlic
Ginkgo Biloba
Iron
Laxative Herbal
Lecithin
Memory Enhancement
Multi Chewable
Multi Mineral
Multi Vitamin/Mineral
Pantothenic Acid Liquid
Prenatal
Saw Palmetto
St. John's Wort
Valerian
Vitamin C 1000
Vitamin C 500
Vitamin C Chewable
Vitamin C Complex
Vitamin C Liquid
Vitamin D
Zinc

Living Harvest (WK) MLO (O/K)

Maxi Health (O/U)
Acid Reduction & Heartburn
Acid Reflux
Acidophilus (Powder & Chewable)
Acidophilus/Probiotic Chewable & Powder
ADD/ADHD
Allergies
Allergies & Sinus
Allergy Relief
Aloe Supreme
Alpha Lipoic Acid (ALA)
Amino Acids/Proteins
Antioxidant Combo
Antioxidant Supreme
Arginine/Ornithine
Arthritis Formula
B12 Chewable
B 12 Vitamin
B 6 Vitamin (Pyridoxine)
B Complex
Bee Pollen
Bilberry Supreme
Bioflavonoids
Black Cohosh & Dong Quai Root
Black Elderberry
Black Walnut

Bladder & Urinary Tract
Bone Support
Borage Oil
Brain & Memory
C Vitamin 1000
C Vitamin 500
C Vitamin Chewable
C Vitamin Complex
C Vitamin Liquid & Powder
CH Control
CO Q Max
CO Q Suoreme
Calcium
Calcium & Magnesium
Calcium & Vitamin D
Calcium Chewable
Calcium Combinations
Calcium Powder
Calm & Sleep
Cal Max
CalciFizz
Cardiovascular & Circulatory
Carnitine
Cell Support
Chasteberry
Chewable Calcium Complex
Chewable Chew C
Chewable Maxi Health
Chewable Oraldophilus
Chlorella
Cholesterol Support
Chromium Picolinate
Chromium Supreme
Cinnamon
Circu E 400
CircuMax
CLA
Co Q-10
Coenzyme Q10 - CoQ10
Colitis & Crohn's
Colloidal
Colon Cleanse
Cranberry
Crancherry Supreme
D&S Control
Dandelion Root & Milk Thistle
Diet & Sugar Control
Diet Enhancer
Digest Support
Digestive Aids
Digestive Enzymes
DMG
Dong Quai
E Vitamin Dry
E Vitamin VegiGel
E Vitamins
Echinacea Supreme
EFAs (Essential Fatty Acids)
Empty Maxicaps & Vegicaps
Energy

VITAMINS, HERBS & SUPPLEMENTS

Enzycaps
Enzymax
Essential Fatty Acid
Estercaps
Estermax
Evening Primrose Oil
Eye & Vision
Eye Care
Fibermax
FloraMax
FocusMax
Formula 605
Gingermax
Ginkgo Biloba & Siberian
Ginseng
Ginkgomax
Glutamax
Glutathione NAC Complex Powder
Green Vitality
Heart & Cardiovascular
Herbal Calm
Herbal Combinations
Herbal Teas & Throat Drops
Immune Booster for Kids
Immune Boosters
Immune Defense
Immune Support
Inositol
Iron
Iron Liquid
Joint Health
Kidney Health
Kyolic
Lactation Support
Lecithin with Imported Bee Pollen
Liquid Kyolic
Lipoic Acid
Livamax
Liver Support
L-Tryptophan
Lutein
Lysine
MSM Ester C Complex
Magnesium
Mag 6
Man Energy
Mango Puree
Meal Replacement
Max C
Max Energee
Max Relax
Maxi 5 & 7 M
Maxi AntioX Supreme
Maxi B12

12 VITAMINS, HERBS & SUPPLEMENTS

Maxi B20
 Maxi B50 Complex
 Maxi N6
 Maxi Bee Pollen Cleanser
 Maxi Biotic 450
 Maxi Blue Green Supreme
 Maxi Buffered Vitamin C Powder
 Maxi Cal
 Maxi Cell Protection
 Maxi Cleanse
 Maxi Digest
 Maxi Echinacea
 Maxi FE 25
 Maxi FE 50
 Maxi GS 500
 Maxi GS Supreme
 Maxi Ginkgo Bilboa
 Maxi Green Concentrate
 Maxi Green Supreme
 Maxi HDL
 Maxi HRT
 Maxi Health Supreme
 Maxi ITC
 Maxi Kyolic
 Maxi Lipoic Supreme
 Maxi Liquid Amino Acid
 Maxi Lysine Complex
 Maxi Mineral Complete
 Maxi OPC Supreme
 Maxi Olive Supreme
 Maxi One Prenatal
 Maxi Premium EFA
 Maxi Premium Primrose
 Maxi Prenatal
 Maxi Protection
 Maxi RSMB
 Maxi S&S
 Maxi SJW
 Maxi SP Complex
 Maxi Siberian Ginseng
 Maxi Soy Supreme
 Maxi Support
 Maxi Taurine Plus
 Maxi Teen Supreme Hers & His
 Maxi Two Complete (with and without iron)
 Maxi Tyrosine Plus
 Maxi Valerian
 Maxi Vitex
 Maxi Zinc
 Maxi Zinc Plex
 Maxi Zinc
 Maxiacs Supreme
 Melatonin
 One a Day Multi Vitamin/Mineral (no iron)

Mel O Max
 Memory Enhancement
 Menopausal Support
 Menstrual Support
 Milk Thistle
 Mood Support
 Multi Minerals
 Multi Vitamin
 Multi Vitamin & Mineral
 Multi Vitaimin & Mineral Iron Free
 Multi Vitamin & Mineral Senior
 Multi Vitamin & Mineral Teens
 Multi Vitamin Children
 Multiminerals
 Mushroom
 Nail, Skin & Hair
 Naturemax
 Naturemax Plus
 Nettle
 Niacin
 Nutralizer
 Olive
 Omega-3
 Omega 3 Fish Oil
 Oregano
 Pain & Inflammation
 Pantocaps
 Pantomax Supreme
 Pantothenic Acid
 Parasites
 Passion
 Pomegranate
 Potassium
 Prenatal Vitaimin
 Probiotics
 Prostate Support
 Protein
 Protein Blends
 Pure C Bio 600
 Pycnogenol
 Red Yeast Rice
 Resveratrol
 Saw Polmetto
 Skin Care
 Sleep
 Sleep & Relaxation Aids
 Soy Powder
 Soy Protein Powder
 Specialty Supplements
 St. John's Wort
 Stinging Nettle & Golden Seal Root
 Stress & Sleep
 Super Glucosamine Complex
 Taurine
 Theanine
 Threonine
 Tryptophan
 Tyrosine

Urinary Tract & Bladder
 Valerian
 Valerian Root & St. John's Wart
 Vitamin A & D
 Vitamin B
 Vitamin C 1000
 Vitamin C 500
 Vitamin C Chewable
 Vitamin C Complex
 Vitamin C Liquid
 Vitamin C Powder
 Vitamin C Pureway -C
 Vitamin D
 Womax
 Zinc 6
 Zinc Aspartate
Mega Health (Badatz)
 Acne
 Allergies
 Allergies & Sinus
 Allergy Relief
 Calcium
 Calcium Chewable
 Calm & Sleep
 Ear & Eye
 Earache
 Energy Formula
 Eye, Ear & Nose
 Immune Booster for Kids
 Immune Boiosters
 Immune Defense
 Immune Support
 Indigestion & Gar
 Lactation Support
 Lavender
 Laxatives - Constipation
Manitoba Harvest (WK)
 Amino Acids?ProteinsPre-Workout & Endurance
 Protein
 Protein Blends
 Multi Vitamin
 Multi Vitamin & Mineral
 Multi Vitamin & Mineral Chewable
 Prenatal Vitamin
 Maxi-Health
Meyenberg (Scroll K)
 Mitoku (O/K)
Mystic Moments Remedy (O/U)
 Body Booster
 Fruit Lax
 Immune Enhancing
 Serenity
ND Labs Inc. (O/U)
 Natural Swiss Kriss
Natures Answer (Kof K)
 5 HTP
 Acai

Zinc Tablets
 Zinc Picolinate Tablets
 Spectrum (O/U)
 Flax Seed & Oil
Sunrider - Sunergy (Star K)
 Alpha 20C
 Assimilaid
 Calli Beverages
 Chinese GoldenSeal Root
 Conco
 Dandelion Root
 Dong Quai
 Dr. Chen Bella
 Dr. Chen Veros
 Ese
 Joi
 Korean White Ginseng
 Lifestream
 Liqui-Five
 NuPlus
 Prime Again
 Quinary
 Siberian Ginseng
 Spirulina
 Sunbreeze Balm
 Sunbreeze Oil
 Sunectar
 Sunnydew
 Sunrider Vitafruit top
 White Willow Bark
 Wu Chia Pi
Sunsport (Star K)
 Electrospport
 Sunny Fresh
 Sunrise
Sunshine Health (Badatz)
 Acid Reduction & Heartburn
 Acid Reflux
 ADD/ADHD
 Allergies & Sinus
 Allergy & Sinus
 Allergy Relief
 Bladder & Urinary
 Cold & Flu
 Cough Relief
 Diet & Sugar Control
 Digestion Support
 Digestive Enzymes
 Enzymes
 Eye, Ear & Nose
 Immune Boosters
 Joint Health
 Lactation support
 Laxatives
 Lazatives=Constipation
 Memory Enhancement
 Menstrual Support
 Mood Support
 Muscle & Joint Treatments

Nausea & Vomiting
 Stress & Sleep
 Supplements
 Throat & Cough
 Voice
TCD (Star K)
 Angelica
 Astragalus
 Black Cohosh
 Citrus Aurantium
 Cordyceps Extract Powder
 Dong Quai Powder
 Echinacea Extract Powder
 Epimedium
 Fisetin
 Fo-Ti
 Ginger
 Ginkgo Biloba
 Ginseng
 Green Tea
 Gynostemma Pentaphyllum
 Hawthorn
 Horse Chestnut
 Horsetail
 Huperzia Serrate
 Milk Thistle
 Pine Bark
 Polygonum Cuspidatum
 Pomegranate
 Puerariae
 Red Clover
 Rhodiola Rosea
 Schisandra Chinensic
 Siberian Ginseng
 Smoke Tree
 Sodium Usnic Acid
 Soybean Isoflavories
 St. John Wart
 Tribulus Terrestris
 White Willow Bark
 Wild Yam
 Trace Minerals
 Magnesium
Trout Lake Farm (Star K)
 Alfalfa (dried)
 Anise (dried)
 Astralagus Root (dried)
 Basil (dried)
 Black Cohosh (dried)
 Blessed Thistle (dried)
 Burdock Root (dried)
 Carrots (dried)
 Catnip (dried)
 Chamomile Liquid Extract
 Chamomile (dried)
 Cilantro (dried)
 Comfrey (dried)
 Dandelion Liquid and Dried
 Dill (dried)
 Echinacea Angustifolia Liquid

VITAMINS, HERBS & SUPPLEMENTS

17

Extract and Dried
 Echinacea Pallida (dried)
 Echinacea Purpurea Juice and Dried
 Eleutherococcus (dried)
 Fenugreek (dried)
 Feverfew (dried)
 Florased Valerian Herbal Medicine
 Garlic (dried)
 Ginkgo Biloba Liquid and Dried
 Hibiscus (dried)
 Hyssop (dried)
 Kava Kava (dried)
 Lemon Balm Liqueur Extract and Dried
 Lemon Peel (dried)
 Lemon Thyme (dried)
 Lemongrass (dried)
 Licorice (dried)
 Mace (dried)
 Marshmallow Root (dried)
 Mustard Seed
 Nettle Juice and Dried
 Oatstraw (dried)
 Onions (dried)
 Orange Peel (dried)
 Oregano (dried)
 Peppermint (dried)
 Raspberry Leaf (dried)
 Red Clover Juice and Dried
 Rhubarb (dried)
 Rosehips (dried)
 Rosemary (dried)
 Sage Leaf (dried)
 Saw Palmetto (dried)
 Schisandra (dried)
 Sheep Sorrel (dried)
 Skullcap (dried)
 Slippery Elm (dried)
 Spearmint (dried)
 Spilanthes Juice and Dried
 St. John's Wort Liquid Extract and Dried
 Valerian Juice and Dried
Uncle Moishy (Bais Din Tzedek Of K'hal Machzikei Hadas)
 Acidophilus Chewable
 Acidophilus/Probiotic Chewable
 C Vitamin Chewable
 Multi Vitamin & Mineral Chewable
 Multi Vitamin Children
 Omega 3
 Omega 3 Fish Oil

VITAMINS, HERBS & SUPPLEMENTS

Colon Cleanse
 Copper
 Cranberry
 Cysteine
 Dandelin
 Diet & Sugar Control
 Diet Enhancer
 Digestive Support
 Digestive Enzymes
 Diuretics
 Dlpa (Di-Phenylalanine)
 DNA Protection
 Dong Quai
 D-Ribose
 Dry Beta Carotene Tablets
 E Vitamin Dry and Liquid
 Echinacea Vegicaps
 Echinacea & Goldenseal
 Elderberry
 Energy
 Enzymes
 Essential Fatty Acids
 Eye Care
 Eyebright Vegicaps
 Fenugreek Vegicaps
 Feverfew
 Fiber
 Flax
 Folic Acid Tablets
 Formula VM Vegicaps & Tablets
 Formula VM Iron Free Tablets
 GABA
 Garlic/Parsley Tablets
 Gentle Iron Vegicaps
 Ginger
 Ginkgo Biloba Vegicaps (Full Potency & SFP)
 Ginseng (Siberian) Vegicaps
 Green Foods
 Glucosamine
 Glutamine
 Glutathione
 Glycine Vegicaps
 Goldenseal
 Gotu Kola Vegicaps
 Gout
 Grape Seed
 Green Food Powders
 GTF Chromium Tablets
 Hawthorne Berry Vegicaps
 Hemorrhoids
 Herbal Combinations
 Horse Chestnut
 HY C Tablets
 Inositol Vegicaps & Tablets
 Iron

Isoflavone
 Joing Health
 Kelp Tablets
 L-Arginine Vegicaps
 L-Arginine/L-Ornithine Vegicaps
 L-Carnitine Vegicaps
 L-Cysteine Vegicaps
 L-Cystine Vegicaps
 L-Glutamic Acid Tablets
 L- Glutamine Vegicaps
 L-Glutathione Vegicaps
 Lecithin
 Licorice
 Lipoic Acid
 Lipotropic Factors Tablets
 Liver Support
 L-Lysine Tablets & Vegicaps
 L-Methionine Vegicaps
 L-Ornithine Vegicaps
 L-Phenylalanine Vegicaps
 L-Proline Vegicaps
 L-Proline/L-Lysine Tablets
 L-Threonine Vegicaps
 L-Tyrosine Vegicaps
 Lutein
 Lycopene
 Lysine
 Magnesium Citrate Tablets
 Magnesium Tablets (with Vitamin B)
 Magnesium/Calcium Tablets
 Maxi-L-Carnitine Tablets
 Megasorb B12 MCG Nuggets
 Melatonin
 Memory Enhancement
 Methionine
 Milk Thistle
 Molybdenum
 Mood Support
 MSM
 Multi Minerals
 Multi Vitamin
 Multi Vitamin & Mineral
 Multi Vitamin & Mineral Senior
 Multi Vitamin for Women
 Multiminerals
 Mushroom
 N-acetyl Cysteine
 Nail, Skin & Hair
 NAC 600 MG Vegicaps
 Natural B Complex Stress Formula Tabs
 Nettle
 Niacin Tablets & Vegicaps
 Niacinamide Tablets & Vegicaps
 No Flush Niacin Vegicaps
 Oat Bran Tablets
 Oceanic Silica Vegicaps
 Octacosanol Vegicaps
 Omega 3

Omithine
 PABA Tablets & Vegicaps
 Pantothenic Acid Tablets & Vegicaps
 Parsley
 Pectin
 Phenylalanine
 Phosphatidiserine
 Policosanol
 Pomegranate
 Post Workour & Recovery
 Potassium Complex Tablets
 Potassium Tablets
 Potassium/Magnesium
 Aspartate Vegicaps
 Liver Support
 Prostate Support
 Psyllium Husks Fiber Vegicaps
 Pycnogenol
 Pyridoxal 5 Phosphate Tablets
 Quercetin Complex Vegicaps
 Red Clover
 Red Yeast Rice
 Resveratrol
 Rhodiola
 Ribose
 Rutin Tablets
 SAME
 Saw Palmetto
 Selenium Tablets
 Seleno Tablets (Yeast Free)
 Silica
 Sleep
 Soy Isoflavones
 Specialty Supplements
 Spirulina Tablets & Powder
 St. John's Wort
 Super Ginkgo Vegicaps
 Supplements
 Taurine Vegicaps
 Theanine
 Threonine
 Tryptophan
 Turmeric
 Tyrosine
 Urinary Tract & Bladder
 Valerian
 Vitamin A
 Vitamin A & D
 Vitamin B1 TABLETS
 Vitamin B12 Tablets
 Vitamin B2 Tablets
 Vitamin B6 Tablets & Vegicaps
 Vitamin C Tablets & Vegicaps
 Vitamin C w/Rose Hips Tablets
 Vitamin C w/Rose Hips Wafers
 Vitamin D
 Vitamin E Dry Vegicaps
 Vitamin K
 Yeast

Alfalfa
 Angelica
 Anti-Worm
 Asafetida
 Ashwagandha
 Astragalus
 Barbery
 Bayberry
 Bee Pollen
 Bioflavonoids
 Black Cohosh
 Black Elderberry
 Black Walnut
 Bladder & Urinary Tract
 Bladderwrack
 Blessed Thistle
 Blue Cohosh
 Blue Vervain
 Blueberry
 Boneset
 Brain & Memory
 Burdock Root
 Butcher's Broom
 Calendula
 Cardiovascular & Circulatory
 Juniper
 Kid Herbal Formulas
 Kola Nut
 Lavender
 Laxatives
 Lecithin
 Licorice
 Linden
 Liver Support
 Lobelia
 Lycopene
 Marshmallow
 Memory Enhancement
 Milk Thistle
 Motherwort
 Muira Puama
 Mullein
 Mushroom
 Myrrh
 Nettle
 Oats
 Olive
 Oregano
 Oregon Grape
 Parasites
 Parsley
 Partridge Berry
 Passion
 Pau D' Arco
 Peppermint
 Plantain
 Pleurisy
 Propolis
 Prostate Support
 Pumpkin
 Red Clover

Fo-Ti
 Garlic
 Garcinia Cambogia
 Gentian
 Ginger
 Ginkgo Biloba
 Ginseng
 Goldenseal
 Gotu Kola
 Green Foods
 Green Tea
 Guarana
 Gymnema
 Hawthorne
 Herbal Combinations
 Hops
 Horehound
 Horse Chestnut
 Horsetail
 Hyssop
 Immune Boosters
 Immune Support
 Indigestion & Gas
 Isoflavone
 Juniper
 Kid Herbal Formulas
 Kola Nut
 Lavender
 Laxatives
 Lecithin
 Licorice
 Linden
 Liver Support
 Lobelia
 Lycopene
 Marshmallow
 Memory Enhancement
 Milk Thistle
 Motherwort
 Muira Puama
 Mullein
 Mushroom
 Myrrh
 Nettle
 Oats
 Olive
 Oregano
 Oregon Grape
 Parasites
 Parsley
 Partridge Berry
 Passion
 Pau D' Arco
 Peppermint
 Plantain
 Pleurisy
 Propolis
 Prostate Support
 Pumpkin
 Red Clover

VITAMINS, HERBS & SUPPLEMENTS

Red Raspberry
 Resveratrol
 Rhodiola
 Rhubarb
 Rose Hips
 Rosemary
 Sage Sarsaparilla
 Saw Palmetto
 Schisandra
 Skin Care
 Skullcap
 Slippery Elm
 Soy Isoflavones
 Specialty Supplements
 St. John.s Wort
 Stevia
 Stress & Sleep
 Suma
 Sunburn
 Thyme
 True Unicorn
 Urinary Tract Bladder
 Uva URsi
 Valerian
 Vitamin A & D
 Vitamin C Ester-C
 Vitamin D
 Vitamin D Chewable
 Vitex
 Warts
 White Oak
 White Willow
 Wild Cherry
 Wild Yam
 Yarrow
 Yellowdock
 Yohimbe
 Yucca
Natures Best Herbs (Badatz)
Nature's Plus (Kof K)
 Add/Adhd
 Amino Acids/Proteins
 Arthritis Formula
 Bladder & Urinary Tract
 Bladder & Urinary
 Cholesterol Support
 Conditioner
 Cranberry
 Gastrointestinal
 Glucosamine
 Glucosamine Sulfate
 Hair Care
 Indigestion & Gas
 Protein
 Protein Blends
 Red Yeast Rice

14 VITAMINS, HERBS & SUPPLEMENTS

Shampoo
Soy Powder
Specialty Supplements
Tea Tree Oil
Threonine
Urinary Tract & Bladder
Whey Protein
Spiru-Tein Protein Shake (Banana Flavor)
Nature's Sunshine (Star K)
Aloe Vera
C Vitamin
Chlorophyll
Flash Ease
Folic Acid Plus
Ginkgo Time Release
Locio Powder
Papaya Mint Chewable
Tei Fu Oil
Nature's Way (O/U)
Black Elderberry
Breast Care
Breast Health
Cold & Flu
Elderberry
Immune Booster for Kids
Immune Boosters
Immune Support
Navitco (O/U)
Acidophilus
Acidophilus/Probiotic Vegicaps
Arthritis Formula
C Vitamin Chewable
Chewable Probiotic
Diet Enhancer
Digest Support
Evening Primrose Oil
Fish Oil
Glucosamine
Glucosamine Sulfate
Immune Booster for Kids
Iron Chewable
Iron Liquid
Joint Support
Magnesium
Multi Vitamin & Mineral Chewable
Multi Vitamin Children
Omega 3
Omega 3/Fish Oil
Propolis
Super Probiotic
Vitamin C Chewable
New Morning (O/U)
Nonichai (Vaad Harabanim of Flatbush)
Acne

Add/Adhd
Anti-Depression
Cholesterol Support
Colic
Colitis & Crohn's
Confidence
Diet & Sugar Control
Diet Enhancer
Digestion Support
Diuetics
Energy
Energy Formula
Fat Burners & Blockers
Growth Formula
Headaches
Herbal Combinations
Kidney Health
Lactation Support
Male Restraint
Menstrual Support
Nail, Skin & Hair
OCD Obsessive Compulsive Disorder
Post Workout & Recovery
Pre-Workout & Endurance
Stop Smoking Support
Stress & Sleep
Weight Loss
Now Natural Foods (O/U)
Attention Please
Heartburn Formula
Joint Venture
Queasy-Ease Formula
St. John's Wort & Kava Formula
Total Maintenance
Nugo (O/U)
Bars & Snacks
Fiber Bars
Food Bars
Low Carb Bars
Natural Food Supplements
Pain & Inflammation
Protein Bars Snack Bars
Nutra Aceutical (Kof K)
B 12 Chewable
B 12 Vitamin
B Complex
Cough Relief
Ear & Eye
Earache
Echinacea
Echinacea & Goldenseal
Elderberry
Eye, Ear & Nose
Immune Booster for Kids
Immune Boosters
Immune Defense
Immune Support
Mullein
Parasites

Silver
Throat & Cough
Vitamin C Liquid
NutraLife (Star K)
Arthritis Formula
B 12 Chewable
B 12 Vitamin
Folic Acid
Glucosamine
Glucosamine HCl
Joint Health
Mood Support
Resveratrol
Sam E
Vitamin D
Nutrex (O/K)
Nutralife
Arthritis Formula
B 12 Chewables
B 12 Vitamin
Folic Acid
Glucosamine
Glucosamine HCl
Joint Health
Mood Support
Resveratrol
Sam e
Sam – E
Vitamin D
Nutri-Supreme (Kof K)
Acidophilus
Acidophilus/Probiotic Powder & Vegicaps
Add/ADHD
Allergies & Sinus
Allergy Relief
Alpha GPC
Alpha Lipoic Acid
Amino Acids/Proteins
Antioxidant Combo
Arthritis Formula
Ashwagandha
B 12 Chewable
B 12 Vitamin
B 6 Vitamin
B Complex
Bilberry Boswellia
Brain & Memory
Bromelain
C Vitamin Complex
Calcium
Calcium & Manesium
Calcium & Vitamin D
Calcium Combinations
Calcium Powder
Calm & Sleep
Carnitine
Cholesterol Support
Co Q-10
Coenzyme Q10-CoQ10

Cranberry
Diet & Sugar Control
Diet Enhancer
Digestion Support
Digestive Aids
Digestive Enzymes
D-Ribose
E Vitamin VegiGel
E Vitamins
Energy
Enzymes
Essential Fatty Acid
Evening Primrose Oil
Eye & Vision
Eye Care
Fat Burners & Blockers
Fish Oil
Folic Acid
Garlic
Ginger
Ginseng
GLA
Glucosamine
Grape Seed
Green Food Powders
Green Tea
Immune Boosters
Iron
L-Carnitine
Lipoic Acid
L-Theanine
Lutein
Lycopene
Magnesium
Man Energy
Melatonin
Multi Vitamin & Mineral
Multi Vitamin & Mineral Senior
N=acetyl Cysteine
Olive
Omega 3
Omega 3 Fish Oil
Pain & Inflammation
Passion
Post-Workout & Recovery
Prenatal Vitamin
Probiotics
Prostate Support
Red Yeast Rice
Rhodiola
Ribose
Saw Palmetto
Sleep
Stress & Sleep
Supplements
Theanine
Turmeric
Vitamin C Buffered
Vitamin C Complex
Vitamin C Ester C

Vitamin D
Weight Loss
Whey Protein
Zeaxanthin
Zinc
Old Wessex (O/U)
Olivella (O/U)
Omega Nutrition Oil Blend (Omega Oils) BCK
Pines International (Half Moon K)
Premier Harvest Soy & Rice Granules (O/U)
Profibe (O/U)
Pure Essence Labs (O/U)
Ricola Cough Drops (Rabbinat Orthodox Geneva - Rabbi Schlesinger)
Salba (O/U)
Sarabs Herbal Products (Kof K)
Seelect (Heart K)
Shaklee (Star K)
Chewable Cal Mag Plus
Energizing Soy Protein
Fiber Plan Chewable Tablets & Daily Crunch (dairy)
Garlic Complex
Gentle Sleep Complex
Herb-Lax
Instant Protein Soy Mix
Iron Plus C Complex
Optiflora Prebiotic Complex, Powder
Performance (Lemon, Lime & Orange)
Sustained Release Vitamins
Vitamin E Plus Selenium
Zinc Complex
Solgar (Kof K)
5 HTP
Acai
Acetyl-L-Carnitine
Advanced Calcium Complex
Alfalfa
Aloe Vera
Alpha Lippic Acid (ALA)
Amino Acids
Anti Candida
Antia-candida
Antioxidant Combo
Antioxidant Factors
Apple Pectin
Arginine
Arginine/Ornithine
Arthritis Formula
Ashwagandha
Astragalus
B 1 Vitamin (Thiamin)
B 12 Chewable

VITAMINS, HERBS & SUPPLEMENTS

15

B 12 Vitamin
B 2 Vitamin (Riboflavin)
B 6 Vitamin (Pyridoxine)
B Complex
BCAA Plus Vegicaps
Bee Pollen
Beta Carotene
Bilberry
Bio-Ascorbate
Bioflavonoids
Biotin Tablets
Black Cohosh
Bladder & Urinary Tract
Bladder & Urinary
Blueberry
Boron
Boswellia
Brain & Memory
Bran
Branched Chain Amino Acid (BCAA)
Brewers Yeast
Bromelain
Butcher's Broom
C Vitamin (1000, 1500, 250, 500)
C Vitamin Chewable
C Vitamin Complex
C Vitamin Powder
Calcium Ascorbate Tablets
Calcium Citrate W/Vitamin D Tablets
Calcium Gluconate Tablets
Calcium Lactate Tablets
Calcium/Magnesium Citrate Tablets
Calm & Sleep
Caprylic Acid
Cardiovascular & Circulatory
Carnitine
Cartenoid Complex
Cat's Claw
Cayenne
Certified Organic Garlic
Vegicaps
Choline
Choline & Inositol
Choline Tablets & Vegicaps
Choline/Inositol Tablets & Vegicaps
Chromium
Chromium Picolinate
Cinnamon
Co Q 10
Coenzyme Q-10 Vegicaps
Cold Sores