Kashrut and Non-Kosher Nutritional Supplements

If *kosher* supplements are not available or are not as good as the non-*kosher* ones, you may use non-*kosher* nutritional supplements, including non-*kosher* gelatin capsules:

- If you are sick (disease, headaches, weakness....), or
- To improve your health if you have deficient nutrition

NOTE You may not take non-*kosher* supplements to prevent disease.

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