

# 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.