

# BILBERRY

## What is BILBERRY?

Bilberry is a shrub that grows about 16 inches in height. It is a botanical relative of blueberry, cranberry and huckleberry. The most important compounds in bilberry fruit and extract are the anthocyanosides. Bilberry extract comes powdered as capsules and should be standardized to 25% anthocyanosides to make it the most effective form of Bilberry. \*

## What are the benefits?

The anthocyanosides are known to strengthen blood vessels and improve circulation. Bilberry is useful in treating circulation disorders, such as varicose veins and hemorrhoids; eye disorders, such as diabetic retinopathy, cataracts and glaucoma. Bilberry strengthens the retina to help the eye adapt to light changes. It also has been used to treat diarrhea by helping to control and reduce intestinal inflammation. It can protect the stomach against ulcers, stimulate production of stomach mucus to protect against digestive acids and relax muscles to help relieve abdominal and menstrual cramps. Bilberry extract is synergistically enhanced by lycium berries and chrysanthemum. These two traditional Chinese herbs have been used for centuries to promote vision, eye, liver and kidney health. \*

## Supplement Recommendation:

Look for a source preferably with lycium berries and chrysanthemum which increases the effectiveness of Bilberry; be sure it has been naturally grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule; and a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Promotes optimal night vision\***
- **Protects against eye strain\***
- **Scavenges free radicals that cause premature aging and cellular damage\***
- **Relieves “computer” eyes\***
- **Improves vascular integrity\***
- **May reduce eye tissue damage\***
- **Supports kidney and liver meridian systems\***
- **Aids in migraine relief\***
- **Helps promote healthy and clear skin\***

## Supporting Research:

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\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.