



# Bilberry

## What Is It?

Bilberry contains anthocyanidins with visual and vascular enhancing properties. The extract offers a safe and natural way to enhance the strength and function of the visual and vascular systems.\*

## Uses For Bilberry

**Promotes Healthy Vision:** Bilberry moderates visual fatigue and supports light to dark adjustment through its affinity for the rhodopsin-opsin system, the pigment system which mediates both light and dark vision and visual adaptation to dimly lit spaces. In addition, the extract also has powerful antioxidant activity, promoting the retina's own enzymatic antioxidant defenses. In the vascular system the anthocyanidin extract supports the integrity of vascular walls by increasing vitamin C levels within cells, decreasing the permeabilizing effect of certain proteolytic/ lysosomal enzymes, stabilizing cell membranes, and stimulating the synthesis of collagen and connective ground substance tissue.\*

## What Is The Source?

Bilberry extract is derived from *Vaccinium myrtillus* fruit and standardized to contain 25% anthocyanosides. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Bilberry 160 mg: 1-4 capsules per day, in divided doses, between meals.

Bilberry 80 mg: 3-8 capsules per day, in divided doses, between meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Individuals taking this product with anti-hyperglycemic medications may require blood glucose monitoring. Consult your physician for more information.

### Bilberry 160 mg.

#### each vegetable capsule contains



bilberry (*Vaccinium myrtillus*) extract ..... 160 mg.  
(standardized to contain 25% anthocyanosides)  
vitamin C (as ascorbyl palmitate)..... 6 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)  
**1-4 capsules per day, in divided doses, between meals.**

### Bilberry 80 mg.

#### each vegetable capsule contains



bilberry (*Vaccinium myrtillus*) extract ..... 80 mg.  
(standardized to contain 25% anthocyanosides)  
vitamin C (as ascorbyl palmitate)..... 3 mg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)  
**3-8 capsules per day, in divided doses, between meals.**

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.