**Bilberry Extract**

**Description**
EUROMED bilberry extract is a standardized herbal extract of *Vaccinium myrtillus* L. fruits and leaves, a small shrub commonly found in Europe, Asia and Northern America.

**Chemistry**
Compounds identified and isolated in bilberry are polyphenols like anthocyanosides, some aglycons, cinnamic and bezoic acid derivatives, flavan-3-ols and flavonol glycosides.

**Indications**
Extracts of bilberry fruits are used in the treatment of peripheral vascular diseases and venous insufficiency of lower limbs, in the therapy of capillary fragility and for the treatment of visual disorders like poor vision, poor visual adaptation to bright lights and prevention and treatment of diabetic retinopathy.

**Contraindications, interactions and side-effects**
Bilberry extract is generally well tolerated. Side-effects are rare when the standardized extract is taken. Mild to moderate disturbances in the gastro-intestinal tract or skin and cutaneous annexes may occur.

**Therapeutic Safety**
Bilberry extract is notable for its particularly high level of clinical safety. Acute and chronic toxicological studies did not show any toxic effect and is devoid of any mutagenic and teratogenic potential.
Selected References

- Hagers Handbuch der Drogen und Arzneistoffe
- Bombardelli, E.; Morazzoni, P.: Vaccinium myrtillus
  L. Fitoterapia, 47 (1996) 3-29
- www.euromed.es