

Bilberry (berry)

Latin name: *Vaccinium myrtillus*

Family: Ericaceae

Miscellaneous:

- Close relative of the blueberry.
- No extensive clinical studies in humans.

Uses:

Antidiarrhetic and for an assortment of visual ailments, including: visual acuity, glaucoma, prophylaxis for cataracts, and macular degeneration. Extracts reportedly improve ability to adjust eyesight in changes of light.

*Not sanctioned by Commission E.

Mechanism:

Though the exact mechanism is unknown, the medicinal/therapeutic benefit is linked to the concentration of anthocyanides contained in the herb.¹

Dosage:

Capsules should be standardized to \approx 25% anthocyanides.

= one 200-250 mg capsule BID

*If attempted to use fresh, note that the leaves, not berries, are intended common diabetic use for treating peripheral neuropathies.

Contraindications/Side effects:

The berry (not the leaf) is generally considered safe, though diarrhea may occur in high amounts.

Citation References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 65.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 65.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 25.
3. Duke, J.: *Dr. Duke's Essential Herbs*: 1999, pp. 55-66.
4. Duke, J.: *The Green Pharmacy*: 1997, pp. 157, 269-270, 387-388.
5. Publications International, LTD., In Consultation with the American Association of Naturopathic Physicians.: *Nature's Pharmacy*: 2001, pp. 106-107.