

Bilberry Extract for Better Vision

European Bilberry has a long history of use for the prevention and treatment of vision problems.

Scientific interest in bilberry was first aroused during World War II when British Royal Air Force pilots reported improved eyesight after eating bilberry jam prior to night flying missions. These early reports sparked further research which has since confirmed bilberry's positive effects on vision.

Eyesight/Eyestrain

Over 70 clinical trials, involving people from all walks of life, have shown that bilberry extract improves eyesight and relieves eyestrain.^{1,2,3}

Those taking part in the clinical trials included: airline pilots, air-traffic controllers, car and truck drivers, students, computer terminal operators, navigators, watchmakers and even sportsmen.⁴

Bilberry helps the eyes adapt more quickly to darkness or exposure to sudden glare. Bilberry anthocyanidins stimulate the production of rhodopsin (visual purple) in the retina of the eye. This enhances the eyes' photosensitivity and enables the eyes to adjust more quickly to poor lighting conditions.⁴

Eye Diseases

Research shows that bilberry anthocyanidins help in the prevention and/or treatment of glaucoma, cataracts, macular degeneration, diabetic retinopathy, retinitis pigmentosa and night blindness.⁵

Most cases of blindness are thought to be caused by the proliferation of free radicals formed within the eyes from the action of sunlight. Bilberry anthocyanidins are powerful antioxidants that help protect the eyes by neutralizing free radicals.^{6,7,8}

Circulatory Disorders

Bilberry extract may help prevent and relieve circulatory disorders. This includes the prevention of atherosclerosis (artery blockage) and blood clots. Regular use of bilberry extract may decrease calcium plaque deposits in blood vessels.⁵

Other research shows that bilberry is effective in the treatment of varicose veins and related conditions.⁴

Scientists have found that bilberry anthocyanidins stabilize leaky or permeable capillaries. Poor capillary function underlies many disorders including: allergic reactions, autoimmune diseases of the central nervous system, inflammatory responses, hypertension, and arterial or venous insufficiency. Research results indicate that bilberry actually restores and stabilizes capillary function.⁹

Strengthens

Connective Tissue

Bilberry anthocyanidins have been shown to strengthen connective tissue, including the tendons, ligaments and cartilage. Since

connective tissue is often damaged or destroyed during the inflammatory process that occurs in arthritis, bilberry extract may help counteract the effects of arthritis and other inflammatory diseases.⁵

Suggested Use

The preferred European bilberry extract provides a minimum of 25% anthocyanidins from the fruit of *vaccinium myrtillus*. The standard dosage is one or two 60 mg capsule(s) 3x daily.

Some people report immediate relief from eyestrain after taking bilberry. However, most people experience best results after several weeks of usage.^{4,5}

For complete updated information on Standardized Bilberry Extract see *The Textbook of Natural Medicine-Third Edition*.¹⁰

References

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