



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 benzoic 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.

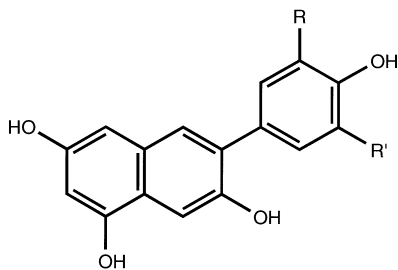
Therapeutic Safety

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.



EUROMED Analytical Specifications

Denomination	➤ BILBERRY DRY EXTRACT
Used plant drug	➤ <i>Vaccinium myrtillus</i> L.
Used plant parts	➤ Berries
Aspect	➤ Dark red-violet powder
Identification	➤ TLC
Loss on drying	➤ Max. 5.0%
Sulphated ash	➤ Max. 10.0%
Assay	➤ Anthocyanidins, expressed as delphinidin min. 25% (UV-vis)
Microbiology	➤ Acc. Ph. Eur., 5.1.4, cat. 3B



Anthocyanidins of bilberry

R	R'	
OH	H	Cyanidin
OH	OH	Delphinidin
OCH ₂	H	Cyanidin
OCH ₂	OH	Petunidin
OCH ₂	OCH ₂	Malvidin
H	H	Pelargonin

Selected References

- Hagers Handbuch der Drogen und Arzneistoffe Springer-Verlag Berlin Heidelberg (2004)
- Bombardelli, E.; Morazzoni, P.: *Vaccinium myrtillus* L. *Fitoterapia*, 47 (1996) 3-29
- www.euromed.es



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