

# Bilberry 160mg

Support for healthy vision and vascular function<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Healthy vision and eye health support<sup>†</sup>

## BENEFITS

- Helps moderate visual fatigue<sup>†</sup>
- Supports light to dark adjustment<sup>†</sup>
- Promotes the retina's own enzymatic antioxidant defenses<sup>†</sup>

## FEATURES

- Bilberry extract standardized to contain 25% anthocyanosides
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Bilberry extract contains anthocyanidins with visual and vascular-enhancing properties. 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.<sup>1</sup> In addition, the extract also promotes the retina's own enzymatic antioxidant defenses.<sup>2</sup> 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.<sup>3†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-4 times daily, between meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## 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

## NOTES

Size 2 caps

Bottle count 120

Order codes BB11

Bottle size 120 cc

## REFERENCES

1. Lee J, et al. *Br J Nutr.* 2005 Jun;93(6):895-9.
2. Yao N, et al. *J Agric Food Chem.* 2010 Apr 28;58(8):4731-6.
3. Ogawa K, Kuse Y, Tsuruma K, et. Al. *BMC Complement Altern Med.* 2014 Apr 2;14:120.

## SUPPLEMENT FACTS

**1 capsule, 1-4 times daily, between meals.**

**Each (size 2) vegetarian capsule contains:**

Bilberry ( <i>Vaccinium myrtillus</i> ) extract (fruit)	160 mg
(standardized to contain 25% anthocyanosides)	

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate



Bilberry 160 mg	Quantity	Order Code
	120	BB11

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