



## **Bilberry Can Strengthen Blood Vessels And Support A Healthy Cardiovascular System!**

Bilberry is a part of the herb world that has recently begun re-emerging because of recent scientific discoveries linking the fruit to therapeutic properties in blood vessel-related disorders. If you happen to suffer from any disorder that is related to weakened blood vessels, then you should definitely think about bilberry as part of your treatment, as it can be safe and extremely effective. Bilberry is a rich source of anthocyanidins, which gives it the unique ability to stabilize and protect collagen stores. This helps to prevent capillary leakage and hemorrhage. Bilberry is currently being used to treat vascular and blood disorders, and is also a main ingredient in the treatment of many visual problems. It has even been proven effective for varicose veins, thrombosis, diabetes, macular degeneration, and angina.

Thanks to its rich amounts of anthocyanosides, bilberry is an extremely valuable treatment for a variety of disorders in which leaky veins cause tissue damage. Containing over 15 different anthocyanosides, bilberry protects the veins and arteries, as it boosts a great deal of physiological processes that results in the improved integrity of capillary walls. Additionally, anthocyanosides prevent platelets from sticking to the walls of vessels, which helps to prevent the formation of blood clots. Bilberry has shown healing properties including: analgesic, anti-arthritis, anti-clotting, anti-ulcer, anti-edemic, anti-inflammatory, anti-osteotic, cyclooxygenase inhibitor, inhibits collagenase, inhibits elastase, lipoxigenase, smooth muscle relaxant, lowers blood sugar, and vasodilator.

With more than 100 names from around the world, bilberry also can be known by: huckleberry, whortleberry, European blueberry, myrtle bilberry, myrtle blueberry, myrtle whortleberry, Rocky Mountain whortleberry, red whortleberry, black grouseberry, low bilberry, mountain blueberry, huckleberry, and blueberry. Bilberry is a perennial shrub that can be commonly found in many different climates around the world that are characterized by damp woodlands and moorlands in northern Europe, northern regions of America, and parts of Canada.

Bilberry grows as a small shrub with wiry, angular branches that do not usually grow over a foot high. The branches of bilberry bear waxy flowers and black berries that are covered with a grey bloom when they are ripe. The leather-like leaves of bilberry are initially rose color, but turn to a yellowish-green in the summer and a fiery red in the autumn.



Growing abundantly in areas of England and flourishing best on high ground in the north and west regions of Britain, bilberry possesses a round fruit or berry that has a flat top and is approximately the size of a black currant, with a taste that is slightly acidic. The berry bushes prefer filtered shade and moist, fertile soil that is acidic and non calcareous. The bilberry plant is related most closely to blueberries and currants, all of which belong to the genus Vaccinium. Bilberries are rich in carbohydrates, tannin, vitamin A, and vitamin C. It also contains glucoquinine, which is able to lower blood sugar.

Finally, bilberry is considered an astringent; it exhibits antibacterial properties in the intestines. Bilberry's analgesic properties are often thought to come from chlorogenic-acid and ferulic-acid content. Bilberry contains copper, quercetin, linoleic-acid, magnesium, pantothenic acid, ursolic acid, and zinc. This herb is good for the parts of the body that contain small fragile blood vessels such as the eyes and this is why this herb is associated with promoting eye health.



- **[Bilberry Extract 60ct 60mg](#)**

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