

Do You Know the Difference between Bilberry and Blueberry?

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Bilberry is a perennial shrub native to northern Europe, the northern United States, and Canada. Known as the "European blueberry", the purple-black bilberry fruit is similar to the "American blueberry" and can easily be confused. In some studies, it was found that bilberries contain more valuable active ingredients than blueberries - Anthocyanosides - and are therefore widely used to improve visual acuity and night blindness, unlike blueberries, which are only used as an ingredient in jams and food additions.

Bilberry extract can be used to protect eyesight, prevent blindness, glaucoma, cataracts and retinal bleeding, and improve myopia, macular degeneration, diabetic retinopathy, retinitis pigmentosa, and night blindness.

The difference between bilberry and blueberry

Bilberry and blueberry are two plants of the same genus and different species. The main differences between the two are four points.

- 1 . Blueberries are artificial hybrids, while European bilberries are wild varieties.
 - 2 . Blueberries can be picked by machine, while European bilberry can only be picked by hand.
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3. blueberry fruit is larger, the flesh is yellow-green, while the European bilberry is smaller, the flesh is dark blue-purple.

4. The anthocyanin content of bilberry fruit is about four times higher than that of blueberries.

Bilberry Extract

Anthocyanins are powerful antioxidants (about 50 times more powerful than vitamin E) that maintain normal cellular connections, stabilize blood vessels, enhance microvascular circulation, and improve microvascular and venous flow. Bilberry is a natural plant rich in "anthocyanins", and more than 15 anthocyanins have been found in the ripe purple-black berries of the bilberry. It is worth mentioning that the anthocyanin content of bilberry can effectively inhibit enzymes that destroy eye cells, which explains why bilberry is beneficial for eye health.

Anthocyanosides have been shown in many clinical studies to be useful in the treatment of circulatory disorders, varicose veins, and arterial or venous disorders. Anthocyanins have also been used in Europe to strengthen microvasculature, enhance gliosis, improve brain function, and as antioxidants in the body, and they also seem to have a special affinity for the kidneys, helping to strengthen the more fragile microvasculature within the glomerulus (the filtration system part of the kidney).

People who especially need bilberry

Students, teachers, computer workers, bankers, motorists, pilots, police officers, video game fanatics. Or those with symptoms of the following diseases: nearsightedness, farsightedness, presbyopia, retinal degeneration, night blindness, macular degeneration, glaucoma, senile cataracts, retinopathy and cataracts caused by diabetes, etc.

The best time to use it is recommended: it is better absorbed on an empty stomach. However, bilberry is a

berry food, and large amounts of it can have a light diarrhea effect, so people with cold stomachs are advised to eat it after meals.

For more details, please visit <https://www.eqlic.com/detail/do-you-know-the-difference-between-bilberry-and-blueberry-china-356705>
