



NATURAL HEALTH PRODUCT
BILBERRY- *VACCINIUM MYRTILLUS*
Oral

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product labels at the applicant’s discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date October 30, 2018

Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source material(s)		
		Proper name(s)	Part(s)	Preparation(s)
<i>Vaccinium myrtillus</i>	<ul style="list-style-type: none"> ▶ Bilberry ▶ European blueberry ▶ Huckleberry ▶ Whortleberry 	<i>Vaccinium myrtillus</i>	Fruit	Dried

References: Proper name: USDA 2018; Common names: McGuffin et al. 2000; Source material: Blumenthal et al. 2000.

Route of administration

Oral (Blumenthal et al. 2000)

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.



Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

Use(s) or Purpose(s)

- ▶ (Traditionally) used in Herbal Medicine as an astringent to help relieve diarrhoea (ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000; Grieve 1971; Felter and Lloyd 1983).
- ▶ Source of/ Provides antioxidants (Upton 2001; Mills and Bone 2000)
- ▶ Used in Herbal Medicine to help slow the progression of disorders of the eye, such as diabetic and hypertensive retinopathy, and macular degeneration (Mills and Bone 2005; Blumenthal 2003; Upton 2001; Morazzoni and Bombardelli 1996).
- ▶ Used in Herbal Medicine to help relieve symptoms related to non-complicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness and tingling of the legs (Barnes 2007; Mills and Bone 2005; ESCOP 2003; Upton 2001).

Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Slowing the progression of disorders of the eye and relieving symptoms related to non-complicated CVI

Methods of preparation: Standardized extracts

160-480 milligrams of dried extract standardized to 36% anthocyanins, per day; Not to exceed 160 milligrams per single dose (USP 32 2009; Blumenthal 2003; ESCOP 2003; Upton 2001)

All other uses

Methods of preparation: Dry, Powder, Non-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

1.8-75 grams of dried fruit, per day (USP 32 2009; Barnes 2007; ESCOP 2003; Blumenthal et al. 2000; Grieve 1971)



Direction(s) for use

No statement required.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Relief of diarrhoea

Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

Slowing the progression of disorders of the eye and to relieve symptoms related to non-complicated CVI

Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms worsen.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

No statement required.



Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

References cited

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