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Bilberry blbri also known as European blueberry is a Eurasian low growing shrub in the genus *Vaccinium* of the flowering plant family Ericaceae native to northern Europe and North America. [1][2] *Vaccinium myrtillus* L

is the species most commonly calledbilberry but other closely related *Vaccinium* species may also have this name Learn more aboutBilberryuses effectiveness possible side effects interactions dosage user ratings and products that containBilberry Mar 31 2025 Bilberries are often called European blueberries as theyre very similar in appearance to North American blueberries

Here are 9emerging health benefits of bilberries all backed by science Jul 17 2023 Bilberryfruit and extract are considered generally safe with no known side effects but it is important to be aware of possible side effects

Because the anthocyanosides in this fruit may stop blood from clotting there may be an increased risk of bleeding if you takebilberrywith blood thinning medication which includes aspirin Nov 11 2025 Learn about the research on the health benefits ofbilberry which is closely related to blueberries Bilberryis a plant also known as Airelle Arndano Black Whortles Bleaberry Blueberry Brimbelle Burren Myrtle Dyeberry Gueule Noire Huckleberry Hurtleberry Mauret Myrtille Raisin des Bois Trackleberry *Vaccinium myrtillus* Whortleberry Wineberry and other names Bilberry low growing deciduous shrub in the heath family Ericaceae found in woods and on heaths in Eurasia

The fruits are a principal food of the grouse and are used for tarts and preserves

Learn more about thebilberryplant with this article This fact sheet provides basic information aboutbilberrycommon names usefulness and safety and resources for more information Apr 24 2024 Bilberryhelps to improve vision eliminate circulation problems manage the blood sugar in diabetics and protect against liver damage and eye disorders BilberryBotanical name s *Vaccinium myrtillus* *Vaccinium uliginosum*

Family Ericaceae Other name s blueberry bog whortleberry northernbilberryGeneral description Bilberries are a type of blueberry found in Europe and the Northern U.S. Theyre closely related to the U.S. blueberry. The berries and their juice are the most commonly used part of this berry

In the past bilberrywas.

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