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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 called bilberry but other closely related *Vaccinium* species may also have this name Learn more about Bilberry uses effectiveness possible side effects interactions dosage user ratings and products that contain Bilberry Mar 31 2025 Bilberries are often called European blueberries as they're very similar in appearance to North American blueberries

Here are 9 emerging health benefits of bilberries all backed by science Jul 17 2023 Bilberry fruit 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 take bilberry with blood thinning medication which includes aspirin Nov 11 2025 Learn about the research on the health benefits of bilberry which is closely related to blueberries Bilberry is a plant also known as Airelle Arndano Black Whortles Bleaberry Blueberry Brimbelle Burren Myrtle Dyeberry Gueule Noire Huckleberry Hurtleberry Mauret Myrtle 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 the bilberry plant with this article This fact sheet provides basic information about bilberry common names usefulness and safety and resources for more information Apr 24 2024 Bilberry helps to improve vision eliminate circulation problems manage the blood sugar in diabetics and protect against liver damage and eye disorders Bilberry Botanical name s *Vaccinium myrtillus* *Vaccinium uliginosum*

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

In the past bilberry was.

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