

Superfine Bilberry 高效藍莓素



Compared to blueberry (*Vaccinium Corymbosum*) in the market, natural and wild Bilberry (*Vaccinium uliginosum*) originating in Scandinavia contains 10 times more Anthocyanins than Blueberry, which promote good vision, preserve and improve one's eyesight according to research conducted by University of Tufts. That is why you should take Bilberry. EyeFresh Superfine Bilberry would provide a daily supply of 1000mg Bilberry, without sugar and artificial coloring. Capsules are for people of all ages as they are natural and vegetarian.

Effectiveness of Bilberry:

Believe it or not, during the Second World War to help to improve eyesight at night, Royal Air Force takes Bilberry frequently. Also, the function of Bilberry is often reported in European medicine magazines.

1. Reduce eye tiredness.^[1]
2. Promote eye vision.^[1,2]
3. Reduce eye bag and dark under eye circles.^[2,3]
4. Improve visual acuity and moisten eyes.^[1]
5. An anti-oxidant to maintain healthy heart.^[1,4]
6. Maintain skin moisture and prevent from aging.^[1,4]

Who should take Bilberry?

Medical research reveals free radical will accumulate day by day, making capillary less elastic, hurting our eyes. You need Bilberry if you belong to one or more of the following groups:

- Use computer or smartphone for prolonged time
- Confused by dark eye circles and eye bag
- Often play electronics games
- Eyes are often puffy and feel tired
- Students
- Always work / read in dim light
- Not getting enough rest for the eyes
- Growing child
- Watch TV frequently
- Visual aging
- Drivers

Bilberry helps to maintain eye health though supporting healthy function of retina. Bilberry contains active compounds known as anthocyanosides. The anthocyanosides found in Bilberry are a group of reddish-purple pigments, that may help night vision and people who have heavy demand on visual work. Helps to maintain a healthy peripheral circulation. Also may relieve strain in the eyes.

Dosage:

For Adult: Take 1-2 capsules twice daily with a meal or as directed by physicians.

Storage:

Store product at room temperature.
Do not expose to excessive heat or moisture.
Keep out of the reach of children.

Each capsule contains:

Vaccinium uliginosum (Bilberry) Fruit 1000mg
No added sugar, starch, yeast, gluten, salt or artificial coloring.

References:

1. Zafra-Stone S, Yasmin T, Bagchi M, Chatterjee A, Vinson JA, Bagchi D. Berry anthocyanins as novel antioxidants in human health and disease prevention. *Mol Nutr Food Res.* 2007;51(6):675-83.
2. No authors. Monograph. *Vaccinium myrtillus* (bilberry). *Altern Med Rev.* 2001;6(5):500-4.
3. Persson IA, Persson K, Andersson RG. Effect of *Vaccinium myrtillus* and its polyphenols on angiotensin-converting enzyme activity in human endothelial cells. *J Agric Food Chem.* 2009;57(11):4626-9.
4. Cocetta G, Karppinen K, Suokas M, Hohtola A, Häggman H et al. Ascorbic acid metabolism during bilberry (*Vaccinium myrtillus* L.) fruit development. *J Plant Physiol.* 2012;169(11):1059-65.

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