



NATURE'S SUNSHINE

Bilberry Fruit (Concentrate)

GOOD FOR

Eyes

Cardiovascular system

Blood

SIZE **60 Tablets**

ITEM # **74**

SERVING **2**

SUPPLY **10 days**

DIRECTIONS FOR USE Take 2 tablets with a meal three times daily.

— How the Key Ingredients Work

This concentrated bilberry formula brings together the natural goodness of one of nature's most celebrated berries alongside key minerals your body relies on every day. Together, these ingredients work to support sharp vision, healthy circulation, strong bones, and the kind of steady energy that keeps you feeling your best.

Bilberry Fruit Concentrate — Bilberry is packed with deep-blue plant pigments called anthocyanins — the same compounds that give the berry its rich color. These pigments are well studied for their ability to help protect cells from everyday oxidative stress, support healthy blood vessel walls, and promote overall circulation and eye wellness.

Bilberry & Antioxidant Defense — The anthocyanins in bilberry are powerful natural antioxidants. Research shows they help the body neutralize harmful free radicals and reduce oxidative damage to cells and tissues. Think of them as a built-in shield that helps keep your cells healthier over time, supporting your body's natural defenses from the inside out.

Bilberry & Arterial Health — Clinical research — including a study published in JAMA Internal Medicine — found that bilberry anthocyanins helped support healthy blood vessel function and improved markers of arterial flexibility. Healthy, flexible arteries are essential for good circulation, and bilberry appears to be a meaningful ally in keeping them that way.

Bilberry & Blood Pressure Support — In a double-blind, placebo-controlled clinical trial known as the PRECISE study, participants who took bilberry alongside grape seed extract for 12 weeks saw meaningful reductions in both systolic and diastolic blood pressure readings. This makes bilberry a noteworthy natural option for those looking to support healthy blood pressure levels already within normal range.

Bilberry & Healthy Circulation — Bilberry has a long tradition of use in European herbal medicine for supporting circulation and vascular tone. Its anthocyanin compounds have been shown to support the inner lining of blood vessels, helping maintain smooth, healthy blood flow throughout the body — from the smallest capillaries to larger vessels.

Bilberry & Blood Clot Awareness — Research indicates that bilberry has natural antiplatelet properties, meaning it may help support healthy blood flow by discouraging excessive platelet clumping. This is a well-documented characteristic noted by respected institutions including Memorial Sloan Kettering. Those on blood-thinning medications should speak with their healthcare provider before use.

Calcium — Calcium is the most abundant mineral in the human body and the cornerstone of strong bones and teeth. It plays a vital role in keeping your skeleton dense and resilient, and research confirms that adequate calcium intake — especially when combined with vitamin D — is one of the most important steps you can take to support lasting bone health throughout life.

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