



Bilberry

Revised: December 3, 2018.

CASRN: 84082-34-8

Drug Levels and Effects

Summary of Use during Lactation

Bilberry (*Vaccinium myrtillus*) fruit contains tannins and anthocyanidins. Bilberry is most often used for eye disorders. Bilberry was reportedly used as a European folk medicine to stop milk flow. No data exist on the excretion of any components of bilberry into breastmilk or on the safety and efficacy of bilberry in nursing mothers or infants. Bilberry preparations are generally well tolerated as a food, but should be avoided in patients allergic to bilberry, cranberry, blueberry, and other *Vaccinium* species. No recommendations can be made on the use of large quantities of bilberry products during breastfeeding.

Dietary supplements do not require pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information [about dietary supplements](#) is available elsewhere on the LactMed Web site.

Drug Levels

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

Substance Identification

Substance Name

Bilberry

Scientific Name

Vaccinium myrtillus

CAS Registry Number

84082-34-8

Drug Class

Breast Feeding

Lactation

Complementary Therapies

Phytotherapy

Plants, Medicinal