



## Bilberry

Revised: May 17, 2021.

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.

---

**Disclaimer:** Information presented in this database is not meant as a substitute for professional judgment. You should consult your healthcare provider for breastfeeding advice related to your particular situation. The U.S. government does not warrant or assume any liability or responsibility for the accuracy or completeness of the information on this Site.

**Attribution Statement:** LactMed is a registered trademark of the U.S. Department of Health and Human Services.

## 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