



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Bilberry, Vitamin E

التوت الأزرق / فيتامين هـ

1. Names & Synonyms

Bilberry

Vaccinium myrtillus L. (1)

Family: Ericaceae

Syns.: *Vitis-idaea myrtillus* (L.) Moench

Arabic: التوت الأزرق Toot azrak.

English name: Bilberry, European blueberry, Bogberry (2-4).

2. Parts used for medicinal purpose

Bilberry: Fresh and dried fruits (3, 5).

3. Major chemical constituents

Bilberry

- **Flavonoids:**
- **Flavan-3-ols:** Procyanidins B1, B2, B3 and B4, and anthocyanins (3-O-arabinosides, 3-O-glucosides and 3-O-galactosides of cyanidin, delphinidin, malvidin, peonidin and petunidin).
- **Flavonol-O-glycosides:** Quercitrin, isoquercitrin, hyperoside and astragalin (6, 7).
- **Flavonols:** Kaempferol, quercetin and myricetin (7).
- **Organic acids:** Malic, citric and quinic acids (7).
- **Phenolic acids:** Hydroxycinnamic and hydroxybenzoic acids (8, 9, 10).



- **Tannins:** Gallocatechin (7).
- **Stilbenes:** *Trans*-resveratrol (7).

4. Medicinal uses (Indications)

Adjunctive treatment of mesopic and scotopic vision disorders (hemeralopia) – myopia.

5. Herbal preparations correlated to medicinal use

Combination of bilberry extract and vitamin E.

Herbal preparations are in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

Adults

Combination of 150-300 mg bilberry extract and 150-300 mg Alpha-tocopherol acetate.

Duration of use:

Treatment should be continued for 20 days a month and renewed if necessary.

Method of administration: Oral use.

The pharmaceutical dosage form should be swallowed, without chewing, with a glass of water.

7. Contraindications

Hypersensitivity to the active substance(s) and to other plants of the same family.

8. Special warnings and precautions for use

If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.

9. Interactions with other medicinal products and other forms of interaction



- The medicinal product may increase the action of **anticoagulants**; caution should be taken if used concurrently.
- The medicinal product may increase the action of **NSAIDs**, caution should be taken if used concurrently.
- **Antidiabetics and hypoglycemic herbs:** The medicinal product may increase hypoglycemia; caution should be taken if used concurrently.
- **Antiplatelet agents:** The medicinal product may cause antiplatelet aggregation; caution should be taken if used concurrently.
- **Iron:** it interferes with iron absorption; concurrent use should be avoided.

Lab Test:

- **Blood glucose:** The medicinal product may decrease blood glucose.

10. Fertility, pregnancy and lactation

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.
- No fertility data is available.

11. Effects on ability to drive and use machines

No studies on the effect on the ability to drive and use machines have been performed.

12. Undesirable effects

Rarely: minor digestive disorders.

13. Overdose

No cases of overdose have been reported to date. However, excessive use may aggravate adverse effects.

14. Relevant biological properties

Not required as per Egyptian guidelines for registration of herbal medicines.



15. Additional information

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16. Date of compilation/last revision

21/05/2026.



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