

!" #&/
4;O <548G=>3> 70AB>AC20=O ;V:0@AL:>3> 70A>1C

\$ " ! " @
(PHYTOSED)

! : 04:

4VNGV @5G>28=8: 100 <; ?@5?0@0BC 9:8 7 ACW @>A:8==>W A8@>28=8 «\$VB>A548» (1:10) (5:AB@035=B 5B0=>; 40 %): !rataegi fructus (3;>4C ?>48) – 1 3; Leonuri cardiacae herba (A>10G>W :@>?828 B@020) – 2 3; Lupuli strobili (E<5;N H8H:8) – 2 3; Aveni fructus (2V2A0 ?;>48) – 2,5 3; Melissa officinalis herba (<5;VA8 ;V:0@AL:>W B@020) –1,5 3; Coriandri fructus (:>@V0=4@C ?;>48) – 0,5 3; eliloti herba (1C@:C=C B@020) – 0,5 3; 4>?>28=8: 2V4ACB=V, :@V< 5:AB@035=BC.

V:0@AL:0 D>@<0. 0AB>9:0.

A=>2=V DV78:>-EVABV: ?@>7>@0 @V48=0 2V4 :>@8G=52>-75,5=>3> 4> :>@8G=52>-G5@2=>3> :>;L>@C, 7 ?@8T<=<8< A?5F8DVG=8< 70?0E?>CA:0TBLAO 28?040=O >A04C.

S0@<0:>B5@0?52B8G=0 3@C?0. !=>4V9=V B0 A540B82=V ?@5?0@0B8.

>4 "% N05C .

S0@<0:>>3VG=V 2;0AB82>ABV.

@5?0@0B G8=8BL A540B82=C 4VN 70 @0EC=>: :>=5=BV2, I> 2E>4OBL 4> 9>3> A:;04C.
VNGV @5G>28=8 ?;>4V2 3;>4C (D;02=>=>W48, >@30=VG=V :8A;>B8, 4C18;L=V @5G>28=8) 7=86CNBL 71C4;82VABLF5=B@0;L=>W =5@2>2>W A8AB5<8, A?@8ONBL ?>:@015=N :>@=>0@=>3> B0 <>7:>2>3> :>@2>>1V3C, =>@<0;V70FVW A5@F52>3> @8B, ;V:2V4CNBL 70?0<>@>G5=O.
> I V>;>3VG=> 0:B82=8E @5G>28= B@028 :@>?828 A>10G>W (0;0;>W48, 3;V>7848, @CB8=, A0?>=V=8), >:@V<28@065=>3> A540B82=>3> 5D5:BC, ?@>O2;OT 3V?>B5=782=C 4VN, 7<5=HCT G0AB>BC A5@F528E A:>@>G5=L
H8H:0E E<5;N 5DV@=0>;VO, A<>;8, D;02=>=>W48, I> 7C<>2;NNBL A540B82=C 4VN.
=>4>;L=89 0;>0;>W4 025=V=, 2VB0 3@C?8, I> C ?;>40E 2V2A0, G8=OBL ?>78B82=89 2?;82=0 =5@2>2C A8AB5B0 <0NBL 28@065=89 70A?>:V9;8289 5D5:B.
"@020 <5;VA8 ;V:0@AL:>W <0T 0=B845?@5A82=C, 70A?>:V9;82C, B=>V7CNGC 4VN.
>48 :>@V0=4@C ?@>O2.ONBL A540B82=C 4VN ?@8 ?V42815=V9 =5@2>2V9 71C4;82>ABV.
"@020 1C@:C=C G8=8BL A540B82=89 5D5:B.
1540B82=89 5D5:B ?@5?0@0BC =0AB0T 7?5@H>3> 4=O 70AB>AC20=O. 0:A8<0;L=89 B5@0?52B8G=89 5D5:B =0AB0T G5@57 1-1,5 3>48=8 B0 B@820T 2-4 3>48=8.

;V=VG=V E0@0:B5@8AB8:8.

>:070=O.

/: A540B82=89 70AV1 ?@8 =52@>70E @V7=>W 5BV;>3VW; ;53;V9 D>@AC?@>2>46CTBLAO
4@0BV2;82VABN, B@82>6=VABN, AB@0E<, ?V42815=>N 2B><;N20=VABN, @>7AVO=VABN; =5@2>2=>=V; =59@>F8@:C;OB>@=V9 48AB>=VW 70 3V?5@B5=782=8< V :0@4V0:L=8< B8?><; 0AB5=VG=>@<0 3V?5@AB5=VG=0).

@>B8?>:070=O.

SVB>A540 ?@>B8?>:070=89 ?@8 ?V42815=V9 GCB;82>ABV 4> 1C4L-O:>3> :>=5=B0 ?@5?0@0BC, 28@065=V9 0@B5@V0;L=V9 3V?>B5=7VW B0 1@048:0@4VW, ?@8 7=865=>@B0=V :@>2V B0 2=CB@VH=V9 :@>2>B5GV, ?@8 45?@5AVW B0 V=H8E 70E2>@N20=OE, I> AC?@>2>46CNBLAO ?@83=VG5=O< 4VO;L=>ABV F5=B@0;L=>W =5@2>2>W A8AB5<8.

70T<>4VO 7 V=H8<8 ;V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9.

@5?0@0B ?>A8;NT 4VN A=>4V9=8E 70A>1V2 B0 V=H8E ;V:0@AL:8E ?@5?0@0BV2, I> ?@83=VGCNBL F5=B@0;L=C =5@2>2C A8AB5 @8 >4=>G0A=> ?@89> SVB>A54C@ V7 A5@F528<8 3;V:>7840<8 ?>A8;NTBLAO 4VO >AB0=VE.
@5?0@0B <>65 =57=0G=>N N ?>B5=VFN20B8 4VN ?@O<8E B0 =5?@O<8E 0=B8>03C;O=BV2.
5 @5:>5=4CTBLAO ?@89<0B8 ?@5?0@0B >4=>G0A=> V7 A;>O<8 0;>0;>W4V2 C 72O7:C 7 <>6;82VABN CB2>@5=O =530B82=8E :> 5 A;V4 70AB>A>2C20B8 ?@5?0@0B @07>< 7 0=B80@8B
@5?0@0B <>65 ?>B5=VFN20B8 D0@<0;>;>3VG=V 5D5:B 0=0;35B8G=8E, 0=B83V?5@B5=782=8E ?@5?0@0BV2, 0 B0>6 ?>A8;NT 4VN 0;>3>;N.

A>1;82>ABV 70AB>AC20=O.

5@54 70AB>AC20=O< 71>2BC20B8.

0AB>AC20=O C ?5@V>4 203VB=>ABV 01> 3>4C20=O 3@C44N.

0AB>AC20=O ?@5?0@0BC C ?5@V>4 203VB=>ABV 01> 3>4C20=O 3@C44N ?@>B8?>:070=5.

40B=VABL 2?;820B8 =0 H284:VABL @50:FVW ?@8 :5@C20=V 02B>B@0=A?>@B< 01> V=H8<8 <5E0=V7<0<8.

@5?0@0B =5 A;V4 ?@87=0G0B8 2>4VO< B0 >A>10<, O:V ?@0FNNBL 7<5E0=V7<0<8 B0 ?@8AB@>O<8, I> ?>B@51CNBL ?V42815=>W C2038 B0 H284:8E @CE>28E @50:FV9.

! ?>AV1 70AB>AC20=O B0 4>78.

@87=0G0B8 2=CB@VH=L, 4>@>A;8< V 4VBO<2V;>>2V4 12 @>:V2 ?> 1 G09=V9 ;>6FV (5 <); C =525;8;V9 ;V:L>ABV 2>48 3-4 @078 =0 45=L B0 1 @07 ?5@54 A=>30 4=V2. # @07V =5>1EV4=>ABV :C@A ;V:C20=O <>6=0 ?>2B>@8B8 G5@57 10-15 4=V2 (?VA;O :>=AC;LB0FVW 7 ;V:0@5<).

VB8.

5 ?@87=0G0B8 4VBO<2V;>>4> 12 @>:V2.

5@54>7C20=O.

@8 70AB>AC20=V 4>7 ?@5?0@0BC, I> ?5@528ICNBL @5:><5=4>20=V, <>6;825 28=8;=5=O A>;82>ABV, 70?0<>@>G5=O, 3;>2>3> 1>;N, 2B><;N20=>ABV, 1>;N C 682>BV, B@5>>@C @C:; @>7H8@5=O 7V=8FL, 2V4GCBBO AB8A=5=O C 3@C40E, 1@048:0@4VW. # 450:8E 28?04:0E<<6;825 7=865=O 0@B5@V0;L=>3> B8A:C B0 28=8;=5=O 48A?5?B8G=8E O281 (=C4>B0, 1;N20=O, ?5GVO). *5@0?VO A8<0B8G=0.

>1VG=V @50:FVW.

I>:C A5@F52>AC48==>W A8AB5<8: 7=865=O 0@B5@V0;L=>3> B8A:C, 1@048:0@4VO.
I>:C F5=B@0;L=>W =5@2>2>W A8AB5<8: 70?0<>@>G5=O, A>;82VABL (?@8 ?@89>8E 4>7 ?@5?0@0BC), 3;>2=>89 1V;L; ?V42815=0 2B><;N20=VABL; C 72O7:C 7 28@065=>N A540B82=>N 4VTN A>10G>W :@>?828 7=865=O @>7C<>2>W B0 DV78G=>W ?@0F5740B=>ABV.
I>:C B@02=>3> B@0:BC: =C4>B0, 1;N20=O, 1V;L 2 5?V30AB@0;L=V9 4V;O=V, ?5GVO.
>5@3VG=V @50:FVW, 2;>NG0NG8 :@>?82O=C, A25@1V6, 28A8?0=O, 3V?5@5

"5@ABV.

2 @>:8.
5 70AB>A>2C20B8 ?VA;O 70:V=G5=O B5@ABV, 707=0G5=>3> =0 C?0:>2FV.

#<>28 715@V30=O.

15@V30B8 2 =54>ABC?=>
15@V30B8 2 >@83V=0;L=V9 C?0:>2FV ?@8 B50!.

#?0>2:0.

> 100 <; C D;0;>=V 01> 10=V C ?0GFV 7 :0@B>=C.

0B53>@VO 2V4?CA:C.

57 @5F5?B0.

8@>1=8:7002=8:.

" <%V

VAF57=0E>465=O 28@>1=8:0 B0 9>3> 04@5A0 20465=O 4VO;L=>ABV/465=O 7002=8:0 B0/01> ?@54AB02=8:0 7002=8:0.

61010, #:@0W=0, @4VT=V2AL:0, 1.