

Р†РќРЎРЎР РЈРЉРІРІРІ

**РrP»CИ РjPμPгPөC±PSPsPiPs P·P°CГC,PsCГCfPIP°PSPSCИ P»C-PөP°CГCГЧPөPөPөPiPs
P·P°CГPsP±CГ**

Р’Р†РЎРћРЉРЉР†Рќ Р•-Р-Р”РћР РћР’вГ™РІ

(VITAMIN E-ZDOROVYE)

РЎРөP»P°Pг:

PrC-CHC±C- CГPμC±PsPIPөPSPө: tocopherol;

1 PөP°PөCГCfP»P° PjвГ™ CИPөP° PjC-CГC,PөC,ЧP PIC-C,P°PjC-PSCГ P• 100 PjPi P°P±Ps 200 PjPi,
P°P±Ps 400 PjPi;

PrPsPiPsPjC-PПPSC- CГPμC±PsPIPөPSPө: PsP»C-CИ CГPsPSCИC€PSPөPөPsPIP°;

PsP±PsP»PsPSPөP° PөP°PөCГCfP»Pө, C%Ps PjC-CГC,PөC,ЧP: PПPμP»P°C,PөPS,
PiP»C-C†PμCГPөPS, PjPμC,PөP»PiP°CГP°P±PμPS (P• 218),
PiCГPsPiC-P»PiP°CГP°P±PμPS B B B B B B B B (P• 216), PiPsPSCГPs 4R (E 124).

P»C-PөP°CГCГЧPөPө C,,PsCГPjP°. PЉP°PөCГCfP»Pө PjвГ™ CИPөC-.

PћCГPSPsPIPSC- C,,C-P·PөPөPs-C...C-PjC-C±PSC- PIP»P°CГC,PөPIPсCГC,C-:

PөP°PөCГCfP»Pө PiPs 100 PjPi C,P° 200 PjPi вГ” PjвГ™ CИPөC- PПPμP»P°C,PөPSPsPIC-
PөP°PөCГCfP»Pө PөCfP»CИCГC,PsC— P°P±Ps CГC,,PμCГPөC±PSPsC— C,,PsCГPjPө, P·C-
C€PIPsPj, PIC-Pr CГPIC-C,P»Ps-C†PμCГPIPsPSPsPiPs PrPs C,PμPjPSPs-C†PμCГPIPsPSPsPiPs
PөPsP»ЧPөPсCГCГ, P·P°PiPsPIPSPμPSC- PjP°CГP»CИPSPөCГC,PsCГ CГC-PrPөPSPsCГ PIC-Pr
CГPIC-C,P»Ps-PПPsPIC,PsPiPs PrPs C,PμPjPSPs-PПPsPIC,PsPiPs PөPsP»ЧPөPсCГCГ;

PөP°PөCГCfP»Pө PiPsB 400 PjPi вГ” PjвГ™ CИPөC- PПPμP»P°C,PөPSPsPIC- PөP°PөCГCfP»Pө
PsPIP°P»ЧPөPсC— C,,PsCГPjPө, P·C- C€PIPsPj, PIC-Pr CГPIC-C,P»Ps-C†PμCГPIPsPSPsPiPs PrPs
C,PμPjPSPs-C†PμCГPIPsPSPsPiPs PөPsP»ЧPөPсCГCГ, P·P°PiPsPIPSPμPSC-
PjP°CГP»CИPSPөCГC,PsCГ CГC-PrPөPSPsCГ PIC-Pr CГPIC-C,P»Ps-PПPsPIC,PsPiPs PrPs
C,PμPjPSPs-PПPsPIC,PsPiPs PөPsP»ЧPөPсCГCГ.

РќP°CГPjP°PөPsC,РμCГP°PiPμPIC,PөC±PSP° PiCГCГPiP°. P’C-C,P°PjC-PSPө. P†PSC€C-
PiCГPsCГC,C- PiCГPμPiP°CГP°C,Pө PIC-C,P°PjC-PSC-PI. PЎPsPөPsC,,PμCГPsP» (PIC-C,P°PjC-PS
P•). PЉPsPr PћPЎPГ A11H A03.

РќP°CГPjP°PөPsP»PsPiC-C±PSC- PIP»P°CГC,PөPIPсCГC,C-.

РќP°CГPjP°PөPsPrPөPSP°PjC-PөP°.

P'C-C, P°PjC-PS P• Bḡ“ P¶PëCḡPsCḡPsP·C±PëPSPSPëPNḡ PIC-C, P°PjC-PS, C¶PePëPNḡ
PīCḡPsC¶PIP»C¶C“ P°PSC, PëPsPeC¶PëPrP°PSC, PSC- C- CḡP°PrC-PsPīCḡPsC, PµPeC, PsCḡPSC-
PIP»P°C¶C, PëPIPSc¶C, C-, P±PµCḡPµ C¶C±P°C¶C, Cḡ C¶ P±C-PsC¶PëPSC, PµP·C- PīPµPjC¶ C-
P±C-P»PeC-PI, PīCḡPsP»C-C,, PµCḡP°C¶C-C— PeP»C-C, PëPS C, P° PI C-PSC¶PëC...
PSP°PNḡPIP°P¶P»PëPIC-C¶PëC... PīCḡPsC¶PµC¶P°C... PeP»C-C, PëPSPSPsPiPs
PjPµC, P°P±PsP»C-P·PjC¶.

P'C-C, P°PjC-PS P• PīPsPeCḡP°C%°C¶C“ C¶PīPsP¶PëPIP°PSPSC¶ C, PeP°PSPëPSP°PjPë
PePëC¶PSCḡ. PḡPëPSPëC, Cḡ P°PSPiC-PsPīCḡPsC, PµPeC, PsCḡPSC¶ PrC-Cḡ,
PIPIP»PëPIP°CḡC±Pë PSP° C, PsPSC¶C¶ C- PīCḡPsPSPëPePSC-C¶C, Cḡ C¶C¶PrPëPS,
C¶C, PëPjC¶P»CḡCḡC±Pë C¶C, PIPsCḡPµPSPSC¶ PSPsPIPëC... PeP°PīC-P»C¶CḡC-PI.

P†PjC¶PSPsPjPsPrC¶P»CḡCḡC±PëPNḡ PµC,, PµPeC, PIC-C, P°PjC-PSC¶ P• P·C¶PjPsPIP»PµPSPëPNḡ
C¶C, PëPjC¶P»C¶C¶C-C“Cḡ Pḡ-PeP»C-C, PëPSPSPsPiPs C, P° PīC¶PjPsCḡP°P»CḡPSPsPiPs
C-PjC¶PSC-C, PµC, C¶.

PḡPsPePsC,, PµCḡPsP» C“ PSPµP·P°PjC-PSPSPëPj PrP»C¶ PSPsCḡPjP°P»CḡPSPëC...
CḡPµPīCḡPsPrC¶PeC, PëPIPSPëC... PīCḡPsC¶PµC¶C-PI: P·P°PīP»C-PrPSPµPSPSC¶,
CḡPsP·PIPëC, PeC¶ PīP»PsPrP°, C,, PsCḡPjC¶PIP°PSPSC¶ C, P° C,, C¶PSPeC¶C-PsPSC¶PIP°PSPSC¶
C¶C, P°C, PµPIPSc— C¶PëC¶C, PµPjPë.

PµCḡPë PrPµC,, C-C¶PëC, C- PIC-C, P°PjC-PSC¶ P• CḡPsP·PIPëPIP°CḡC, CḡC¶C¶
PīC-PīPsC, PsPSC-C¶ C, P° PrPëC¶C, CḡPsC,, C-C¶ C¶PePµP»PµC, PSPëC... PjBḡ™ C¶P·C-PI,
PjC-PsPeP°CḡPrP°, PīC-PrPIPëC%°C¶C“C, CḡC¶C¶ PīCḡPsPSPëPePSC-C¶C, Cḡ C, P°
P»P°PjPeC-C¶C, Cḡ PeP°PīC-P»C¶CḡC-PI, CḡPsP·PIPëPIP°C“C, CḡC¶C¶
PrPµPīPµPSPµCḡP°C¶C-C¶ C,, PsC, PsCḡPµC¶PµPīC, PsCḡC-PI, C¶PeP° C¶PīCḡPëC±PëPSC¶C“
PīPsCḡC¶C¶PµPSPSC¶ P·PsCḡC¶; P·PSPëP¶C¶C“C, CḡC¶C¶ C¶C, P°C, PµPIP° C,, C¶PSPeC¶C-C¶ C¶
C±PsP»PsPIC-PeC-PI, PīPsCḡC¶C¶C¶C“C, CḡC¶C¶ PjPµPSC¶C, CḡC¶P°P»CḡPSPëPNḡ C¶PëPeP»
C, P° CḡPsP·PIPëPIP°C“C, CḡC¶C¶ C¶C... PëP»CḡPSC-C¶C, Cḡ PrPs PIPëPePëPrPSC-PI C¶
P¶C-PSPsPe.

P”PµC,, C-C¶PëC, PIC-C, P°PjC-PSC¶ P• PjPsP¶Pµ P·C¶PjPsPIPëC, Pë CḡPsP·PIPëC, PsPe
PīPµPjPsP»C-C, PëC±PSPSc— P¶PsPIC, C¶PSPëC¶C- C¶ PSPsPIPSP°CḡPsPrP¶PµPSPëC..., P°
C, P°PePsP¶ C¶PëPSPPrCḡPsPj PjP°P»CḡP°P±C¶PsCḡP±C¶C-C—, C¶C, PµP°C, PsCḡPµCḡ.

PḡP°CḡPjP°PePsPeC-PSPµC, PëPeP°.

PµC-C¶P»C¶ PIC¶PjPsPeC, C¶PIP°PSPSC¶ C¶ PePëC¶PµC±PSPëPeC¶ P±C-P»CḡC¶P°
C±P°C¶C, PëPSP° C, PsPePsC,, PµCḡPsP»C¶ PīPsC, CḡP°PīP»C¶C“ C¶ P»C-PjC,, C¶ C, P° PeCḡPsPI,
C¶PIPëPrPePs CḡPsP·PīPsPrC-P»C¶C“C, CḡC¶C¶ C¶ C, PeP°PSPëPSP°C... PsCḡPīP°PSC-P·PjC¶ P·
PīPµCḡPµPIP°P¶PSPëPj PSP°PePsPīPëC±PµPSPSC¶Pj C¶ PīPµC±C-PSC¶C-, PjBḡ™ C¶P·P°C...,
P¶PëCḡPsPIC-PNḡ C, PeP°PSPëPSC-. PḡP°PNḡPIPëC%°P° PePsPSC¶PµPSC, CḡP°C¶C-C¶
C¶PīPsC¶C, PµCḡC-PīP°C“C, CḡC¶C¶ C¶ PSP°PrPSPëCḡPePsPIPëC... P·P°P»PsP·P°C...,
PīC-PīPsC,, C-P·C-, C¶C, P°C, PµPIPëC... P·P°P»PsP·P°C..., PjC-PsPeP°CḡPrC-. P'C-P»CḡC¶P°
C±P°C¶C, PëPSP° PīCḡPµPīP°CḡP°C, C¶ PIPëPIPPrPëC, CḡC¶C¶ P· PsCḡPīP°PSC-P·PjC¶ P·
C¶PµC±PµCḡ, C±P°C¶C, PePsPIPs Bḡ“ P· P¶PsPIC±Cḡ.

PḡP»C-PSC-C±PSC- C...P°CḡP°PeC, PµCḡPëC¶C, PëPePë.

PµPsPeP°P·P°PSPSC¶.

- PkPμPrPsCfC, P°C, PSC-CfC, CH PIC-C, P°PjC-PSCr P•.
- PJ PePsPjPiP»PμPeCfPSC-PMē P°PSC, PēPsPeCfPēPrP°PSC, PSC-PMē C, PμCfP°PiC-C—, Cí PiPμCfC-PsPr CfPμPePsPSPiP°P»PμCfC†PμPSC†iC— PiC-CfP»CfC C, CfP°PIPj, PiCfPē C, CfP¶PePēC... CíPsPjP°C, PēC†PSPēC... P°P°C...PIPscfCfPIP°PSPSCfC..., PiCfPē C,,C-P°PēC†PSPēC... PiPμCfPμPIP°PSC, P°P¶PμPSPSCfC..., PiCfPē PSPμP·P±P°P»P°PSCfPsPIP°PSPsPjCf C...P°CfC†CfPIP°PSPSC-.
- PJ CíPeP»P°PrC- PePsPjPiP»PμPeCfPSPsC— C, PμCfP°PiC-C—:

- PrP»CfC PiPsPiPμCfPμPrP¶PμPSPSCfC PiP°C, PsP»PsPiC-PMē PμPjP±CfC-PsPSP°P»CHPSPsPiPs CfPpsP·PIPēC, PeCf, PICfPpsPrP¶PμPSPēC... P°PSPsPjP°P»C-PMē (PIP°Pr CfPpsP·PIPēC, PeCf) PiP»PsPrP°;

- Cí CfP°P·C- P·P°PiCfPpsP·Pē PiPμCfPμCfPēPIP°PSPSCfC PIP°PiC-C, PSPscfC, C-;

- PiPsCfCfCεPμPSCfC, CfCfP°P»CHPSPsPiPs C†PēPeP»Cf, PeCfP°CfCfPpsP·Cf PICfP»CHPIPē, PeP»C-PjP°PeC, PμCfPēC†PSPēC... CfPpsP·P»P°PrC-PI;

- PiPμCfC†PμPiC, PēPIPSPēC... CfPpsP·P»P°PrC-PI CíP»CfC...Cf;

- P°C, CfPpsC,,C-C†PSPēC... CfPpsP·P»P°PrC-PI CíP»PēP·PsPIPsC— PsP±PsP»PsPSPePē PrPēC...P°P»CHPSPēC... CεP»CfC...C-PI;

- PrPμPiPμPSPμCfP°C, PēPIPSPēC... C, P° PiCfPpsP»C-C,,PμCfP°C, PēPIPSPēC... P·PjC-PS Cí CíCfPiP»PsP±P°C... C, P° C,,C-P±CfPpsP·PSC-PMē C, PeP°PSPēPSC- C...CfPμP±C, P° C- PIPμP»PēPePēC... CíCfPiP»PsP±C-PI; CíP»P°P±PePsCfC, C- PjBf™ CfP·C-PI CíPSP°CfP»C-PrPsPe PrPēCíPePsPiPμPSPSPēC... P±P»PsPeP°Pr PiCfPē P·P°C...PIPsCfCfPIP°PSPSCfC... PjC-P¶C...CfPμP±C†PμPIPsPiPs PrPēCíPeP°, CíPeP»PμCfPpsPrPμCfPjC-C—, C†PμCfPIPsPSPsPiPs PIPsPIC†P°PeP°, CfPμPIPjP°C, PsC—PrPSPsPiPs P°CfC, CfPēC, Cí, C-PSCεPēC... CíPēCfC, PμPjPSPēC... P·P°C...PIPsCfCfPIP°PSCf CíPiPsP»CíC†PSPsC— C, PeP°PSPēPSPē;

- PSPμPICfP°CfC, PμPSC-C— P·PIPēCíPSP°P¶PμPSPSCfPj, PiPμCfPμPIP°P¶PSPs PrPēCfC, CfPpsC,,C-C— PjBf™ CfP·C-PI C, P° P°C, CfPpsC,,C-C— PjBf™ CfP·C-PI, PIC, PsCfPēPSPSPsC— PjBf™ CfP·PsPIPsC— CíP»P°P±PePsCfC, C- C, P° PjC-PsPiP°C, C-C— PiCfPē C...CfPpsPSC-C†PSPsPjCf P°CfC, CfPēC, C-;

- PIPμPiPμC, P°C, PēPIPSPēC... CfPpsP·P»P°PrC-PI;

- PμPSPrPsPeCfPēPSPSPēC... CfPpsP·P»P°PrC-PI;

- CíPμCfC†PμPIPs-CíCfPrPēPSPSPēC... C...PIPsCfPpsP±;

- P°C, CfPpsC,,C-C†PSPēC... PiCfPpsC†PμCfC-PI Cí CíP»PēP·PsPIC-PMē PsP±PsP»PsPSC†C- C, CfP°PIPSPsC— CíPēCfC, PμPjPē, CfPpsP·P»P°PrC-PI C...P°CfC†CfPIP°PSPSCfC, CíPēPSPrCfPpsPjCf PjP°P»CHP°P±CíPsCfP±C†C-C—, P°P»C-PjPμPSC, P°CfPSPsC— P°PSPμPjC-C—, C...CfPpsPSC-C†PSPsPiPs PiPμPiP°C, PēC, Cí;

- PiP°CfPpsPrPsPSC, PsPiP°C, C-PMē;

- C...PIPsCfPpsP± PsC†PμPNē;

- C...PIPsCfPpsP± CεPeC-CfPē: PrPμCfPjP°C, PēC, C-PI, C, CfPpsC,,C-C†PSPēC... PIPēCfP°P·PsPe, PiCíPsCfC-P°P·Cí, PμPeP·PμPj;

- PīP»P°CÍC,PëC±PSPsC— C-PSPrCfCḡP°C†C-C— PīPμPSC-CÍP°, P±P°P»P°PSC-C,Cf,
PīPsCḡCfCēPμPSPSCÍ P»C-P±C-PrPs, PīPsCḡCfCēPμPSPSCÍ C,,CfPSPeC†C-C—
CÍC,P°C,PμPIPëC... P·P°P»PsP· Cf C±PsP»PsPIC-PeC-PI, PīPsCḡCfCēPμPSPSCÍ
CÍPīPμCḡPjP°C,PsPīPμPSPμP·Cf C- PīPsC,PμPSC†C-C— Cf C±PsP»PsPIC-PeC-PI,
P±PμP·PīP»C-PrPrCÍ (Cf PePsPjP±C-PSP°C†C-C— P· PIC-C,P°PjC-PSPsPj Pḡ).

- P°C-PīPμCḡPIC-C,P°PjC-PSPsP· Pḡ C- D.

PμCḡPsC,PëPīPsPeP°P·P°PSPSCÍ.

PμC-PrPIPëC%PμPSP° C†CfC,P»PëPIC-CÍC,CH PrPs PrC-CḡC±PsC— CḡPμC±PsPIPëPSPë C,P°
PrPs P±CfPrCH-CÍPePëC... PePsPjPīPsPSPμPSC,C-PI P»C-PeP°CḡCÍCHPePsPīPs P·P°CÍPsP±Cf,
PeP°CḡPrC-PsCÍPeP»PμCḡPsP·, PīPsCÍC,CḡPëPNë PīPμCḡC-PsPr C-PSC,,P°CḡPeC,Cf
PjC-PsPeP°CḡPrP°, C,PëCḡPμPsC,PsPeCÍPëPePsP·, PiC-PīPμCḡPIC-C,P°PjC-PSPsP· P·,
PrPëC,CÍC±PëPNë PIC-Pe PrPs 12 CḡPsPeC-PI.

**P°P·P°C°PjPsPrC-CÍ P· C-PSCePëPjPë P»C-PeP°CḡCÍCHPePëPjPë P·P°CÍPsP±P°PjPë C,P°
C-PSCeC- PIPëPrPë PIP·P°C°PjPsPrC-PNë.**

P°C-PrPsPjPs, C%Ps PIC-C,P°PjC-PS P· P·P±C-P»CHCēCfC° CÍC...PëP»CHPSC-CÍC,CH PrPs
PeCḡPsPIPsC,PμC±C- Cf PīP°C†C-C°PSC,C-PI P· PSPμCÍC,P°C±PμCḡ PIC-C,P°PjC-PSCf Pḡ
P°P±Ps C,PëC..., C...C,Ps PīCḡPëPNëPjP°C° P°PSC,PëPePsP°PiCfP»CÍPSC,Pë, C,PsPjCf
CḡPμPePsPjPμPSPPrCfC°C,CHCÍCÍ PePsPSC,CḡPsP»CḡPIP°C,Pë
PīCḡPsC,CḡPsPjP±C-PSPsPIPëPNë C±P°CÍ C- PjC-P¶PSP°CḡPsPrPSPμ
PSPsCḡPjP°P»C-P·PsPIP°PSPμ PIC-PrPSPsCēPμPSPSCÍ (PḡPáP') PrP»CÍ C,PsPīPs, C%PsP±
PIPëCÍPIPëC,Pë PICÍC- P·PjC-PSPë Cf PīPμPjPsCÍC,P°P·C-. PḡPsP¶P»PëPIPμ
PePsCḡPëPiCfPIP°PSPSCÍ PrPsP·Pë P°PSC,PëPePsP°PiCfP»CÍPSC,C-PI PiC-Pr C±P°CÍ C-
PiC-CÍP»CÍ P»C-PeCfPIP°PSPSCÍ PIC-C,P°PjC-PSPsPj P·.

P°C-C,P°PjC-PS P· PjPsP¶Pμ P·P±C-P»CHCēCfPIP°C,Pë CḡPëP·PëPe C,CḡPsPjP±PsP·Cf Cf
PīP°C†C-C°PSC,C-PI, CÍPeC- PīCḡPëPNëPjP°CḡC,CH PμCÍC,CḡPsPīPμPSPë.

P°C-C,P°PjC-PS P· PSPμ PjPsP¶PSP° P·P°CÍC,PsCÍPsPICfPIP°C,Pë CḡP°P·PsPj C-P·
PīCḡPμPIP°CḡP°C,P°PjPë P·P°P»C-P·P°, CÍCḡC-P±P»P°, P·P°CÍPsP±P°PjPë, C%Ps PjP°CḡC,CH
P»CfP¶PSPμ CÍPμCḡPμPrPsPIPëC%Pμ (PSP°C,CḡC-Cḡ PiC-PrCḡPsPeP°CḡP±PsPSP°C,,
C,CḡPëCÍP°PjC-PS), P°PSC,PëPePsP°PiCfP»CÍPSC,P°PjPë PSPμPīCḡCÍPjPsC— PrC-C—
(PrPëPeCfPjP°CḡPëPS, PSPμPsPrPëPeCfPjP°CḡPëPS).

P°C-C,P°PjC-PS P· PīPsCÍPëP»CḡC° PrC-Cḡ CÍC,PμCḡPsC—PrPSPëC... C,P°
PSPμCÍC,PμCḡPsC—PrPSPëC... PīCḡPsC,PëP·P°PīP°P»CHPSPëC... P·P°CÍPsP±C-PI
(PrPëPeP»PsC,,PμPSP°Pe PSP°C,CḡC-Cḡ, C-P±CfPīCḡPsC,,PμPS, PīCḡPμPrPSC-P·PsP»PsPS);
P·PSPëP¶CfC° C,PsPeCÍPëC±PSCf PrC-Cḡ CÍPμCḡC†PμPIPëC... PīP»C-PePsP·PëPrC-PI
(PrPëPiC-C,PsPeCÍPëPS, PrPëPīPsPeCÍPëPS), PIC-C,P°PjC-PSC-PI Pḡ C,P° D.

P°C-C,P°PjC-PS P· C,P° PNëPsPīPs PjPμC,P°P±PsP»C-C,Pë C±PëPSCÍC,CH
P°PSC,P°PīPsPSC-CÍC,PëC±PSCf PrC-Cḡ PIC-PrPSPsCÍPSPs PIC-C,P°PjC-PSCf Pḡ.

P°C-C,P°PjC-PS P· PiC-PrPIPëC%CfC° PμC,,PμPeC,PëPIPSC-CÍC,CH
PīCḡPsC,PëPμPiC-P»PμPiC,PëC±PSPëC... P»C-PeP°CḡCÍCHPePëC... P·P°CÍPsP±C-PI Cf

C...PIPсЧҖPëC... PSP° PμPīC-P»PμPīCГC-CH.

PГPsP»PμCГC,PëCҖP°PjC-PS, PePsP»PμCГC,PëPīPsP», PjC-PSPμCҖP°P»CHPSC- PjP°CГP»P° P·PSPëP¶CГCҖC,CH PICГPjPsPeC,CГPIP°PSPSCЦ PIC-C,P°PjC-PSCГ P•.

PμCҖPë P·P°CГC,PsCГCГPIP°PSPSC- PIPëCГPsPePëC... PrPsP· PIC-C,P°PjC-PSCГ P• P·P°PīP°CГPë PIC-C,P°PjC-PSCГ PҖ PI PsCҖPīP°PSC-P·PjC- PjPsP¶CГC,CH P·PjPμPSCëCГPIP°C,PëCГCЦ.

PҖCГPsP±P»PëPIPсCГC,C- P·P°CГC,PsCГCзPIP°PSPSCЦ.

P—P°CГC,PsCГCГPIP°PSPSCЦ PIPμP»PëPePëC... PrPsP· PIC-C,P°PjC-PSCГ P• PjPsP¶Pμ PīPsCГPëP»PëC,Pë PīPsCҖCГPμPSPSCЦ P·PīPsCҖC,P°PSPSCЦ PeCҖPsPIC-, CГPīCҖPëC±PëPSPμPSPμ PSPμCГC,P°C±PμCҖ PIC-C,P°PjC-PSCГ PҖ.

P— PsP±PμCҖPμP¶PSC-CГC,CH P·P°CГC,PsCГPsPICГPIP°C,Pë P»C-PeP°CҖCГCHPePëPμ P·P°CГC-P± PīCҖPë PIPëCҖP°P¶PμPSPsPjCГ P°C,PμCҖPsCГPeP»PμCҖPsP·C-, PīC-PrPIPëC%PμPSPsPjCГ CҖPëP·PëPeCГ CҖPsP·PIPëC,PeCГ C,CҖPsPjP±PsPμPjP±PsP»C-C—.

PкPμ PīPμCҖPμPIPëC%CГPIP°C,Pë CҖPμPePsPjPμPSPPrPsPIP°PSCГ PrPsP·CГ.

P C-PrPePs CГPīPsCГC,PμCҖC-PiP°CҖC,CHCГCЦ PeCҖPμP°C,PëPSCГCҖC-CЦ, PīC-PrPIPëC%PμPSPSCЦ P°PeC,PëPIPSPсCГC,C- PeCҖPμP°C,PëPSPeC-PSP°P·Pë, PīC-PrPIPëC%PμPSPSCЦ PePsPSC±PμPSC,CҖP°C±C-C— C...PsP»PμCГC,PμCҖPëPSCГ, C,CҖPsPjP±PsC,,P»PμP±C-C,, C,CҖPsPjP±PsPμPjP±PsP»C-CЦ P»PμPīPμPSPμPIPс— P°CҖC,PμCҖC-C— C,P° C,CҖPsPjP±PsP· CГ PīP°C±C-C”PSC,C-PI, CГC...PëP»CHPSPëC... PrPs C±CHPsPīPs. PμCҖPë P±CГP»CHPsP·PSPsPjCГ PμPīC-PrPμCҖPjPsP»C-P·C- CГ PjC-CГC±CЦC..., PICҖP°P¶PμPSPëC... P°P»PsPīPμC±C-C”CҖ, PjPsP¶Pμ PīPsC±P°C,Pë CҖPsCГC,Pë PIPsP»PsCГCГCЦ P±C-P»PsPīPs PePsP»CHPsCҖCГ.

PμCҖPë C,CҖPëPIP°P»PsPjCГ P·P°CГC,PsCГCГPIP°PSPSC- PIPëCГPsPePëC... PrPsP· PīCҖPμPīP°CҖP°C,CГ PSPμPsP±C...C-PrPSPs PePsPSC,CҖPsP»CҖPIP°C,Pë C±P°CГ P·PīPsCҖC,P°PSPSCЦ PeCҖPsPIC-.

P>C-PeP°CҖCГCHPePëPμ P·P°CГC-P± PjC-CГC,PëC,CH PjPμC,PëP»PīP°CҖP°P±PμPS (P• 218) C,P° PīCҖPsPīC-P»PīP°CҖP°P±PμPS (P• 216), CЦPeC- PjPsP¶CГC,CH CГPīCҖPëC±PëPSPëC,Pë P°P»PμCҖPīC-C±PSC- CҖPμP°PeC±C-C— (PjPsP¶P»PëPIPs CГPīPsPIC-P»CHPSPμPSC-).

P>C-PeP°CҖCГCHPePëPμ P·P°CГC-P± PjC-CГC,PëC,CH PīPsPSCГPs 4R, C%Ps PjPsP¶Pμ CГPīCҖPëC±PëPSPëC,Pë P°P»PμCҖPīC-C±PSC- CҖPμP°PeC±C-C—.

P—P°CГC,PsCГCзPIP°PSPSCЦ Cз PīPμCҖC-PsPr PIP°PīC-C,PSPсCГC,C- P°P±Ps PīPsPrCзPIP°PSPSCЦ PīCҖCзPrPrCҖ.

PμCҖPμPīP°CҖP°C, PjPsP¶PSP° P·P°CГC,PsCГPsPICГPIP°C,Pë PīC-Pr PePsPSC,CҖPsP»PμPj P»C-PeP°CҖCЦ CГ CҖPμPePsPjPμPSPPrPsPIP°PSPëC... PrPsP·P°C... PīCҖPsC,CЦPīPsPj PīPμCҖC-PsPrCГ PIP°PīC-C,PSPсCГC,C- P°P±Ps PīPsPrCГPIP°PSPSCЦ PīCҖCГPrPrCҖ.

PμCҖPμPīP°CҖP°C, C±P°CГC,PePsPIPс PīCҖPsPSPëPeP°C” PeCҖC-P·CH PīP»P°C±PμPSC,P°CҖPSPëPμ P±P°CҖBҖ”C”CҖ; PIC-C,P°PjC-PS P• PīPsC,CҖP°PīP»CЦC” PI

PsCḡPiP°PSC-P·Pj PiP»PsPrP°, PrPμ PN°PsPiPs PeC-P»CHḡPeC-CÍC,CHḡ CÍC,P°PSPsPIPëC,CHḡ
20вґ“30 % PIC-Pr PePsPSC†PμPSC,CḡP°C†C-C— PIC-C,P°PjC-PSCr P· Cr PiP»P°P·PjC-
PeCḡPsPIC- PjP°C,PμCḡC-.

P’C-C,P°PjC-PS P· PiCḡPsPSPëPeP°C” Cr PiCḡCrPrPSPμ PjPsP»PsPePs.

P—PrP°C,PSC-CÍC,CHḡ PIPiP»PëPIP°C,Pë PSP° C€PIPëPrPeC-CÍC,CHḡ CḡPμP°PeC†C-C— PiCḡPë
PePμCḡCáPIP°PSPSC- P°PIC,PsC,CḡP°PSCÍPiPsCḡC,PsPj P°P±Ps C-PSC€PëPjPë
PjPμC...P°PSC-P·PjP°PjPë.

PμCḡPë P·P°CÍC,PsCÍCrPIP°PSPSC- PiCḡPμPiP°CḡP°C,Cr PjPsP¶P»PëPIPμ
PIPëPSPëPePSPμPSPSC¶ C,P°PePëC... PiPsP±C-C†PSPëC... CḡPμP°PeC†C-PN°, C¶Pe
P·PsCḡPsPIC- CḡPsP·P»P°PrPë C,P° P·P°PiP°PjPsCḡPsC†PμPSPSC¶. Pj C,P°PePëC...
PIPëPiP°PrPeP°C... PSPμPsP±C...C-PrPSPs CrC,CḡPëPjP°C,PëCÍCHḡ PIC-Pr
PePμCḡCrPIP°PSPSC¶ P°PIC,PsC,CḡP°PSCÍPiPsCḡC,PsPj C,P° CḡPsP±PsC,Pë P·C-
CÍPeP»P°PrPSPëPjPë PjPμC...P°PSC-P·PjP°PjPë.

PŸPiPsCÍC-P± P·P°CÍC,PsCÍCáPIP°PSPSC¶ C,P° PrPsP·Pë.

P’C-C,P°PjC-PS P· PiCḡPëPN°PjP°CḡC,CHḡ PICÍPμCḡPμPrPëPSCr PiC-CÍP»C¶ C—PrPë, PrPsP·Cr
PiC-PrP±PëCḡP°CḡC,CHḡ C-PSPrPëPIC-PrCrP°P»CHḡPSPs, P·P°P»PμP¶PSPs PIC-Pr PIPëPrCr
P·P°C...PIPSCḡCḡPIP°PSPSC¶, PiPμCḡPμP±C-PiCr C...PIPSCḡPsP±Pë, CÍC,P°PSCr
PiP°C†C-C”PSC,P°. PḡP°PiCÍCrP»Cr CÍP»C-Pr PePsPIC,P°C,Pë C†C-P»PsCḡ, P·P°PiPëPIP°CḡC†Pë
PrPsCÍC,P°C,PSCHḡPsCḡ PeC-P»CHḡPeC-CÍC,Cḡ PIPsPrPë.

P”PsP·CrPIP°PSPSC¶ PrP»C¶ PrPsCḡPsCÍP»PëC...:

- Cr PePsPjPiP»PμPeCÍPSC-PN° P°PSC,PëPsPeCÍPëPrP°PSC,PSC-PN° C,PμCḡP°PiC-C—: PiPs
0,2вґ“0,4 Pi 1вґ“2 CḡP°P·Pë PSP° PrPsP±Cr;

- PrP»C¶ PiPsPiPμCḡPμPrP¶PμPSPSC¶ PiP°C,PsP»PsPiC-PN° PμPjP±CḡC-PsPSP°P»CHḡPSPsPiPs
CḡPsP·PIPëC,PeCr, PICḡPsPrP¶PμPSPëC... P°PSPsPjP°P»C-PN° (PIP°Pr CḡPsP·PIPëC,PeCr)
PiP»PsPrP°: PiPs 0,1вґ“0,2 Pi 1 CḡP°P· PSP° PrPsP±Cr Cr P† C,CḡPëPjPμCÍC,CḡC-
PIP°PiC-C,PSPsCÍC,C-;

- PiCḡPë P·P°PiCḡPsP·C- PiPμCḡPμCḡPëPIP°PSPSC¶ PIP°PiC-C,PSPsCÍC,C-: PiPs 0,1 Pi 1вґ“2
CḡP°P·Pë PSP° PrPsP±Cr PiCḡPsC,C¶PiPsPj 14 PrPSC-PI;

- PiCḡPë PiPsCḡCrC€PμPSPSC¶C... PjPμPSCÍC,CḡCrP°P»CHḡPSPsPiPs C†PëPeP»Cr: 0,3вґ“0,4 Pi
C†PμCḡPμP· PrPμPSCḡ, PiPsC†PëPSP°CḡC†Pë P· 17-PiPs PrPSC¶ C†PëPeP»Cr
(PiPsPIC,PsCḡPëC,Pë 5 C†PëPeP»C-PI);

- PiCḡPë PiPsCḡCrC€PμPSPSC¶C... PjPμPSCÍC,CḡCrP°P»CHḡPSPsPiPs C†PëPeP»Cr Cr CḡP°P·C-
PIPëPePsCḡPëCÍC,P°PSPSC¶ PiCḡPμPiP°CḡP°C,Cr PrPs PiPsC†P°C,PeCr
PiPsCḡPjPsPSP°P»CHḡPSPsC— C,PμCḡP°PiC-C—: PiPs 0,1 Pi 1вґ“2 CḡP°P·Pë PSP° PrPsP±Cr
PiCḡPsC,C¶PiPsPj 2вґ“3 PjC-CÍC¶C†C-PI;

- PiCḡPë CḡPμPIPjP°C,PsC—PrPSPsPjCr P°CḡC,CḡPëC,C-: PiPs 0,1вґ“0,3 Pi C°PsPrPμPSPSPs
PiCḡPsC,C¶PiPsPj PeC-P»CHḡPePsC... C,PëP¶PSC-PI;

- PiCḥPë PjBḥ™ CḥP·PsPIPëC... PrPëCíC,CḥPsC,,C-ClC..., C...PIPsCḥPsP±P°C... PSPμCḥPIPSPiPs- PjBḥ™ CḥP·PsPIPSPiPs C,P° CíCíC...PsP¶PëP»CHḥPSPs-CíCíPiP»PsP±PsPIPSPiPs P°PiP°CḥP°C,Cí: PiPs 0,1 Pi 1Bḥ"2 CḥP°P·Pë PSP° PrPsP±Cí PiCḥPsC,CḥPiPsPj 30Bḥ"60 PrPSC-PI, PiPsPIC,PsCḥPSPëP№ PeCíCḥCí Bḥ" C±PμCḥPμP· 2Bḥ"3 PjC-CíCḥCíC-;

- PiCḥPë PSPμPICḥP°CíC,PμPSC-C— P· PIPëCíPSP°P¶PμPSPSCḥPj: PiPs 0,1 Pi 1 CḥP°P· PSP° PrPsP±Cí PiCḥPsC,CḥPiPsPj 30Bḥ"60 PrPSC-PI;

- PiCḥPë PμPSPPrPsPeCḥPëPSPSPëC... CḥPsP·P»P°PrP°C...: PiPs 0,3Bḥ"0,5 Pi PSP° PrPsP±Cí;

- PiCḥPë CíPμCḥC±PμPIPs-CíCíPrPëPSPSPëC... C...PIPsCḥPsP±P°C...: PiPs 0,1 Pi C%PsPrPμPSPSPs;

- PiCḥPë P°P»C-PjPμPSC,P°CḥPSC-P№ P°PSPμPjC-C—: PiPs 0,3 Pi PSP° PrPsP±Cí PiCḥPsC,CḥPiPsPj 10 PrPSC-PI;

- PiCḥPë C...CḥPsPSC-C±PSPsPjCí PiPμPiP°C,PëC,C-: PiCḥPsC,CḥPiPsPj C,CḥPëPIP°P»PsPiPs C±P°CíCí PiPs 0,3 Pi PSP° PrPsP±Cí;

- PiCḥPë PiP°CḥPsPrPsPSC,PsPiP°C,C-ClC...: PiPs 0,2Bḥ"0,3 Pi PSP° PrPsP±Cí;

- PiCḥPë C...PIPsCḥPsP±P°C... PsC±PμP№: PiPs 0,1Bḥ"0,2 Pi 1Bḥ"2 CḥP°P·Pë PSP° PrPsP±Cí PiCḥPsC,CḥPiPsPj 1Bḥ"3 C,PëP¶PSC-PI Cí PePsPjP±C-PSP°CíC-C— P· PIC-C,P°PjC-PSPsPj Pḥ;

- PiCḥPë C...PIPsCḥPsP±P°C... CεPeC-CḥPë: PiPs 0,1Bḥ"0,2 Pi 1Bḥ"2 CḥP°P·Pë PSP° PrPsP±Cí PiCḥPsC,CḥPiPsPj 20Bḥ"40 PrPSC-PI;

- PiCḥPë PiP»P°CíC,PëC±PSC-P№ C-PSPrCíCḥP°CíC-C— PiPμPSC-CíP°: PiPs 0,3Bḥ"0,4 Pi C%PsPrPμPSPSPs PiCḥPsC,CḥPiPsPj PeC-P»CHḥPePsC... C,PëP¶PSC-PI, PiPsC,C-Pj P·P° PiCḥPëP·PSP°C±PμPSPSCḥPj P»C-PeP°CḥCḥ;

- PiCḥPë PiPsCḥCíCεPμPSPSCḥC... CíPiPμCḥPjP°C,PsPiPμPSPμP·Cí C,P° PiPsC,PμPSCíC-C— Cí C±PsP»PsPIC-PeC-PI: PiPs 0,1Bḥ"0,3 Pi PSP° PrPsP±Cí Cí PiPsC"PrPSP°PSPSC- P· PiPsCḥPjPsPSPsC,PμCḥP°PiC-C"ḥ PiCḥPsC,CḥPiPsPj 30 PrPSC-PI.

P' C-PSCεPëC... PIPëPiP°PrPeP°C... PrPsP·Pë C,P° C,CḥPëPIP°P»C-CíC,CHḥ P»C-PeCíPIP°PSPSCḥ PIPëP·PSP°C±P°C" P»C-PeP°Cḥ.

P"»Cḥ PrPsCḥPsCíP»PëC... CḥP°P·PsPIP° CíPμCḥPμPrPSCḥ PrPsP·P° CíC,P°PSPsPIPëC,CHḥ 0,1 Pi, CḥP°P·PsPIP° PIPëC%P° PrPsP·P° Bḥ" 0,4 Pi; PrPsP±PsPIP° CíPμCḥPμPrPSCḥ PrPsP·P° CíC,P°PSPsPIPëC,CHḥ 0,2 Pi, PIPëC%P° PrPsP±PsPIP° PrPsP·P° Bḥ" 1 Pi.

Pj PiPμPrC-P°C,CḥC-C— PIC-C,P°PjC-PS P· Cí PrPsP·C- 0,1 Pi PjPsP¶PSP° PiCḥPëP·PSP°C±P°C,Pë PrC-C,CḥPj PIC-PePsPj PIC-Pr 12 CḥPsPeC-PI.

P"C-C,Pë. P»C-PeP°CḥCíCḥPePëP№ P·P°CíC-P± PiCḥPsC,PëPiPsPeP°P·P°PSPëP№ PrC-C,CḥPj PIC-PePsPj PrPs 12 CḥPsPeC-PI.

PμPμCḥPμPrPsP·CáPIP°PSPSCḥ.

PJPiP°PePsPIPeP°. PjP°PiciCfP»Pë PjBj™ CjPeC- Pips 100 PjPi B,,- 30 (10×3), B,,- 50 (10×5) Cf P±P»C-CfC,PμCjP°C... Cf PePsCjPsP±C†C-.

PjP°PiciCfP»Pë PjBj™ CjPeC- Pips 200 PjPi B,,- 30 (10×3) Cf P±P»C-CfC,PμCjP°C... Cf PePsCjPsP±C†C-.

PjP°PiciCfP»Pë PjBj™ CjPeC- Pips 400 PjPi B,,- 30 (10×3) Cf P±P»C-CfC,PμCjP°C... Cf PePsCjPsP±C†C-.

PjP°C,PμPipsCjC-Cj PIC-PrPiciCfCfPeCf. P'PμP· CjPμC†PμPic,P°.

P'PëCjPsP±PSPëPe. PjPpsPIP°CjPëCfC,Pips P· PsP±PjPμP¶PμPSPsCj PIC-PrPipsPIC-PrP°P»CHPSC-CfC,Cj B«PαP°CjPjP°C†PμPIC,PëC†PSP° PePsPjPip°PSC-Cj B«P—PrPsCjPsPibj™ CjB».B

PjC-CfC†PμP·PSP°C...PsPrP¶PμPSPSCj PIPëCjPsP±PSPëPeP° C,P° P°PrCjPμCfP° PjC-CfC†Cj PiciCjPsPIP°PrP¶PμPSPSCj Pn₂PsPips PrC-CjP»CHPSPsCfC,C-.

PjPeCjP°C—PSP°, 08301, PjPëC—PICfCHPeP° PsP±P»., Pj. P'PsCjPëCfPic-P»CH, PICfP». PëPμPIC†PμPSPeP°, P±CfPr. 100, P»C-C,. P'-P†P† (PePsCjPiciCfCf 4).

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