

Р+РќРŸРŸР РЈРљР+Р+РІ

РrP»CИ РjPμP+PëC±PSPsPiPs Р·P°CГC,PsCГCfPIP°PSPSCИ P»C-PeP°CГCГЧPëPsPiPs Р·P°CГPsP±CГ

РћCГPëPsCГP±C-PSPsPIP° РëPëCГP»PsC,P°-P-P+PsCГPсPIBГ™ CИ

(ASCORBIC ACID-ZDOROVYE)

РŸPëP»P°P+:

PrC-CГC±P° CГPμC±PsPIPëPSP°: PëPëCГP»PsC,P° P°CГPëPsCГP±C-PSPsPIP°;

1 PjP» CГPsP·C±PëPSCГ PjC-CГC,PëC,Ч PëPëCГP»PsC,Pë P°CГPëPsCГP±C-PSPsPIPsC— 50 PjPi P°P±Ps 100 PjPi;

PrPsPiPsPjC-PПPSC- CГPμC±PsPIPëPSPë: PSP°C,CГC-CГ PiC-PrCГPsPëP°CГP±PsPSP°C,, PSP°C,CГC-CГ PjPμC,P°P±C-CГCГP»ЧHC,,C-C, (P· 223), PrPëPSP°C,CГC-CГ PμP+PμC,P°C,, PIPsPrP° PrP»CИ C-PSBГ™ C”PëCГC-PMë.

P»C-PeP°CГCГЧPëP° C,,PsCГPjP°. P PsP·C±PëPS PrP»CИ C-PSBГ™ C”PëCГC-PMë.

РћCГPSPsPIPsC- C,,C-P·PëPëPs-C...C-PjC-C±PSC- PIP»P°CГC,PëPIPsCГC,C-: CГPsP·C±PëPS 50 PjPi/PjP» BГ” PëCГPsP·PsCГPëPMë P±PμP·P±P°CГPIPSPëPMë P°P±Ps P·P»PμPiPëP° PПPsPIC,CГPIP°C,PëPMë CГPsP·C±PëPS; CГPsP·C±PëPS 100 PjPi/PjP» BГ” PëCГPsP·PsCГPëPMë PПPsPIC,CГPIP°C,PëPMë CГPsP·C±PëPS.

Р±P°CГPjP°PëPsC,PμCГP°PіPμPIC,PëC±PSP° PиCГCГPіP°. PμCГPsCГC,C- PіCГPμPіP°CГP°C,Pë P°CГPëPsCГP±C-PSPsPIPsC— PëPëCГP»PsC,Pë. РћCГPëPsCГP±C-PSPsPIP° PëPëCГP»PsC,P° (PIC-C,P°PjC-PS PŸ). РљPsP+ PђPŸPГ A11G A01.

Р±P°CГPjP°PëPsP»PsPiC-C±PSC- PIP»P°CГC,PëPIPsCГC,C-.

Р±P°CГPjP°PëPsPrPëPSP°PjC-PëP°.

РћCГPëPsCГP±C-PSPsPIP° PëPëCГP»PsC,P° (PIC-C,P°PjC-PS PŸ) BГ” PIPsPrPsCГPсP·C±PëPSPSPëPMë PIC-C,P°PjC-PS, CИPëPëPMë CГPіCГPëCИC” PsPіC,PëPjP°P»ЧPSPsPjC PіPμCГPμP±C-PiCГ C,PëP°PSPëPSPSPsPiPs PsP±PjC-PSCГ. P’PμCГPμ P°PëC,PëPIPsCГ CГC±P°CГC,Ч PI PsPëPëCГPSPs-PIC-PrPSPsPIPsPëC... CГPμP°PëCГC-CИC..., CГC,PIPsCГCГC±Pë P· PrPμPiC-PrCГPsP°CГPëPsCГP±C-PSPsPIPsCГ PëPëCГP»PsC,PsCГ CГPëCГC,PμPjC PіPμCГPμPSPμCГPμPSPSCИ PіCГPsC,PsPSP° PIPsPrPSCГ, PіCГPsCИPIP»CИC” PIP»P°CГC,PëPIPsCГC,C- P°PSC,PëPsPëCГPëPrP°PSC,CГ, P·P° CГP°C...CГPSPsPë C±PsPiPs P·P°P±PμP·PіPμC±CГ” CГC,P°P±C-P»ЧPSC-CГC,Ч PëP»C-C,PëPSPSPëC... PjPμPjP±CГP°PS. P’PμCГPμ CГC±P°CГC,Ч CГ CГPëPSC,PμP·C- PsCГPSPsPIPsPсC— CГPμC±PsPIPëPSPë CГPіPsP»CГC±PSPsC— C,PëP°PSPëPSPë CГCГPrPëPSPSPsC— CГC,C-PSPëPë, C,P°PëPëPj

C#PëPSPsPj P·P°PîPsP±C-PiP°C#C#Pë C#PSP·PIPëC,PeCí PiPµPjPsC#P°PiC-C#PSPsPiPs
PrC-P°C,PµP·Cr. P' PsC#PîP°PSC-P·PjC- P»C#PrPëPSPë PSPµ CÍPëPSC,PµP·CrC" C,C#CÍCÍ.
PµC#Pë PSPµPrPsCÍC,P°C,PSC#PSPjCr PSP°PrC...PsPrP¶PµPSPSC-
P°CÍPePsC#P±C-PSPsPIPsC— PePëCÍP»PsC,Pë P· PiC#PSPPrCrPeC,P°PjPë
C...P°C#C#CíPIP°PSPSCÍ C#PSP·PIPëPIP°C" C,C#CÍCÍ PeC#PSPsPIPsC,PµC#P° P· CÍCÍPµPS,
CÍP»PëP·PsPIPëC... PsP±PsP»PsPSPsPe. P'PµC#Pµ CíC#P°CÍC,C# PI PsP±PjC-PSC-
PiP»C#PePsP·Pë, PeP°C,P°P±PsP»C-P·PjC- C...PsP»PµCÍC,PµC#PëPSCr, CÍPëPSC,PµP·C-
CÍC,PµC#PSP—PrPSPëC... PiPsC#PjPsPSC-PI. PµC#Pë CÍC,C#PµCÍPsPIPëC...
C#PµP°PeC#C-CÍC... PIPjC-CÍC, P°CÍPePsC#P±C-PSPsPIPsC— PePëCÍP»PsC,Pë PI
PsC#PîP°PSC-P·PjC- C,P° Cr C,PeP°PSPëPSC- PSP°PrPSPëC#PePsPIPëC... P·P°P»PsP·
P·PsPeC#PµPjP° P·PSP°C#PSPs P·PSPëP¶CíC" C,C#CÍCÍ, C°Ps PiC-PrC,PIPµC#PrP¶CíC"
CíC#P°CÍC,C# P°CÍPePsC#P±C-PSPsPIPsC— PePëCÍP»PsC,Pë Cr C#PµP°PeC#C-CÍC...
P°PrP°PíC,P°C#C-C—. P'PsPSP° P·PrP°C,PSP° C#PëPSPëC,Pë P°PSC,PëP°PSPµPjC-C#PSCr PrC-C#
P·P° C#P°C...CÍPSPsPe PIPîP»PëPICr PSP° PsP±PjC-PS P·P°P»C-P·P°. P' C-PrPSPsPIP»C#C"
C,C#PëPIP°P»PµPSC,PSPµ P·P°P»C-P·Ps Cr PrPIPsPIP°P»PµPSC,PSPµ, CÍPePµ
C,C#P°PSCÍPîPsC#C,CíC" C,C#CÍCÍ P· C,PsPePsPj PeC#PSPiC-.

PαP°C#PjP°PePsPeC-PSPµC,PëPeP°.

P#CÍPePsC#P±C-PSPsPIP° PePëCÍP»PsC,P° PiC-CÍP»CÍ PîP°C#PµPSC,PµC#P°P»C#PSPsPiPs
PIPIPµPrPµPSPSCÍ P»PµPiPePs PiC#PSPSPëPeP°C" Cr P»PµPNePePsC#PëC,Pë,
C,C#PSPjP±PsC#PëC,Pë C- PiPsC,C-Pj б# PI CrCÍC- C,PeP°PSPëPSPë;
PSP°PePsPiPëC#CíC" C,C#CÍCÍ PI PsCÍPSPsPIPsPjCr PI PsC#PîP°PSP°C... C-P·
PiC-PrPIPëC°PµPSPëPj C#C-PIPsPµPj PsP±PjC-PSPSPëC... PiC#PSP±PµCÍC-PI, P·PsPeC#PµPjP°
Cr C,PeP°PSPëPSP°C... PSP°PrPSPëC#PePsPIPëC... P·P°P»PsP· PJ C,PeP°PSPëPSP°C...
P·PSP°C...PsPrPëC,C#CÍCÍ CÍPe Cr PIC-P»C#PSPsPjCr CÍC,P°PSC-, C,P°Pe C- Cr
PIPëPiP»CÍPrC- CÍPiPsP»CrPe. P'PëPIPsPrPëC,C#CÍCÍ P· PsC#PîP°PSC-P·PjCr P· CÍPµC#PµC#
CÍPe Cr PSPµP·PjC-PSPµPSPsPjCr PIPëPiP»CÍPrC-, C,P°Pe C- Cr PIPëPiP»CÍPrC-
PjPµC,P°P±PsP»C-C,PI.

P'P¶PëPIP°PSPSCÍ P°P»PePsPiPsP»C# C,P° PeCíC#C-PSPSCÍ PiC#PëCÍPePsC#C#C,C#
C#CíPNePSCrPIP°PSPSCÍ P°CÍPePsC#P±C-PSPsPIPsC— PePëCÍP»PsC,Pë
(PîPµC#PµC,PIPsC#PµPSPSCÍ Cr PSPµP°PeC,PëPIPSC- PjPµC,P°P±PsP»C-C,Pë), C#C-P·PePs
P·PSPëP¶CíC#C#Pë C—C— P·P°PîP°CÍPë PI PsC#PîP°PSC-P·PjC-.

РъP»C-PSC-C#PSC- C...P°C#P°PeC,PµC#PëCÍC,PëPePë.

PµPsPeP°P·P°PSPSCÍ. P"C-PîPsPIC-C,P°PjC-PSPsP· Pÿ; C#PëPSPîP°, PeC#PSPsPIPsC,PµC#C-
(PjP°C,PePsPIC-, P»PµPiPµPSPµPIC-, PSPsCÍPsPIC-, PiPµC#C-PSPePsPIC-),
PiPµPjPsC#P°PiC-C#PSC- PrC-P°C,PµP·Pë, PeC#PSPsPIPsC,PµC#C- CÍPe CÍPëPSPPrC#PSPj
PiC#PSPjPµPSPµPIPsC— C...PIPsC#PSP±Pë, C#C-P·PSC- C-PSC,PsPeCÍPëPeP°C#C-C— C,P°
C-PSC,,PµPeC#C-PM#PSC- P·P°C...PIPsC#C#PIP°PSPSCÍ, P°PrPrPëCÍPsPSPsPIPëPNe PeC#PëP·,
PîPµC#PµPrPsP·CíPIP°PSPSCÍ P°PSC,PëPePsP°PiC#P»CÍPSC,C-PI, PiPµC#PµP»PsPjPë
PeC-CÍC,PsPe C- Píβ# CÍP»PsPiC#P°PSCrP»C#C#C#C- C#P°PSPë, C#C-P·PSC-
PrPëCÍC,C#PSP,,C-C—, PiC-PrPIPëC°PµPSPµ PjPsP·PePsPIPµ PSP°PiC#CíP¶PµPSPSCÍ C-
PIP°P¶PeP° C,,C-P·PëC#PSP° PiC#P°C#CÍ.

РμСҘPsC, PëPіPsPeP°P·P°PSPSCII. PμC-PrPIPëC%PμPSP° C-PSPPrPëPIC-PrCfP°P»CHPSP° C±CfC,P»PëPIC-CfC,CH PrPs P°CfPePsCҘP±C-PSPsPIPsC— PePëCfP»PsC,Pë P°P±Ps PrPs P±CfPrCH-CfPеPsPiPs P· PrPsPiPsPjC-P¶PSPëC... PePsPjPiPsPSPμPSC,C-PI P»C-PeP°CҘCfCHPePsPiPs P·P°CfPsP±Cf; C+CfPeCҘPsPIPëP№ PrC-P°P±PμC,, PİC-PrPIPëC%PμPSPμ P·PiPsCҘC,P°PSPSCII PeCҘPsPIC-, CfC...PëP»CHPSC-CfC,CH PrPs C,CҘPsPjP±PsP·C-PI, C,CҘPsPjP±PsC,,P»PμP±C-C,, CfPμC±PsPeP°PjBҘ™ CfPSP° C...PIPsCҘPsP±P° (Cf C,, C±. PiC-PiPμCҘPsPeCfP°P»CfCҘC-Cf), PSPëCҘPePsPIP° PSPμPrPsCfC,P°C,PSC-CfC,CH, PiCҘPsPiCҘPμCfCfCҘC- P·P»PsCfPеC-CfPSC- P·P°C...PIPsCҘCҘPIP°PSPSCII, PiPμPjPsC...CҘPsPjP°C,PsP·, C,P°P»P°CfPμPjC-Cf, PİPsP»C-CfPëC,PμPjC-Cf, P»PμP№PePμPjC-Cf, CfPëPrPμCҘPsP±P»P°CfC,PSP° P°PSPμPjC-Cf, CfPμCҘPiPsPiPsPrC-P±PSPsPeP»C-C,PëPSPSP° P°PSPμPjC-Cf, PrPμC,,C-CfPëC, PiP»CҘPePsP·Ps-6-C,,PsCfC,,P°C,PrPμPiC-PrCҘPsPiPμPSP°P·Pë.

P·P·P°C”PjPsPrC-Cf P· C-PSCëPëPjPë P»C-PeP°CҘCfCHPePëPjPë P·P°CfPsP±P°PjPë C,P° C-PSCëC- PIPëPrPë PIP·P°C”PjPsPrC-P№. PҘCfPePsCҘP±C-PSPsPIP° PePëCfP»PsC,P° PİC-PrPIPëC%CfC” PePsPSC+PμPSC,CҘP°C+C-CH Cf PeCҘPsPIC- CfP°P»C-CfPëP»P°C,C-PI (PİC-PrPIPëC%CfC” CҘPëP·PëPe PeCҘPëCfC,P°P»CfCҘC-C—), PμC,PëPSC-P»PμCfC,CҘP°PrC-PsP»Cf, P±PμPSP·PëP»PiPμPSC-CfPëP»C-PSCf C,P° C,PμC,CҘP°CfPëPeP»C-PSC-PI, P·PSPëP¶CfC” CҘC-PIPμPSCҘ Cf PeCҘPsPIC- PiPμCҘPsCҘP°P»CHPSPëC... PePsPSC,CҘP°CfPμPiC,PëPIC-PI. P—P±C-P»CHCëCfC” PIPëPIPμPrPμPSPSCII PİCҘPμPiP°CҘP°C,C-PI, C%Ps PjP°CҘC,CH P»CfP¶PSCf CҘPμP°PeC+C-CH (Cf C,, C±. P°P»PeP°P»PsC—PrC-PI). PJ PIPëCfPsPePëC... PrPsP·P°C... PİC-PrPIPëC%CfC” PSPëCҘPePsPICf PμPeCfPeCҘPμC+C-CH PjPμPeCfPëP»PμC,PëPSCf.

PҘPμC,CҘP°CfPëPeP»C-PSPë C,P° P°CfPμC,PëP»CfP°P»C-CfPëP»PsPIP° PePëCfP»PsC,P° PİPsCfPëP»CҘCҘC,CH PIPëPIPμPrPμPSPSCII P°CfPePsCҘP±C-PSPsPIPsC— PePëCfP»PsC,Pë C-P· CfPμC±PμCҘ.

PμCҘPë PsPrPSPsC±P°CfPSPsPjCf PİCҘPëP·PSP°C±PμPSPSC- C-P· CfP°P»C-CfPëP»P°C,P°PjPë C,P° CfCfP»CHC,,P°PSC-P»P°PjC-PrP°PjPë PePsCҘPsC,PePsC— PrC-C— PİC-PrPIPëC%CfC”C,CHCfCf CҘPëP·PëPe CfC,PIPsCҘPμPSPSCII CfPμC±PsPIPëC... PePsPSPeCҘPμPjPμPSC,C-PI.

P·PëCfPsPeC- PrPsP·Pë P°CfPePsCҘP±C-PSPsPIPsC— PePëCfP»PsC,Pë PjPsP¶CfC,CH P·PSPëP¶CfPIP°C,Pë CҘPк CfPμC±C-, PIPSP°CfP»C-PrPsPe C±PsPiPs P·PSPëP¶CfC”C,CHCfCf PeP°PSP°P»CHCfPμPIP° CҘPμP°P±CfPsCҘP±C+C-Cf P°PjC,,PμC,P°PjC-PSCf C,P° C,CҘPëCfPëPeP»C-C±PSPëC... P°PSC,PëPrPμPiCҘPμCfP°PSC,C-PI, C%Ps P·P°CfC,PsCfPsPICfCҘC,CHCfCf PsPrPSPsC±P°CfPSPs.

P—PjPμPSCëCfC” P°PSC,PëPePsP°PiCfP»CfPSC,PSCf PrC-CH PİPsC...C-PrPSPëC... PeCfPjP°CҘPëPSCf C,P° PiPμPiP°CҘPëPSCf, PμC,,PμPeC,PëPIPSC-CfC,CH P°PSC,PëP±C-PsC,PëPeC-PI.

PμC-PrPIPëC%CfC” P·PSPμCëPePsPrP¶PμPSPSCII C,P° P·P°PiP°P»CHPSPëP№ PeP»C-CҘPμPSCf PμC,PëP»PsPIPsPiPs CfPiPëCҘC,Cf.

P—PjPμPSCëCfC” C...CҘPsPSPsC,CҘPsPiPSCf PrC-CH C-P·PsPiCҘPμPSP°P»C-PSCf C- C,PμCҘP°PiPμPIC,PëC±PSCf PrC-CH PİPsC...C-PrPSPëC... C,,PμPSPsC,C-P°P·PëPSCf.

PμCҘPë PsPrPSPsC±P°CfPSPsPjCf P·P°CfC,PsCfCfPIP°PSPSC- P·

P±P°CḡP±C-C, CḡCḡP°C, P°PjPë, PìCḡPëPjC-PrPsPSPsPj PìC-PrPIPëC%oCḡC”C, CḡCḡCḡ
PμPëCḡPëCḡPμC†C-Cḡ P°CḡPëPsCḡP±C-PSPsPIPsC— PëPëCḡP»PsC, Pë C-P. CḡPμC†PμCḡ.

PhPrPSPsC†P°CḡPSPëPNë PìCḡPëPNëPsPj P°CḡPëPsCḡP±C-PSPsPIPsC— PëPëCḡP»PsC, Pë C-
PrPμC,, PμCḡPsPëCḡP°PjC-PSCḡ PìC-PrPIPëC%oCḡC” C, PëP°PSPëPSPSCḡ
C, PsPëCḡPëC†PSC-CḡC, Cḡ P·P°P»C-P·P°, PsCḡPsP±P»PëPIPs Cḡ CḡPμCḡC†PμPIPsPjCḡ
Pj’CḡP·C-, C%oPs PjPsPḡPμ PìCḡPëP·PIPμCḡC, PëB PrPs PrPμPëPsPjPìPμPSCḡP°C†C-C—
CḡPëCḡC, PμPjPë PëCḡPsPIPsP±C-PiCḡ. P’C-C, P°PjC-PS Pḡ PjPsPḡPSP° PìCḡPëPNëPjP°C, Pë
P»PëC€Pμ C†PμCḡPμP· 2 PìPsPrPëPSPë PìC-CḡP»Cḡ C-PS’C”PëC†C-C—
PrPμC,, PμCḡPsPëCḡP°PjC-PSCḡ.

PḡCḡPë P·P°CḡC, PsCḡCḡPIP°PSPSC- P°CḡPëPsCḡP±C-PSPsPIPsC— PëPëCḡP»PsC, Pë Cḡ
PIPëCḡPsPëPëC... PrPsP·P°C... C- PsPrPSPsC†P°CḡPSPsPjCḡ PIPḡPëPIP°PSPSC-
P°P»PëPsPiPsP»Cḡ PjPsPḡCḡC, Cḡ CḡPsP·PIPëPSCḡC, PëCḡCḡ
PrPëCḡCḡP»CḡC,, C-CḡP°PjPsPìPsPrC-P±PSC- CḡPμP°PëC†C-C—.

PhCḡPsP±P»PëPIPsCḡC, C- P·P°CḡC, PsCḡCḡPIP°PSPSCḡ. PḡCḡPë
P·P°CḡC, PsCḡCḡPIP°PSPSC- Cḡ PIPëCḡPsPëPëC... PrPsP·P°C... PSPμPsP±C...C-PrPSPëPNë
PëPsPSC, CḡPsP»Cḡ C,, CḡPSPëC†C-C— PSPëCḡPsPë, P°CḡC, PμCḡC-P°P»CḡPSPsPiPs
C, PëCḡPëCḡ (CḡC, PëPjCḡP»CḡC†C-Cḡ P°CḡPëPsCḡP±C-PSPsPIPsCḡ PëPëCḡP»PsC, PsCḡ
CḡC, PIPsCḡPμPSPSCḡ PëPsCḡC, PëPëPsCḡC, PμCḡPsC—PrC-PI), P° C, P°PëPsPḡ C,, CḡPSPëC†C-C—
PìC-PrC€P»CḡPSPëPsPIPsC— P·P°P»PsP·Pë (PìCḡPëPiPSC-C†PμPSPSCḡ
C-PSCḡCḡP»CḡCḡPSPsPiPs P°PìP°CḡP°C, Cḡ).

PḡPμCḡP°PìC-Cḡ Cḡ PIPëCḡPsPëPëC... PrPsP·P°C... PSPμ PjPsPḡPSP° PìCḡPsPIPsPrPëC, Pë
C...PIPsCḡPëPj P·C- CḡC...PëP»CḡPSC-CḡC, Cḡ PrPs CḡPμC†PëPrPëPICḡCḡC†PsC—
CḡPμC†PsPëP°PjPḡ™ CḡPSPsC— C...PIPsCḡPsP±Pë.

P—P°CḡC, PsCḡCḡPIP°PSPSCḡ PIPëCḡPsPëPëC... PrPsP· P°CḡPëPsCḡP±C-PSPsPIPsC—
PëPëCḡP»PsC, Pë PjPsPḡPμ PIPìP»PëPIP°C, Pë PSP° CḡPμP·CḡP»CḡC, P°C, Pë PrPμCḡPëPëC...
P»P°P±PsCḡP°C, PsCḡPSPëC... PrPsCḡP»C-PrPḡPμPSCḡ: C...PëP±PSPsPìPsP·PëC, PëPIPsPëPNë
C, PμCḡC, PSP° PSP°CḡPIPSC-CḡC, Cḡ C†CḡPëCḡCḡ Cḡ CḡPμC†C- C- PSPμPìP°C, PëPIPsPëPNë
C, PμCḡC, PSP° PSP°CḡPIPSC-CḡC, Cḡ PìCḡPëC...PsPIP°PSPsC— PëCḡPsPIC- Cḡ PëP°P»C-, P°
C, P°PëPsPḡ P·PSPëPḡPμPSPSCḡ CḡPμP·CḡP»CḡC, P°C, C-PI PìCḡPë
PrPsCḡP»C-PrPḡPμPSPSCḡC... PëPsPSC†PμPSC, CḡP°C†C-C—
P»P°PëC, P°C, PrPμPìC-PrCḡPsPiPμPSP°P·Pë C, P° P°PjC-PSPsC, CḡP°PSCḡC,, PμCḡP°P· Cḡ
CḡPëCḡPsPIP°C, C†C- PëCḡPsPIC-.

PḡP°C†C-C”PSC, P°Pj P· PìC-PrPIPëC%oPμPSPëPj PIPjC-CḡC, PsPj P·P°P»C-P·P° PI
PsCḡPIP°PSC-P·PjC- CḡP»C-Pr P·P°CḡC, PsCḡPsPICḡPIP°C, Pë P°CḡPëPsCḡP±C-PSPsPICḡ
PëPëCḡP»PsC, Cḡ Cḡ PjC-PSC-PjP°P»CḡPSPëC... PrPsP·P°C....

PḡCḡPëP·PSP°C†PμPSPSCḡ P°CḡPëPsCḡP±C-PSPsPIPsC— PëPëCḡP»PsC, Pë PìP°C†C-C”PSC, P°Pj
P· PìCḡC...P»PëPSP°PjPë, C%oPs C€PIPëPrPëPs PìCḡPsP»C-C,, PμCḡCḡCḡC, Cḡ C, P°
C-PSC, PμPSCḡPëPIPsPjPμC, P°CḡC, P°P·CḡCḡC, Cḡ, PjPsPḡPμ PìPsCḡPëP»PëC, Pë C†C-
PìCḡPsC†PμCḡPë. PḡP°C†C-C”PSC, P°Pj, CḡPëC- PìCḡPsC...PsPrCḡC, Cḡ PëCḡCḡCḡ
C...C-PjC-PsC, PμCḡP°PìC-C—, PìCḡPμPìP°CḡP°C, CḡP»C-Pr PìCḡPëP·PSP°C†P°C, Pë PSPμ
CḡP°PSC-C€Pμ PSC-Pḡ C†PμCḡPμP· 1-3 PrPSC- (P·P°P»PμPḡPSPs PIC-Pr PìPμCḡC-PsPrCḡ
PSP°PìC-PIPIPëPIPμPrPμPSPSCḡ PìCḡPsC, PëPìCḡC...P»PëPSPSPsPiPs PìCḡPμPìP°CḡP°C, Cḡ)
PìC-CḡP»Cḡ C...C-PjC-PsC, PμCḡP°PìC-C—, PsCḡPëC-P»CḡPëPë PSPμPjP°C”

PeP»C-PSC-C†PSPëC... PrP°PSPëC... PiCḡPs PjPsP¶P»PëPICr PIP·P°C”PjPsPrC-Cḡ.

PjPµPNë P»C-PeP°CḡCḡCHPePëPNë P·P°CḡC-P± PjC-CḡC,PëC,CH 7,1 PjPi/PjP» PSP°C,CḡC-Cḡ (PrPsP·CḡPIP°PSPSCḡ 50 PjPi/PjP») P°P±Ps 13,9 PjPi/PjP» PSP°C,CḡC-Cḡ (PrPsP·CḡPIP°PSPSCḡ 100 PjPi/PjP»), C,PsP±C,Ps PiCḡP°PeC,PëC†PSPs PIC-P»CHPSPëPNë PIC-Pr PSP°C,CḡC-Cḡ.

P—P°CḡC,PsCḡCḡPIP°PSPSCḡ Cḡ PiPµCḡC-PsPr PIP°PiC-C,PSPsCḡC,C- P°P±Ps PiPsPrCḡPIP°PSPSCḡ PiCḡCḡPrPrCḡ. PkPµCḡC,P°C†P° PIC-C,P°PjC-PSCr PŸ Cr CḡP°C†C-PsPSC- PIP°PiC-C,PSPëC... PjPsP¶Pµ P±CḡC,Pë PSPµP±PµP·PiPµC†PSP° PrP»Cḡ PiP»PsPrP°, PsPrPSP°Pe P·P°CḡC,PsCḡCḡPIP°PSPSCḡ PNëPsPiPs CrB PIPëCḡPsPePëC... PrPsP·P°C... PjPsP¶Pµ PSPµPiP°C,PëPIPSPs PIPiP»PëPSCrC,Pë PSP° CḡPsP·PIPëC,PsPe PiP»PsPrP°, C,P°PePsP¶ C-CḡPSCrC” P·P°PiCḡPsP·P°B PiPµCḡPµCḡPëPIP°PSPSCḡ PIP°PiC-C,PSPsCḡC,C-. PŸPsPjCr P°CḡPePsCḡP±C-PSPsPICr PePëCḡP»PsC,Cḡ CḡP»C-Pr PiCḡPëP·PSP°C†P°C,Pë C,C-P»CHPePë C,PsPrC-, PePsP»Pë PsC†C-PeCḡPIP°PSP° PePsCḡPëCḡC,CHB PrP»Cḡ PjP°C,PµCḡC- PiPµCḡPµPIPëC%oCḡC” PiPsC,PµPSC†C-PNëPSPëPNë CḡPëP·PëPeB PrP»Cḡ PiP»PsPrP°.

PḡC-PSC-PjP°P»CHPSP° C%oPsPrPµPSPSP° PiPsC,CḡPµP±P° PI P°CḡPePsCḡP±C-PSPsPIC-PNë PePëCḡP»PsC,C- Cr II-III C,CḡPëPjPµCḡC,CḡP°C... PIP°PiC-C,PSPsCḡC,C- Bḡ” P±P»PëP·CHPePs 60 PjPi. PḡCḡPePsCḡP±C-PSPsPIP° PePëCḡP»PsC,P° PiCḡPsPSPëPeP°C” C†PµCḡPµP· PiP»P°C†PµPSC,P°CḡPSPëPNë P±P°CḡBḡ”C”Cḡ. PŸP»C-Pr PjP°C,Pë PSP° CḡPIP°P·C-, C%oPs PiP»C-Pr PjPsP¶Pµ P°PrP°PiC,CḡPIP°C,PëCḡCḡ PrPs PIPëCḡPsPePëC... PrPsP· P°CḡPePsCḡP±C-PSPsPiPsC— PePëCḡP»PsC,Pë, CḡPeC- PiCḡPëPNëPjP°C” PIP°PiC-C,PSP° P¶C-PSPeP°, C- PiPsC,C-Pj Cr PSPsPiPsPSP°CḡPsPrP¶PµPSPsPiPs PjPsP¶P»PëPIPëPNë CḡPsP·PIPëC,PsPe P°CḡPePsCḡP±C-PSPsPiPsC— C...PiPsCḡPsP±Pë CḡPe CḡPµP°PeC†C-C— B«PIC-PrPjC-PSPëB». PŸPsPjCr Cr PiPµCḡC-PsPr PIP°PiC-C,PSPsCḡC,C- PSPµ CḡP»C-Pr PiCḡPëP·PSP°C†P°C,Pë P»C-PeP°CḡCḡCHPePëPNë P·P°CḡC-P± Cr PiC-PrPIPëC%oPµPSPëC... PrPsP·P°C..., P·P° PIPëPSCḡC,PePsPj PIPëPiP°PrPeC-PI, PePsP»Pë PiPsC,PµPSC†C-PNëPSP° PePsCḡPëCḡC,CH PrP»Cḡ PjP°C,PµCḡC- PiPµCḡPµPIPëC%oCḡC” PjPsP¶P»PëPIPëPNë CḡPëP·PëPe PrP»Cḡ PiP»PsPrP°.

PḡC-PSC-PjP°P»CHPSP° C%oPsPrPµPSPSP° PiPsC,CḡPµP±P° PI P°CḡPePsCḡP±C-PSPsPIC-PNë PePëCḡP»PsC,C- Cr PiPµCḡC-PsPr PiPsPrCḡPIP°PSPSCḡ PiCḡCḡPrPrCḡ Bḡ”B B B B B B B 80 PjPi. P”C-C”C,P° PjP°C,PµCḡC-, C%oPs PjC-CḡC,PëC,CH P°PrPµPePIP°C,PSCr PeC-P»CHPeC-CḡC,CH P°CḡPePsCḡP±C-PSPsPiPsC— PePëCḡP»PsC,Pë, PrPsCḡC,P°C,PSḡ PrP»Cḡ PiCḡPsC,,C-P»P°PeC,PëPePë PrPµC,,C-C†PëC,Cḡ Cr PSPµPjPsPIP»CḡC,Pë. PḡCḡPePsCḡP±C-PSPsPIP° PePëCḡP»PsC,P° PiCḡPsPSPëPeP°C” Cr PiCḡCḡPrPSPµ PjPsP»PsPePs. PŸPµPsCḡPµC,PëC†PSPs C-CḡPSCrC” PSPµP±PµP·PiPµPeP° PrP»Cḡ PrPëC,PëPSPë PiCḡPë P·P°CḡC,PsCḡCḡPIP°PSPSC- PjP°C,C-CḡBḡ”Cḡ PIPëCḡPsPePëC... PrPsP· P°CḡPePsCḡP±C-PSPsPiPsC— PePëCḡP»PsC,Pë (Cr PiPµCḡC-PsPr PiPsPrCḡPIP°PSPSCḡ PiCḡCḡPrPrCḡ PSPµ CḡPµPePsPjPµPSPrCḡC”,CHCḡCḡ PiPµCḡPµPIPëC%oCḡPIP°C,Pë C%oPsPrPµPSPSCr PiPsC,CḡPµP±Cḡ PI P°CḡPePsCḡP±C-PSPsPIC-PNë PePëCḡP»PsC,C-). PµCḡPë PSPµPsP±C...C-PrPSPsCḡC,C- PiCḡPëP·PSP°C†PµPSPSCḡ PiC-PrPIPëC%oPµPSPëC... PrPsP· PiCḡPµPiP°CḡP°C,Cḡ CḡP»C-Pr PiCḡPëPiPëPSPëC,Pë PiPsPrCḡPIP°PSPSCḡ PiCḡCḡPrPrCḡ.

P—PrP°C,PSC-CḡC,CH PIPiP»PëPIP°C,Pë PSP° CḡPIPëPrPeC-CḡC,CH CḡPµP°PeC†C-C— PiCḡPë PePµCḡCḡPIP°PSPSC- P°PIC,PsC,CḡP°PSCḡPiPsCḡC,PsPj P°P±Ps C-PSCḡPëPjPë

PjPμC...P°PSC-P·PjP°PjPë. PμCḡPμPīP°CḡP°C, Cḡ CḡPμPePsPjPμPSPPrPsPIP°PSPëC... PrPsP·P°C... PSPμ PIPiP»PëPIP°C" PSP° P·PrP°C,PSC-CḡC,CH PePμCḡCḡPIP°C,Pë P°PIC,PsC,CḡP°PSCḡPīPsCḡC,PsPj P°P±Ps C-PSCëPëPjPë PjPμC...P°PSC-P·PjP°PjPë.

PŸPīPsCḡC-P± P·P°CḡC,PsCḡCáPIP°PSPSCḡ C,P° PrPsP·Pë. PμCḡPëP·PSP°C±P°C,Pë PIPSCḡC,CḡC-CëPSCḡPsPIPμPSPSPs CḡC,CḡCḡPjPëPSPSPs P°P±Ps PeCḡP°PīP»PëPSPSPs C-PIPSCḡC,CḡC-CëPSCḡPsPjBḡ™ CḡP·PsPIPs.

P'PSCḡC,CḡC-CëPSCḡPsPIPμPSPSPs CḡC,CḡCḡPjPëPSPSPs PIPiPsPrPëC,Pë PīCḡPsC,CḡPiPsPj 1-3 C...PIPëP»PëPS. P" P»Cḡ PIPSCḡC,CḡC-CëPSCḡPsPIPμPSPSPsPiPs PeCḡP°PīP»PëPSPSPsPiPs PIPiPμPrPμPSPSCḡ CḡP°P·PsPICḡ PrPsP·Cḡ PīCḡPμPīP°CḡP°C,Cḡ CḡPsP·C±PëPSPëC,Pë Cḡ 50-100 PjP» 0,9 % CḡPsP·C±PëPSCḡ PSP°C,CḡC-Cḡ C...P»PsCḡPëPrCḡ C- PIPiPsPrPëC,Pë CëP»CḡC...PsPj PīPsPIC-P»CHPSPsC— PIPSCḡC,CḡC-CëPSCḡPsPIPμPSPSPsC— C-PSC,,CḡP·C— P·C- CëPIPëPrPeC-CḡC,CḡB 30-40 PeCḡP°PīPμP»CH P·P° C...PIPëP»PëPSCḡ.

P'PSCḡC,CḡC-CëPSCḡPsPjBḡ™ CḡP·PsPIPs PIPiPsPrPëC,Pë PiP»PëP±PsPePs Cḡ PjBḡ™ CḡP·.

P"PsP·Pë PICḡC,P°PSPsPIP»CḡPIP°C,Pë C-PSPPrPëPIC-PrCḡP°P»CHPSPs, P· CḡCḡP°C...CḡPIP°PSPSCḡPj C...P°CḡP°PeC,PμCḡCḡ C- C,CḡP¶PePsCḡC,C- P·P°C...PIPSCḡCḡPIP°PSPSCḡ.

P"PsCḡPsCḡP»PëPj C- PrC-C,CḡPj PIC-PePsPj PIC-Pr 12 CḡPsPeC-PI P·P°P·PIPëC±P°Pḡ PīCḡPëP·PSP°C±P°C,Pë 50-150 PjPi PSP° PrPsP±Cḡ. PμCḡPë PsC,CḡCḡC" PSPSCḡC... PrPsP±PsPICḡ PrPsP·Cḡ PīC-PrPIPëC%oCḡPIP°C,Pë PrPs 500 PjPi. PḡP°PeCḡPëPjP°P»CHPSP° CḡP°P·PsPIP° PrPsP·P° Bḡ" 200 PjPi, PrPsP±PsPIP° Bḡ" 1 Pi.

P"C-C,CḡPj PIC-PePsPj PrPs 12 CḡPsPeC-PI PīCḡPëP·PSP°C±P°C,Pë PIPSCḡC,CḡC-CëPSCḡPsPIPμPSPSPs Cḡ PrPsP±PsPIC-ḡḡ PrPsP·C- 5-7 PjPi/PePi PjP°CḡPë C,C-P»P° Cḡ PIPëPiP»CḡPrC- 5 % CḡPsP·C±PëPSCḡ (0,5-2 PjP»). P—P°P·PIPëC±P°Pḡ PrP»Cḡ PrC-C,PμPḡ PrPsP±PsPIC- PrPsP·Pë CḡC,P°PSPsPIP»CḡC,CH: Cḡ PIC-CḡC- PrPsB B 6 PjC-CḡCḡCḡC-PI Bḡ" 30 PjPi, 6-12 PjC-CḡCḡCḡC-PI Bḡ" 35 PjPi, 1-3 CḡPsPePë Bḡ" 40 PjPi, 4-10 CḡPsPeC-PI Bḡ" 45 PjPi, 11-12 CḡPsPeC-PI Bḡ" 50 PjPi. PḡP°PeCḡPëPjP°P»CHPSP° PrPsP±PsPIP° PrPsP·P° Bḡ" 100 PjPi.

PḡCḡPsP±P»PëPIC- PiCḡCáPīPë C...PIPsCḡPëC.... P" P»Cḡ PīP°CḡC-C" PSC,C-PI C-P· CḡPμCḡPëPrPëPICḡCḡC±PëPj CḡC,PIPsCḡPμPSPSCḡPj PeP°PjPμPSC-PI Cḡ PSPëCḡPeP°C... PrPsP±PsPIP° PrPsP·P° P°CḡPëPsCḡP±C-PSPsPIPsC— PePëCḡP»PsC,Pë PSPμ PjP°C" PīPμCḡPμPIPëC%oCḡPIP°C,Pë 100-200 PjPi.

P"C-C,Pë. P—P°CḡC,PsCḡCḡPIP°PSPSCḡ PīCḡPμPīP°CḡP°C,Cḡ PrC-C,CḡPj PrPëPI. Cḡ CḡPsP·PrC-P»C- B«PŸPīPsCḡC-P± P·P°CḡC,PsCḡCḡPIP°PSPSCḡ C,P° PrPsP·PëB».

PμPμCḡPμPrPsP·CáPIP°PSPSCḡ. P'PëCḡPsPeC- PrPsP·Pë P°CḡPePsCḡP±C-PSPsPIPsC— PePëCḡP»PsC,Pë PjPsP¶CḡC,CH CḡPīCḡPëC±PëPSCḡC,Pë CëP»CḡPSPePsPIPs-PePëCëPePsPIC- CḡPsP·P»P°PrPë, PIPeP»CḡC±P°CḡC±Pë PrC-P°CḡPμCḡ, P° C,P°PePsP¶ PīCḡPëP·PIPsPrPëC,Pë PrPs PiC-PīPμCḡPsPeCḡP°P»CḡCḡC— C,P° CḡC,PIPsCḡPμPSPSCḡ PsPeCḡP°P»P°C,PSPëC... PePsPSPeCḡPμPjPμPSC,C-PI. P"PsP·Pë PīPsPSP°Pr 600 PjPi PSP° PrPsP±Cḡ

PiCtjPscIPIPI»CIICtC,CH PrC-CrCtjPmC,Pec+PSPePNo PmC,,PmPeC,.

PmCtjPe PsPrPSPsCtjP°P·PsPIPsPjCr P·P°CtC,PsCtCrPIPI°PSPSC- PSP°PrPjC-CtjPSPeC... PrPsP·
PiCtjPmPiP°CtjP°C,Cr PjPsP¶P»PePIPI PIPePSPePePSPmPSPSCII PSCrPrPsC,Pe,
P±P»CtjPIPI°PSPSCII, P·PrCrC,C,CI, P±PsP»Ct PI P¶PePIPsC,C-, CtPIPIµCtjP±PmP¶Cr,
C€PeC-CtjPSPeC... PIPeCtjPePiC-PI, PiC-PrPIPIeC%oPmPSPSC— P·P±CrPrP»PePIPsCtC,C-.

PmCtjPe PIPSCrC,CtjC-C€PSCtjPsPIPIµPSPSPsPjCr PIPIPIµPrPmPSPSC- Cr PIPeCtjPsPePeC...
PrPsP·P°C... PjPsP¶Pm PIPePSPePePSCrC,Pe P·P°PiCtjPsP·P° PiPmCtjPmCtjPePIPI°PSPSCII
PIPI°PiC-C,PSPsCtC,C-.

P>C-PeCzPIPI°PSPSCII: PiCtjPePiPePSPmPSPSCII P·P°CtC,PsCtCrPIPI°PSPSCII
PiCtjPmPiP°CtjP°C,Cr, CtjPePjPiC,PsPjP°C,Pec+PSP° C,PmCtjP°PiC-CII.

PmPsP±C-CtjPSC- CtjPmP°PeCtC-C—. PhCtjPePsCtjP±C-PSPsPIPI° PePeCtjP»PsC,P°, CIPIe
PiCtjP°PIPeP»Ps, PrPsP±CtjPm PiPmCtjPmPSPsCtjPeC,CHCtjCI, PiCtjPsC,Pm
PjPsP¶P»PePIPIePNo CtjPsP·PIPeC,PsPe PSPeP¶CtjPmPIPeP°P·P°PSPeC...
PiPsP±C-CtjPSPeC... CIPIPIeC%o.

P— P±PsPeCz CtjPeCtC,PmPjPe PeCtjPsPIC- C,P° P»C-PjC,,P°C,Pec+PSPsC— CtjPeCtC,PmPjPe:
PiCtjPe C,CtjPePIPI°P»PsPjCr P·P°CtC,PsCtCrPIPI°PSPSC- Cr PIPeCtjPsPePeC...
PrPsP·P°C... bñ“ C,CtjPsPjP±PsCtjPeC,PsP·, PiC-PiPmCtjPiCtjPsC,CtjPsPjP±C-PSPmPjC-CII,
C,CtjPsPjP±PsCtC,PIPsCtjPmPSPSCII, PmCtjPeC,CtjPsCtjPeC,PsPiPmPSC-CII,
PSPmPNoC,CtjPsC,,C-P»CHPSPePNo P»PmPNoPePsCtjPeC,PsP·.

PkPmPICtjPsP»PsPiC-CtjPSC- CtjPsP·P»P°PrPe: PiPsP»PsPIPSPePNo P±C-P»CH, PIC-PrCtjCrC,C,CI
PIC,PsPjPe, PiCtjPe C,CtjPePIPI°P»PsPjCr P·P°CtC,PsCtCrPIPI°PSPSC- Cr PIPeCtjPsPePeC...
PrPsP·P°C... bñ“ PiPsCtjCrC€PmPSPSCII CtjPSCr, PiC-PrPIPIeC%oPmPSPSCII
P·P±CrPrP»PePIPsCtC,C- CtjPmPSC,CtjP°P»CHPSPsC— PSPmCtjPIPsPIPsC— CtjPeCtC,PmPjPe.

P— P±PsPeCz C€P»CzPSPePsPIPs-PePeC€PePsPIPsPiPs C,CtjP°PeC,Cz: PSCrPrPsC,P°,
PrC-P°CtjPmCI, CtjPiP°P·PjPe C€P»CtjPSPeP°.

P— P±PsPeCz CtjPmCtjPsPIPePrC-P»CHPSPsC— CtjPeCtC,PmPjPe:
PiC-PiPmCtjPsPeCtjP°P»P°C,CrCtjC-CII; PiCtjPe C,CtjPePIPI°P»PsPjCr
P·P°CtC,PsCtCrPIPI°PSPSC- Cr PIPeCtjPsPePeC... PrPsP·P°C... bñ“ PiPsC€PePsPrP¶PmPSPSCII
PiP»PsPjPmCtjCrP»CIICtjPSPsPiPs P°PiP°CtjP°C,Cr PSPeCtjPsPe, C,,PsCtjPjCrPIPI°PSPSCII
PSPeCtjPePsPIPeC... PeP°PjPmPSC-PI P· PsPeCtjP°P»P°C,Cr PeP°P»CHCtC-Ctj.

P— P±PsPeCz C€PeC-CtjPe C- PiC-PrC€PeC-CtjPSPsC— PeP»C-C,PePsPIPePSPe:
CtjPmP°PeCtC-C— PiC-PiPmCtjCtjCrC,P»PePIPsCtC,C-, PrCrP¶Pm CtjC-PrPePs bñ“ C€PeC-CtjPSC-
PIPeCtjPePiPe, PiC-PiPmCtjPmPjC-CII C€PeC-CtjPe, CtjPIPIµCtjP±C-P¶, PeCtjPsPiPePiCII PSPeP°,
PiC-PrPIPIeC%oPmPSPSCII C,PmPjPiPmCtjP°C,CrCtjPe C,C-P»P°, P·PjC-PSPe PI PjC-CtjCtC-
PIPIPIµPrPmPSPSCII.

P— P±PsPeCz PsP±PjC-PSCz CtjPmCtjPsPIPePS, PjPmC,P°P±PsP»C-P·PjCz:
PiC-PiPmCtjPIC-C,P°PjC-PSPsP·P, PiCtjPe C,CtjPePIPI°P»PsPjCr P·P°CtC,PsCtCrPIPI°PSPSC- Cr
PIPeCtjPsPePeC... PrPsP·P°C... bñ“ PiCtjPePiPSC-CtjPmPSPSCII C,,CrPSPeCtC-C—
C-PSCtjCrP»CIICtjPSPsPiPs P°PiP°CtjP°C,Cr PiC-PrC€P»CtjPSPePsPIPsC— P·P°P»PsP·Pe
(PiC-PiPmCtjPiP»C-PePmPjC-CII, PiP»CtjPePsP·CrCtjC-CII) C- CtjPePSC,PmP·Cr

PiP»C-PePsPiPµPSCr, P·P°C, CḡPëPjPeP° PSP°C, CḡC-Cḡ C- CḡC-PrPëPSPë,
PïPsCḡCfCεPµPSPSCḡ PsP±PjC-PSCr C†PëPSPeCf C- PjC-PrC-.

P— P±PsPeCz CÍCzPrPëPS: P·PSPëP¶PµPSPSCḡ PïCḡPsPSPëPePSPsCÍC,C-
PeP°PïC-P»CḡCḡC-PI, PïPsPiC-CḡCεPµPSPSCḡ C,CḡPsC,,C-PePë C,PeP°PSPëPS; PïCḡPë
C,CḡPëPIP°P»PsPjCf P·P°CÍC,PsCÍCfPIP°PSPSC- CÍ PIPëCÍPsPePëC... PrPsP·P°C... Bḡ“
PrPëCÍC,CḡPsC,,C-Cḡ PjC-PsPeP°CḡPrP°, PïC-PrPIPëC%PµPSPSCḡ
P°CḡC,PµCḡC-P°P»CḡPSPsPiPs C,PëCÍPeCf, CḡPsP·PIPëC,PsPe
PjC-PeCḡPsP°PSPiC-PsPiP°C,C-PNë.

P—P°PiP°P»CḡPSC- CḡPsP·P»P°PrPë: PïCḡPë PIPSCrC,CḡC-CεPSCḡPsPIPµPSPSPsPjCf
PIPIPµPrPµPSPSC- PjPsP¶P»PëPIPµ PIC-PrC†CfC,C,Cḡ P¶P°CḡCf, PsP·PSPsP±.

P°P°PiC-C,PSC-CÍC,Cḡ: PïCḡPë PIPSCrC,CḡC-CεPSCḡPsPIPµPSPSPsPjCf PIPIPµPrPµPSPSC- CÍ
PIPëCÍPsPePëC... PrPsP·P°C... Bḡ“ P·P°PiCḡPsP·P° PïPµCḡPµCḡPëPIP°PSPSCḡ
PIP°PiC-C,PSPsCÍC,C-.

P— P±PsPeCz C-PjCzPSPSPsC— CÍPëCÍC,PµPjPë: PrCfP¶Pµ CḡC-PrPePs Bḡ“
P°PSP°C,,C-P»P°PeC,PëC†PSPëPNë CεPsPe.

PḡPµC,P°P±C-CÍCfP»CḡC,,C-C, PSP°C,CḡC-Cḡ (P• 223) CḡC-PrPePs PjPsP¶Pµ
CÍPïCḡPëC†PëPSCḡC,Pë CḡPµP°PeC†C-C— PiC-PïPµCḡC†CfC,P»PëPIPsCÍC,C- C,P°
P±CḡPsPSC...PsCÍPïP°P·Pj.

PḡPµCḡPjC-PS PïCḡPëPrP°C,PSPsCÍC,C-. 2 CḡPsPePë.

PjPjPsPIPë P·P±PµCḡC-PiP°PSPSCḡ. P—P±PµCḡC-PiP°C,Pë PI PsCḡPëPiC-PSP°P»CḡPSC-PNë
CÍPïP°PePsPIC†C- PïCḡPë C,PµPjPïPµCḡP°C,CfCḡC- PSPµ PIPëC%Pµ 25 B°PŸ.

P—P±PµCḡC-PiP°C,Pë CÍ PSPµPrPsCÍC,CfPïPSPsPjCf PrP»Cḡ PrC-C,PµPNë PjC-CÍC†C-.

PkPµCÍCzPjC-CÍPSC-CÍC,Cḡ. PḡCÍPePsCḡP±C-PSPsPIP° PePëCÍP»PsC,P° PjP°C”
PIPëCÍPsPePëPNë PsPePëCÍPSPs-PIC-PrPSPsPIPSPëPNë PïPsC,PµPSC†C-P°P» C- PjPsP¶Pµ
P·PjC-PSCḡPIP°C,Pë C...C-PjC-C†PSPëPNë CÍPeP»P°Pr C-PSCεPëC... PïCḡPµPïP°CḡP°C,C-PI.
PḡPsPjCf, CḡPsP·PiP»CḡPrP°CḡC†Pë PjPsP¶P»PëPIC-CÍC,Cḡ CÍCfPjC-CÍPSPsPiPs
P·P°CÍC,PsCÍCfPIP°PSPSCḡ P· C-PSCεPëPjPë P»C-PeP°CḡCḡCḡPëPëPjPë P·P°CÍPsP±P°PjPë,
PSPµPsP±C...C-PrPSPs PïPµCḡPµPePsPSP°C,PëCÍCḡ CÍ C—C... CÍCfPjC-CÍPSPsCÍC,C-.

PjPïP°PePsPIPëP°. PµPs 2 PjP» PI P°PjPïCfP»P°C... B,,- 10 CÍ PePsCḡPsP±C†C-; B,,- 5×2, B,,- 10
CÍ P±P»C-CÍC,PµCḡC- CÍ PePsCḡPsP±C†C-.

PḡP°C,PµPiPsCḡC-Cḡ PIC-PrPïCfCÍPeCf. P—P° CḡPµC†PµPiC,PsPj.

P'PëCĤPsP±PSPëPe. PÿPsPIP°CĤPëCĀC,PIPs P· PsP±PjPμP¶PμPSPsCĤ
PIC-PrPīPsPIC-PrP°P»CĤPSC-CĀC,CĤ B«PαP°CĤPjP°C†PμPIC,PëC†PSP° PePsPjPīP°PSC-CĀ
B«P—PrPsCĤPsPIBĤ™CĀB».

**PĤC-CĀC†PμP·PSP°C...PsPrP¶PμPSPSCĀ PIPëCĤPsP±PSPëPeP° C,P° PN°PsPiPs
P°PrCĤPμCĀP° PjC-CĀC†CĀ PīCĤPsPIP°PrP¶PμPSPSCĀ PrC-CĀP»CĤPSPsCĀC,C-.**

PJPeCĤP°C—PSP°, 61013, PĀP°CĤPeC-PICĀCĤPeP° PsP±P»., PjC-CĀC,Ps PĀP°CĤPeC-PI,
PICĀP»PëC†CĀ PĒPμPIC†PμPSPeP°, P±CĀPrPëPSPsPe 22.