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The invention relates to the food production and may be applied in the medicine and veterinary. The purpose of the invention is the increase of the vitamin value of fruits by transformation ascorbic acid to ascorbigen, Into the fresh fruits in which maintained metabolism, there is injected the solution of ascorbic acid and than keeping during 1-3 days. As in the fruits is maintained metabolism, in the process of keeping the transformation of ascorbic acid synthetic preparat in his form-ascorbigen take place. The ascorbic acid solution is injected into seed case of fruits, if they have such as. In the root-crops preliminarily there is made the cavity and than there is injected the ascorbic acid solution.