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The invention relates to agriculture and may be used in the cultivation of winter common wheat in unfavorable conditions. As antistressor for winter common wheat is proposed an aqueous solution of total extract of steroid glycosides from *Trigonella foenum graecum* L. seeds with a concentration of 10^{-5} ... 10^{-3} %. The result consists in increasing the complex resistance of the winter common wheat to fusariose and low temperature.

Claims: 1