

The invention relates to the food industry, sanocreatology and medicine, in particular to a biologically active phytotherapeutic food supplement having the activity of stimulating immunity and intestinal microflora, as well as reducing metabolic risk in the post-COVID-19 recovery period.

The food supplement, according to the invention, comprises, in mass. %:

dry extract of amaranth seeds	17
dry extract of dandelion root	12
dry extract of aboveground part of milk thistle	10
dry garlic extract	13
dry extract of chicory root	11
dry extract of artichoke buds	15
dry extract of aboveground part of asparagus	12
freeze-dried lactic acid bacteria strains <i>Bifidobacterium</i> <i>infantis</i> , <i>Bifidobacterium</i> <i>longum</i> and <i>Lactobacillus</i> <i>acidophilus</i> with a titer of 11×10^9	10

Claims: 1