

Method for producing drinking milk with enhanced antioxidant stability, comprising reception and preparation of raw materials, purification, standardization, homogenization, pasteurization and cooling, bottling, packaging, labeling, and storage. Prior to pasteurization, tocopherol (vitamin E) is added in an amount of 0.005-0.01%, which is first dissolved in a portion of purified, standardized, and homogenized milk at a temperature of 35-45 °C, followed by mixing.