

Method for obtaining salt mixture to improve adrenal gland condition includes a three-stage mixing process of flaky table salt with other therapeutic and prophylactic components , wherein fast-dissolving flaky table salt is used in an amount of 30-40 wt%, and the following therapeutic and prophylactic components are added in the following percentages, wt%: dried black currant (*Ribes nigrum*) leaves, ground to a powdery consistency - 40-50; dried lungwort (*Pulmonaria*) leaves, ground to a powdery consistency - 10%; dried dandelion (*Taraxacum*) root, ground to a powdery consistency - 5%; and dried common juniper (*Juniperus communis*) berries, ground to a powdery consistency - 5%.