

Method for producing a medicine in the form of a solution for internal use with antioxidant effect based on pomegranate fruit extract involves the extraction of plant raw material. Pomegranate fruits are weighed, the raw material is pressed, 96% ethanol is added in a threefold amount to the extract, filtered, the filtrate is concentrated 10–20 times in a vacuum evaporator at a temperature of 50–60 °C, the calculated amount of L-arginine, L-citrulline, myo-inositol, and betaine is weighed, and L-arginine, L-citrulline, myo-inositol, betaine, and purified water are gradually added to the pomegranate fruit extract while stirring constantly until a homogeneous mixture is obtained. The solution for internal use contains the following ratio of components, by weight %: sodium benzoate - 0.1-0.2, betaine - 0.5–5.0, citric acid - 0.5–5.0, L-citrulline - 0.5–5.0, L-arginine - 1.0–5.0, myo-inositol - 1.0–5.0, pomegranate fruit extract - 20.0–70.0, purified water - up to 100.0.