Method for adapting common flax (Linum usitatissimum L. convar. elongatum) to ex vitro conditions involves culturing aseptic regenerant plants on agar nutrient medium, followed by transfer to a substrate. During the cultivation stage, a nutrient medium with half the concentration of mineral and organic components in accordance with the Murashige and Skoog method is used, which additionally contains, in mg/L: 0.0125 of 24-epibrassinolide, 0.25 of indole-3-butyric acid, 6.1 of potassium metasilicate ($K_2SiO_3 \cdot 5H_2O$), 7.5 of ascorbic acid, and 2.5 of succinic acid.