

Invention relates to method for obtaining agent with antioxidant and anti-inflammatory activity from plant raw material, comprising double extraction of plant raw material with extractant in a 1:20 ratio, combining the resulting extracts, allowing them to settle for 24 hours, filtering, and evaporating filtrate to a mass ratio of 1:2 relative to the weight of plant raw material, wherein common raspberry shoots are used as plant raw material and double extraction is performed with 60% ethanol.