

!" #&/  
4;O <548G=>3> 70AB>AC20==O ;V:0@AL:>3> 70A>1C

!""<0:A

!::04:

4VNGV @5G>28=8: 3;N:>70E;>@84, E>;5:0;LF8D5@>; (2VB0<sub>3</sub>), DVB><5=04V>= (2VB0<sub>1</sub>), :0;LFVN :0@1>=0B, @CB8=, 3V=:3> 42>;>?0B52>3> (Ginkgo Biloba) ;8ABO 5:AB@0:B ACE89, G>@=8FV 728G09=>W (Vaccinium myrtillus) ?;>4V2 5:AB@0:B ACE89, 2>4O=>3> VAA>?C (Bacopa monnieri) FV;>W @>A;8=8 5:AB@0:B ACE89, 25@18 1V;>W (Salix Alba) :>@8 5:AB@0:B ACE89, F5=B5;8 07V0BAL:>W (!entella asiatica) ;8ABO 5:AB@0:B ACE89;  
1 B01;5B:0 70E;>@84C 750 <3; E>;5:0;LF8D5@>;C (2VB0<sub>3</sub>) 5 <5=04V>=C (2VB0<sub>1</sub>) 2,5 =0BC 5:2V20;5=B=> :0;LFVN 200,21 <3; @CB8=C 40 <3; 5:AB@0:B 3V=:3> 42>;>?0B52>3> ;8ABO ACE89 (Ginkgo Biloba) (50:1) (5:AB@035=B 5B0=>; 90%) 12 <3; 5:AB@0:B G>@=8FV 728G09=>W ?;>4V2 ACE89 (Vaccinium myrtillus) (100:1) (5:AB@035=B 5B0=>; 90%) 6<3; 5:AB@0:B 2>4O=>3> VAA>?C FV;>W @>A;8=8 ACE89 (Bacopa monnieri) (20:1) (5:AB@035=B 5B0=>; 90%) 15<3; 5:AB@0:B 25@18 1V;>W :>@8 ACE89 (Salix Alba) (25:1) (5:AB@035=B 5B0=>; 90%) 2<3; 5:AB@0:B F5=B5;8 07V0BAL:>W ;8ABO ACE89 (!entella asiatica) (10:1) (5:AB@035=B 5B0=>; 90%) 7,5 <3;  
4>?>28=8: >;VO @>A;8=0 3V4@>35=V7>20=0, :0;LFVN 3V4@>D>AD0B, F5;N;>70 :@8AB0;VG=0, =0B@VN :@>A:0@<5;>70, <03=VN AB50@0B, ?>2V4>=, :@5<=VN 4V>:A84 :>;>W4=89 1572>4=89, 3V?@><5;>70, ?>;V5B8;5=3;V:>;L, B0;L; 2VA: :0=@0C1AL:89.

V:0@AL:0 D>@<0. "01;5B:8, 2:@8BV >1>;>=:>N.

A=>2=V DV78:>-EVABV: B01;5B:8, 2:@8BV 1V;>N >1>;>=:>N, 7 ;V=VTN @>7;>4=>3> 1>;C; 4>?CA:0NBLAO 2:@0?;5==O.

\$0@<0:>B5@0?52B8G=0 3@C?0. 0A>18, I> 70AB>A>2CNBLAO ?@8 ?0B>;>3VW >?>@=>.-@CE>2>3> 0?0@0BC. >4 ""% 09%.

\$0@<0:>;>3VG=V 2;0AB82>ABV.

;N:>70A0E0@84><, O:89 2E>48BL 4> A:;04C <0965 2AVE B:0=8= ;N48=8, 2:;NG0NG8 E@OIV V A8=>2V0;L=C @V48=C. V= ?@>4C:CTBLAO >@30=V7<<< V7 3;N:>78. ;N:>701C4>2V E@OI>2>W B:0=8=8, :VAB:>2>W B:0=8=8, AB2>@5==V ACE>68;;O, A8=B57V AC3;>1>2>W @V48=8, A?>;CG=>W B:0=8=8, H:V@8. 8:>@8AB>2CTBLAO E=>4@>F8B0<8 4;O A8=B57C 3;N:>703;V:0=V2, ?@>B5>3;V:0=V2 V 3V0;C@>=>2>W :8A;>B8.  
;N:>70B870?0;L=89 5D5:B8. 5AB0G0 3;N:>70  
0AB>AC20==O 5:7>35==>3> 3;N:>70460T ?@>3@5AC20==N 4535=5@0B82=8E ?@>F5AV2 2 >?>@=>.-@CE>2>2;5==O E@OI0 V =>@<0;V7CT >128= C E@OI>2V9 V :VAB:>2V9 B:0=8=0E. @V< B>3>, 2V= 70E8I0T E@OI 2V4 B>:A8G=>3> 2?;82C =5AB5@>W4=8E ?@>B870?0;L=8E 70A>1V2 V 3;N:>:>@B8:>W4V2.  
V=:3> 42>;>?0B5289 ?>:@0ICT :@>2>>1V3, 70?>1V30T ;0ABV :0?V;O@V2, G8=8BL ?@>B870?0;L=C 4VN. V428ICT @>7C<>2C ?@0F5740B=VABL >@30=V7  
'>@=8FO C:@V?;NT ABV=:8 :@>2>=>A=8E AC48=, 7=86CT @878: CB2>@5==O B@<1V2, =>@ <0;V7CT ?@>=8:=VABL :0?V;O@V2, 7=86CT ;(B870?0;L=89 5D5:B.  
CB8= 7<5=HCT ?@>=8:=VABL :0?V;O@V2, ?V428ICTW ABV=:8, ?>:@0ICT >:8A=>-2V4=>2;N20;L=V ?@>F5A8 C B:0=8=0E.  
?0 07V0BAL:0 ?>;V?HCT <>7:>289 V ?5@8D5@8G=89 :@>2>>1V3, <0T ;V:C20;L=89 5D5:B ?@8 20@8:>7=>7H8@5==V 25=, ?5@5H:>460T CB2>@5==N B@<1V2, ?@8A:>@NT ?@>F5A8 703>T==O, C:@V?;NT 3;04:C B0 A:5;5B=C  
0;LFV9 15@5 CG0ABL C D>@W :VAB:>2>W B:0=8=8, ?5@540GV =5@2>2>3> V@>G5==V <07V2. %>;5:0;LF8D5@>; @53C;NT >1AD>@C, 2?;820T =0 2A<:BC20==O WE C H;C=:>2>-.8H:>2>@<0;V7CT D>@:.

>@0 25@18 28=8, ?>4V1=V 70 4VTN 4> 0F5B8;A0;VF8;>2>W :8A;>B8, 2VB0D;02>=>W48, O:V  
?>78B82=> 2?;820NBL =0 7030;L=89 >128=. '8=8BL 0=0;357CNGC, 60@>7=86C20;L=C V ?@>B870?0;L=C  
4VN, ?V428ICT ?5@8D5@8G=89 :@>2>>1V3 V ?>B>284V;5==O H;OE× ?@O<>W 4VW =0 B5@  
<>@53C;NNG89 2V44V; 3V?>B0;0  
>4O=89 VAA>? AB&AC48==C V =5@2>2C A8AB5  
\$VB<<5=04V>= (2VB0,) =>@<0;V7CT DC=:FVN 73>@B0==O :@>2V, G8=8BL 7=51>;N20;L=C 4VN.  
@5?0@0B G8=8BL 0=0;357CNGC B0 ?@>B870?0;L=C 4VN, C?>2V;L=NT ?@>F5A @C9=C20==O E@OI0  
B0 ?>=>2;NT E@OI, ?>:@0ICT @CE;82VABL AC3;>1V2, :@>2>>1V3 V B>=CA 25=.

**;V=VG=V E0@0:B5@8AB8:8.**

**>:070==O.**

AB5>0@B@>7; >AB5>E>=4@>7; 1>;L>289 B0 =01@O:>289 A8=4@<8 ?@8 0@B@8BV, 20@8:>7=5  
@>7H8@5==O 25= =86=VE :V=V2>: (25=>7=0 =54>AB0B=VABL); 1>;L>289 A8=4@< ?@8 78BV.

**@>B8?>:070==O.**

V428I5=0 GCB;82VABL 4> 1C4L-O:>3> :>5=B0 ?@5?0@0BC, 0 B0:>6 4> <>@5?@>4C:BV2, 3V?5@GCB;82VABL 4>  
A0;VF8;0BV2 01> V=H8E (=0?@8::04, =002=VABL 2 0=0<=57V 0=3V>=52@>B8G=>3> =01@O:C, A?07=EV2 01> E@>=VG=>W  
:@>?82O=:8 C 2V4?>2V4L =0 70AB>AC20==O A0;VF8;0BV2 G8 V=H8E ), 0AB<0, 28@07:>20 E2>@>10 H;C=:0 C AB04VW  
703>AB@5==O, B@><1>D;51VB8, FC:@>289 4V015B, B06:V ?>@CH5==O DC=:FV9 ?5GV=:8 01> =8@>., D5=V::5B>=C@VO,  
@>7;048 :>03C;OFVW, AE8;L=VABL 4> :@>2>B5G, =54>AB0B=VABL 3;N:>7>-6-D>AD0B453V4@>35=078, 3V?5@:0;LFVT  
3V?5@:0;LFVC@VO, =5D@>;V BV07, 3V?5@2VB07 D, A0@:>W4>7, E2>@>18 V/01> C>28, I> ?@872>4OBL 4> 3V?5@:0;LFVT  
3V?5@:0;LFVC@VW (=0?@8::04, <0, :VAB:>2V <5B0AB078, ?5@28==89 3V?5@?0@0B8@5>7).

**70T<>4VO 7 V=H8<8 ;V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9.**

@5?0@0B ACW4=8<8 ?@>B870?0;L=8<8 70A>10<8 B0 3;N:>:>@B8:>AB5@>W40<8. @8 ?@89>B@510  
C =5AB5@>W4=8E ?@>B870?0;L=8E 70A>10E.

@8 >4=>G0A=V9 B5@0?VW =5>1EV4=> :>=B@>;N20B8 @V25=L :0;LFVN 2 A8@>20BFV :@>2V,  
>A:V;L:8 71V;LHCTBLAO @878: 28=8:=5==O 3V?5@:0;LFVT

0@1>=0B :0;LFVN <>65 ?5@5H:>460B8 01A>@1FVW ?@5?0@0BV2 B5B@0F8::V=>2>3> @O4C,  
EV=>;>=>28E 0=B81V>B8:V2, ;52>B8@>:A8=C, B>1EV4=> ?@89<0B8 70 2 3>48=8 4> 01> G5@57 4-6  
3>48= ?VA;O ?@89>0@BV7V 0:A.

D5:B82=VABL ;V:C20==O ?V428ICTBLAO ?@8 71030G5==V 4VTB8 2VB0

@8 >4=>G0A=>2>N :8A;>B>N 01> 7 0=B8:>03C;O=B0<8 G8 0=B803@530=B0<8 @5:><5=4>20=>  
?@>2>48B8 :>=B@>;L 73>@B0==O :@>2V.

@8 >4=>G0A=V9 B5@0?VW V7 A5@F528<8 3;V:>7840<8 =5>1EV4=89 :>=B@>;L B0 :;V=VG=>3>  
AB0=C E2>@>3>, >A:V;L:8 ?@5?0@0B8 :0;LFVN <>6CBL ?V428I8B8 B>:A8G=89 5D5:B A5@F528E  
3;V:>784V2.

?>2V4><;5==O, I> 3;N:>70

>2V4><;O;>AO ?@> B5=45=FVN 28=8:=5==O :@>2>B5G C ?0FVT=BV2, O:V ?@89<0NBL 20@D0@8= V  
3;N:>70

@8 >4=>G0A=>W V7 A540B82=8<8 70A>10<8 <>65 28=8:0B8 70?0<>@>G5==O, ?@8 >4=>G0A=>  
AC20==V 7 0;:>3>;5< A>=:82VABL.

?0 07V0BAL:0 270T<>4VT V7 70A>10<8, O:V 2?;820NBL =0 @V25=L FC:@C 2 :@>2V B0 E>;5AB5@8=C.  
;O C=8:=5==O 7=865==O 2A<:BC20==O ?@5?0@0BV2 1VAD>AD>=0BV2 01> DB>@84C =0B@VN

@5:><5=4>20=> ?@89<0B8 AB5>0@BV7V 0:A =5 @0=VH5 =V6 G5@57 2 3>48=8 ?VA;O  
28I5707=0G5=8E ?@5?0@0BV2.

;N:>:>@B8:>AB5@>W48 7<5=HCNBL 2A<:BC20==O :0;LFVN.

4=>G0A=5 ;V:C20==O ?@5?0@0B0<8 E>;5AB8@0 ?@>=>A=8<8 70A>10<8 =0 >A=>2V 3> <0A;0 01>  
@>A;8=>W >;VW <>65 7=86C20B8 2A<:BC20==O 2VB0D3.

@8 >4=>G0A=>AC20==V 4VC@5B8:V2 BV0784=>3> @O4C 71V;LHCTBLAO @878: 28=8:=5==O  
3V?5@:0;LFVTA:V;L:8 2>=8 71V;LHCNBL :0=0;LF52C @501A>@1FVN :0;LFVN. \$C@>A52V

4VC@5B8:8, =02?0:8, 71V;LHCNBL 282545==O :0;LFVN =8@:0<8.

04;8H:>289 ?@89<< :0;LFVN, 4>AB0B=V9 4;O 4>AO3=5==O A?V22V4=>H5==O

@89>< 2VB0:8E 4>70E (?>@O4:C 2200 M=0 4>1C) <>65 7<5=HC20B8 70A2>T==O 2VB02>-.8H:>2>3>  
B@0:BC, 0 B0:>6 2?;820B8 =0 4VN 2VB0@B0==O :@>2V.

A:V;L:8 T 40=V, I> ?@5?0@0B8, O:V 42>;>?0B52>3>, ?V428ICNBL AE8;L=VABL 4> :@>2>B5G, ?@89<  
FL>3> ?@5?0@0BC =5>1EV4=> ?@8?8=8B8 ?5@54 EV@C@3VG=8<8 >?5@0FVO<8.

!>;V 70;V70 V F8=.: 5:><5=4>20=0 ?5@5@20 <<< :0;LFFVN V A>;O<8 70;V70 V/01> F8=:C =5 <5=H5 2  
3>48= G5@57 @878: 7<5=H5==O H;C=:>2>-.8H:>2>3> 2A<>:BC20==O 70;V70 V/01> F8=:C.  
!B@>=FV9. 878: 7<5=H5==O 1V>4>ABC?=>ABV AB@>=FVN =0 60-70 % C @07V A?V;L=>3>  
28:>@8AB0==O 7 ?@5?0@0B0<8, I>  
5:><5=4>20=> C=8:0B8 70AB>AC20==O :0;LFFVN 4> G8 ?VA;O ?@89>=FV9.  
AB@0 5:><5=4>20=0 ?5@5@20 <<< :0;LFFVN B0 5AB@0 =5 <5=H5 2 3>48= G5@57 @878: 7<5=H5==O  
H;C=:>2>-.8H:>2>3> 2A<>:BC20==O 5AB@0  
>@<>=8 I8B>284=>W 70;>78. 878: 7<5=H5==O H;C=:>2>-.8H:>2>3> 2A<>:BC20==O ;52>B8@>:A8=C.  
5:><5=4>20=> 4>B@8<0<8 ?@5?0@0BV2 :0;LFFVN V ;52>B8@>:A8=C.  
@;VAB0B. V:C20==O >@;VAB0B< <>65 7<5=H8B8 01A>@1FFVN 2VB0D.  
@>4CB8 E0@GC20==O. >6;820 270T<>4VO 7 ?@>4C:B0<8 E0@GC20==O, O:V BC (H?8=0B, @52V=L,  
I025;L, :0:0>, G09), D>AD0B8 (A28=8=0, H8=:0, :>210A=V 28@>18, A>A8A:8, ?;02;5=V A8@8, 45A5@B8  
/9>3C@B8, =0?>W 7 :>;>N) 01> DVB8=>2C :8A;>BC (FV;L=>75@=>2V ?;0ABV2FV, 28ACH5=V >2>GV,  
=0AV==O >;V9=8E :C;LBC@, H>:>;04). "><5=4>20=0 ?5@5@20 <<< B0:8E ?@>4C:BV2 V  
70AB>AC20==O< ?@5?0@0BC.  
\$5=VB>W=, 10@1VBC@0B8 B0 3;N:>:>@B8:>W48 7=86CNBL 5D5:B 2VB0D.  
8D0=V0784 <>6CBL 7=86C20B8 5D5:B ?@5?0@0BC 70 @0EC=>: 71V;LH5==O 1V>B@0=AD>@<0FVW.  
'5@57 2W <>6;825 ?>A8;5==O 4VW 0=B8:>03C;O=BV2 (=0?@8::04, :C<0@8=C, 35?0@8=C) B0  
?@5?0@0BV2, O:V 7=86CNBL @V25=L FC:@C 2 :@>2V, 0 B0:>6 7=865==O 5D5:BC ?@5?0@0BV2, I>  
A?@8ONBL 282545==N A5G>2>W :8A;>B8. >A8;NT @878: 30AB@>V=B5AB8=0;L=>W :@>2>B5GV  
?@8 >4=>G0A=>@B8:>AB5@>W40<8 (=0?@8::04, ?@54=V7>;>=<) 01> ?>?5@54=L>3>;N.

**A>I;82>ABV 70AB>AC20==O.**

V4 G0A ?@89>1EV4=> :>=B@>;N20B8 @V25=L 22V V A5GV. # ?0FVT=BV2 7 ;53:>N B0 ?>N =8@:>2>N  
=54>AB0B=VABN (28O2;OTBLAO 2 >AV1 ;VB=L>3> 2V:C) 01> =57=0G=>N 3V?5@:0;LFFVC@VTN  
=5>1EV4=> 74V9A=N20B8 ?5@V>48G=89 :>=B@>;L 70 282545==O< :0;LFFVN 7 A5G5N B0 70 @V2=5<  
:0;LFFVN C ?;07  
!;V4 1@0B8 4> C2038 @878: :0;LF8DV:0FVW <O:8E B:0=8=  
5>1EV4=> 2@0E>2C20B8 ?@8 ?@87=0G5==V V=H8E ;V:0@AL:8E 70A>1V2 =0O2=VABL C  
?@5?0@0BV E>;5:0;LF8D5@>;C (2VB0D3) B0 DVB><5=04V>=C (2VB0  
>15@56=VABN B0 BV;L:8 70 ?@87=0G5==O< ;V:0@O 70AB>A>2C20B8 ?0FVT=B0< 7V H;C=:>2>-.  
:8H:>28<8 :@>2>B5G0<8 2 0=0<=57V, 70E2>@N20==O<8 ?5GV=:8 B0 =8@>:, 0;5@3VG=8<8 @50:FVO  
<8. 5 @5:><5=4CTBLAO 26820B8 0;:>3>;L >4=>G0A=> V7 70AB>AC20==O< ?@5?0@0BC.  
@5?0@0B G8=8BL 4VN, ?>4V1=C 4> 0F5B8;A0;VF8;>2>W :8A;>B8, B>3> =5 A;V4 70AB>A>2C20B8 ?@8  
3@8?V, 2VB@O=V9 2VA?V 01> V=H8E =54V03=>AB>20=8E 70E2>@N20==OE 4;O C=8=:5==O  
28=8=:5==O A8=4@>  
A=CNBL 2V4<>ABV, I> :>@C 25@18 1V;>W, O:0 2E>48BL 4> A;04C ?@5?0@0BC, 7 >15@56=VABN  
A;V4 70AB>A>2C20B8 ?@8 0;:>3>;L=V9 70;56=>ABV.  
@8 28=8=:5==V 0;5@3VG=8E @50:FV9 G8 35<>@03V9 ;V:C20==O A;V4 ?@8?8=8B8.  
8ABO F5=75;8 07V0BAL:>W (3>BC-:>;8) <>6CBL ?@872>48B8 4> ?V42815==O @V2=O E>;5AB5@8=C  
B0 FC:@C 2 :@>2V.  
0AB>A>2C20B8 7 >15@56=VABN E2>@8<, O:V ?@89<0NBL A5@F52V 3;V:>7848.  
8ABO 3V=:3> 42>;>?0B52>3> <>65 ?@872>48B8 4> 28=8=:5==O AC4<, 778 2 :@>2V, B>A>2C20B8 7  
>15@56=VABN ?0FVT=B0< V7 ?>@CH5==O< 2C3;52>4=52>3> >1  
@5?0@0B 7 >15@56=VABN 70AB>A>2C20B8 V<<<1V;V7>20=8< E2>@8< G5@57 @878: @>728B:C  
3V?5@:0;LFFVT1 C=8=:CB8 ?5@54>7C20==O, =5>1EV4=> 2@0EC20B8 =04E>465==O :0;LFFVN B0 2VB0  
D3 7 V=H8E 465@5; C <560E @5:><5=4>20=8E 4>1>28E =>@< A?>6820==O :0;LFFVN B0 2VB0D3.  
4=>G0A=5 70AB>AC20==O ?@5?0@0BV2 B5B@0F8;;V=>2>3> @O4C 01> EV=>;>=>28E  
0=B81V>B8:V2 =5 @5:><5=4CTBLAO 01> 70AB>A>2C20B8 7 >15@56=VABN (482. @>74V; «70T<>4VO  
7 V=H8<8 ;V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9»)

**0AB>AC20==O C ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N.**

@5?0@0B ?@>B8?>:070=89 C ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N. 0 ?5@V>4 ;V:C20==O ?@5?0@0B< A;V4  
?@8?8=8B8 3>4C20==O 3@C44N.

40B=VABL 2?;820B8 =0 H284:VABL @50:FVW ?@8 :5@C20==V 02B>B@0=A?>@B< 01> V=H8<8 <5E0=V7<0<8.

>A;V465==O I>4> 2?;82C ?@5?0@0BC =0 740B=VABL :5@C20B8 02B>>1V;5< B0 V=H8<8 <5E0=V7<0 <8 =5 ?@>2>48;8AL. !;V4 1CB8 >15@56=8<8 ?@8 :5@C20==V B@0=A?>@B=8<8 70A>10<8 B0 28:>=0==V @>1VB, I> ?>B@51CNBL C2038. # 28?04:C ?>O28 A=>;82>ABV, 2B>;N20=>ABV, 70?0 <>@>G5==O 01> ?>@CH5=L 7>@C :5@C20==O 02B>B@0=A?>@B< 01> V=H8<8 <5E0=V7<0<8 701>@>=5=>.

!>AV1 70AB>AC20==O B0 4>78.

@89<0B8 2=CB@VH=L> 4>@>A;8< ?> 1 B01;5BFV 2 @078 =0 4>1C ?V4 G0A W48. >1>20 4>70 2 B01;5B:8. 0728G09 :C@A ;V:C20==O AB0=>28BL 3-6 B86=V2.

>BV< ?@89<0B8 ?> 1 B01;5BFV 4;O ?V4B@83> ;V:C20==O.

C@A ;V:C20==O 287=0G0T ;V:0@ V=482V4C0;L=> 70;56=> 2V4 E0@0:B5@C 70E2>@N20==O.

VB8.

5 70AB>A>2C20B8.

5@54>7C20==O.

5@54>7C20==O ?@5?0@0B>< <>65 ?@8725AB8 4> 3V?5@2VB07C B0 3V?5@:0;LFVT !8<8: 0=>@5:AVO, A?@030, =C4>B0, 1;N20==O, 70?>@, 1V;L C 682>BV;<07>20 A;01:VABL, ?V428I5=0 2B><;N20=VABL, ?A8EVG=V @>7;048, ?>;V48?AVO, ?>;VC@VO, 1V;L C :VAB:0E, =5D@>:0;LF8=>7, ?>@CH5==O A5@F52>3> @8B;>2=89 1V;L, A;01:VABL,<;O2VABL, 1V;L C<O70E V AC3;>10E, ?>@CH5==O 0?5B8BC, C@065==O =8@>:. "O6:0 D>@<0 3V?5@:0;LFVT !BV9:89 28A>:89 @V25=L :0;LFFVN 2 >@30=V7

# ?0FVT=BV2, :>B@V ?@89<0NBL 25;8:C :V;L:VABL :0;LFFVN B0 ;C3V2, I> 01A>@1CNBLAO,<>65 28=8:0B8 <>;>G=>;C6=89 A8=4@< (A8=4@< E0@G>2>W 3V?5@:0;LFVT7 B0 =8@:>20 =54>AB0B=VABL; B0:V ?0FVT=B8 ?>B@51CNBL 3>A?VB0;V70FVW.

V:C20==O: ?@><820==O H;C=:0, ?@87=0G5==O 0:B82>20=>3> 2C3V;;O. "5@0?VO A8<0B8G=0. !;V4 ?@8?8=8B8 70AB>AC20==O ?@5?0@0BC. 5>1EV4=> 225AB8 2 >@30=V7< 25;8:C :V;L:VABL @V48=8 B0 4>B@81<565=>N :V;L:VABN :0;LFFVN. 0;56=> 2V4 206:>ABV ?5@54>7C20==O<>65 28=8:=CB8 =5>1EV4=VABL 70AB>AC20==O ?5B;L>28E 4VC@5B8:V2, 1VAD>AD>=0BV2, :0;LF8B>=V=C, :>@B8:>AB5@>W4V2.

>1VG=V @50:FVW.

I>:C VW A8AB5<8: 0;5@3VG=V @50:FVW, 2;;NG0NG8 0=3V>=52@>B8G=89 =01@O:, 0=0DV;0:B8G=89 H>:, 0=0DV;0:B8G=V @50:FVW.

I>:C H:V@8 B0 ?V4H:V@=>W ;;VB:>28=8: H:V@=V 28A8?0==O, :@>?82 O=:0, @50:FVW D>B>GCB;82>ABV, 2V4GCBBO A25@156C, 5@8B5<0, 45@<0B8B, <0:C;>?0?C;L>7=V 28A8?0==O.

I>:C B@02=>3> B@0:BC: 48A?5?B8G=V @>7;048, =C4>B0, 1;N20==O, 1V;L C 682>BV, :8H:>2V A?07 <8, 48A:>@B C 4V;O=FV H;C=:0, 2V4@86:0, 70?>@, 4V0@50, <5B5>@87<, 7010@2;5==O 28?>@>6=5=L C B5<=89 :>;V@.

I>:C =5@2>2>W A8AB5<8: 70?0<>@>G5==O, HC< C 2CE0E, A=>;82VABL, 3>;>2=89 1V;L, 157A>==O, ?V428I5=0 2B><;N20=VABL, 7=5@2>20=VABL, 7=865==O =0AB@>N, AC4>8, A;01:VABL C<□O70E. =HV: 0AB<0, 28?040==O 2>;>AAO, @>7;048 7>@C, :5@0B>?0BVO, 7030;L=0 A;01:VABL, A8=FV, :@>2>28;828, =01@O:8, 3V?5@:0;LFVT3> B8A:C, ?V428I5==O @V2=O E>;5AB5@8=C, FC:@C :@>2V. @8 70AB>AC20==V ?@5?0@0BV2, I> 42>;>?0B52>3>, >A>1;82> ?@8 >4=>G0A=>AC20==V 7 0=B8:>03C;O=B0<8 (B0:8<8 O: D5=?@>:C<=>, 0F5B8;A0;VF8;>20 :8A;>B0 B0 V=HV =5AB5@>W4=V ?@>B870?0;L=V 70A>18), 28=8:0NBL :@>2>28;828 (H;C=:>2>:8H:>2V, 2 >GV, C<>7>:).

"5@ABV. 4 @>:8.

#<>28 715@V30==O.

15@V30B8 ?@8 B5□ C =54>ABC?=>

#?0:>2:0.

> 12 B01;5B>: C 1;VAB5@V; ?> 5 1;VAB5@V2 C :0@B>==V9 ?0GFV;

?> 15 B01;5B>: C 1;VAB5@V; ?> 4 1;VAB5@8 C :0@B>==V9 ?0GFV.

**0B53>@VO 2V4?CA:C. 57 @5F5?B0.**

**8@>1=8:. 2AB@0;V0= \$0@<0ALNBV:0; 0=CD5:BC@5@A BV B4.**

**VAF57=0E>465==O 28@>1=8:0 B0 9>3> 04@5A020465==O 4VO;L=>ABV.**

25 V:5@V=3 >C4, 0;3@592 V:B>@VO 3170, 2AB@0;VO.