

The invention relates to the food and medical industries, medical cosmetics, dermatology, agriculture and the mixed feed industry. According to the invention vicinal dithioglycole of general formula $\text{RCH}(\text{SH})\text{CH}(\text{SH})\text{R}^1$ (1) is used as a food additive, a food product, physiologically-active substance and active ingredient of forage additives and of forage, in cosmetic and/or dermatological and skin-therapeutic remedies. The invention comprises methods for producing such additives, products and remedies. The substance of formula (1) stimulates physiological processes, increases human and animal immunity, inhibits undesirable process in organisms and food products, produces curative and preventive action on skin, hair and nails.