

A method for the preparation of yeast, which provides multistage cultivation thereof in the nutrient medium which contains sources of carbon, nitrogen, phosphorus, micro- and macroelements, growth stimulators in the conditions of aeration with subsequent separation of biomass from the culture liquid, washing thereof with preparing yeast milk, in which iodine potassium and antiseptic are incorporated as the source of iodine, and dehydration of yeast, into the yeast milk the lactic acid is incorporated as antiseptic at an amount of 2-6 % to the dry substance of yeast.