

The invention relates to food industry. The activation is carried out by yeasts aging in solution of nutrient medium. As nutrient medium a mixture, which is prepared by mixing of 3-5% of meal weight in paste of poly-malt extract and water, at water duty of 4-5, followed by the introduction into the mixture of citric acid in quantity, which provides medium pH, equal to 4.7-5.0, mineral salt in quantity of 0.02-0.04% of meal weight in paste, and unto obtained mixture yeasts are introduced and aged in electromagnetic field of tension of 45000-65000 A/ M for 10-15 minutes, and then for 20-30 minutes under natural conditions.