

A mineral and organic complex, as the mineral constituent, contains ash obtained from products of animal or plant origin, and, as the organic constituent, substances possessing the properties of ligands stable in a medium with pH 3–7.4, for example aminoacids, such vitamins as C, B1, B6. A method for obtaining the mineral-organic complex includes preparing a mixture of the designated mineral and organic constituents in the solution with a pH index of 3-7.4 and evaporating this solution in vacuum. Taking into consideration biological origin, the inorganic chemical elements are present in the mineral and organic complex in an acceptable for organism ratio which is a balanced polymicronutrient form, and can find application in medicine, pharmacology, veterinary, food industry.