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**WHAT WILL THESE BONES TELL?  
STUDY OF SELECTED RURIK BURIALS  
USING THE NAA METHOD**

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**Abstract:** The purpose of the work is to study the elemental composition of the bone remains of members of the grand ducal family using the NAA method. The study, based on a comprehensive interdisciplinary analysis of the entire corpus of sources, replenishes information about the elemental composition of the remains of the Russian medieval elite and opens up new opportunities for clarifying and sometimes revising established ideas about lifestyle and dietary features, allows us to restore details of everyday life, information about the materials of costumes and cutlery, as well as court rituals.

**Keywords:** study the elemental composition of the bone remains

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