

Nutrition and Wound Healing: The Right Components Are Important

Eat a variety of foods each day and aim for:

CALORIES



30-35 calories/kg
body weight

FLUIDS



At least 1 mL for every
calorie provided

PROTEIN



1.25-1.5 g/kg
body weight

VITAMIN C



Meet the RDA every day
Women: 75 mg/day
Men: 90 mg/day

VITAMIN D



Test for deficiency and
supplement as needed

ZINC



Meet the RDA every day
Women: 8 mg/day
Men: 11 mg/day



or



+

**PLUS 2-ounce serving
of Expedite™ daily**

Expedite provides the collagen dipeptides prolyl-hydroxyproline (PO) and hydroxyprolyl glycine (OG), which stimulate fibroblasts to produce dermal extracellular matrix components during the proliferative phase of wound healing and L-citrulline, which is efficiently converted to bioavailable arginine in the kidneys

=

Wound healing success!