

## Nutritional Information

Nutrition- 1/2 to 1 gram of protein per day per pound of body weight- So if you weigh 100 pounds, you need 50-100 grams of protein a day.

Hydration- Unless you are on a fluid restriction, 48-64 oz of water per day

### Supplements-

Multivitamin w/ minerals 1x day

Vitamin C 500mg 3x day

Zinc Sulfate 220mg 1x day

L-arginine capsule 3000 3x a day

Vitamin D3- 2000 i.u. 1x day

Methylated Folate- 800-1000 mcg per day

I also encourage you to visit this website of a colleague for a comprehensive view of nutrition and wound healing:

[Healthtoheal.org](http://Healthtoheal.org)