

Plant-Based Diet & Wound Healing: Key Nutrients

Prioritize these nutrients to optimize wound healing on a plant-based, vegan diet



1. Protein

Provides amino acids needed to build collagen and new tissue

2. Vitamin C

Important for collagen production and optimal functioning of immune cells



3. Iron

Needed for collagen production and transports oxygen to wound sites

4. Zinc

Assists with blood clotting, collagen formation, and immune function



5. Vitamin B12

Needed for healthy red blood cells, oxygen transportation, and collagen production

6. Arginine

Can help make healing of severe wounds more efficient as long as total dietary protein is adequate



7. Omega-3 Fats

Can help reduce infection and help wounds heal faster

Healing Nutrients

M Mark



Healing Nutrients:

The Enigmatic Realm of **Healing Nutrients**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Healing Nutrients** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect on the hearts and minds of those who partake in its reading experience.

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