

HOW TO REACH THERAPEUTIC LEVELS OF ARGININE & GLUTAMINE.

A NUTRITIONAL GUIDE FOR PATIENTS



Nutrition is vital for healing, regardless of whether or not you have an active wound/ulcer. All tissues that are being repaired need Arginine and Glutamine supplementation as well as Vitamin D, Vitamin C, Zinc, and Magnesium. If medically appropriate, we recommend that you take a multivitamin daily, additional Vitamin D25 (2000 IU), and supplement your protein intake. Below, you can find options for achieving that goal.

How to reach therapeutic Levels of Arginine (4.5–9g) & Glutamine (10–30g).



TOP FOODS FOR AMINO ACIDS IN WOUND HEALING

FOOD	ARGININE (mg/100g)	GLUTAMINE (mg/100g)	LYSINE (mg/100g)	NOTES
Turkey breast	1,300	4,800	1,700	Lean, high protein
Chicken breast	1,200	4,700	1,600	Easily digestible
Lean beef	1,200	4,600	1,700	High collagen precursors
Salmon	1,000	3,500	1,600	Plus omega-3
Eggs	820	2,800	910	Complete protein
Milk (whole)	120	1,000	700	Good addition
Cheese	350	2,500	2,600	High lysine
Soybeans (cooked)	1,000	3,000	2,100	Plant-based
Lentils	200	1,100	1,200	Good plant source
Pumpkin seeds	5,400	2,200	1,100	Arginine power-house
Pistachios	2,100	2,200	1,000	High arginine, good glutamine
Peanuts	3,500	1,500	900	High arginine
Tuna (cooked)	1,100	3,200		Lean, also provides omega-3

HOW TO REACH THERAPEUTIC LEVELS OF ARGININE (4.5–9 g) AND GLUTAMINE (10–30 g)

FOOD	SERVING SIZE	ARGININE (g)	GLUTAMINE (g)
Turkey breast	100 g	1.3	4.8
Chicken breast	100 g	1.2	4.7
Lean beef	100 g	1.2	4.6
Salmon	100 g	1.0	3.5
Pistachios	50 g (~½ cup)	1.05	1.1
Pumpkin seeds	30 g (~¼ cup)	1.6	0.7
Peanuts	30 g (~¼ cup)	1.0	0.5
Soybeans (cooked)	100 g	1.0	3.0

FOR YOUR CONVENIENCE, THESE ARE THE RECOMMENDED DIETARY SUPPLEMENTS FOR WOUND HEALING. (AVAILABLE ONLINE)



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Since 1993, we've been the Cumming, Marietta, Sandy Springs, and Metro Atlanta trusted leaders in comprehensive wound care and hyperbaric oxygen therapy. Our patient-first philosophy means every treatment is tailored to your unique needs, giving you a better chance at full recovery from chronic wounds with less pain and shorter recovery times. Led by our President and Founder, Dr. Helen Gelly, our compassionate and caring team custom-tailors wound treatment options to meet your unique needs.



Hyperbaric Physicians of Georgia, Inc. treatment centers are UHMS accredited with distinction and staffed by certified technicians and wound care specialists.



If your health care provider recommends HBOT, the FDA advises that you go to a hospital or facility that has been inspected and is properly accredited by the Undersea and Hyperbaric Medical Society.

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