

# Essential Nutrients for Wound Healing

Source: [Why Won't My Wound Heal? Common Causes of Delayed Healing](#)

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Key vitamins and minerals required for wound healing, their roles, and signs of deficiency.

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Nutrient	Role in Healing	Deficiency Signs
<b>Vitamin C</b>	Collagen synthesis, immune function	Bleeding gums, easy bruising, slow healing
<b>Zinc</b>	Cell proliferation, protein synthesis	Poor appetite, taste changes, hair loss
<b>Vitamin A</b>	Epithelial cell growth, inflammation regulation	Dry skin, night vision problems
<b>Iron</b>	Oxygen transport, collagen formation	Fatigue, pale skin, brittle nails
<b>Vitamin D</b>	Immune regulation, antimicrobial peptides	Muscle weakness, bone pain, frequent infections

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<https://nebraskawg.com/wound-heal-common-causes-delayed-healing/>