Preview(Ready to print)   CONFIGURE   PRINT   ✕

Vitamin D Recommendation Dashboard

Select your skin type based on the table

Type III ▾

Skin Type	Description	Sun Exposure Response	Skin Color
Type I	Very fair skin	Always burns, never tans	
Type II	Fair skin	Burns easily, tans minimally	
Type III	Medium skin	Burns moderately, tans uniformly	
Type IV	Olive skin	Rarely burns, tans easily	
Type V	Brown skin	Very rarely burns, tans darkly	
Type VI	Dark brown to black skin	Never burns, tans deeply	

Were you exposed to the sun today?

Yes ▾

Approximately, how many minutes were you exposed to the sun?

50

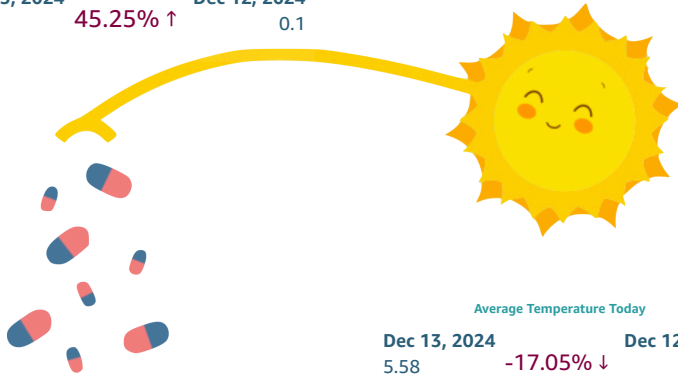**What time were you exposed to the sun?**

2024/12/12 11:00:00

YYYY/MM/DD HH:mm:ss

Now before you see your results, let us look at some trends from the past week

Average UV Index Today

Dec 13, 2024   **45.25% ↑**   **Dec 12, 2024**

0.14   0.1

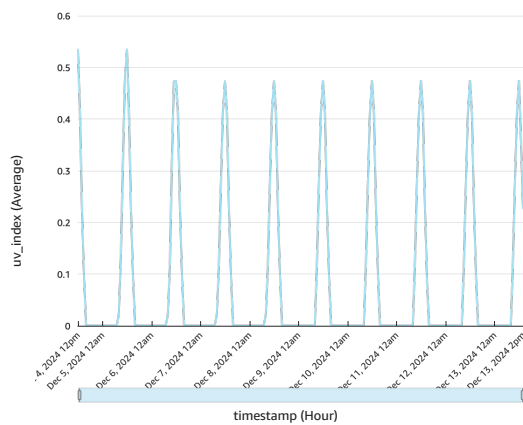**Average Temperature Today**

Dec 13, 2024   **-17.05% ↓**   **Dec 12, 2024**

5.58   6.72

Average of Uv_index by Timestamp and Ideal Time

SHOWING TOP 200 IN TIMESTAMP AND BOTTOM 1 IN IDEAL TIME

Ideal Time

● Not Ideal

y-axis: uv_index (Average) — 0 to 0.6
x-axis: timestamp (Hour) — Dec 4, 2024 12am through Dec 13, 2024 2pm

The highest UV Index was recorded on Dec 12, 2024, with an optimal Vitamin D synthesis opportunity of 25 slots.

Average of Pollution by Timestamp

Average of Pollution by Timestamp

y-axis: pollution (Average) — 0 to 3
x-axis: timestamp — Dec 3, 2024 through Dec 13, 2024

timestamp

timestamp

Count of Records by Uv_index and Temperature
SHOWING UP TO 2500 DATA POINTS

Now let us see if today your body synthesised sufficient vitamin D or not

Vitamin_d_synthesis

614.49

Congratulations!
Today your body synthesised suffiecient vitamin D.
You do not require any supplementary dosage.