



# Vitamin D Recommendation Dashboard


Select your skin type based on the table

Type III



Were you exposed to the sun today?

Yes 



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

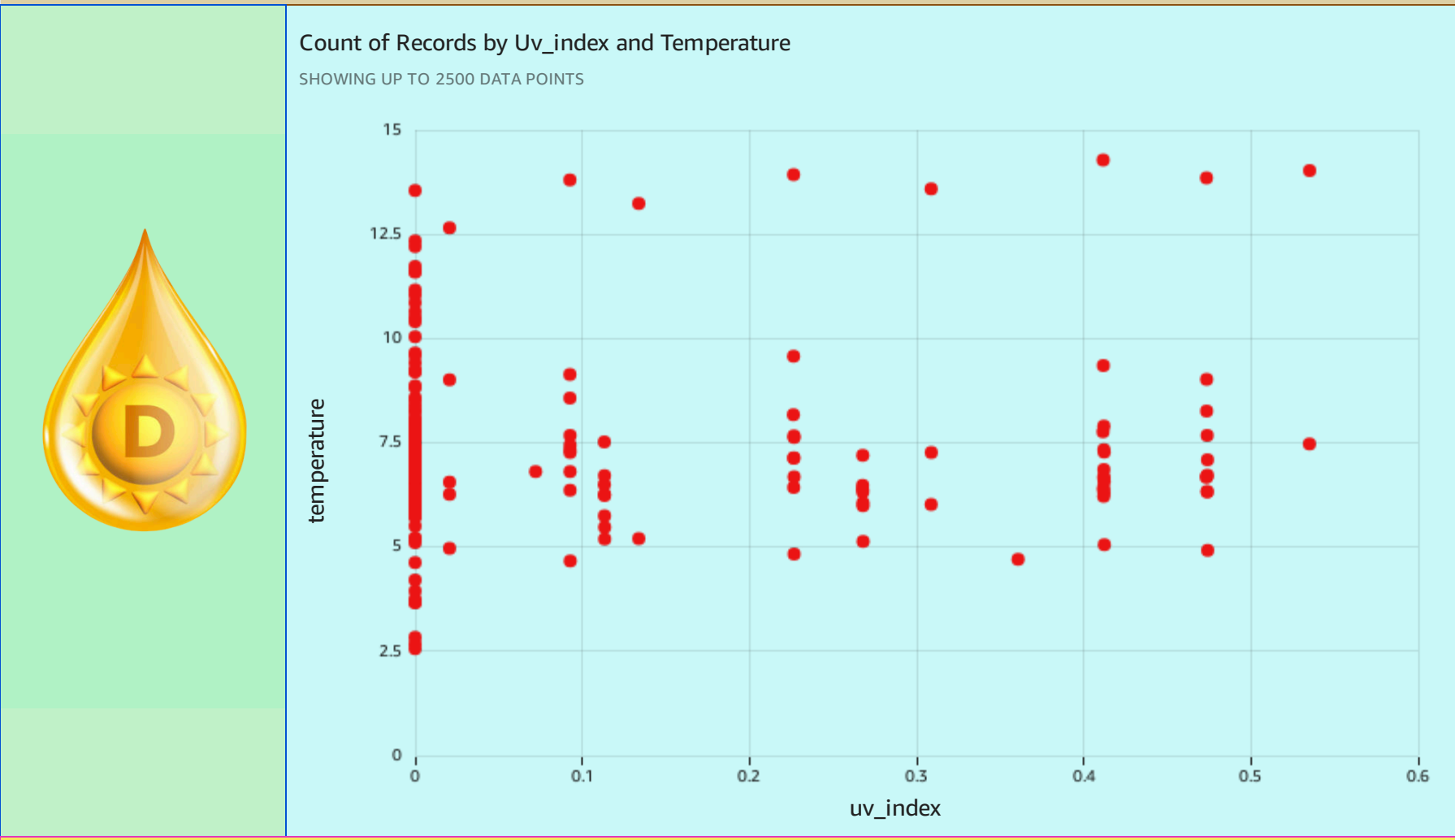
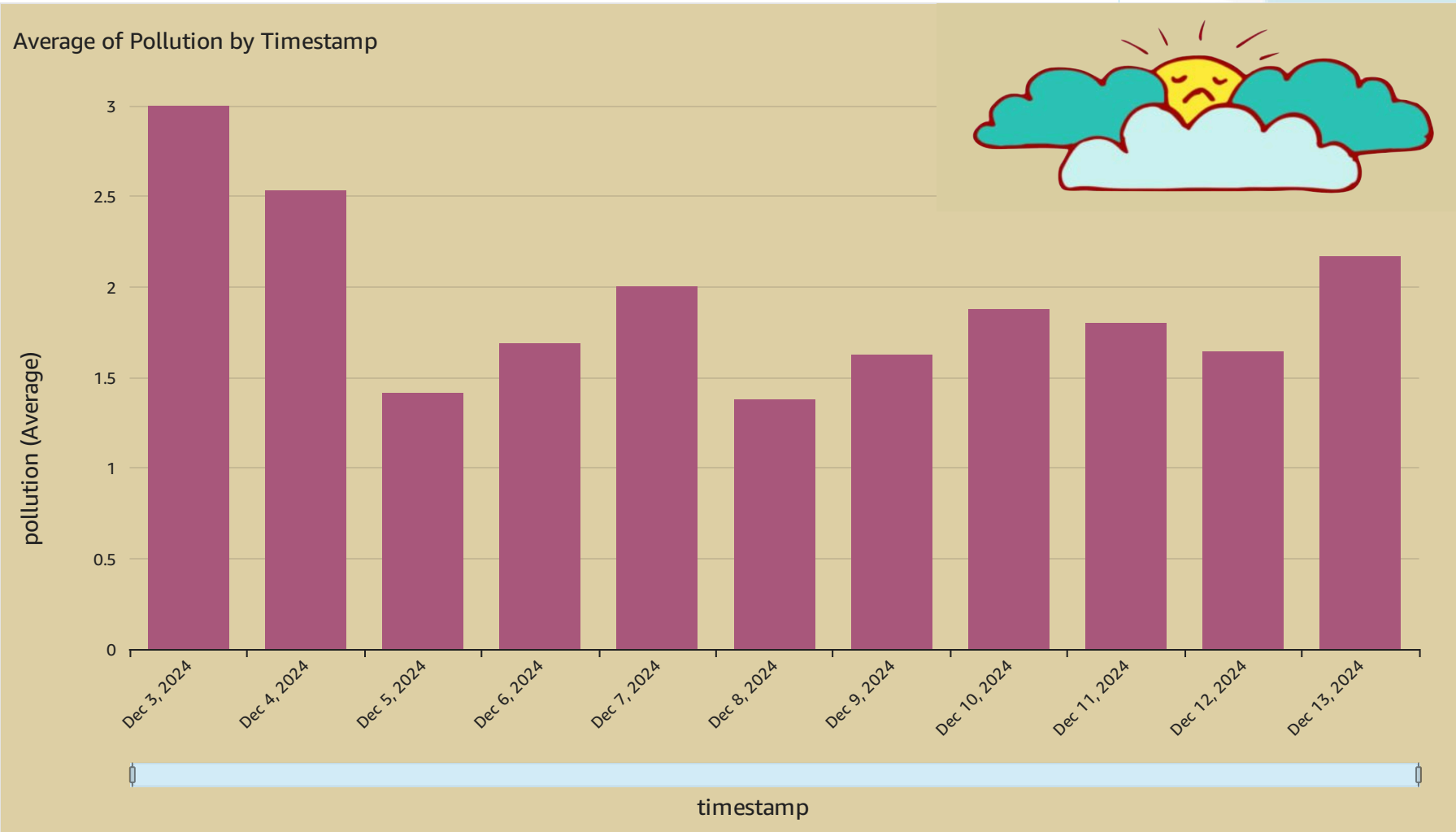
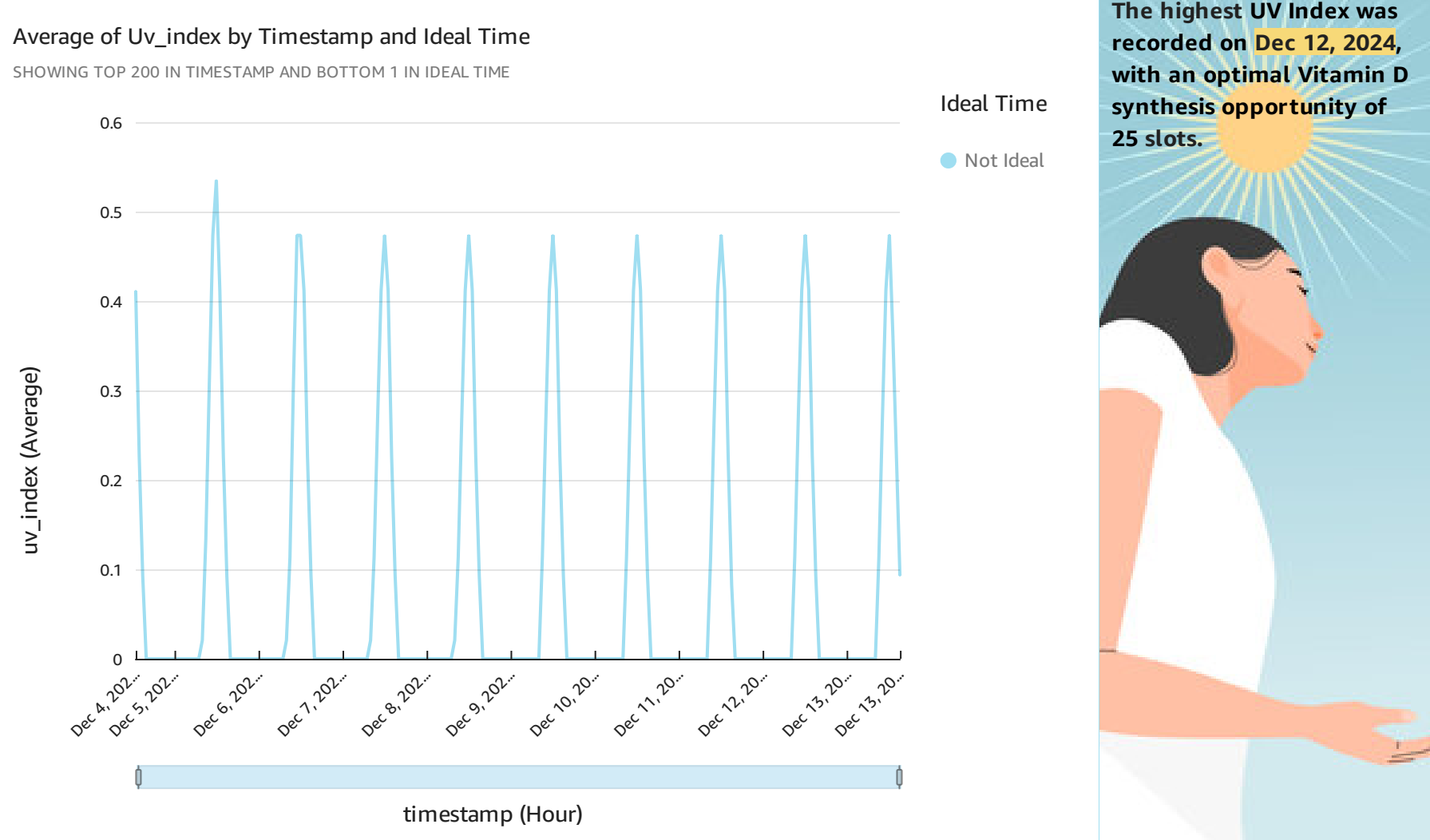
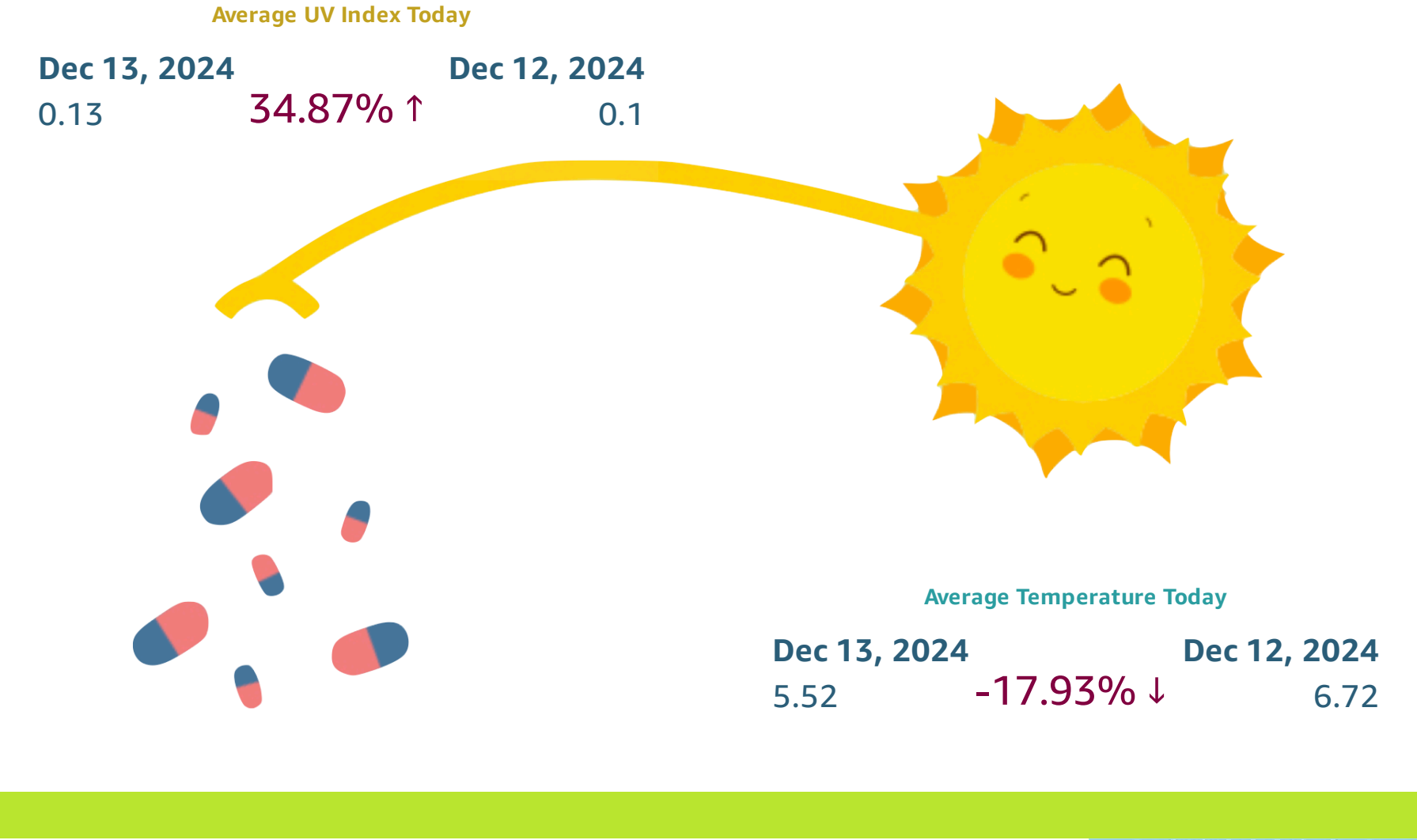
50



What time were you exposed to the sun?

2024/12/12 11:00:00

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



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

Vitamin\_d\_synthesis

613.68

Congratulations!

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