



# Vitamin D Recommendation Dashboard


Select your skin type based on the table

Type III



Were you exposed to the sun today?


Yes 



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	

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

