YOUR DATA, YOUR ANSWERS
UVB Exposure and Supplements

Serum Level by Sun Exposure Amount for Non-Supplement Takers (N=1543)

Average Daily Time Spent Outdoors*

*AVERAGE DAILY AMOUNT OF TIME SPENT OUTDOORS WITH SUN-EXPOSED SKIN BETWEEN 10AM-2PM DURING THE PRIOR 6 MONTHS

0 min | 1-14 min | 15-29 min | 30-44 min | 45-59 min | 1.5 hrs | 1.5-2 hrs | 2 hrs
---|---|---|---|---|---|---|---
28 | 32 | 34 | 37 | 35 | 39 | 37 | 41

Average 25(OH)D Levels (ng/mL)

GrassrootsHealth
A Public Health Promotion Organization
www.grassrootsshellth.net