## **Change in Serum Vitamin D3 Concentration After a** Single Bout of Sensible Sunshine Exposure (N=30)

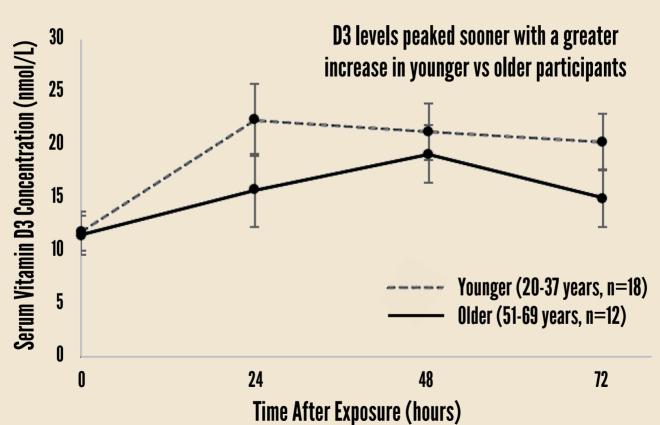


Chart Date 5/10/2023 ©2023 GrassrootsHealth Chalcraft et al., Nutrients, 2020.



Research