Caption to Tables

Table 2.0. Duration of vitamin D winter, the right most columns are the threshold of perpetual vitamin D winter.

Table 2.1. Same as Table 2.0 but using a simulated weekly mean BED radiation threshold centred at 12th February 1986 (BED threshold=3.46) for cloudless sky conditions at solar noon in Boston with a visibility of 25km and total ozone obtained from the TOMS satellite instrument. The weekly mean ozone column at this time was 388 DU (for reference only). The weekly mean BED was computed in order to reduce the effect of inexact dates of exposure for the 7-DHC solutions.

Table 2.2. Vitamin D Levels in Slum Children

Table 3.0. Limits of sufficient UV exposure as a function of atmospheric and surface conditions for Skin Types I, III and V*

Table 3.1. Sun exposure times (in minutes) for Vitamin D production as a function of latitude, date, time and skin type*

Table 3.2. Duration of exposure for UVB phototherapy

Table 4.0. Nomenclature for vitamin D compounds