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Atmospheric Chemistry and Physics Discussions

Interactive comment on "Utilising shade to optimize UV exposure for vitamin D" *by* D. J. Turnbull and A. V. Parisi

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Response to comments from RC S237

The following has been added to page 5, line 44 of the Discussion: However, research is currently being conducted beneath various shade environments and initial results show that shade environments of at least 50% sky view exhibit excellent correlation with the values shown in Figure 2a. For example, at approximately 18o SZA the average time for 1/3 MED from diffuse UVery on a horizontal plane is approximately 7.5 minutes. Initial results for the same SZA show that the times for 1/3 MED in the shade of a shade umbrella and on the southern side of a building were approximately 7 minutes and 9 minutes respectively.

The following, about nutritional vitamin D, has been added to page 2, line 34 of the

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Introduction: Small amounts of vitamin D3 can also be obtained from some foods, for example oily fish and eggs or by fortifying foods with vitamin D3. It has been shown that the vitamin D3 from these sources cannot provide sufficient vitamin D3 for the elderly (Mosekilde, 2005). Vitamin D3 can also be obtained through vitamin tablets; however the simplest way to obtain vitamin D3 is from moderate exposure to sunlight (Holick, 2004). Furthermore, this is also the cheapest way without the cost burden of vitamin tablets.

The text on page 1, line 31 has been adjusted to state that: The synthesis of pre-vitamin D3 is initiated through exposure of human skin to terrestrial UV radiation from 290 to 315 nm.

Interactive comment on Atmos. Chem. Phys. Discuss., 8, 781, 2008.

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Interactive Comment