



APP STORE FEATURE BRIEF

Twisted Data Studios · iPhone & Apple Watch

SolGlow

The vitamin D you actually made from the sun
— measured in IU, not just minutes.

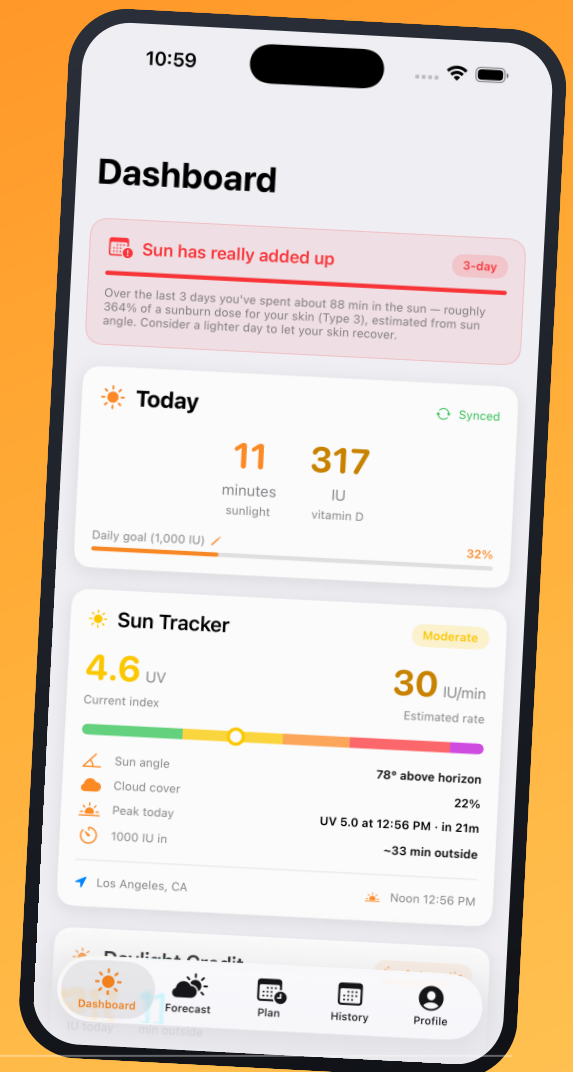
SolGlow turns your Apple Watch's Time in Daylight into a real, science-grounded vitamin D estimate — automatically, and entirely on device. No account, no analytics, no servers. Version 1.5 makes every number *inspectable*: tap any figure to see the named, peer-reviewed model behind it.

Private by design

Named, cited science

Watch · Widgets · Siri

One-time purchase



iOS 17.2+

iPhone & watchOS 10+

\$14.99

one-time · founders

1 call

UV lookup, lat/lon only

v1.5

"Automatic, and you can see why"

A privacy-first health app that shows its work

Most sun trackers give you a minutes-outside number and ask you to trust it. SolGlow gives you the number that actually matters — vitamin D in IU — derived from your Apple Watch's Time in Daylight, your skin type, outfit, age, and your exact latitude's solar geometry, then lets you **open up the math behind every figure**. It's automatic, it's cited, and nothing leaves the device.

01 Privacy, verifiably

No accounts, no analytics, no ads, no servers — and it's provable in the Privacy Manifest. The single network call fetches a UV forecast using latitude/longitude only, with no identifier attached. “Your data never leaves your device” is a statement about the code, not a slogan.

02 Transparent, cited science

“Show the Work” exposes the actual peer-reviewed formula behind today's estimate — with the user's own inputs and citations. A trust layer almost no health app offers, in a category full of black boxes.

03 Deep, tasteful platform use

A native Apple Watch app, Live Activities, Home & Lock Screen widgets, a free StandBy widget, Siri via App Intents, and HealthKit read/write — a genuine iOS citizen, not a phone-only port.

04 Indie, one-time price

A one-time unlock with Family Sharing — no subscription, ever — in a category that is otherwise wall-to-wall recurring billing. Ships in peak summer sun season, when getting outside safely is top of mind.

NEW IN V1.5 — “AUTOMATIC, AND YOU CAN SEE WHY”

Passive Daylight Credit

Outdoor vitamin D auto-credited from the Watch — attributed and confidence-rated.

Show the Work

Every number opens a cited worked example plus a Holick saturation bar.

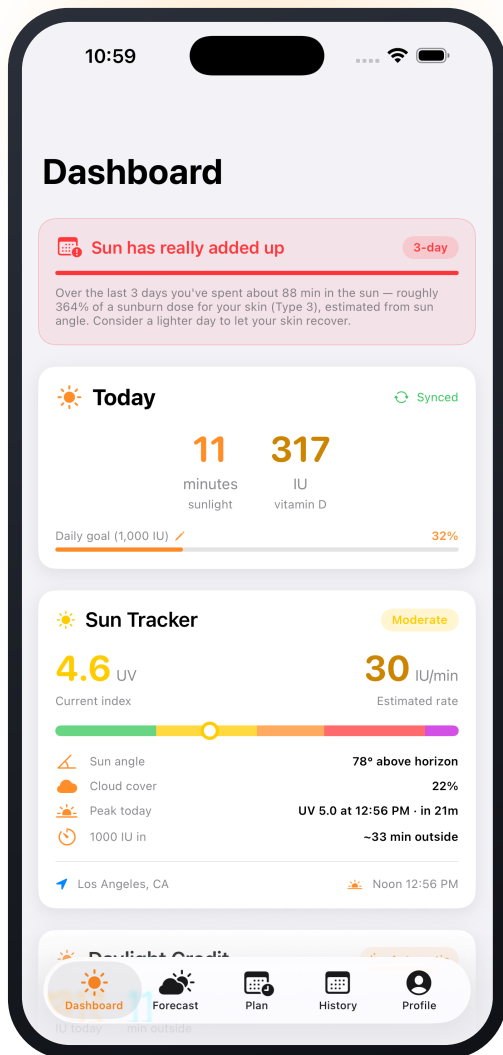
Trip Planner + jet-lag

A research-based day-by-day light & sleep schedule and destination UV outlook.

Siri, StandBy & more

Siri App Intents, a free StandBy “Best Sun Window” widget, Session Lifeguard & Burn Guardian.

SolGlow estimates are educational, not medical advice. Always consult a clinician about vitamin D supplementation and blood testing.



FEATURE · AUTOMATIC

Your vitamin D, made for you

The number that matters, without lifting a finger

SolGlow reads your Apple Watch's Time in Daylight and converts it into estimated vitamin D in IU — factoring in your skin type, typical outfit, age, and the sun's real angle at your location. Open the app and today is already counted.

A live **Sun Tracker** shows the current UV index, your personal IU-per-minute rate, the sun's elevation, cloud cover, and how many minutes of sun stand between you and your goal.

- **Automatic Daylight Credit** — outdoor time is credited for you, attributed and confidence-rated.
- **One daily goal** tuned to your life stage — and it counts sun, supplements, and diet, so winter days count too.
- **Live solar context** — current UV, peak-today time, and “~33 min to 1,000 IU” at a glance.

HealthKit · Time in Daylight

On-device

Skin type & outfit aware

FEATURE · TRANSPARENCY

No black boxes

Tap any number and see exactly how it was calculated

This is the heart of v1.5. Every headline figure opens into a **worked example** that shows the real formula, line by line, using *your* inputs — minutes in daylight × base synthesis rate × sun-angle factor × skin exposed × skin type × age adjustment — and names the model it comes from.

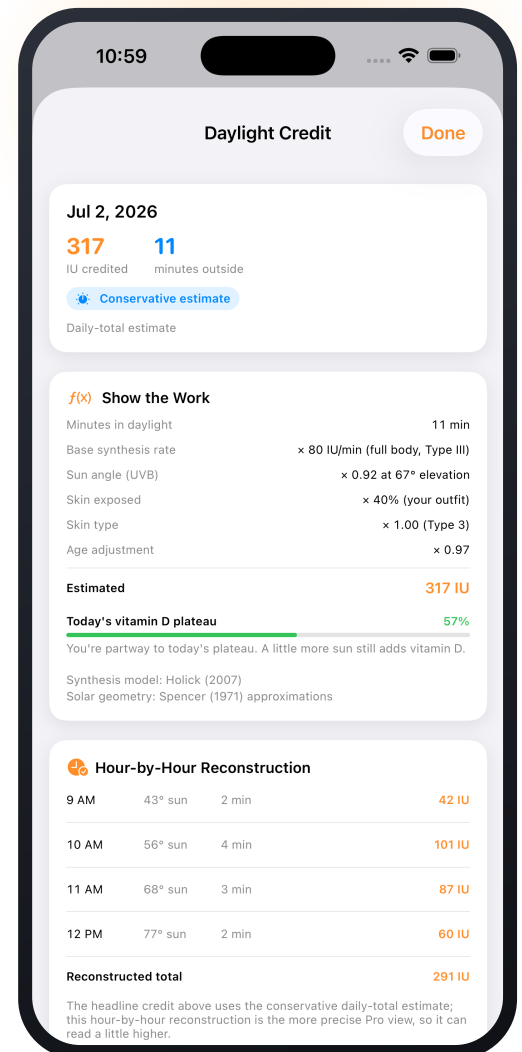
A Holick-based **saturation bar** shows how much of today's vitamin D your skin has already made, so you know when more sun stops helping.

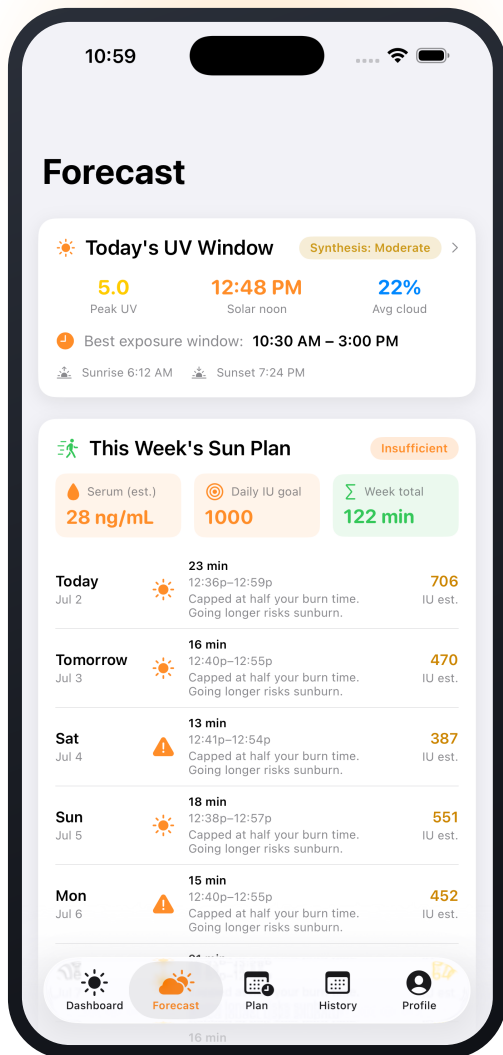
- **Cited, inspectable math** — Holick (2007) for synthesis, Spencer (1971) for solar geometry.
- **Never disagrees with the app** — the example is produced by the same calculator the dashboard uses.
- **Pro depth** — an hour-by-hour reconstruction of where the day's IU came from.

Holick 2007

Spencer 1971

Heaney / Veith





FEATURE · SAFETY

Enough sun — never too much

A forecast that protects your skin as it plans your D

SolGlow's forecast pairs the day's UV curve with your **best exposure window** and a week-ahead plan. Each day's recommended session is **capped at half your burn time**, so hitting your goal never means risking a sunburn.

The **Sunburn Guardian** tracks minutes-to-burn for your Fitzpatrick skin type and warns you before you cross it — and a rolling **3-day Burn Guardian** flags cumulative overexposure across days.

- **Hourly UV + best window** with sunrise/sunset and average cloud cover.
- **Burn-capped sessions** — “23 min · capped at half your burn time” for every day.
- **Multi-day advisories** so back-to-back sunny days don't add up to a burn.

Fitzpatrick MED

Australian Sun-D RCT 2025

Open-Meteo UV

FEATURE · PLANNING

Plan the whole year — and the trip

Know which months make vitamin D where you are

The Annual Plan shows all twelve months of **UVB availability at your latitude** — which months the sun is actually strong enough to make vitamin D, and which need a supplement protocol instead. No more guessing why winter sun “doesn't count.”

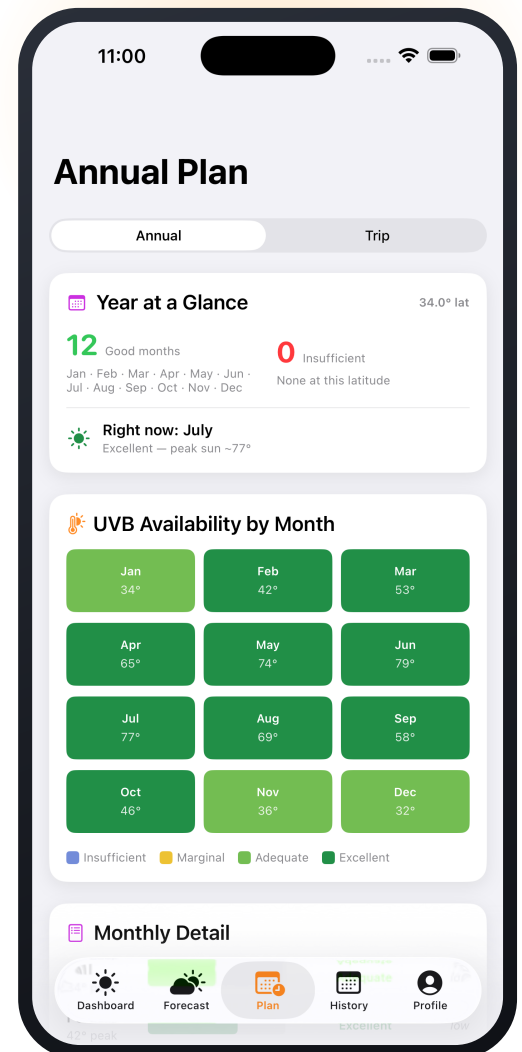
An **Annual | Trip** toggle opens a full travel planner: enter a destination and arrival date and SolGlow builds a day-by-day **jet-lag light & sleep schedule** plus the destination's UV outlook.

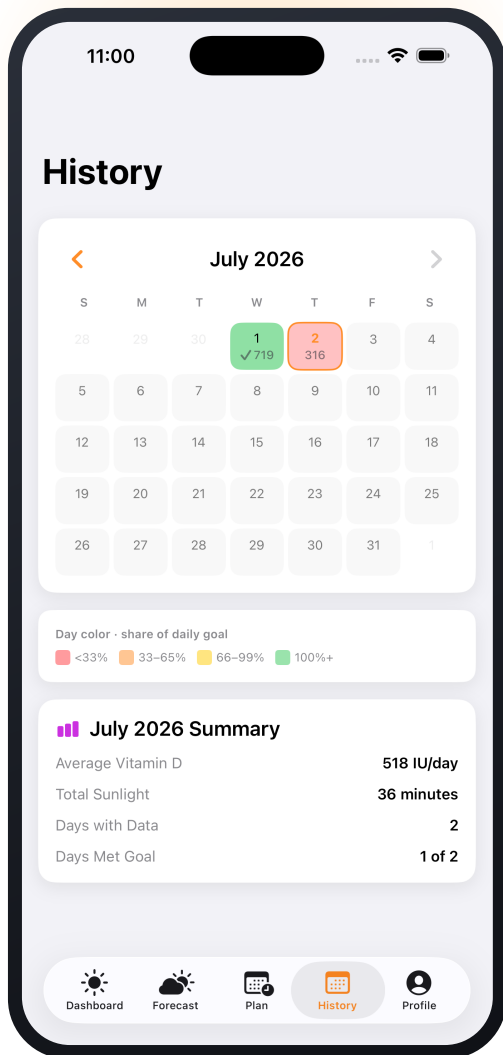
- **Year at a glance** — good months vs. insufficient months, color-coded by UVB.
- **Trip Planner + jet-lag scheduler** grounded in the Eastman & Burgess circadian model.
- **Supplement protocol** for the months sun can't cover.

Eastman & Burgess 2009

Khalsa 2003 light PRC

Latitude-aware





FEATURE · PROGRESS

See your level take shape

A 60-day heatmap and a serum estimate you can trust

History renders every day as a calendar heatmap colored by how much of your goal you hit, with a monthly summary of average vitamin D, total sunlight, and days-met-goal — the retention loop that turns a one-time check into a habit.

Anchor SolGlow to a real 25(OH)D blood test and it projects a **12-week serum trajectory** — history, today, and a dashed projection on one continuous curve, against the 40–60 ng/mL optimal band.

- **60-day calendar heatmap** with a clear share-of-goal legend.
- **25(OH)D serum estimate** + trajectory from your blood-test baseline.
- **Cofactor logging** — magnesium, K2, B12, omega-3 that help activate vitamin D.

Heaney 2003 / Veith

Endocrine Society 2024

Editable history

FEATURE · TRUST

A report your doctor will appreciate

Bring the whole picture to your next appointment

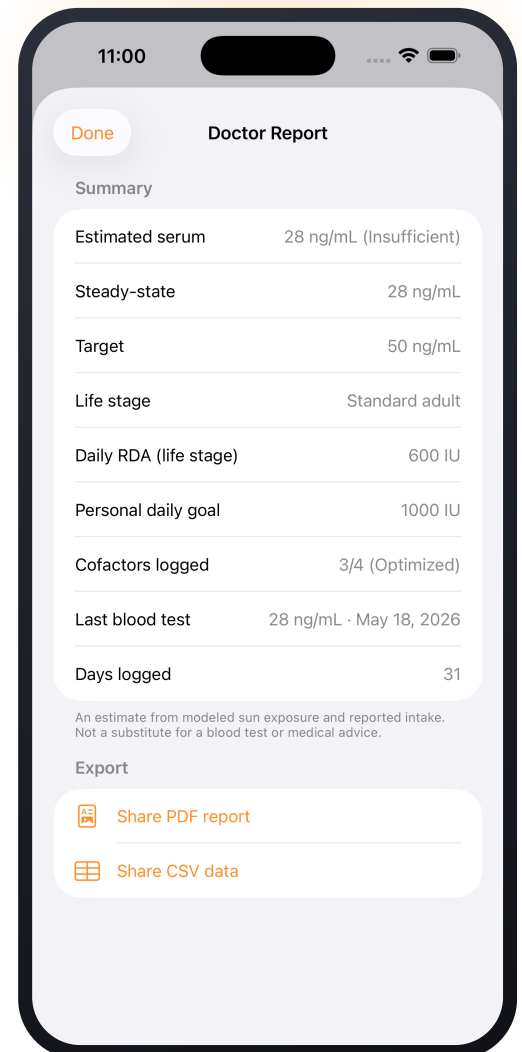
One tap produces a clean, shareable summary — estimated serum, steady-state and target levels, life-stage RDA *and* your personal daily goal, cofactors logged, last blood test, and days tracked — exportable as a **PDF or CSV**.

It's careful about its own limits: the report states plainly that it's an estimate from modeled sun exposure and reported intake, not a substitute for a blood test or medical advice.

- **Clinician-ready export** — PDF for the visit, CSV for the data.
- **Both numbers, always** — clinical RDA and your personal goal side by side.
- **Honest by design** — “an estimate, not a diagnosis” stated on the report itself.

Share sheet · Files

No account needed



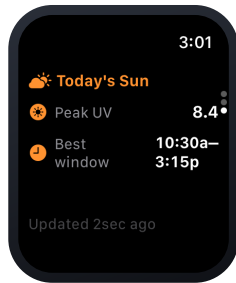
● PLATFORM DEPTH

Built into the whole ecosystem

SolGlow uses the platform the way editorial teams look for — glanceable on the wrist, live on the Lock Screen, answerable by Siri, and delightful when you hit your goal.



Watch · Progress



Watch · Forecast

Apple Watch app

Glanceable Progress, Serum, and Forecast cards, plus complications and a Smart Stack widget — the Watch is the source of automatic Time-in-Daylight tracking.

Live Activities

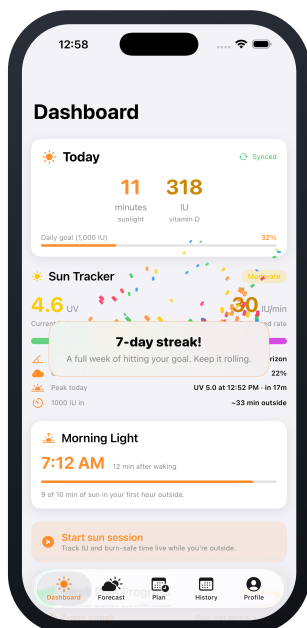
Start a sun session and a live IU counter and burn-safe countdown ride your Lock Screen and Dynamic Island.

Widgets & StandBy

Home & Lock Screen widgets, plus a free StandBy “Best Sun Window” nightstand widget that never gates on Pro.

Siri & App Intents

Ask for today's sun, your vitamin D estimate, or your best window — read intents aligned with iOS 27's Siri direction.



DELIGHT & RETENTION

Hitting your goal feels this good

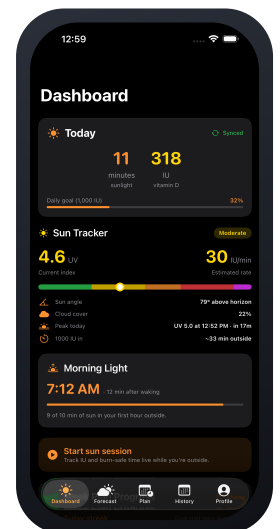
Meet your daily vitamin D goal and SolGlow celebrates — with streak milestones at 7, 30, and 100 days and a beautiful, shareable “Your Week in the Sun” recap. It's the engagement loop that turns a tracker into a habit, and every shared card is a tasteful invitation for the next user.

Goal celebrations

Streaks 7 · 30 · 100

Shareable recap

Full dark mode



The complete feature list

TODAY & TRACKING

- **Automatic vitamin D** in IU from Apple Watch Time in Daylight
- **Daylight Credit** — auto-credited, attributed, confidence-rated
- **Live Sun Tracker** — UV, IU/min, sun angle, cloud cover, peak-today
- **One daily goal** counting sun + supplements + diet; custom goal settable
- **Morning Light** first-light tracking with 14-day history

SAFETY

- **Sunburn Guardian** — minutes-to-burn for your skin type
- **3-day Burn Guardian** cumulative advisory
- **Sunscreen reapply timer** with Lock Screen countdown
- **Session Lifeguard** recovers interrupted sessions

ENGAGEMENT

- **Goal celebrations** + streak milestones (7/30/100)
- **“Your Week in the Sun”** shareable recap & streak cards
- **Ratings flywheel** at genuinely positive moments

PLANNING

- **7-day UV forecast** with personal best-sun windows
- **Burn-capped sessions** — never plan past half your burn time
- **Annual Plan** — 12 months of UVB availability at your latitude
- **Trip Planner + jet-lag scheduler** with destination UV outlook

SCIENCE & LEVEL

- **Show the Work** — cited worked example for every number
- **Holick saturation bar** — “most of today’s D is made”
- **25(OH)D serum estimate** + 12-week trajectory
- **Cofactor logging** — magnesium, K2, B12, omega-3
- **Supplement guidance** + blood-test reminders

DATA & PORTABILITY

- **Daylight Rescue** — one-tap history import from Apple Health
- **SolGlow Vault** — local backup/restore, optional passphrase
- **Switcher Mode** — onboard from another tracker
- **Doctor Report** — PDF + CSV export
- **USDA food log** (FoodData Central)

APPLE PLATFORM

- **Apple Watch app** + complications
- **Smart Stack** widget
- **Live Activities** + Dynamic Island
- **Home & Lock Screen widgets**
- **Free StandBy** Best Sun Window widget
- **Siri** via App Intents (read)

PRIVATE BY DESIGN

- **No account, no analytics, no ads, no servers**
- **One network call** — UV forecast, coordinates only
- **Privacy Manifest** declares a single data type
- **WeatherKit avoided** so not even Apple sees the lookups

ACCESSIBILITY & MORE

- **VoiceOver + Dynamic Type** + contrast pass
- **Full dark mode** across every card
- **Family Sharing** on the one-time purchase

Feature availability: a free tier keeps today’s tracking and all safety alerts; planning, serum, cofactors, sessions, and export are part of SolGlow Pro, free for 14 days. SolGlow estimates are educational, not medical advice.

Named science · verifiable privacy

Citation roster

Every estimate traces to a citable, peer-reviewed model.

Cutaneous synthesis	Holick, <i>Vitamin D Deficiency</i> , NEJM 2007; MacLaughlin & Holick 1985 (age decline)
Serum dose–response	Heaney 2003 / Veith — 25(OH)D projection from intake
Burn thresholds	Fitzpatrick skin typing + minimal erythema dose
Solar geometry	Spencer 1971 (solar position equations)
Sunscreen effect	Australian Sun-D RCT 2025 (SPF → vitamin D impact)
Life-stage targets	Endocrine Society 2024 guideline
Jet-lag / circadian	Eastman & Burgess 2009; Burgess 2003; Khalsa 2003

Apple technologies showcased

- ✓ Apple Watch app + complications
- ✓ WidgetKit — Home & Lock Screen
- ✓ App Intents / Siri (read intents)
- ✓ Accessibility — VoiceOver, Dynamic Type, contrast
- ✓ Family Sharing (one-time purchase)

Privacy fact sheet

For the skeptical reader — true statements about the code.

- No sign-in, no user accounts, no backend of ours.
- No analytics or crash SDKs; no advertising identifiers.
- Health, profile, and location history are stored **on-device only**.
- The Vault backup is a local file the **user** moves; SolGlow never uploads it.
- The only outbound request is to **api.open-meteo.com** with coordinates, for the UV forecast.

The Privacy Manifest declares exactly one collected data type — precise location, used only to fetch the UV forecast, with no identifier attached. WeatherKit was deliberately avoided so that not even Apple sees the lookups.

- ✓ Live Activities (live sun session)
- ✓ StandBy — free Best Sun Window widget
- ✓ HealthKit — reads Time in Daylight, writes UV exposure
- ✓ App Privacy / Privacy Manifest
- ✓ Dynamic Island live counter & countdown

Key facts

App	SolGlow: Vitamin D Tracker	Price	Free download · 14-day full preview · SolGlow Pro one-time \$14.99 (founders) · Family Sharing
Developer	Twisted Data Studios		
App Store ID	6763976252	Model	One-time purchase — no subscription, ever
Version	1.5 — “Automatic, and you can see why”	Privacy	No account, analytics, ads, or servers; one UV call (lat/lon only)
Platforms	iPhone (iOS 17.2+), Apple Watch (watchOS 10+)	Data source	Apple Watch Time in Daylight via HealthKit; UV via Open-Meteo
Language	English		

BOILERPLATE

Twisted Data Studios is an independent iOS studio building privacy-first health tools that show their work. SolGlow estimates are educational, not medical advice.

Press & featuring contact · support@twisteddatastudios.com · apps.apple.com/app/id6763976252



SolGlow · Twisted Data Studios · App Store Feature Brief · v1.5 “Automatic, and you can see why”. Screenshots captured from seeded demo data on iPhone 17 Pro Max and Apple Watch. Estimates are educational, not medical advice.