



SolGlow

Sunlight, Measured.

Real vitamin D from real sunlight. Personalised burn warnings. Zero accounts.

iPhone • Apple Watch • Home Screen Widget



SolGlow

What it does

Turn the sun into a measurable nutrient.

SolGlow reads your Time in Daylight from Apple Health, takes your skin type, age, body composition and typical outfit, and combines them with your location's solar geometry and live UV forecast to estimate how much vitamin D you actually produced today — and to warn you before you cross your sunburn threshold.

0

accounts. no sign-up.
no email. ever.

100%

on-device.
your data never leaves
your iPhone.

1

tiny network call
to Open-Meteo for the
UV forecast.

Why people use SolGlow

- **See vitamin D in IU — not just minutes outside.**
Solar elevation × Time in Daylight × your skin = a number you can act on.
- **Burn before you burn.**
Conservative minutes-to-burn for your Fitzpatrick type, tuned to today's UV.
- **Every source counted.**
Sunlight + supplements + diet + a USDA-backed food log roll up into a serum projection.
- **Travel-aware.**
Optional always-on location attributes morning in one city, afternoon in another — without burning your battery.



Eight things SolGlow does well.

Built for people who actually go outside. Designed for people who actually read privacy policies.



Today Dashboard

Today's sunlight minutes, vitamin D in IU, daily-goal progress, plus a real-time solar arc for your location.



UV Forecast

Hour-by-hour UV from Open-Meteo with peak-UV callouts and burn-risk scoring for the rest of the day.



Sunburn Guardian

Estimates minutes-to-burn for your Fitzpatrick type and warns you before peak UV puts you over the line.



Apple Watch app

Glanceable Progress, Serum and Forecast cards on the wrist. Pulls Time in Daylight straight from the watch.



Plan & History

Weekly exposure plan tuned to your serum projection, plus a calendar heatmap of every day you've tracked.



Serum projection

Combines sunlight, supplements and dietary IU using Heaney/Veith dose-response to project 25(OH)D in ng/mL.



Food log

USDA FoodData Central built in. Log salmon, eggs, fortified milk — all rolled into your daily total.



Private by design

No accounts. No analytics. No advertising. Your profile, food log and location never leave your device.



SolGlow

The science underneath

Models you can name. Math you can check.

SolGlow doesn't make up numbers. Every estimate is grounded in a specific peer-reviewed model — and we tell you which one.

- **Solar geometry**

Spencer (1971) for sun angle and solar declination at your latitude and date.

- **Cutaneous synthesis**

Holick model for vitamin D production as a function of UV-B, skin type and exposed body surface.

- **Serum projection**

Heaney & Veith dose-response for converting daily IU into projected 25(OH)D in ng/mL.

- **Burn risk**

MED (minimum erythema dose) by Fitzpatrick type, scaled to today's measured UV index.

- **Diet**

USDA FoodData Central — the same database the federal government uses for nutrition labels.

Privacy you can actually verify.

- No accounts. No sign-in. No advertising. No analytics SDKs.
- Profile, food log and location history stay on your device.
- Only network call: latitude / longitude → Open-Meteo for UV. No identifier attached.
- Delete the app and every byte goes with it.





Start tracking the sun.

Available on the App Store. iPhone + Apple Watch.

SolGlow

\$4.99 — one-time purchase

Health & Fitness • No subscription • No ads

Requires iOS 17 or later. Apple Watch (watchOS 9+) recommended.

SolGlow is an information and estimation tool, not a medical device. It does not diagnose, treat, cure or prevent any condition. Estimates are model-based and may be inaccurate. Always consult a qualified healthcare professional before making decisions about sun exposure or supplements.

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