

	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
January													
F		26.6, 16.7	29.9, 19.3	28.9, 13.7	27.9, 13.4	26.4, 16.8	24.5, 12.5	26.8, 13.4	26.2, 18.5	26.2, 11.1	26.3, 12.2	25.6, 12.8	24.3, 14.8
M		27.2, 14.6	29.9, 18.4	24.4, 12.6	23.3, 11.3	27.0, 15.6	24.1, 11.1	25.5, 12.7	21.7, 11.5	21.7, 12.7	21.3, 10.6	20.3, 9.5	21.1, 9.4
TOT		26.9, 15.9	29.9, 18.8	26.7, 13.3	25.6, 12.6	26.7, 16.2	24.3, 11.8	26.1, 13.0	24.0, 15.5	23.9, 11.7	23.9, 12.1	23.0, 11.5	22.7, 12.5
February													
F		24.1, 13.5	28.1, 17.1	26.0, 15.1	25.1, 13.6	24.6, 14.5	24.8, 11.8	27.0, 14.8	24.3, 11.8	24.1, 11.8	26.6, 16.3	22.3, 12.1	26.1, 13.6
M		25.4, 20.9	23.2, 14.6	21.0, 15.2	20.4, 9.8	23.8, 14.2	23.7, 16.3	22.2, 11.1	21.9, 12.4	20.3, 9.9	23.6, 12.0	17.8, 8.3	24.2, 12.1
TOT		24.7, 17.1	25.7, 16.0	23.5, 15.3	22.8, 12.0	24.2, 14.3	24.2, 14.2	24.6, 13.2	23.1, 12.1	22.2, 11.0	25.1, 14.3	20.1, 10.6	25.2, 12.9
March													
F		25.0, 16.0	25.9, 17.9	26.0, 19.7	23.8, 15.3	21.9, 15.7	23.4, 11.6	22.3, 14.8	25.7, 13.8	24.0, 12.0	27.4, 15.3	21.1, 10.5	21.4, 10.7
M		20.9, 15.3	21.7, 13.8	21.9, 17.5	20.3, 11.3	19.8, 11.5	22.3, 10.8	16.4, 9.4	23.0, 13.4	21.8, 10.7	26.6, 15.2	19.7, 11.3	19.5, 10.6
TOT		22.9, 15.8	23.8, 16.1	24.0, 18.7	22.0, 13.5	20.8, 13.7	22.8, 11.2	19.3, 12.7	24.3, 13.6	22.9, 11.4	27.0, 15.2	20.4, 10.9	20.5, 10.6
April													
F		26.7, 20.0	27.6, 16.8	26.0, 15.2	26.3, 14.9	26.8, 14.8	24.5, 11.5	21.2, 11.2	24.4, 11.2	22.0, 13.3	28.9, 13.4	26.6, 14.7	24.6, 13.4
M		22.0, 15.4	24.7, 17.5	22.8, 12.3	22.1, 11.1	22.4, 13.5	22.0, 9.1	21.3, 10.0	25.7, 16.2	20.7, 9.6	26.7, 13.5	21.6, 10.0	20.2, 9.1
TOT		24.7, 18.3	26.1, 17.2	24.4, 13.9	24.2, 13.3	24.6, 14.3	23.2, 10.4	21.2, 10.6	25.1, 13.9	21.3, 11.6	27.8, 14.5	24.1, 12.8	22.4, 11.6
May													
F	23.4, 14.6	23.3, 12.9	24.9, 16.2	24.9, 13.1	26.4, 18.0	28.5, 16.1	22.6, 11.8	23.7, 13.7	25.9, 13.6	25.7, 13.5	30.9, 14.9	28.1, 12.5	26.7, 20.8
M	19.5, 12.6	25.6, 17.7	22.6, 13.6	23.9, 13.8	21.2, 9.2	25.7, 15.3	22.1, 9.6	24.0, 12.3	25.0, 10.9	23.5, 12.2	27.5, 13.9	23.5, 13.0	22.0, 10.3
TOT	21.5, 13.8	24.4, 15.4	23.8, 15.0	24.4, 13.4	23.8, 14.5	27.1, 15.8	22.2, 10.7	23.9, 13.0	25.4, 12.3	24.6, 12.9	29.2, 14.5	23.9, 12.5	24.3, 16.5
June													
F	24.2, 14.3	29.0, 14.5	26.4, 19.5	24.9, 12.1	25.5, 15.7	32.9, 19.7	28.1, 13.4	25.4, 11.1	24.1, 12.2	26.7, 15.5	33.5, 22.1	25.6, 12.6	24.7, 10.5
M	23.5, 16.1	26.4, 16.6	21.6, 13.2	23.9, 13.7	23.2, 15.6	26.3, 16.7	25.8, 9.7	26.8, 18.7	24.6, 13.2	25.0, 10.2	26.6, 13.8	25.1, 15.3	24.6, 11.6
TOT	23.9, 15.1	27.8, 15.6	24.0, 16.8	24.4, 12.9	24.3, 15.6	29.6, 18.5	26.9, 11.7	26.1, 15.4	24.4, 12.7	25.8, 13.1	30.1, 18.7	25.3, 14.0	24.6, 11.0
July													
F	31.6, 18.9	28.2, 15.8	28.8, 14.3	27.8, 15.6	26.0, 13.9	31.0, 15.9	27.4, 13.2	27.4, 12.0	27.8, 16.2	27.9, 14.9	33.3, 15.1	26.0, 14.2	27.6, 10.7
M	26.1, 14.8	23.7, 16.7	25.8, 13.2	25.0, 10.7	23.8, 10.0	29.0, 12.4	29.1, 11.7	29.1, 10.3	26.2, 13.3	28.8, 13.6	31.8, 15.4	24.0, 9.8	26.5, 9.3

TOT	29.8, 17.8	26.4, 16.3	27.3, 13.8	26.4, 13.4	24.9, 12.1	30.0, 14.2	28.3, 12.5	28.3, 11.2	27.0, 14.8	28.3, 14.2	32.5, 15.3	25.0, 12.2	27.1, 10.0
August													
F	27.8, 15.1	36.7, 19.3	31.1, 14.9	32.4, 15.2	30.1, 14.2	28.8, 12.0	26.5, 15.6	32.2, 14.9	28.5, 14.7	32.4, 15.7	31.7, 21.2	29.0, 22.6	29.6, 13.1
M	25.7, 19.3	33.4, 24.1	24.9, 13.8	33.0, 14.8	27.2, 12.3	28.0, 11.9	28.9, 12.4	32.5, 15.2	31.4, 19.8	31.0, 14.3	30.3, 13.0	27.9, 13.6	28.0, 9.2
TOT	27.0, 16.8	35.6, 21	28.1, 14.7	32.7, 15.0	28.7, 13.3	28.4, 11.9	27.7, 14.1	32.3, 15.0	29.9, 17.4	31.7, 15.0	31.0, 17.6	28.5, 18.6	28.8, 11.4
September													
F	34.4, 19.1	35.5, 16.3	35.6, 20.7	35.1, 15.3	32.3, 16.6	35.6, 16.3	30.4, 13.8	34.2, 17.7	31.7, 17.3	34.7, 15.3	34.1, 12.7	30.6, 13.2	30.3, 9.6
M	35.2, 19.6	34.8, 20.8	32.9, 16.8	31.9, 12.2	32.1, 13.5	32.1, 15.2	31.6, 16.0	34.3, 13.1	34.0, 18.0	34.9, 13.5	35.3, 12.4	31.0, 12.1	29.0, 10.7
TOT	34.8, 19.3	35.2, 18.7	34.3, 18.9	33.5, 13.9	32.2, 15.1	33.8, 15.8	31.0, 14.9	34.2, 15.5	32.9, 17.7	34.8, 14.4	34.7, 12.5	34.6, 12.6	33.7, 11.1
October													
F	29.1, 14.4	32.8, 21.4	29.8, 13.2	31.4, 14.8	28.3, 13.6	35.0, 16.4	33.0, 14.6	31.0, 13.5	33.6, 16.0	32.0, 14.8	32.7, 12.3	31.1, 11.9	27.5, 10.2
M	26.3, 13.7	35.9, 17.2	26.3, 13.3	30.3, 14.0	25.2, 12.5	31.0, 12.2	31.8, 12.2	33.0, 13.3	31.5, 12.8	30.1, 9.5	27.3, 12.0	27.6, 12.0	27.7, 14.7
TOT	27.7, 14.1	34.3, 19.4	28.1, 13.3	30.9, 14.4	26.8, 13.1	33.0, 14.6	32.4, 13.4	32.0, 13.4	32.5, 14.5	31.1, 12.4	30.0, 12.4	29.3, 12.0	27.6, 12.6
November													
F	25.7, 15.1	34.3, 23.9	28.6, 14.3	28.2, 13.5	29.2, 17.3	28.0, 13.1	26.8, 13.7	25.9, 11.2	28.3, 13.5	29.9, 14.4	26.5, 11.4	29.6, 10.3	25.4, 10.2
M	22.8, 13.1	35.2, 26.5	28.5, 14.7	27.9, 10.9	25.4, 12.7	25.3, 10.1	25.6, 12.2	25.4, 11.4	27.4, 12.1	25.2, 11.0	26.5, 13.2	29.2, 13.9	25.9, 9.7
TOT	24.3, 14.2	34.8, 25.2	28.5, 14.5	28.0, 12.2	27.3, 15.3	26.7, 11.8	26.2, 13.0	25.7, 11.3	27.9, 12.8	27.6, 13.0	26.5, 12.3	29.4, 12.2	25.6, 9.9
December													
F	24.0, 14.4	25.4, 16.1	30.9, 15.8	26.2, 13.7	24.8, 16.7	30.0, 14.7	24.2, 11.0	26.5, 12.6	25.5, 11.6	26.2, 11.2	26.6, 20.1	24.8, 11.2	27.1, 11.5
M	22.0, 14.7	23.1, 13.1	28.2, 18.1	22.6, 13.5	20.1, 10.8	26.0, 14.3	20.9, 9.5	25.4, 16.8	26.5, 16.4	24.7, 14.8	25.5, 13.1	25.4, 12.1	23.3, 10.9
TOT	23.2, 14.5	24.6, 15.0	29.5, 17.0	24.4, 13.7	22.5, 14.3	28.0, 14.6	22.5, 10.4	26.0, 14.8	26.0, 13.6	25.5, 13.1	26.1, 16.9	25.1, 11.6	25.2, 11.3

Supplementary Table 1. Females (F), Males (M) and total (TOT) monthly averaged 25(OH)D values obtained during each of the 152 months between May 2006 and December 2018. The number after the comma represents the corresponding standard deviation.

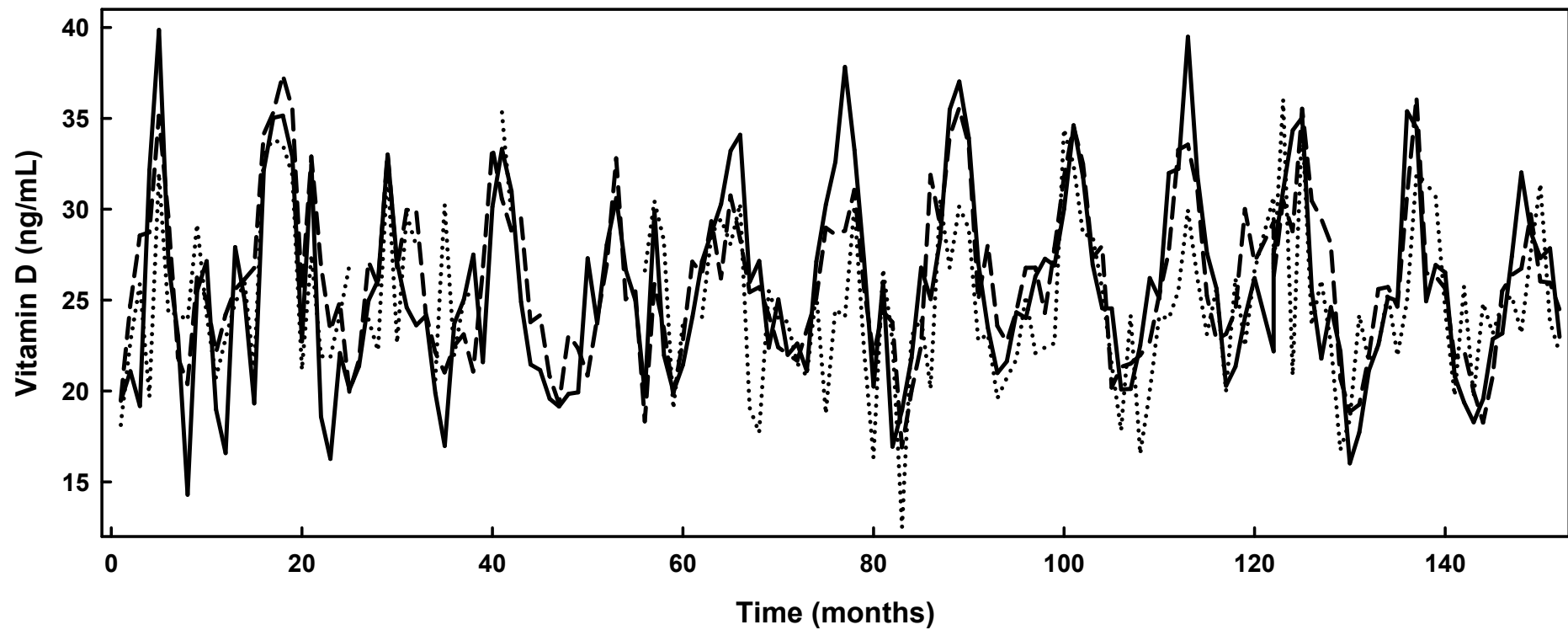
	monthly averaged Vitamin D values (ng/mL)						Standard deviation (ng/mL)					
	Female			Males			Female			Males		
	<45	46-65	>65	<45	46-65	>65	<45	46-65	>65	<45	46-65	>65
May 06	19.9	21.9	25.9	19.5	19.5	18.1	11.0	12.9	17.0	11.5	9.7	10.4
Jun 06	17.9	25.1	24.2	21.1	24.7	22.7	8.5	15.8	12.1	14.5	15.0	16.4
Jul 06	31.3	31.8	31.2	19.2	28.6	25.9	16.4	20.3	17.4	9.1	14.9	13.4
Aug 06	33.1	28.7	23.9	32.2	28.7	19.7	16.4	14.5	15.5	26.7	15.0	17.0
Sep 06	27.1	34.5	35.9	39.9	35.1	32.0	11.0	18.6	21.0	15.9	22.2	19.2
Oct 06	28.3	27.2	33.5	27.0	29.6	24.3	13.2	13.3	16.4	8.6	14.0	15.2
Nov 06	16.3	25.6	28.3	23.0	21.9	24.3	7.2	16.3	12.7	14.3	10.9	14.6
Dec 06	14.5	26.5	22.8	14.3	20.4	23.9	5.3	12.7	17.7	6.1	14.0	14.2
Jan 07	12.9	28.5	27.4	25.5	26.2	29.2	7.6	16.8	17.1	13.8	11.6	17.7
Feb 07	21.8	24.1	24.7	27.1	25.0	24.2	13.7	13.2	14.3	20.5	17.6	24.2
Mar 07	24.3	23.1	27.7	19.0	22.1	20.7	17.7	15.0	16.8	11.3	12.4	17.6
Apr 07	21.7	24.0	34.3	16.6	24.2	22.9	14.1	15.6	27.3	10.6	15.9	16.2
May 07	17.1	22.9	25.5	27.9	25.6	24.8	10.7	11.6	15.4	20.6	17.0	17.0
Jun 07	25.5	29.6	29.3	25.0	26.1	26.0	18.0	14.4	13.5	11.9	16.1	17.6
Jul 07	27.2	27.9		19.3	26.8	21.1	13.8	15.8		10.5	14.6	16.5
Aug 07	36.1	37.1	36.0	32.2	34.1	33.0	20.7	20.2	16.1	31.2	25.3	20.2
Sep 07	33.6	36.8	32.4	35.0	35.3	33.8	14.8	16.8	13.8	21.9	22.1	18.6
Oct 07	26.6	34.0	34.2	35.2	37.4	33.6	10.4	23.3	16.7	10.7	18.4	17.1
Nov 07	21.7	35.0	35.7	32.9	35.5	31.9	11.1	19.7	29.5	16.3	21.4	26.5
Dec 07	21.1	24.7	30.1	22.7	25.5	21.2	8.0	16.7	17.2	6.3	12.5	15.0
Jan 08	28.0	27.9	32.6	32.5	32.9	27.5	8.7	17.6	20.7	18.6	16.5	19.3
Feb 08	27.1	25.8	29.4	18.6	27.0	21.9	15.0	14.4	12.7	12.3	14.0	14.0
Mar 08	17.1	25.3	26.4	16.3	23.3	21.9	9.1	13.7	17.1	9.3	14.0	10.9
Apr 08	26.5	25.9	30.1	22.1	24.9	24.2	17.0	15.2	18.8	14.5	16.5	19.3
May 08	23.8	21.4	30.0	20.1	19.9	26.9	12.4	13.0	19.8	8.4	10.0	18.1
Jun 08	24.0	25.2	27.9	21.4	21.7		19.9	19.0	17.3	11.5	14.6	
Jul 08	26.2	29.3	29.1	25.0	27.1	23.9	13.3	13.0	18.4	11.7	14.9	11.6
Aug 08	36.5	29.0	34.4	26.1	25.8	22.2	15.4	11.9	21.0	15.3	13.5	12.8
Sep 08	38.6	36.8	29.6	33.0	33.1	32.3	17.3	23.0	11.7	13.8	17.6	20.2
Oct 08	25.7	30.3	30.3	27.1	26.7	22.6	9.6	14.4	11.2	12.2	14.4	11.7
Nov 08	27.2	28.1	30.2	24.6	30.0	29.7	17.8	11.5	17.6	11.0	15.4	16.5
Dec 08	25.8	30.2	36.0	23.6	30.0	28.0	13.4	14.1	20.7	13.7	17.9	14.4
Jan 09	23.6	29.4	30.7	24.1	24.3		12.2	13.1	21.7	13.3	12.3	
Feb 09	14.6	27.3	25.6	19.9	22.1	20.6	12.3	13.5	18.3	11.3	18.8	13.5
Mar 09	24.5	26.1	26.3	17.0	21.0	30.2	15.6	21.9	18.0	8.7	13.9	28.1
Apr 09	22.1	26.9	26.9	23.7	22.5	22.0	12.9	16.5	14.2	13.4	12.1	11.2
May 09	22.0	24.9	26.0	25.0	23.1	25.1	18.2	10.9	13.6	12.2	14.2	16.8
Jun 09	23.3	24.5	28.2	27.5	21.1	25.6	11.4	10.1	18.8	14.1	12.9	14.1
Jul 09	23.1	28.6	28.3	21.6	26.7		9.5	16.2	16.6	9.5	11.0	
Aug 09	32.6	33.6	28.5	30.1	33.4		9.9	15.2	19.2	13.0	15.1	14.3
Sep 09	35.8	35.7	31.5	33.3	30.6	35.3	15.7	16.0	11.7	14.0	11.1	10.0
Oct 09	30.0	31.3	33.3	31.0	28.8	29.6	9.7	14.8	18.3	13.6	13.8	18.2
Nov 09	29.1	29.7	22.9	24.9	29.6		11.8	14.9	7.9	10.9	10.7	
Dec 09	25.2	25.6	30.2	21.5	23.8		18.8	10.9	17.3	14.6	12.1	
Jan 10	26.8	28.7	26.6	21.2	24.2	27.8	8.8	14.7	12.7	10.6	11.9	8.9
Feb 10	22.0	25.2	26.9	19.6	20.8		14.0	14.4	11.9	10.7	9.2	
Mar 10	17.7	24.3	27.5	19.2	19.3	23.5	8.2	14.7	19.3	8.6	11.0	14.2
Apr 10	19.9	26.5	28.4	19.8	23.1		14.7	14.6	15.2	10.7	11.3	

May 10	20.5	27.0	31.4	19.9	22.3		9.9	16.6	29.2	7.3	10.0	
Jun 10	20.1	24.4	29.2	27.3	20.9	21.6	5.6	13.8	20.3	19.6	13.1	12.4
Jul 10	21.0	25.8	33.1	23.7	24.0		8.3	13.4	18.4	8.8	11.8	
Aug 10	26.7	30.6	31.2	28.0	26.9		14.1	14.8	10.2	12.3	12.4	
Sep 10	31.8	31.7	34.5	30.6	32.8		16.3	18.8	9.3	12.5	14.0	
Oct 10	24.2	29.5	27.1	26.7	25.0	24.5	9.1	14.9	11.5	14.8	12.7	10.5
Nov 10	32.4	26.4	35.3	25.0	25.6		14.5	15.5	20.6	11.7	13.2	
Dec 10	21.2	24.8	31.5	19.8	18.3	26.6	12.3	18.7	13.4	9.6	8.9	15.8
Jan 11	20.9	26.2	29.4	29.9	25.9	30.5	9.8	17.3	17.6	21.2	14.0	12.9
Feb 11	27.7	23.2	25.1	22.0	23.4	28.3	18.8	12.3	15.7	13.4	12.9	19.2
Mar 11	25.1	19.1	24.2	20.0	19.8	19.0	24.7	9.9	17.8	10.4	12.3	10.5
Apr 11	22.5	26.0	29.5	21.4	22.7	23.7	12.4	14.5	15.8	10.5	14.8	12.2
May 11	30.5	25.2	34.9	24.1	27.1		18.2	11.8	21.2	12.7	17.2	
Jun 11	26.4	32.1	37.7	27.1	26.4	24.1	12.9	19.0	25.4	14.3	18.5	14.5
Jul 11	29.1	31.4	32.3	28.7	29.3	28.6	11.5	17.6	16.4	12.0	12.8	13.8
Aug 11	28.2	27.8	32.6	30.3	26.2	29.5	12.4	10.4	14.7	13.7	10.1	13.4
Sep 11	37.9	35.2	32.4	33.2	30.8	28.1	15.5	16.9	15.9	15.7	13.3	32.5
Oct 11	32.4	34.8	34.9	34.1	28.4	30.3	12.2	14.9	17.2	11.3	12.6	
Nov 11	25.6	29.4	26.7	26.0	25.4	19.1	9.9	14.4	9.8	10.1	10.4	6.3
Dec 11	23.7	31.7	32.6	27.2	25.7	17.7	9.9	15.1	16.5	17.8	12.3	9.3
Jan 12	22.3	24.4	28.5	22.4	24.2	25.5	8.9	14.6	9.3	11.4	10.8	11.6
Feb 12	20.9	25.7	25.7	25.0	22.4	24.0	6.6	13.0	12.3	22.0	11.2	14.3
Mar 12	21.0	24.1	24.6	22.0	22.0	23.8	10.2	13.2	9.2	8.2	11.0	13.4
Apr 12	19.0	25.5	25.1	22.6	21.7	21.5	9.5	12.3	9.6	8.5	8.9	10.9
May 12	19.3	22.7	27.4	21.1	23.3	20.8	9.0	12.2	13.4	9.3	9.9	9.3
Jun 12	28.5	26.4	31.3	27.1	25.1	25.4	16.7	10.9	14.4	12.1	8.3	9.5
Jul 12	27.6	27.4	26.5	30.3	29.0	18.8	14.7	13.3	9.1	12.5	11.2	12.5
Aug 12	24.6	28.4	23.8	32.6	28.6	24.5	11.7	18.6	9.6	15.3	11.0	10.7
Sep 12	31.5	32.6	26.0	37.8	28.8	24.0	12.8	14.9	12.0	13.1	12.0	11.2
Oct 12	34.8	33.4	30.7	33.3	31.1	30.2	18.6	13.1	14.2	13.0	11.3	12.9
Nov 12	23.2	26.6	32.4	27.2	25.7	22.3	8.4	11.6	22.8	13.8	11.7	11.1
Dec 12	21.1	25.5	24.4	20.2	22.0	16.3	9.6	11.8	9.9	6.1	10.7	7.7
Jan 13	22.0	27.5	27.9	26.0	24.4	26.7	9.8	16.2	9.7	14.1	12.0	10.1
Feb 13	24.5	24.9	29.4	16.9	23.8	22.8	16.1	11.0	16.9	7.2	11.7	11.2
Mar 13	18.4	25.6	20.4	19.0	16.9	12.5	12.5	13.6	16.1	11.3	8.9	6.9
Apr 13	21.0	18.2	23.6	21.8	20.0	23.0	11.9	11.6	10.0	10.6	9.2	10.8
May 13	16.3	23.7	26.2	26.8	22.5	24.0	8.3	12.7	15.6	15.7	10.0	12.4
Jun 13	18.8	26.3	26.0	25.1	31.9	20.1	3.8	12.1	10.8	8.0	26.1	7.3
Jul 13	27.1	28.4	26.2	28.3	29.1	30.5	13.2	9.5	14.3	8.3	9.6	14.5
Aug 13	33.8	29.5	32.6	35.5	34.0	26.8	10.9	12.0	13.4	14.8	16.2	13.3
Sep 13	34.1	35.5	31.4	37.0	35.6	30.1	14.0	17.3	13.7	9.9	14.3	13.1
Oct 13	31.1	33.1	29.6	33.9	33.6	28.9	10.2	9.9	16.1	12.9	13.5	13.3
Nov 13	24.7	25.3	27.0	27.0	25.0	22.7	7.4	10.1	13.4	10.1	11.5	12.9
Dec 13	23.2	28.3	24.5	23.5	28.1	23.2	9.0	13.9	11.2	8.3	23.0	10.1
Jan 14	18.5	26.3	30.3	21.0	23.6	19.6	7.6	23.1	15.2	11.3	11.4	11.6
Feb 14	18.1	24.8	25.8	21.6	22.7	20.7	7.0	12.1	12.2	14.6	13.3	8.1
Mar 14	18.9	25.5	28.4	24.3	24.4	21.7	8.9	13.8	14.7	13.1	14.5	13.6
Apr 14	21.1	25.0	25.0	24.0	26.8	25.2	7.1	11.7	11.8	7.3	21.4	10.8
May 14	22.5	22.1	30.2	26.3	26.8	22.1	11.7	10.9	15.1	9.5	12.6	9.3
Jun 14	24.0	25.2	23.1	27.3	24.3	22.4	8.6	10.4	14.7	10.5	12.1	16.5
Jul 14	25.7	28.4	28.0	26.9	27.8	22.6	10.6	14.6	19.9	9.2	15.8	11.1

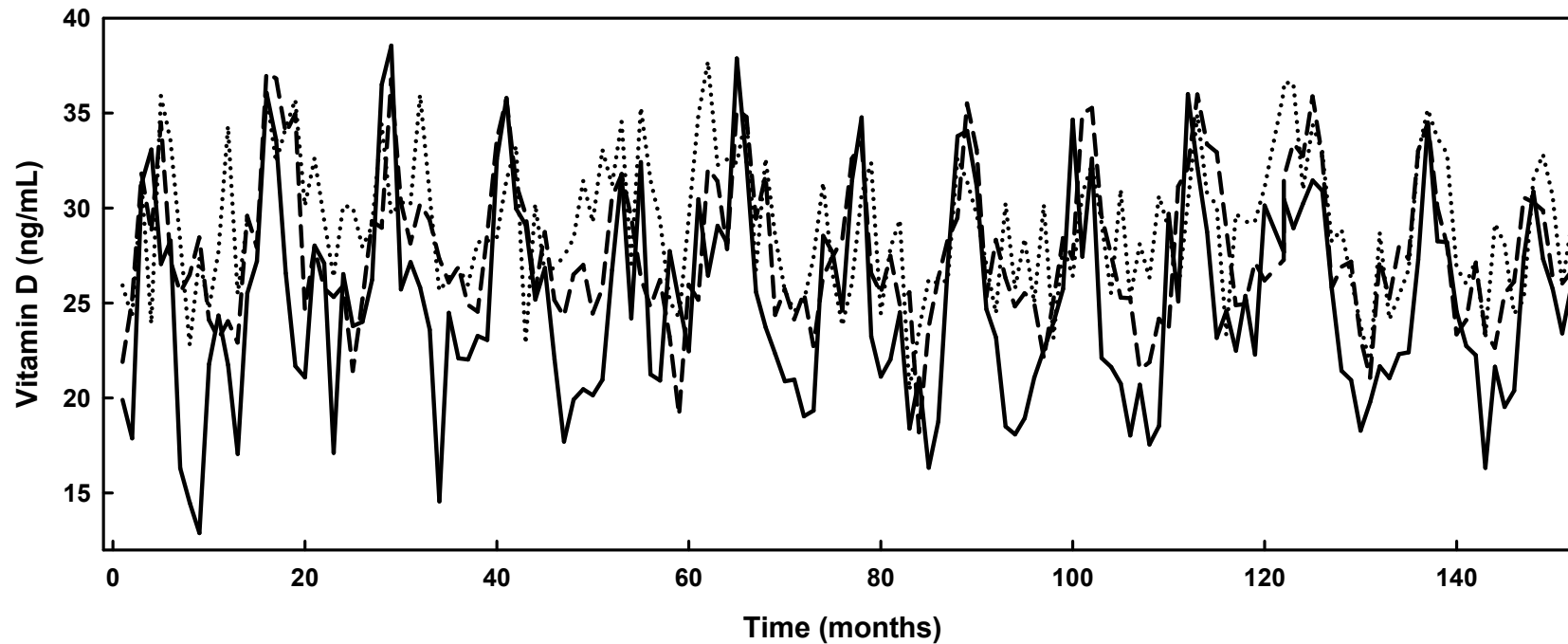
Aug 14	34.7	27.3	26.4	30.0	31.7	34.4	19.0	13.6	12.3	12.9	22.8	27.1
Sep 14	27.4	35.0	30.8	34.6	34.6	32.4	8.2	21.7	15.9	15.4	20.0	16.1
Oct 14	32.6	35.3	32.3	31.7	32.5	28.6	13.3	16.6	16.8	9.5	15.4	11.7
Nov 14	22.1	29.6	29.2	26.9	27.3	28.5	5.6	15.4	13.1	10.1	13.6	11.1
Dec 14	21.6	27.5	25.5	24.6	28.0	25.6	9.8	11.8	12.0	11.4	17.5	15.1
Jan 15	20.8	25.3	31.0	24.5	20.2	21.5	10.8	8.6	12.4	11.5	11.8	14.8
Feb 15	18.0	25.2	25.3	20.1	21.3	17.8	6.0	11.7	13.0	7.8	11.1	9.3
Mar 15	20.7	21.5	28.1	20.1	21.5	24.2	12.0	9.6	13.3	9.1	11.1	11.1
Apr 15	17.6	21.9	26.3	22.5	22.0	16.5	7.6	11.3	17.6	8.1	9.0	10.9
May 15	18.5	24.2	30.7	26.2	22.7	20.0	5.8	11.0	17.0	15.3	10.4	8.7
Jun 15	29.7	23.6	28.9	25.1	25.3	24.1	12.8	11.4	20.6	8.9	10.2	12.9
Jul 15	25.1	31.1	25.6	32.0	27.7	24.0	12.6	15.8	15.5	16.2	11.6	10.4
Aug 15	36.0	32.1	30.3	32.2	33.3	25.5	22.5	14.6	12.3	11.6	15.5	14.8
Sep 15	32.1	36.0	34.9	39.5	33.6	30.0	13.1	13.9	18.5	15.5	12.7	9.2
Oct 15	28.7	33.4	30.8	31.8	31.1	26.2	9.9	14.3	16.9	9.5	8.7	10.6
Nov 15	23.2	32.9	30.2	27.6	25.2	23.1	8.9	18.4	10.1	13.2	11.2	8.1
Dec 15	24.6	28.9	23.3	25.6	22.8	25.6	9.0	11.8	11.2	15.7	8.6	19.0
Jan 16	22.5	24.9	29.7	20.3	23.1	20.0	7.6	11.4	14.1	7.3	11.5	11.5
Feb 16	25.4	24.9	29.3	21.3	24.4	26.2	17.1	15.0	17.3	8.1	13.5	14.6
Mar 16	22.3	27.1	29.3	24.1	30.0	22.5	7.1	14.3	17.5	9.9	14.3	13.9
Apr 16	30.1	26.2	31.1	26.2	27.1	26.6	9.3	15.1	16.7	13.5	13.8	13.6
May 16	27.7	27.3	36.1	22.2	29.3	30.7	12.6	13.5	15.9	10.0	14.9	15.0
Jun 16	30.5	31.6	36.6	27.6	26.2	26.2	12.8	18.0	27.6	9.4	15.6	14.3
Jul 16	28.9	33.4	36.6	31.1	30.5	36.0	9.4	14.2	19.6	11.0	14.4	21.3
Aug 16	30.2	32.7	31.0	34.3	28.8	20.9	14.9	25.9	14.9	12.7	11.8	12.3
Sep 16	31.5	35.9	34.4	35.0	35.5	34.8	11.0	12.9	13.9	10.4	13.7	12.7
Oct 16	30.9	32.7	33.0	25.5	30.5	23.6	12.3	11.3	13.0	11.5	12.1	11.0
Nov 16	25.7	25.8	28.2	21.8	29.5	26.1	9.1	11.5	12.8	9.4	13.6	14.1
Dec 16	21.4	26.9	28.9	24.6	28.1	22.6	8.2	20.7	23.2	12.8	14.4	11.9
Jan 17	20.9	27.2	26.3	22.2	20.7	16.8	9.7	12.7	14.1	9.9	9.9	7.3
Feb 17	18.3	23.1	23.8	16.0	18.9	18.4	8.0	13.2	12.2	6.2	9.3	9.0
Mar 17	19.8	21.1	21.8	17.7	19.3	24.2	10.5	10.4	10.9	9.3	10.5	15.4
Apr 17	21.7	27.2	28.7	21.1	21.9	21.6	13.7	14.8	14.9	10.5	9.3	10.8
May 17	21.0	25.2	24.1	22.6	25.6	22.4	10.1	11.7	13.3	9.5	12.0	15.3
Jun 17	22.3	28.0	25.4	25.2	25.7	25.4	9.5	13.9	11.0	8.9	18.4	11.7
Jul 17	22.4	27.3	26.8	25.0	24.6	21.9	17.6	11.6	16.0	7.1	11.1	10.4
Aug 17	27.3	33.0	32.9	35.4	30.7	24.9	7.4	12.7	13.5	15.1	12.9	9.5
Sep 17	34.5	34.5	35.2	34.5	36.2	32.0	9.8	9.4	6.8	9.0	11.4	10.2
Oct 17	28.3	30.1	33.7	24.9	26.5	31.4	8.7	9.8	14.8	8.8	12.4	13.1
Nov 17	28.2	28.1	32.9	26.9	26.3	30.7	9.0	10.7	10.1	13.1	10.6	13.4
Dec 17	24.5	23.4	26.9	26.5	25.6	24.5	12.1	10.0	11.3	8.8	11.3	14.7
Jan 18	22.7	24.1	26.0	20.8	21.8	19.7	7.3	18.7	11.6	7.0	10.3	9.7
Feb 18	22.3	27.1	27.2	19.4	22.3	25.8	8.7	16.2	12.2	6.6	12.0	13.0
Mar 18	16.3	23.5	23.1	18.3	20.0	19.7	8.7	12.5	8.5	8.6	10.8	11.4
Apr 18	21.6	22.6	29.2	19.6	18.3	24.8	11.1	12.2	15.5	9.0	7.3	10.8
May 18	19.5	25.5	28.1	22.9	20.8	23.2	6.1	14.3	13.1	9.1	8.1	14.3
Jun 18	20.4	26.1	24.4	23.2	25.5	24.8	4.8	10.6	11.4	8.9	12.6	13.0
Jul 18	27.4	30.5	25.2	27.4	26.4	25.3	11.0	10.8	9.0	9.5	9.6	8.3
Aug 18	30.9	30.3	31.5	32.0	26.7	23.2	16.2	10.5	11.7	7.2	9.3	9.5
Sep 18	27.3	29.9	32.8	28.7	29.7	27.7	10.3	8.2	11.0	9.3	9.7	15.7
Oct 18	25.8	26.4	30.7	27.3	26.0	31.4	8.2	8.7	12.9	7.6	8.7	26.3

Nov 18	23.4	26.0	26.0	27.9	26.0	23.8	9.2	10.0	11.5	10.3	9.0	10.4
Dec 18	26.0	26.7	29.2	23.0	24.5	22.1	12.0	9.8	13.8	8.3	14.1	8.4

Supplementary Table 2. Monthly averaged 25(OH)D values (and corresponding standard deviations), for the different females and males age groups, obtained during each of the 152 months between May 2006 and December 2018 and divided by. Empty cells refer to those months in which the minimum number of data for a reliable statistical analysis (at least 5 measurements) has not been reached.



Supplementary Figure 1. Seasonal variability of the monthly averaged vitamin D values for the different males age groups: < 45years (solid line), 46-65 years (dashed line) and > 65 years (dotted line), between May 2006 and December 2018. Error bars (standard deviations, see supplementary table 2) were omitted to avoid figure overloading.



Supplementary Figure 2. Seasonal variability of the monthly averaged vitamin D values for the different females age groups: < 45year (solid line), 46-65 years (dashed line) and > 65 years (dotted line), between May 2006 and December 2018. Error bars (standard deviations, see supplementary table 2) were omitted to avoid figure overloading.