

## **SoulShift - Educational Q&A Platform**

## **General Questions**

**Practice Questions** 



## Q1. Which vitamin is synthesized in the skin upon exposure to sunlight?

- A. Vitamin A
- B. Vitamin B12
- C. Vitamin D
- D. Vitamin K

Solution: Vitamin D is synthesized in the skin when it is exposed to ultraviolet (UV) rays from sunlight.



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