

# Comparison of SPF Sunscreen

SPF 100, 50, and 30 Compared: The Bucket Analogy

Shower heads = sunburn rays



1 Gal/Min



SPF 100  
99% Filter



1% Gets Through



1 Gal

100 Minutes  
to fill bucket

SPF 50  
98% Filter



2% Gets Through



50 Minutes  
to fill bucket

SPF 30  
96.7% Filter



3% Gets Through



30 Minutes  
to fill bucket

Buckets = Cumulative Sunburn Damage

## Sunscreen and Sun Exposure

- Tanning is just as bad as burning!
  - Apply 1oz to body
- Reapply every 2 hours, or sooner as needed
- If applying Helioplex®, wait 15 minutes after application before sun exposure

## Picture Explanation:

SPF 100 transmits 1% of sunburn rays, whereas SPF 50 transmits 2%, and SPF 30 transmits 3.3%. The SPF 30 bucket fills in 30 minutes—meaning that a person would achieve a sunburn 3 times faster than they would wearing an SPF 100 sunscreen.