

Nutrition Facts - 1 Pouch

Serving Size ¼ pouch Soylent (115g)

Servings Per Container 4

Amount Per Serving	Soylent Powder
Calories	500
Calories from Fat	200

	% Daily Value*
--	----------------

Total Fat 23g	35%
Saturated Fat 2.5g	13%
Trans Fat 0g	

Cholesterol 0mg	0%
------------------------	-----------

Sodium 380mg	16%
---------------------	------------

Potassium 866mg	25%
------------------------	------------

Total Carbohydrate 57g	19%
-------------------------------	------------

Dietary Fiber 3g	12%
------------------	------------

Sugars 15g	
------------	--

Protein 20g	
--------------------	--

Vitamin A	25%
-----------	-----

Vitamin C	37%
-----------	-----

Calcium	30%
---------	-----

Iron	23%
------	-----

Vitamin D	26%
-----------	-----

Vitamin E	26%
-----------	-----

Vitamin K	28%
-----------	-----

Thiamin	25%
---------	-----

Riboflavin	25%
------------	-----

Niacin	25%
--------	-----

Vitamin B6	25%
------------	-----

Folate	25%
--------	-----

Vitamin B12	25%
-------------	-----

Biotin	25%
--------	-----

Pantothenic Acid	25%
------------------	-----

Iodine	30%
--------	-----

Magnesium	23%
-----------	-----

Zinc	25%
------	-----

Selenium	25%
----------	-----

Copper	28%
--------	-----

Manganese	25%
-----------	-----

Chromium	25%
----------	-----

Molybdenum	25%
------------	-----

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

Ingredients: Canola & Sunflower Oil Powder (Canola Oil, Sunflower Oil, Maltodextrin, Modified Food Starch, Mono & Diglycerides, Tricalcium Phosphate, Mixed Tocopherols), Rice Protein, Isomaltulose, Oat Flour, Modified Food Starch, Vitamin and Mineral Blend [Potassium (as Potassium Gluconate), Calcium (as Calcium Carbonate), Choline Bitartrate, Magnesium (as Magnesium Oxide), Vitamin C (as Ascorbic Acid), Zinc (as Zinc Sulfate), Vitamin E (as dl-alpha-Tocopheryl Acetate), Vitamin B3 (as Niacinamide), Copper (as Copper Gluconate), Vitamin B5 (as Calcium d-Pantothenate), Manganese (as Manganese Sulfate), Vitamin B6 (as Pyridoxine HCl), Vitamin B2 (as Riboflavin), Vitamin B1 (as Thiamin HCl), Vitamin A (as Palmitate), Chromium (as Chromium Chloride), Folic Acid, Biotin, Iodine (as Potassium Iodide), Molybdenum (as Sodium Molybdate), Selenium (as Sodium Selenite), Vitamin K1 (as Phytonadione), Vitamin D2 (as Ergocalciferol), Vitamin B12 (as Cyanocobalamin)], Rice Starch, Soy Lecithin, Trehalose, Cellulose, Salt, *life'sDHA*[™] Oil Powder (Docosahexaenoic Acid from Algal Oil), Cellulose Gum, Xanthan Gum, Carrageenan, Sucralose.

Contains: Soy.

Children, women who are pregnant, nursing, or may become pregnant should consult their doctor before consuming Soylent. Please refer to the Soylent 1.5 release notes for more information.

Soylent[™] is a trademark of Rosa Labs

life'sDHA[™] is a trademark of DSM

Manufactured for Rosa Labs
207 S Broadway Suite 600
Los Angeles, CA 90012

soylent[®]