



Version 1.1

INGREDIENTS: Maltodextrin, Rice Protein, Oat Flour, Vitamin and Mineral Blend [Potassium (as Potassium gluconate), choline bitartrate, Calcium (as calcium carbonate), Magnesium (as magnesium oxide), Vitamin C (as ascorbic acid), Vitamin E (as dl-alpha-tocopheryl acetate), Vitamin B3 (as niacinamide), Zinc (as zinc sulfate), Vitamin B5 (as calcium D-pantothenate), Vitamin B6 (as pyridoxine HCL), Copper (as copper gluconate), Manganese (as manganese sulfate), Vitamin B2 (as riboflavin), Vitamin A (as palmitate), Vitamin B1 (as thiamin HCL), Folic Acid , Biotin, Iodine (as potassium iodide), Chromium (as chromium chloride), Vitamin K1 (as phytonadione), Selenium (as sodium selenite), Vitamin D2 (as ergocalciferol), Molybdenum (as sodium molybdate), Vitamin B12 (as cyanocobalamin)], Gum Acacia, Soybean Lecithin, Salt, Artificial Flavor, Enzyme Blend (galactosidase, protease), Xanthan Gum, Sucralose.

OIL BLEND INGREDIENTS: Canola Oil, Fish Oil

Contains: Fish, Soy

Nutrition Facts			
Serving Size (149g)			
Servings Per Container 3			
Amount Per Serving		Soylent Powder	with Oil Packets
Calories		510	670
Calories from Fat		45	210
%Daily Value**			
Total Fat	5g*	8%	37%
Saturated Fat	1g	5%	15%
Trans Fat	0g		
Cholesterol	0mg	0%	5%
Sodium	350mg	15%	15%
Potassium	1155mg	33%	33%
Total Carbohydrate	84g	28%	28%
Dietary Fiber	9g	36%	36%
Sugars	2g		
Protein	38g		
Vitamin A		33%	33%
Vitamin C		33%	33%
Calcium		40%	40%
Iron		40%	40%
Vitamin D		33%	35%
Vitamin E		33%	47%
Vitamin K		37%	52%
Thiamin		33%	33%
Riboflavin		33%	33%
Niacin		33%	33%
Vitamin B6		33%	33%
Folate		33%	33%
Vitamin B12		33%	33%
Biotin		33%	33%
Pantothenic Acid		33%	33%
Iodine		57%	57%
Magnesium		33%	33%
Zinc		33%	33%
Selenium		33%	33%
Copper		37%	37%
Manganese		33%	33%
Chromium		33%	33%
Molybdenum		33%	33%
*Amount in Soylent Powder with Oil Packets contributes an additional 160 Calories 19 g Total Fat (2 g Saturated Fat), 15 mg Cholesterol.			
**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			