

Soylent v1.3 Nutrition Information

Nutrition Facts

Serving Size 1/3 pouch Soylent (144g)
1/3 bottle oil blend (.66 fl. oz.)

Servings Per Container 21

Amount Per Serving	Soylent Powder	With Oil Blend
Calories	510	670
Calories from Fat	45	210
% Daily Value**		
Total Fat 5g*	8%	37%
Saturated Fat 1g	5%	13%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 360mg	15 %	15 %
Potassium 1155mg	33%	33%
Total Carbohydrate 85g	28%	28%
Dietary Fiber 10g	40%	40%
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%
Phosphorus	45%	45%
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 Blend contributes an additional 160 Calories (170 Calories from Fat), 19 g Total Fat (1.5 g Saturated Fat).

**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

Soylent Powder Ingredients: Maltodextrin, Rice Protein, Oat Flour, Gum Acacia, Vitamin and Mineral Blend [Potassium (as Dipotassium Phosphate), 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)], Soy Lecithin, Salt, Artificial Flavors, Xanthan Gum, Sucralose.

Oil Blend Ingredients: Canola Oil, life'sOMEGA™ Algal Oil (*Schizochytrium sp.*)

180mg DHA, 90mg EPA per bottle.

Contains: Soy

Manufactured for Rosa Labs

P.O. Box 1751 Studio City, CA 91604

Soylent™ is a trademark of Rosa Labs

life'sOMEGA™ is a trademark of DSM

