

# Soylent 1.4

## Nutrition Facts

Serving Size ¼ pouch Soylent (115g)  
Servings Per Container 28

Amount Per Serving	Soylent Powder	
<b>Calories</b>	500	
Calories from Fat	210	
	% Daily Value*	
<b>Total Fat</b> 24g	<b>37%</b>	
Saturated Fat 3g	<b>15%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 410mg	<b>17%</b>	
<b>Potassium</b> 866mg	<b>25%</b>	
<b>Total Carbohydrate</b> 51g	<b>17%</b>	
Dietary Fiber 4g	<b>16%</b>	
Sugars 11g		
<b>Protein</b> 21g		
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:** High Oleic Sunflower Oil, Rice Protein, Oat Flour, Isomaltulose, 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 B<sub>3</sub> (as Niacinamide), Copper (as Copper Gluconate), Vitamin B<sub>5</sub> (as Calcium d-Pantothenate), Manganese (as Manganese Sulfate), Vitamin B<sub>6</sub> (as Pyridoxine HCl), Vitamin B<sub>2</sub> (as Riboflavin), Vitamin B<sub>1</sub> (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 K<sub>1</sub> (as Phytonadione), Vitamin D<sub>2</sub> (as Ergocalciferol), Vitamin B<sub>12</sub> (as Cyanocobalamin)], Rice Starch, Modified Food Starch, Soy Lecithin, Cellulose, Salt, Flaxseed and Safflower Oil Powder, *life'sDHA*<sup>TM</sup> Oil Powder (Docosahexaenoic Acid from Algal Oil), Xanthan Gum, Sucralose.

Contains: Soy.

Manufactured for Rosa Labs  
P.O. Box 1751 Studio City, CA 91604

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