

Nutrition Facts

Serving Size 1/3 pouch Soylent (148g)
1/3 bottle oil blend (.66 fl. oz.)

Servings Per Container 21

Amount Per Serving	Soylent Pouch	with Oil Blend
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

POUCH INGREDIENTS:
Maltodextrin, Rice Protein, Oat Flour, 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)], Gum Acacia, Soy Lecithin, Salt, Artificial Flavors, Xanthan Gum, Sucralose.

OIL BLEND INGREDIENTS:
Canola Oil, Fish Oil

Contains: Fish, Soy



Manufactured for ROSA LABS
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