

soylent

Powder - Original (v1.9)  
United States

# Nutrition Facts

About 7 - 8 fl oz Servings per Container

Serving Size

1/2 Cup (60g)

	1 - 8 fl oz serv.	% DV*	1 - 12 fl oz serv	% DV*
<b>Calories</b>	<b>270</b>		<b>400</b>	
<b>Total Fat</b>	13 g	17%	19 g	25%
Saturated Fat	1 g	5%	1.5 g	8%
Trans Fat	0 g		0 g	
Polyunsaturated Fat	2.5 g		3.5 g	
Monounsaturated Fat	9 g		13 g	
<b>Cholesterol</b>	0 mg	0%	0 mg	0%
<b>Sodium</b>	210 mg	9%	320 mg	14%
<b>Total Carbohydrates</b>	28 g	10%	42 g	15%
Dietary Fiber	4 g	14%	6 g	21%
Soluble Fiber	3 g		4 g	
Total Sugars	10 g		16 g	
Includes Added Sugars	10 g	20%	15 g	30%
<b>Protein</b>	13 g	26%	20 g	40%
Vitamin D	2.7 mcg	15%	4 mcg	20%
Calcium	170 mg	15%	260 mg	20%
Iron	2.4 mg	15%	3.6 mg	20%
Potassium	630 mg	15%	940 mg	20%
Vitamin A		15%		20%
Vitamin C		15%		20%
Vitamin E		15%		20%
Vitamin K		15%		20%
Thiamine		15%		20%
Riboflavin		15%		20%
Niacin		15%		20%
Vitamin B6		15%		20%
Folate (folic acid)	55 mcg DFE 33 mcg	15%	80 mcg DFE 48 mcg	20%
Vitamin B12		15%		20%
Biotin		15%		20%
Pantothenic Acid		15%		20%
Iodine		15%		20%
Magnesium		15%		20%
Zinc		15%		20%
Selenium		15%		20%
Copper		15%		20%
Manganese		15%		20%
Chromium		15%		20%
Molybdenum		15%		20%
Choline		15%		20%

\*THE % DAILY VALUE (DV) TELLS YOU HOW MUCH A NUTRIENT IN A SERVING OF FOOD CONTRIBUTES TO A DAILY DIET. 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE.

**INGREDIENTS:** SOY PROTEIN ISOLATE, CANOLA OIL, MALTODEXTRIN, ISOMALTULOSE, SOLUBLE CORN FIBER, MODIFIED FOOD STARCH, VITAMIN AND MINERAL PREMIX, CELLULOSE, NATURAL & ARTIFICIAL FLAVORS, SOY LECITHIN, SALT, MONO & DIGLYCERIDE, XANTHAN GUM, SUCRALOSE.

**VITAMIN & MINERAL PREMIX:** TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, MAGNESIUM PHOSPHATE, POTASSIUM CHLORIDE, CHOLINE CHLORIDE, MIXED TOCOPHEROL, SODIUM ASCORBATE, ZINC GLUCONATE, DL-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, FERROUS FUMARATE, MANGANESE SULFATE, D-CALCIUM PANTOTHENATE, COPPER GLUCONATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, FOLIC ACID, POTASSIUM IODIDE, CHROMIUM CHLORIDE, VITAMIN K1, SODIUM SELENITE, SODIUM MOLYBDATE, BIOTIN, ERGOCALCIFEROL, CYANOCOBALAMIN.

**CONTAINS: SOY.**

MANUFACTURED FOR ROSA FOODS, INC.  
LOS ANGELES, CA 90013

*Soylent is not intended to replace every meal, but it can replace any meal.*

*Women who are pregnant, nursing, or may become pregnant, and children should consult their doctor before consuming Soylent.*

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		% DV*		% DV*
<b>Total Fat</b>	14 g	18%	20 g	26%
Saturated Fat	1.5 g	8%	2.5 g	13%
Trans Fat	0 g		0 g	
Polyunsaturated Fat	2.5 g		4 g	
Monounsaturated Fat	9 g		13 g	
<b>Cholesterol</b>	0 mg	0%	0 mg	0%
<b>Sodium</b>	210 mg	9%	320 mg	14%
<b>Total Carbohydrates</b>	27 g	10%	41 g	15%
Dietary Fiber	4 g	14%	6 g	21%
Soluble Fiber	2 g		4 g	
Total Sugars	10 g		15 g	
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Vitamin B6		15%		20%
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	33 mcg		48 mcg	
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Biotin		15%		20%
Pantothenic Acid		15%		20%
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Magnesium		15%		20%
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*Contains caffeine and l-theanine. To stay below the FDA recommended 300 mg daily limit for caffeine, limit consumption to 2 servings per day.*