Nutrition Facts

1 Serving Per Container

Serving Size 1 bottle (414 mL)

Amount Per Serving

Calories

400

% Daily Value

Total Fat 21g		32%
Saturated Fat 2g		10%
Polyunsaturated	d Fat 3.5g	
Monounsaturat	ed Fat 15g	
Trans Fat Og		
Cholesterol Omg		0%
Sodium 300mg		13%
Total Carbohydrate 37g		12%
Dietary Fiber 3g		12%
Soluble Fiber	1g	
Total Sugars 9g		
Includes 9g Added Sugars		18%
Protein 20g		
Vitamin D 2mcg	20% •Calcium 200mg	20%
Iron 4mg	20% •Potassium 700mg	20%
Vitamin A	20% ·Vitamin C	20%
Vitamin K	20% •Vitamin E	20%
Riboflavin	20% ·Thiamin	20%
Vitamin B6	20% · Niacin	20%
Vitamin B12	20% •Folic Acid	20%
Choline	20% •Biotin	20%
lodine	20% • Magnesium	20%
Zinc	20% ·Selenium	20%
Copper	20% • Manganese	20%
Chromium	20% · Molybdenum	20%
Pantothenic Acid	20%	

INGREDIENTS: FILTERED WATER, MALTODEX-TRIN. SOY PROTEIN ISOLATE. HIGH OLEIC SUN-FLOWER OIL ISOMALTULOSE, ALKALIZED COCOA POWDER, CANOLA OIL, NATURAL AND ARTIFICIAL FLAVORS, SOLUBLE CORN FIBER. SOY LECITHIN, TRICALCIUM PHOSPHATE, PO-TASSIUM CHLORIDE, MAGNESIUM PHOSPHATE, ASCORBIC ACID. CELLULOSE. SALT. CHOLINE CHLORIDE, GELLAN GUM, SUCRALOSE, DL-AL-PHA-TOCOPHERYL ACETATE, D-CALCIUM PAN-TOTHENATE, NIACINAMIDE, FERROUS BISGLY-CINATE. ZINC OXIDE, COPPER GLUCONATE, THIAMINE HYDROCHLORIDE, MANGANESE SUL-FATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLA-VIN, VITAMIN A PALMITATE, CHROMIUM CHLO-RIDE, BIOTIN, POTASSIUM IODIDE, FOLIC ACID. SODIUM MOLYBDATE, SODIUM SELENITE, PHY-TONADIONE, VITAMIN D, VITAMIN B12. CON-

TAINS: SOY

MANUFACTURED FOR ROSA FOODS, INC. LOS ANGELES, CA 90012

While not intended to replace every meal, Soylent can replace any meal.

Children, women who are pregnant, nursing, or may become pregnant should consult their doctor before consuming Soylent. Please refer to soylent.com/notes for more information.

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*THE % DAILY VALUE 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.