



Soylent 1.1
Release Notes

Dear Customer,

The powder you now behold is more than meets the eye. This mix of mass, energy, and information is the staple food of the future. Refined, robust, and efficient, Soylent is food that works. And it would not be here if not for you.

You are a vital member of the network that transformed Soylent from information to matter, from idea to flesh. Your contribution and support make you an integral part of Soylent, the structures of which are soon to become an integral part of you.

Remember every sip of Soylent is a tiny gratuity toward producing food ephemerally, toward reducing health disparity, toward answering questions about our food and ourselves that have gone unanswered for too long.

If you are what you eat you may now consider yourself healthy and practical.

Soylent, like life itself, is in a continual state of change and improvement and we need your input to make it ever better.

Thank you for ordering, and do stay in touch.

A handwritten signature in black ink that reads "Rob Rhinehart". The script is fluid and cursive, with the first letters of "Rob" and "Rhinehart" being significantly larger and more stylized than the rest of the text.

Rob Rhinehart
CEO Rosa Labs
rob@soylent.me

Soylent 1.1 Changelog

Formula Updates

- 01 Soylent 1.1 now contains a digestive enzyme blend consisting of *Hyphenate alpha-galactosidase* and *proteases*. These enzymes break down proteins and carbohydrates into smaller, more easily digestible fragments.
- 02 The amount of Sucralose in Soylent 1.1 has been lowered from 60mg to 30mg per pouch.

Packaging Updates

- 01 Shipping boxes have been reduced over 50% in size.
 - 02 Pouches include improved powder-resistant zippers.
 - 03 Oil bottles have updated design and improved seals.
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Inside the box



Soylent 1.1 Powder



15.8 ounces
447 grams
1530 calories



Soylent 1.1 Oil Blend



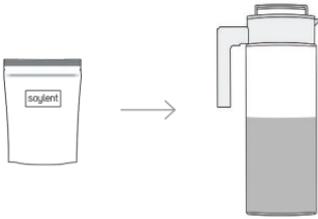
2 fluid ounces
58.2 milliliters
480 calories

Before you prepare Soylent 1.1

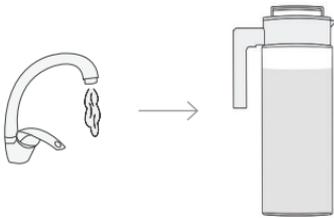
You will also need:

- 1 airtight pitcher (64 fl. oz.)
 - 1.6 liters (54 fl. oz.) room temperature water
 - Ice, or 2-3 hours refrigeration time
 - Drinking vessel
- 01 Wash the airtight pitcher with soap and warm water prior to use.
 - 02 Soylent tastes best when prepared with water free of impurities. Consider using distilled water if your tap water has a strong taste.
 - 03 Texture is improved by the use of room temperature water during preparation, but for best taste Soylent should be consumed at 41°F or below. To consume Soylent immediately after preparation, chill with ice.

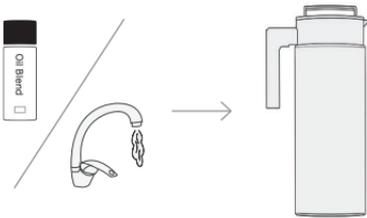
Making your first pitcher of Soylent 1.1



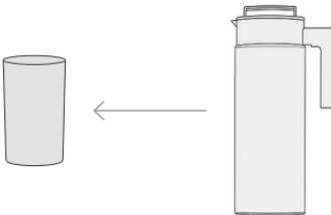
01 Open a pouch of Soylent mix and empty into airtight pitcher.



02 Add water until the pitcher is mostly full. Secure airtight lid and shake vigorously for at least 30 seconds. *To prevent leaks, avoid overtightening the lid.*



03 Remove lid. Add oil blend and water to fill. Replace the lid and shake for another 30 seconds.



04 Pour Soylent over ice (or refrigerate and consume 2-3 hours after preparing) and enjoy!

**Refrigerate immediately. Consume prepared Soylent within 48 hours.
Always shake well before pouring.**

Integrating Soygent into your daily life

Soygent is a new kind of food, and integrating it into your life has considerations that are different than other foods.

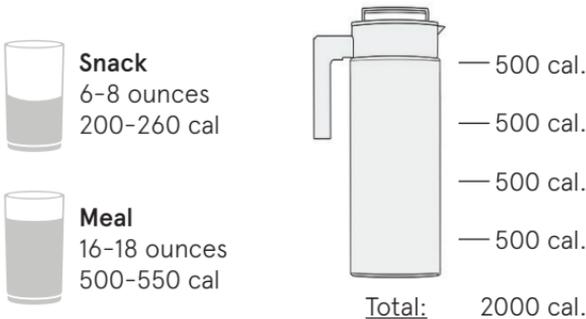
How much? How Often?

As a nutritional tool with various uses, you will have to reflect on your diet and lifestyle to find the best way to fit Soygent into your life. Some people use it almost exclusively, while others use it 2-3 times per week.

There is no right or wrong amount of Soygent to eat - the whole idea is to find a balance that works for you.

Possible Serving Sizes

Remember, these are just suggestions! You may find that larger or smaller servings work better for your body.



Most people consume less than 2000 calories of Soygent daily. This means that a pitcher of Soygent often lasts 2 days.

Personalizing your Soylent intake

Soylent's nutritional profile has been optimized for the average adult human, using guidelines from the Institute of Medicine, United States FDA, and our physician team.

You must account for your individual physiology to fully optimize your Soylent experience.

01 Baseline Caloric Requirements

Each person burns calories at a different rate based on build and activity level. This is known as the Basal Metabolic Rate (BMR).

Visit <http://bmr.soylent.me/> to get a better understanding of your personal caloric needs. Knowing your BMR is useful for overall health, not just Soylent consumption.

02 Lifestyle & Activity Levels

Soylent is different than other foods and may require some modification to fit your personal nutritional profile.

- * Soylent provides slightly less sodium per day than necessary. If you experience headaches or tiredness we recommend adding $\frac{1}{4}$ teaspoon table salt per pouch of Soylent.
- * The IOM recommends 2.7-3.7L+ of water per day depending on build and activity level. Soylent provides 1.6L, meaning you must consume a significant amount of water in addition to Soylent.



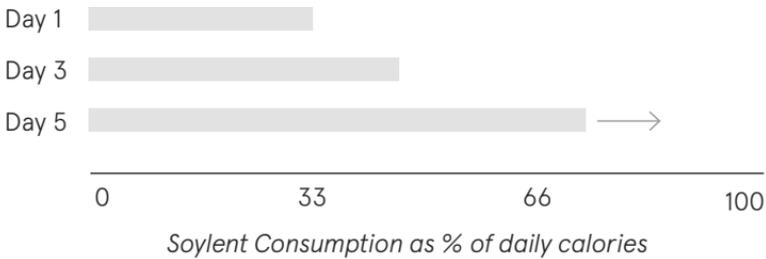
Transitioning to a Soylent-rich diet

Like any change in diet, eating Soylent may cause side effects such as flatulence, bloating, and headaches as your body adjusts to this, new, nutrient-and-fiber-rich food.

To mitigate potential digestive concerns, follow these guidelines:

- 01 Slowly build your consumption of Soylent to allow your body time to adjust.
- 02 If you start to experience side effects while increasing consumption, try reducing your Soylent intake to previous levels and give your body more time to adapt.
- 03 Over-the-counter digestive enzymes (Beano®) and/or simethicone (Gas-X®) can help reduce these issues.

Scaling up your Soylent consumption



Further Applications

Single Meal Preparation

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Flavoring Soylent

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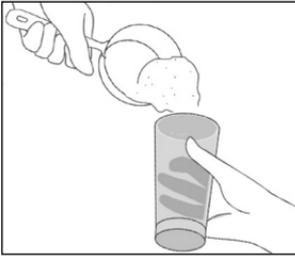
Contact Us

Preparing a single meal

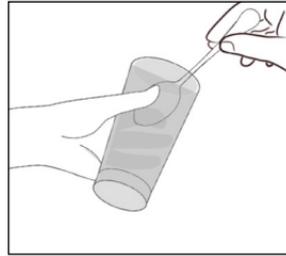
The measuring scoop helps you prepare Soylent in smaller batches. It is best for when you don't want to make a full day, or if you want to take a portion of powdered Soylent with you on-the-go.

1 scoop Soylent + 1.5 tsp oil blend + 2 scoops water

(Multiply as desired. There are roughly 6 scoops per pouch)



Scoop Soylent into drinking vessel.



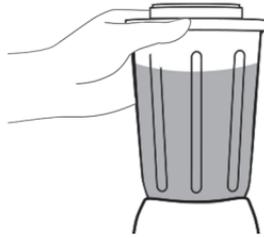
Add water and stir vigorously. Add Oil Blend. Stir for 30 seconds.

For frequent single-meal users, a shaker bottle can provide a superior preparation experience.

Other ways to enjoy Soylent

Preparing Soylent with a blender is fast and easy. It is also the best way to experiment with flavoring your Soylent.

You can prepare an entire pouch of Soylent in the blender, or blend a single serving of prepared Soylent together with flavorings. It's up to you!



Try the following blended with 16 oz. of Soylent and enjoy!

- 01 Peanut Butter - Add 2 tbsp of peanut butter (or your favorite nut butter).



- 02 PB&J - Add 2 tbsp of peanut butter and ¼ cup of fresh or frozen berries.



- 03 Banana Berry - Add ½ medium banana and ¼ cup berries (or other fruit).



- 04 Chocolate - Add 2 tbsp chocolate syrup.



Contact Us

Have feedback on Soylent 1.1 for the team? We would love to hear what you think!

Send Feedback or Concerns to:
info@soylent.me

#SoylentPioneer

You are among the first to explore the possibilities of Soylent. Help us make Soylent better by sharing your experiences!

Make sure to use #SoylentPioneer so we can join the conversation!

We look forward to sharing your stories with the rest of the Soylent community.

Find us here:

[instagram.com/soylent](https://www.instagram.com/soylent)

twitter.com/soylent

[facebook.com/soylentme](https://www.facebook.com/soylentme)

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