
Our mission

Expand access to quality nutrition through food system innovation.

Soylent 1.6

Soylent 1.6 has updated many aspects of the powder formula. The macronutrient ratio has changed to 45/35/20 (fats/carbs/proteins)

What we changed

Whole Algal Flour

Whole algal flour is a lipid rich ingredient derived from an aquaculture of microalgae. Whole algal flour contains healthy oil composed primarily of oleic acid, a monounsaturated fat.

Algal Oil (High Oleic)

This algal oil is composed of monounsaturated fat, primarily oleic acid. It acts as a replacement for sunflower oil with minimal taste and less environmental impact.

Brown rice protein has been completely replaced with soy protein.

Soy Protein Isolate

The benefits include higher PDCAAS score (improved digestibility and better amino acid profile), smoother texture, decreased cost, and minimal heavy metal content compared to brown rice protein.

IMO has taken the place of cellulose in the previous version.

Isomaltooligosaccharide (IMO)

This new ingredient is a soluble prebiotic fiber composed of short chains of partially digestible carbohydrates. Isomaltooligosaccharides support the growth of beneficial gut bacteria and promote a gut environment that resists colonization by harmful microorganisms.

Isomaltulose

Isomaltulose has been increased to improve glycemic index and texture.

1.6 Release Notes

Updated August 2016

Maltodextrin

This is a polysaccharide used as a significant source of carbohydrates. It provides a bland taste and great dispersibility while still being cost effective relative to other raw ingredients.

Modified Food Starch

This new ingredient is a cold water swelling modified food starch derived from waxy maize. Its primary function is to add superior mouthfeel and body to the drink to help create a balance between satiety and viscosity.

Soy Lecithin

Soy Lecithin has been lowered to decrease the amount of phosphatidylcholine which may cause side effects if in excess. We have implemented choline chloride in the powdered oil blend.

Vitamin/Mineral Premix

The premix has been adjusted according to ingredient changes and macronutrient ratio differences.

Dipotassium Phosphate (DKP)

Dipotassium phosphate is now used in place of potassium gluconate. Dipotassium Phosphate is a more efficient source delivering more potassium per gram than its counterpart.

Salt

Salt has been reduced significantly due to the high quantity of sodium in soy protein isolate and whole algal flour. Saltiness in the formula has been reduced without reducing the quantity of nutritional sodium.

Potassium Chloride

The addition of potassium chloride now reaches the goal of 2300 mg of chloride per bag of Soylent while also adding an additional source of potassium.

Xanthan Gum

We have changed our gums to a finer powder for greater dispersibility and hydration. This ingredient provides suspension and viscosity which may help increase satiety.

1.6 Release Notes

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Natural Flavor

This flavor helps mask off notes such as the soy flavor and the algae flavor. It acts synergistically with the sucralose to help balance the salty/umami note from the algae flour as well as the soy bean-y note from the soy protein.

Sucralose

Sucralose has been increased from .015g to .023g. The sweetness was introduced to balance out the salty umami note of the algal flour to provide a pleasant overall balanced taste.

What we took out

LifesDHA

LifesDHA has been removed due to concerns of stability and the inability to pair it with an appropriate quantity of EPA due to the necessary heat of spray drying.

Gum Blend

The gum blend (Ultrasmooth Powder) has been changed back to only xanthan gum. Carrageenan and cellulose gum are no longer necessary with the switch to soy protein.

Potato Starch Penovo 00/Rice Starch Penpure 30

These starches have been replaced in favor of lower glycemic carbohydrates. We now use a waxy maize starch to improve texture and mouthfeel.

Cellulose

Cellulose has been removed in favor of IMO.

Oat Flour

Removing the oat flour allows us to have a superior texture and creamier mouthfeel without imparting sliminess. It previously functioned as a low glycemic carbohydrate, but the increase of isomaltulose and monounsaturated fats yields a lower glycemic index than previous formulas with oat flour.

Trehalose

Trehalose has been removed to optimize flavor with our new ingredients.

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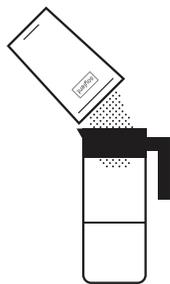
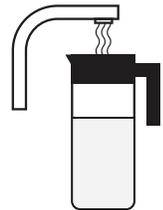
Preparing Soylent

While the serving size has changed slightly from 115g to 106g, preparing Soylent 1.6 is the same as previous versions. Prepare a serving at a time, a full day's worth, or something in between that fits your needs.

Consider using distilled water if your tap water has a strong taste.

To make a full pitcher you'll need:

- 1 airtight pitcher (64 fl. oz.)
- 1.6 liters (54 fl. oz.) of water
- Ice, or 2-3 hours of refrigeration

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Fill 2 quart pitcher halfway with water. Add contents of Soylent pouch. Seal pitcher and shake vigorously for 30 seconds.	Unseal pitcher and add water to fill. Reseal and shake vigorously for 30 seconds. Top off with water and shake as needed to eliminate clumps.	Store in fridge and consume within 2 days. Immediately dispose of any Soylent suspected to have spoiled.

As always, Soylent is best enjoyed cold. Refrigerate before consuming or add ice for immediate consumption.

Portioning Soylent

Soylent is customizable to your needs. You can make 2000kcal of food at once, or prepare smaller meals or snacks as you need them.

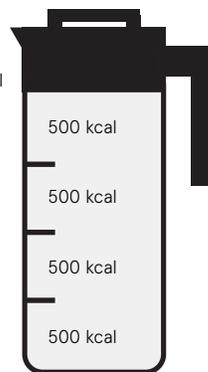
Snack:
6-8 oz
200-250 kcal



Meal:
16-18 oz
500-550 kcal



Total:
2000 kcal



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Nutrition Facts	
Servings Per Container 4	
Serving Size 1/4 pouch (106g)	
Amount Per Serving	
Calories 500	
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 2.5g	13%
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 17g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 47g	16%
Dietary Fiber 7g	28%
Soluble Fiber 6g	
Total Sugars 19g	
Includes 19g Added Sugars	38%
Protein 25g	
Vitamin D 3mcg	25% • Calcium 250mg 25%
Iron 5mg	25% • Potassium 866mg 25%
Vitamin A	25% • Vitamin C 25%
Chloride	15% • Vitamin E 25%
Vitamin K	25% • Thiamin 25%
Riboflavin	25% • Niacin 25%
Vitamin B6	25% • Folic Acid 25%
Vitamin B12	25% • Biotin 25%
Vitamin B5	25% • Magnesium 25%
Iodine	25% • Selenium 25%
Zinc	25% • Manganese 25%
Copper	25% • Molybdenum 25%
Chromium	25% • Choline 25%

INGREDIENTS: Soy Protein Isolate, Isomaltulose, Maltodextrin, Canola Oil, Isomaltooligosaccharide, High Oleic Algal Oil, Modified Food Starch, Whole Algal Flour, Soy Lecithin, Magnesium Phosphate, Tricalcium Phosphate, Natural Flavor, Potassium Chloride, Mono & Diglycerides, Salt, Xanthan Gum, Dipotassium Phosphate, Choline Chloride, Mixed Tocopherols, dl-alpha-Tocopheryl Acetate, Sodium Ascorbate, Ferrous Gluconate, Zinc Sulfate, Sucralose, Calcium Pantothenate, Niacinamide, Copper Gluconate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Chromium Chloride, Potassium Iodide, Biotin, Sodium Molybdate, Sodium Selenite, Phytanadione, Folic Acid, Vitamin D, Vitamin B12. **Contains: Soy**

Manufactured for Rosa Labs
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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.

Soylent® is a trademark of Rosa Labs.

Contact us

If reporting an issue with your shipment, please include photos and lot number (printed on the pouch and the box) if possible.

We want to hear from you. Do you love Soylent? Tell us! Do you think we could be doing something better? Tell us! Send your feedback to info@soylent.com

You can also find us on social media, follow us and join the conversation:

@soylent



The fine print

Soylent's nutritional profile is formulated to meet the needs of the average adult *Homo sapiens*. There are certain populations whose nutritional requirements may differ significantly from the average, and we recommend that those individuals consult their doctor before consuming Soylent. These populations include children under the age of 10, and women who are pregnant, nursing, or may become pregnant.

For this reason, Soylent packaging includes the following message:

Children, women who are pregnant, nursing, or may become pregnant should consult their doctor before consuming Soylent.

New regulation will begin requiring labeling for products that are made using genetically engineered components. This regulation will be required only in some states, but we have chosen to label all of our packaging.

For this reason, Soylent packaging includes the following message:

 **Produced with
genetic engineering.**

To learn more about Soylent's use of GMOs, visit soylent.com/gmo