
1.8 Release Notes

Released March 2017

Our mission

Expand access to quality nutrition through food system innovation.

Soylent 1.8

Soylent 1.8 swaps out a few ingredients in order to improve the digestive experience for some consumers.

Changelog

Creamer

High Oleic Canola & High Stability Algal Oil Creamer were replaced with High Oleic Canola Creamer. High Oleic Canola Oil has a great neutral taste profile while still containing the targeted amounts of Omega 6 and Omega 3 based on the IOM AI (Adequate Intake).

Fiber

Fiber source has been changed from Isomaltooligosaccharide to Soluble Corn Fiber. We found that Soluble corn fiber provided a truer source of fiber to the consumer.

Gums

Due to the thickening nature of fiber, we were able to decrease the gums slightly from 1g to 0.5g.

Serving size

While the serving size and calorie counts have not changed, the weight of each serving has changed from 84.8g/serving to 87g/serving.

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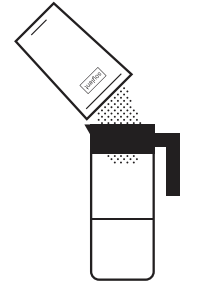
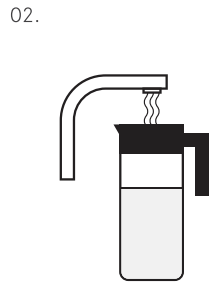
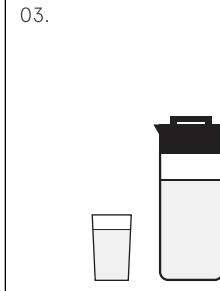
Preparing Soylent

Preparing Soylent 1.8 is the same as the previous version. Make 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:

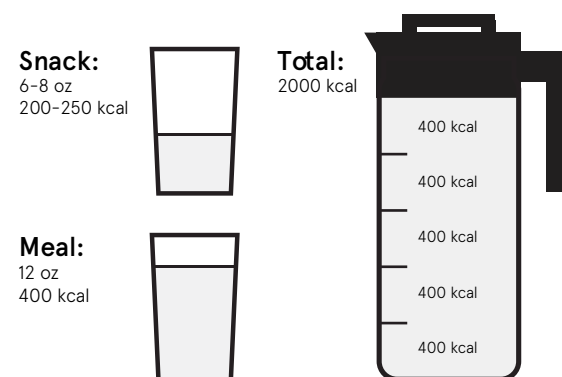
- 1 airtight pitcher (64 fl. oz.)
- 1.6 liters (54 fl. oz.) of water
- Ice, or 2-3 hours of refrigeration

01. 	02. 	03. 
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 2000 kcal of food at once, or prepare smaller meals or snacks as you need them.



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Nutrition Facts

5 Servings Per Container	
Serving Size	1/5 pouch (87g)
Amount Per Serving	
Calories	400
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 1.5g	8%
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 14g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	20%
Soluble Fiber 5g	
Total Sugars 15g	
Includes 15g Added Sugars	30%
Protein 20g	
Vitamin D 2mcg	20% · Calcium 200mg 20%
Iron 3.6mg	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%
Iodine	20% · Magnesium 20%
Zinc	20% · Selenium 20%
Copper	20% · Manganese 20%
Chromium	20% · Molybdenum 20%
Pantothenic Acid	20%

INGREDIENTS: SOY PROTEIN ISOLATE, HIGH OLEIC CANOLA OIL, MALTODEXTRIN, ISOMALTULOSE, SOLUBLE CORN FIBER, MODIFIED FOOD STARCH, POTASSIUM CHLORIDE, MAGNESIUM PHOSPHATE, TRICALCIUM PHOSPHATE, SOY LECITHIN, DIPOTASSIUM PHOSPHATE, MONO & DIGLYCERIDE, SALT, CHOLINE CHLORIDE, NATURAL FLAVOR, XANTHAN GUM, SODIUM ASCORBATE, MIXED TOCOPHEROL, DL-ALPHA-TOCOPHERYL ACETATE, FERROUS GLUCONATE, ZINC SULFATE, D-CALCIUM PANTOTHENATE, NIACINAMIDE, SUCRALOSE, THIAMINE HYDROCHLORIDE, COPPER GLUCONATE, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULFATE, RIBOFLAVIN, VITAMIN A PALMITATE, POTASSIUM IODIDE, CHROMIUM CHLORIDE, BIOTIN, FOLIC ACID, SODIUM MOLYBDATE, PHYTONADIONE, SODIUM SELENITE, VITAMIN D2, VITAMIN B12. **CONTAINS: 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.

Soylent® is a trademark of Rosa Foods, Inc.

*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.

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