
Soylent x Amazon FAQ Guide

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Technical Information

If the request cannot be answered with the information given on this sheet, please forward the request to info@soylent.com

- Each bottle is 14 oz. total.
- 345 grams (also mL) of water in each bottle.
- GMO ingredients include: Maltodextrin (corn), Soy Protein Isolate and soy lecithin
- Algae Oil is a monounsaturated Omega-9 fatty acid
- Isomaltulose has a GI score of 32. It is a slow digesting disaccharide and brings the total GI Score of Soylent 2.0 to 49. 0-55 is considered a low glycemic index. Soylent 1.5 is 65 and is considered to have a medium response.
- Isomaltulose is shown to be non-cariogenic (does not promote tooth decay)
- Canola oil is the source of Omega-3 and Omega-6 fatty acids. There are .54 g of ALA (n-3) and 1.13 g of linoleic acid (n-6). Currently no DHA or EPA.
- Rice Starch is another carb source
- Oat fiber offers 2.19 g of fiber, 2.13 is insoluble, .06 is soluble
- Isomaltooligosaccharide is a prebiotic fiber, to promote healthy gut bacteria. .6 grams insoluble fiber.
- Soy lecithin is our emulsifier
- Gellan Gum is our stabilizer. Viscosity (and therefore taste) are determined by the gum ingredients
- Sucralose is used to cover the bitter taste of the vitamin and mineral blend. We use 1/10 of the sweetener used in a typical diet soda
- Macronutrient ratio: 47% fats, 33% carbohydrate, 20% protein
 - High fat content due to monounsaturated fats, which are not linked to the negative health consequences of a high fat diet.
- Gluten levels tested below 5ppm (lower than FDA requirements for "gluten free"), but due to the small sample size (3 bottles) we can't guarantee that all bottles are gluten free.

Nutrition Facts	
Serving Size 1 bottle Soylent (414 mL)	
Servings Per Container 1	
Amount Per Serving	
Calories	400
Calories from Fat	190
	% Daily Value*
Total Fat 21g	35%
Saturated Fat 2g	10%
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 16g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Potassium 700mg	20%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Sugars 9g	
Protein 20g	
Vitamin A 20%	Vitamin C 20%
Calcium 20%	Iron 20%
Vitamin D 20%	Vitamin E 20%
Vitamin K 20%	Thiamin 20%
Riboflavin 20%	Niacin 20%
Vitamin B6 20%	Folic Acid 20%
Vitamin B12 20%	Biotin 20%
Pantothenic Acid 20%	Phosphorus 20%
Iodine 20%	Magnesium 20%
Zinc 20%	Selenium 20%
Copper 20%	Manganese 20%
Chromium 20%	Molybdenum 20%
Chloride 15%	

Ingredients: Water, Maltodextrin, Soy Protein Isolate, High Oleic Algal Oil, Isomaltulose, Canola Oil, Rice Starch, Oat Fiber, Isomaltooligosaccharide, Soy Lecithin, Potassium Chloride, Calcium Phosphate, Magnesium Phosphate, Natural & Artificial Flavors, Dipotassium Phosphate, Salt, Choline Chloride, Gellan Gum, Sodium Ascorbate, dl-alpha-Tocopheryl Acetate, Ferrous Gluconate, Vitamin A Palmitate, Zinc Sulfate, Niacinamide, Sucralose, Calcium Pantothenate, Thiamine Hydrochloride, Copper Gluconate, Manganese Sulfate, Riboflavin, Pyridoxine Hydrochloride, Vitamin D, Potassium Iodide, Chromium Chloride, Biotin, Folic Acid, Sodium Molybdate, Phytonadione, Sodium Selenite, Vitamin B12.

Contains: Soy.

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*The main source of
protein in Soylent 2.0 is
Soy Protein Isolate*

Soy Protein Isolate

The benefits include higher PDCAAS score (improved digestibility and better amino acid profile), smoother texture, and minimal heavy metal content.

Soylent does not use whole soy, just the protein isolate. Isoflavone levels of soy protein isolate are much lower than those in soy flour or tofu. These levels are much lower than any that have shown to have an effect, and much of the research on what impact soy can have on testosterone levels has been disproven. Currently each bottle contains 52 mg of isoflavones

Soy also offers a robust amino acid profile, featuring all essential AA:

- Histidine - 0.45 g
- Isoleucine - 0.84 g
- Leucine - 1.4 g
- Lysine - 1.1 g
- Methionine - 0.23 g
- Phenylalanine - 0.90 g
- Threonine - 0.64 g
- Tryptophan - 0.23 g
- Valine - 0.86 g
- Arginine - 1.3 g
- Cysteine - 0.21 g
- Glycine - 0.72 g
- Proline - 0.88 g
- Tyrosine - 0.64 g
- Alanine - 0.74 g
- Aspartic Acid - 2.0 g
- Glutamic - 3.3 g
- Serine - 0.90 g

General Info

- Produced in Joplin, Missouri by Jasper Products
- Shelf life of one year from the manufacturing date, longer if refrigerated
- Product is vegan
- Not certified gluten free, kosher, halal, etc.
- Allergens: soy
- Not designed to treat or prevent any illness or condition
- Can be mixed with other foods to fit your diet/ lifestyle
- Once opened, refrigerate and consume within 3 days

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