



Soylent 1.4  
Release Notes

Revised 2/2015

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 "Robert Rhinehart". The script is fluid and cursive, with the first letters of "Robert" and "Rhinehart" being capitalized and prominent.

Rob Rhinehart  
CEO Rosa Labs  
rob@soylent.me

# Soylent 1.4 Changelog

---

## **Formula Updates**

### ***Removal of bottled oil blend***

- 01 Fat sources are now powdered oils: sunflower, flaxseed, safflower and life'sDHA algal oil. The bottled canola & fish oil blend is no longer utilized.

### ***Digestibility and glycemic index improvements***

- 02 Macronutrient ratio has shifted from 50/30/20 to 43/40/17 carbs/fat/protein.
- 03 Oat flour content reduced from 110g to 70g/pouch.
- 04 Maltodextrin content reduced from 165g to 70g/pouch.
- 05 Protein content reduced from 113g to 84g/pouch.
- 06 Carbohydrate source is now a blend of oat flour, corn maltodextrin, isomaltulose, and food starches (potato, rice).
- 07 Gum acacia removed.
- 08 Soluble fiber content reduced from 10g to 3.9g/pouch.
- 09 Total fiber content reduced from 30g to 16g/pouch.

### ***Other formula changes***

- 10 Sodium content increased from 1080mg to 1640 mg/pouch.
- 11 Chloride content increased from 1260mg to 2300mg/pouch.
- 12 Artificial vanilla flavor removed.

# Soylent 1.4 Changelog

---

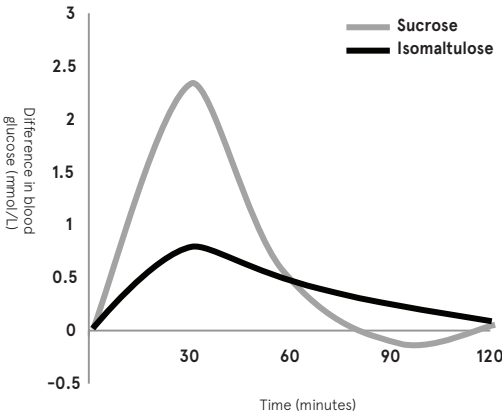
## Packaging Updates

- 01 To better reflect average consumption habits, number of servings per pouch has been increased to four.
- 02 Shipping boxes have been reduced in size to account for removal of oil blend bottles.

## Nutrition facts label clarification

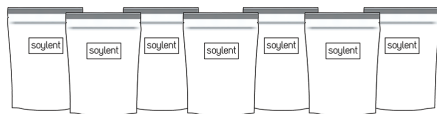
The Soylent 1.4 nutrition facts label indicates a sugar content of 44g/pouch, compared to 6g/pouch in earlier versions. This number is somewhat misleading, as 44g of sucrose (table sugar) would result in an unbalanced nutritional profile. Soylent 1.4 contains only 2.7g/pouch of sucrose.

The remainder of the labeled sugar content comes from isomaltulose. While derived from sucrose, Isomaltulose is absorbed into the bloodstream at a much slower rate than sucrose and does not cause rapid and unhealthy changes in blood sugar levels.



## Inside the box

---



### **Soylent 1.4**

*Per pouch:*  
16.2 ounces  
459 grams  
2000 calories

## Before you prepare Soylent 1.4

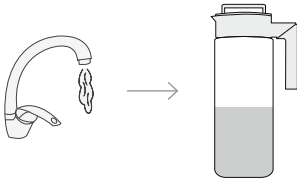
---

### **You will also need:**

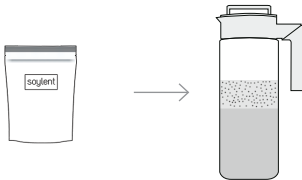
- 1 airtight pitcher (64 fl. oz.)
  - 1.6 liters (54 fl. oz.) room temperature water
  - Ice, or 2-3 hours refrigeration time
  - Drinking vessel
- 01 Wash the airtight pitcher with soap and warm water prior to use.
  - 02 Soylent tastes best when prepared with water free of impurities. Consider using 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 1.4

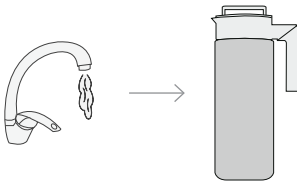
---



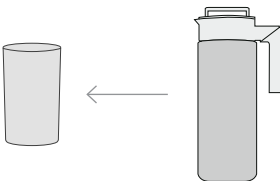
01 Fill 2 quart pitcher halfway with water.



02 Add contents of Soylent pouch. Seal pitcher and shake vigorously for 30 seconds. *To prevent leaks, avoid overtightening the lid.*



03 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.



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 SoyLent into your daily life

---

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

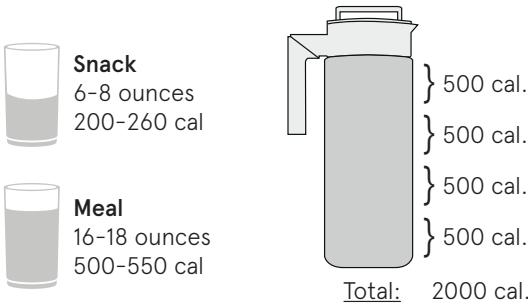
## How much? How Often?

As a nutritional tool with various uses, you will have to reflect on your diet and lifestyle to find the best way to fit Soylent 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 Soylent 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 Soylent daily. This means that a pitcher of Soylent often lasts 2 days.

# Personalizing your Soylent intake

---

Soylent's nutritional profile has been optimized for the average adult *Homo sapiens sapiens*, using guidelines from the Institute of Medicine, US Food and Drug Administration, 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 **Water consumption**

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

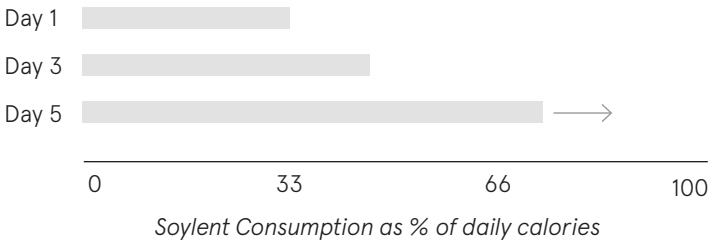
---

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

\*\*

Flavoring Soylent

\*\*

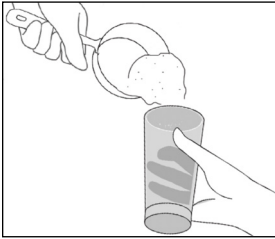
Contact Us

# Preparing a single meal

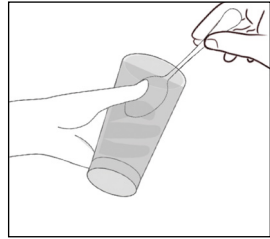
---

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 + 2 scoops water**  
*(Multiply as desired. There are roughly 6-8 scoops per pouch)*



Scoop Soylent into drinking vessel.



Add water and stir until smooth.

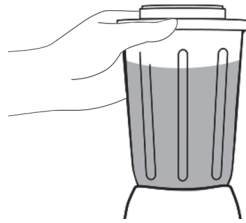
For frequent single-meal users, a shaker bottle can provide a superior preparation experience.

# 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 prepared 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 Honey Nut - Add 1 oz nuts and 1 tbsp honey.



# Contact Us

---

Have feedback on Soylent 1.4 for the team? We would love to hear what you think!

Send feedback or concerns to:

**info@soylent.me**

*If you are reporting an issue with your shipment, please include photos and lot number (printed above version number on pouch) if possible.*

## #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**

**twitter.com/soylent**

**facebook.com/soylentme**

# Appendix

Soylent Changelogs

# Soylent 1.3 Changelog

---

*Released December 2014*

## **Formula Updates**

- 01 Potassium gluconate has been replaced with dipotassium phosphate. This change has reduced the mass of a Soylent 1.4 pouch to 432 grams.

## **Packaging Updates**

- 01 Shipping boxes have been slightly reduced in size.

# Soylent 1.2 Changelog

---

*Released November 2014*

## **Formula Updates**

- 01 Soylent 1.2 contains no animal products. The Soylent 1.2 oil blend now utilizes an oil produced from the algae species *Schizochytrium* as a source of the omega-3 essential fatty acids Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). This algal oil completely replaces fish oil in the Soylent oil blend.
- 02 Customer feedback regarding improved digestibility of Soylent 1.1 was inconclusive. Soylent 1.2 does not contain a digestive enzyme blend.



# Soylent 1.1 Changelog

---

*Released October 2014*

## **Formula Updates**

- 01 Soylent 1.1 now contains a digestive enzyme blend consisting of *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.

© Rosa Labs 2015

Soylent® is a registered trademark of Rosa Labs