

Soylent Squared Ingredients: \$18/lb for Soy, Corn Syrup, and Canola Oil

written by Mike Roberto | April 19, 2019

In case you were looking for the new **Soylent Squared** ingredients, as they've made them rather impossible to find on their website (wonder why??):

Ingredients: Soy Protein Isolate, Corn Syrup, Canola Oil, Glycerin, Soluble Corn Fiber, Whole Oat Flour, Isomaltulose, Alkalized Cocoa Powder, Maltodextrin, Modified Food Starch, Natural And Artificial Flavor, Tricalcium Phosphate, Salt, Filtered Water, Magnesium Phosphate, Soy Lecithin, Potassium Chloride, Dipotassium Phosphate, Choline Chloride, *Bacillus coagulans* GBI-30 6086, Mono & Diglyceride, Mixed Tocopherol, Ascorbic Acid, Sucralose, Niacinamide, DL-Alpha-Tocopheryl Acetate, Zinc Oxide, Ferrous Fumarate, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Potassium Iodide, Chromium Chloride, Phytonadione, Sodium Selenite, Sodium Molybdate, Biotin, Vitamin D2, Vitamin B12.

CONTAINS: SOY.

*Includes 2 essential fatty acids and 9 essential amino acids
Best enjoyed with water.

MANUFACTURED FOR SOYLENT NUTRITION, INC.

LOS ANGELES, CA 90013

Nutrition Facts			
Servings Per Container 30		1 bar (25g)	
Serving Size			
Amount Per Serving	Per bar	Per 2 bars	
Calories	100	200	
	% DV*	% DV*	
Total Fat	4.5 g	6%	9g 11%
Saturated Fat	0g	0%	1g 5%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	85mg	4%	170mg 7%
Total Carbohydrate	12g	4%	24g 9%
Dietary Fiber	2g	7%	3g 12%
Total Sugars	2g		5g
Includes 2g Added Sugars		4%	4g 9%
Protein	5g	9%	10g 18%
Vitamin D	1mcg	6%	2mcg 10%
Calcium	80mg	6%	130mg 10%
Iron	1mg	6%	2mg 10%
Potassium	189mg	4%	377mg 8%
Vitamin A	55mcg	6%	90mcg 10%
Vitamin C	6mg	6%	9mg 10%
Vitamin E	1mg	6%	1.5mg 10%
Vitamin K	7mcg	6%	12mcg 10%
Thiamin	0.07mg	6%	0.12mg 10%
Riboflavin	0.08mg	6%	0.13mg 10%
Niacin	1mg	6%	1.6mg 10%
Vitamin B6	0.1mg	6%	0.2mg 10%
Folate	25mcg	6%	40mcg 10%
Vitamin B12	0.15mcg	6%	0.24mcg 10%
Biotin	2mcg	6%	3mcg 10%
Pantothenic Acid	0.3mg	6%	0.5mg 10%
Iodine	9mcg	6%	15mcg 10%
Magnesium	26mg	6%	42mg 10%
Zinc	0.7mg	6%	1.1mg 10%
Selenium	3mcg	6%	6mcg 10%
Copper	0.05mg	6%	0.09mg 10%
Manganese	0.14mg	6%	0.23mg 10%
Chromium	2mcg	6%	4mcg 10%
Molybdenum	3mcg	6%	5mcg 10%
Choline	33mg	6%	55mg 10%
Chloride	157mg	8%	313mg 15%

*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.

You literally couldn't come up with a more obesogenic selection of ingredients and macronutrient ratios if you tried

12g carbs, 4.5g fat, and 5g protein from soy, corn syrup, canola oil, and a hot mess of other processed garbage.

(Here's what the product looks like)

Canola oil and industrialized processed seed oils: the *real* drivers of the obesity epidemic?

Perhaps it's time to educate the masses on what happens when you put canola oil into your body.

Until then, watch this video:

[SUBSCRIBE ON YouTube](#)

You can also check out our older takedown on **Soylent** titled *Soylent Subterfuge*. Knowing what we know now, these products are *worse* than we thought.