

2019 Fitness Product of the Year: SteelFit's Steel Releaf!

written by Mike Roberto | January 1, 2020

2019 was not only an incredible year in diet, fitness, and sports nutrition, but the 2010s were an incredible *decade*. Dieters are *finally* figuring out how to lose weight and keep muscle without misery, the supplement industry seriously cleaned up its act, and there have been more fitness tools, gadgets, and innovations than one can count.

PricePlow Blog Post

**STOP PAIN NOW!
STEEL RELEAF**

STEEL RELEAF

Drug Facts	
Active ingredients	Proprietary
Uses	
For temporary relief of pain:	
Inactive ingredients	

SteelFit Steel Releaf: Hemp-Based Superdosed Roll-On Pain Relief!

It's our 2019 Fitness Product of the Year! Note that the label above is truncated, but we need to call attention to those "inactive" ingredients way at the bottom in Steel Releaf!

We have several new Supplement Awards to detail, but this one is actually for the **2019 non-supplement Product of the Year**. Of all the clothes, gadgets, accessories, and gear out there, none matter too much if you're too hobbled to use them.

PricePlow's 2019 Fitness Product of the Year

This year's product helps with that. While it has supplemental ingredients and is created by a supplement brand, it is *not* a dietary supplement because it's not ingested. It's *applied*.

We're talking about none other than SteelFit's **Steel Releaf**, the roll-on pain relief cream that brings topical pain management into the new era with a mixture of old and new ingredients – a primary ingredient of which is **hemp extract**.

Below we get a bit into Steel Releaf and discuss why we like it so much, but first, check out our deals and sign up for our SteelFit news alerts, as we're hoping for a big year (hell, a big decade) from the young brand!

SteelFit Steel Releaf – Deals and Price Drop Alerts

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Our 2019 Non-Supplement Product of the Year Recap Video

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What's Steel Releaf for?

Steel Releaf is “pain relief gel” that’s not really in gel form – it comes with a *roll-on* applicator! You use it to provide temporary local relief to any aching muscles, joints, or other connective tissues. You feel it... and then you kind of *don't* feel it – which is exactly the point!

While Steel Releaf won't fix a truly busted joint that requires real medical care, it *can* help with some of the soreness and aches that come with regular hard training. It did for us, to be sure.

This is not a new category, though, so you might be asking what the big deal is with this one. The secret is in the “*extra stuff*” SteelFitUSA added in:

A new take on an old category

Drug Facts

Active Ingredients

Lidocaine Hydrochloride 4%
Menthol 1%

Purpose

} Topical Analgesic

Uses

For temporary relief of pain

Warnings

For external use only

Do not use

- More than one recommended dose at a time
- On broken or irritated skin
- If you are allergic to any ingredients of this product
- In large quantities, particularly over raw surfaces or blistered areas

When using this product

- Use only as directed • Avoid contact with eyes
- Do not wrap the treated skin with plastic wrap or other dressings or apply heat to the skin

Stop use and ask a doctor if

- Condition worsens or symptoms persist for more than 7 days or clear up and occurs again
- Skin reactions occur, such as rash, itching, redness or irritation

If pregnant or breast feeding, ask a health professional before use.

Keep out of reach of children. If product is swallowed, get medical help or contact a Poison Control Center right away.

Directions

Adults and children 12 years and over

- Clean and dry affected area • Apply once, not to exceed 3 to 4 times daily • Roll on affected area of skin
- Children under 12 years of age: Consult a doctor

Other Information

Store at 20-25°C (68-77°F) • Avoid storing product in direct sunlight • Protect product from excessive moisture • You may report serious side effects to (800) 555-8895

Inactive Ingredients

Acrylamide/Sodium Acrylate Copolymer, Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Arnica Montana Flower Extract, Borago Officinalis Seed Oil, Boswellia Serrata Extract, Camellia Oleifera (Green Tea) Leaf Extract, Hemp Derived Isolate (HDI), Chamomilla Recutita (Matricaria) Flower Extract, Curcuma Longa (Turmeric) Root Extract, Glycerin, Harpagophytum Procumbens (Devil's Claw) Root Extract, Mentha Piperita (Peppermint) Oil, Mineral Oil, Oenothera Biennis (Evening Primrose) Oil, Polysorbate 20, Propylene Glycol, Ribes Nigrum (Black Currant) Fruit Extract, Salix Alba (White Willow) Bark Extract, SD Alcohol 40-B, Sodium Hydroxide, Trideceth-6, Water (Aqua).

*This product has been third-party lab tested to be THC Free down to 10 parts per billion.

Look at the *insane* amount of ingredients SteelFit uses here! And look all the way down, the "*inactive*" ones are just as important as the "*actives*"!

If you take *too* quick of a look at Steel Releaf, you might think you're missing something – and you are. There are just two "active" ingredients, **Lidocaine 4%** and **Menthol 1%**. These are the known analgesics / local anesthetics, and they're often seen in other similar products. Great stuff, but not worth an award on their own.

The *inactive* ingredients are where it's at

But keep reading that label... under the *inactive* ingredients, you'll see where the "magic" is at:

- **Hemp-derived isolate (THC Free) – 300mg**
- Aesculus hippocastanum (Horse Chestnut) Seed Extract
- Arnica montana Flower Extract
- Borago officinalis Seed Extract
- Boswellia serrata Extract
- Camellia oleifera (Green Tea) Leaf Extract
- Chamomilla recutita (Matricaria) Flower Extract
- Curcuma longa (Turmeric) Root Extract
- Harpagophytum procumbens (Devil's Claw) Root Extract
- Oenothera biennis (Evening Primrose) Oil
- Ribes nigrum (Black Currant) Fruit Extract
- Salix alba (White Willow) Bark Extract

This is a total *rock star* list of anti-inflammatory compounds, ranging from old Ayurvedic therapies such as turmeric and boswellia to one of the working homeopathic successes in arnica to the pharmaceutical-like pain-killing force in white willow.

Welcoming hemp to the party

But of course, the one most worth mentioning in the "new era" is the **Hemp-derived isolate**, which SteelFit has shown to be THC-free. This adds a whole new dimension to pain relief, as we're just learning about how powerful the cannabinoid system is, and how we've aggravated it with our toxic and inflammatory food supply[1,2] (*hint: certain polyunsaturated omega-6 fatty acids in processed foods and industrial oils are to blame*). It's always great to eat cleaner, but when chasing fitness and muscle gains, we walk a fine line of pro-inflammation and anti-inflammation. After a ridiculous training session, it's good to know that we have tools like Steel Releaf to dampen things down.



Introducing the newest release from SteelFit – Steel Releaf, a *potent* natural pain-relieving aid!

You can read the *full* analysis in our **SteelFit Steel Releaf** blog post, which has several sources cited and drills down into each ingredient (active *and* inactive) in greater detail.

Does it work *too* well?! A bit of caution worth noting

While we clearly love Steel Releaf, at the same time, we have to disclaim! The product works so well that we have to advise caution not to overuse it and train too hard through nagging injuries that may require rest or medical supervision.

Just because it temporarily relieves pain doesn't mean that it's going to solve your problems! Your body is sending pain signals for a *reason*, so you may want to listen to them and get the root of the problem fixed.

But if it's a minor ache that you need some help warming up and stretching out, Steel Releaf is what it's all about.

2019 was a great year for the SteelFit. What's next?

2019 was a huge year for SteelFit. On top of this award, we have to remind you that **Shredded Steel** is still our best-rated fat burner – and they do it *without* a ton of caffeine! This brand is on to big things.

It's worth noting that they're run by the same experts who have *long* been running ProTan, so this industry is not new to them – especially the *topical* side of the game. They proved that to us with Steel Releaf, so maybe we'll have to try their *Buns of Steel* or *Abs of Steel* products next!!!

So what's next for SteelFit in the coming year and decade? Quite honestly, we don't know. But we'll find out, and when we do, we'll be first in line to try it out and report on it. So sign up for our SteelFit news alerts below. Congrats to Rob and the team at SteelFit for putting together such an incredible pain-relieving product!

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References

1. Dyall, Simon C; "Interplay Between n-3 and n-6 Long-Chain Polyunsaturated Fatty Acids and the Endocannabinoid System in Brain Protection and Repair"; *Lipids*; vol. 52,11: 885-900; 2017; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5656721/>
2. Golub, N et al; "Greasing the wheels of managing overweight and obesity with omega-3 fatty acids"; *Medical Hypotheses*; vol. 77,6: 1114-20; 2011; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3210336/>