

# SteelFit Steel Greens: Superfood Reds and Greens Powerhouse

written by Mike Roberto | March 9, 2020



SteelFit is a relatively “new” brand but we’ve known them in the business *forever*. So far their formulas are intense and we’re loving them! See all **SteelFit** products and news on PricePlow!

The supplement industry is filled with high-stim pre workout supplements, aminos, pump products, and protein powders. Companies that were strictly focused on sports performance are now starting to branch out and create more “health” based products. **SteelFit** was one of the industry leaders in this trend a while ago, offering supplements geared towards *health and wellness*, such as *Steel Multi-V*, *Steel Beauty*, and *Steel Pure SunFiber*. However, SteelFit knew there was more they could add to the line, and **Steel Greens** was the obvious choice!



SteelFit’s health and wellness product line continues to grow! Check out the other supplements they offer to build an epic stack!

Greens powders have always been popular because they’re convenient and offer several health benefits. However, the taste typically draws most people away. But with the power of flavoring, testing, research, and development (not to mention some *fruit!*), SteelFit was ready to tackle that issue head on. Thus, Steel Greens was created, but the name is a bit deceiving because it has a lot more ingredients than your standard greens supplement!

## SteelFit Steel Greens: Tasty, Nutritious, Convenient... and Red!

Mom always said, “eat your fruits and vegetables”, and she was definitely right, because they’re packed with vitamins, minerals, antioxidants, and provide a host health benefits! But let’s face it – some days our diet is better than others, and that’s where a greens supplement can serve as a back-up or ‘insurance policy’. Getting enough micronutrients on a daily basis cannot be overstated, as it’s crucial for optimal health and performance.



Let’s say you had a micronutrient deficiency, because you aren’t able or willing to get a wide variety of fruits and veggies (or organ meats) on a daily basis. Taking a supplement will help fill those gaps, and you’ll start noticing a huge difference in how you feel in no time! Regardless of the “*if it fits your macros*” movement, *micronutrients* are just as important as *macronutrients*. Steel Greens’ formula includes a *greens and reds blend*, *digestive enzymes*, and *probiotics* to give you a natural energy boost while keeping your health in check!

### Greens that *don’t* taste like lawnmower residue

However, taking a greens powder can be difficult, because most of them taste

like lawn mower clippings. SteelFit knows that regardless of what benefits a greens powder provides, you won't even bother if it tastes bad. Lucky for you, the team spent months perfecting the flavor, and that won't be a problem. They're making it easier than ever for you to get a nutrient packed drink into your daily routine!

In this blog post, we're going to analyze SteelFit Steel Greens' formula to explain the benefits, uses, and recommend some other products that will create an epic health focused stack! But before we get to it, make sure to sign up for SteelFit news and deal alerts, so you can get exclusive deals, reviews, and never miss a new product or flavor release!

## SteelFit Steel Greens – Deals and Price Drop Alerts

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## SteelFit Steel Greens Macronutrient Profile

First, we want to start off by saying you should always try to consume multiple servings of fruits and vegetables each day. A greens formula is simply a convenient way to get in some extra nutrients or help you out on those days when your diet isn't the best! We generally consider them "one serving" of fruits and/or vegetables to be safe.

As mentioned above, Steel Greens has more beneficial ingredients, such as *probiotics* and *digestive enzymes*, than the majority of other greens products on the market. So, keep that in mind when comparing greens-based supplements – this one may give you more bang for your buck!

## Supplement Facts

Serving Size: 1 Scoop (9.5 g)  
Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	10	
Calories from Fat	0	
Total Fat	0 g	0%
Total Carbohydrates	3 g	1%
Dietary Fiber	2 g	8%
Total Sugar	1 g	†
Protein	<1 g	0%
Calcium (as Calcium D-Glucarate)	60 mg	5%

**Steel Greens™ Organic Greens Blend** 5000 mg †  
Organic Spinach Powder (500 mg), Organic Parsley Powder (500 mg), Organic Kale Powder (500 mg), Organic Barley Grass Powder (500 mg), Organic Chlorella Powder (500 mg), Organic Bell Pepper Powder (500 mg), Organic Green Apple Powder (500 mg), Organic Banana Powder (500 mg), Organic Sweet Potato Powder (500 mg), Organic Broccoli Powder (500 mg).

**Steel Greens™ Organic Reds Blend** 2500 mg †  
Organic Raspberry Powder (625 mg), Organic Blueberry Powder (375 mg), Organic Strawberry Powder (375 mg), Organic Cherry Powder (375 mg), Organic Pomegranate Powder (375 mg), Organic Cranberry Powder (375 mg).

**Steel Greens™ Digestive Health and Absorption Blend**  
Kiwifruit Powder (Actinidia Delicosa) 250 mg †  
DigeZyme® Multi-Enzyme Complex 150 mg †  
α-Amylase (24000 DU/g), Neutral Protease (9000 FC/g), Cellulase (1100 CU/g),  
Lactase (4000 ALU/g), Lipase (200 FPU/g)

**Steel Greens™ Probiotic Support**  
LactoSpore® (Bacillus coagulans, MTCC 5856) 2 Billion CFUs †

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value (DV) Not Established.



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A transparently dosed greens powder is very rare.

There are 30 servings per container, with one scoop weighing in at roughly 9.5g. Here's what you can expect from Steel Greens:

- **Calories: 10**
- **Fat: 0g**
- **Carbs: 3g (Including 2g of Fiber)**
  - **Sugar: 1g**
- **Protein: Less than 1g**

In the grand scheme of things, these are extremely minimal amounts of calories and carbs, so no need to worry. Now let's see what ingredients are delivering the substantial amount of benefits you'll get from Steel Greens!

## SteelFit Steel Greens Ingredients

For this ingredient analysis, there are four main categories we will be focusing on: a *reds complex*, a *greens complex*, *digestive enzymes*, and *probiotiProcs*. There are a few other ingredients in the mix we will cover as well, so buckle up and get ready for a full rundown on Steel Greens!

- **Steel Greens Organic Greens Blend – 5g**

The first combination of ingredients to cover is the Steel Greens **Organic Greens Blend**, which consists of ten nutrient dense foods, such as *kale*, *barley grass*, *spinach*, and *chlorella*. SteelFit also goes above and beyond by listing out exact amounts of each ingredient included in the blend. It's always great to see a transparent label with any supplement.



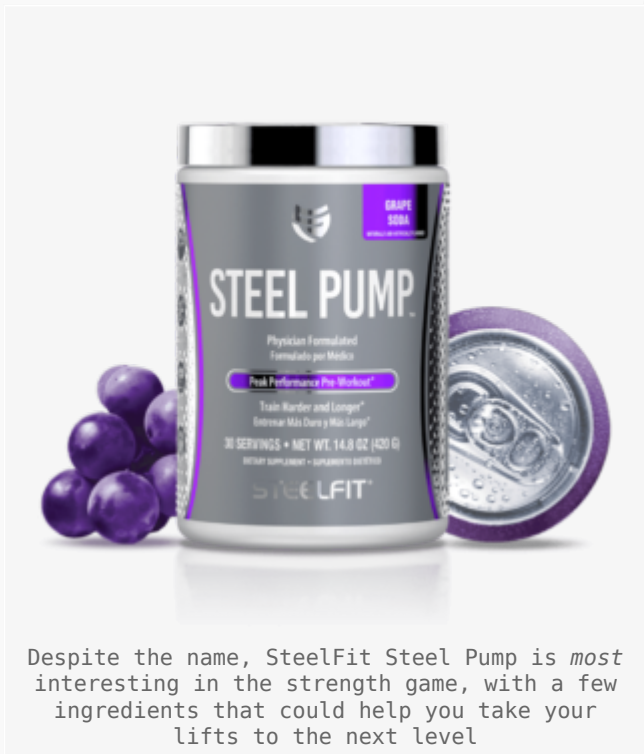
Not only do vegetables contain a high amount of antioxidants, vitamins, and minerals, greens in particular, also provide you with a good dose of *chlorophyll*. In plants, chlorophyll plays a key role in *photosynthesis*, which is how the plant creates energy from water, sunlight, and carbon dioxide in order to survive. Chlorophyll also serves as a color pigment, which is why the plant is green.

What's even more interesting, within the human body, research shows chlorophyll is able to activate *phase 2 enzymes*, [1] including *glutathione*, *catalase*, and *superoxide dismutase*. As a result, endogenous **antioxidant activity gets activated**. [1] Antioxidants can help defend your cells from free radical damage, buffer lactic acid, and create a localized *alkalizing* effect. Research also shows greens powder can increase vitality, energy, and support a healthy immune system. [2]

Therefore, not only are you getting some health benefits, it's likely you'll see an increase in performance as well!

- **Steel Greens Organic Reds Blend – 2.5g**

Alright now that the greens are out of the way, let's see what benefits the **Organic Reds Blend** provides!



This blend is also transparently dosed just like the greens. It features *six* fruits known to provide several health benefits: raspberries, blueberries, strawberries, cherries, pomegranates, and cranberries. The most obvious difference between these fruits are their color, some are red, while others are dark purple. The variation in color is due to the fruits containing different amounts of *anthocyanins*. This compound is a color pigment, similar to chlorophyll, which not only boosts your health, but also helps performance.[3-5]

Anthocyanin consumption has been found to upregulate *endothelial nitric oxide synthase (eNOS)*, which is the enzyme responsible for creating *nitric oxide (NO)*. [3-5] Not only does this play a crucial role in maintaining cardiovascular homeostasis, it also helps vasodilate your blood vessels.[3-5] As a result, there's increased blood flow to the muscles, which boosts oxygen delivery and removal of metabolic waste products. You may possibly notice better pumps in the gym from this!

Since the fruits included in the Organic Reds Blend are also packed with antioxidants, vitamins, and minerals, they may help lower inflammation, defend against oxidative stress, and aid recovery.[6,7] Furthermore, studies show berry consumption can improve cognitive function, insulin response, endothelial function, and have positive effects on blood lipid profiles.[8]

It goes without saying that including a wide variety of fruits and vegetables daily is crucial for optimal health!

- **Steel Greens Digestive Health and Absorption Blend**

Not only does Steel Greens include a solid mix of greens and reds, SteelFit added a few extra ingredients to help with absorption of nutrients and support digestive health!

- **Kiwifruit Powder (*Actinidia Deliciosa*) – 250mg**

**Kiwis** are known for being delicious, loaded with antioxidants, phytochemicals and several vitamins, such as vitamin A, C, K, potassium, and folate.[9] Due to its high nutrient content, research shows kiwis may help prevent illness by boosting your immune system,[9] and improve symptoms associated with asthma, such as wheezing.[10]

Although Kiwifruit can provide several health benefits, the main reason SteelFit included it is because of its positive effect on protein digestion. Kiwis contain a *proteolytic enzyme* called *actinidin*, which has been shown to increase protein digestion, and thus absorption.[11]

Therefore, it's included to serve as an effective digestive aid! This will help ensure your body is able to properly absorb various proteins to get the most out of them. If they just pass through, then they will be practically wasted.

- **DigeZyme Multi-Enzyme Complex ( $\alpha$ -Amylase (24000 DU/g), Neutral Protease (6000 PC/g), Cellulase (1100 CU/g), Lactase (4000 ALU/g), Lipase (200 FIP/g)) – 150mg**

So Kiwifruit powder will help you digest and absorb protein, but what about all the other things we consume? SteelFit has you covered by including **DigeZyme**, a multi-enzyme complex, developed by a *Sabinsa*.

There are five main digestive enzymes that will assist you in breaking down several compounds.



DigeZyme is a Multi Enzyme Complex formulated by a leading ingredient supplier in the industry, Sabinsa Corp.

Here is a short overview of each one and which nutrient it will act upon:

- **$\alpha$ -Amylase:** Starches (carbs)
- **Protease:** Proteins
- **Cellulase:** Cellulose (found in various types of plants)
- **Lactase:** Lactose (found in dairy products)
- **Lipase:** Lipids (fats)

As you can see, DigeZyme includes an enzyme that can act on every macronutrient, which will help you absorb the nutrients better, allowing you get more out of them.[12] Although most people naturally produce these enzymes, due to various factors, your endogenous enzymes may not be running on full cylinders. Thus, having some extra help is never a bad thing.

Absorbing more nutrients may even boost performance and recovery as well. A study done in 2016, found that a multi-enzyme complex was able to reduce markers of muscle damage, as measured by *creatine kinase* and *lactase dehydrogenase*. [13] This resulted in less pain and soreness following a standardized eccentric exercise program. [13] That study used 50mg administered *three times/day*, [13] therefore with Steel Greens your getting the full clinical dose at 150mg!

## • Steel Greens Probiotic Support

Greens supplements are typically *perfect* for anyone trying to improve gut health. So why don't more brands include *probiotics* in theirs?! No clue... but SteelFit *did*:

### • LactoSpore (*Bacillus coagulans*, MTCC 5956) – 2 Billion CFUs

SteelFit wanted to ensure your gut health is functioning optimally, therefore they included **LactoSpore** to round out the formula! LactoSpore is a clinically validated and commercial probiotic developed by *Sabinsa*. [14] It contains *Bacillus coagulans*, MTCC 5965, which is a *L(+)* *lactic acid* producing microbial preparation.





In general, probiotics are microorganisms considered to be “good” bacteria, that may help improve gut health. Although more research is needed, probiotics are proposed to express their positive effects by enhancing gut microflora and producing short chain fatty acids, which may help reduce low level inflammation.[14]

Furthermore, research shows *Bacillus coagulans*, MTCC 5965 supplementation, along with standard care, was effective at treating patients with diarrhea associated with *Irritable Bowel Syndrome (IBS)*. [15]

You can tell SteelFit really took their time formulating Steel Greens, because they didn’t just throw in some spinach, kale, and chlorella, and call it good.

## SteelFit Steel Greens Available Flavors

Unlike the majority of other greens products available, you won’t have to try to mask the flavor or dread taking Steel Greens because it actually tastes good! They offer a good variety of flavors to suit your preference.

SteelFit’s other supplements are delicious, like *Steel Whey* and *Steel Fuel*, so you know they weren’t going to compromise on taste or quality with Steel Greens. On Instagram, it seems that most women’s personal favorite is *Pineapple Ginger*, but pick which one sounds good to you!

Here’s an updated list of all Steel Greens’ available flavors:

## Stackable Products



Start your day off right with SteelFit's Steel Whey and Steel Multi-V!

The main products we recommend stacking with Steel Greens are *Pure Steel Sunfiber* and *Steel Whey*. If you consume whole fruits and vegetables, they pack a large amount of micronutrients, antioxidants, and fiber! Fiber is extremely important for gut health and making sure everything runs smoothly. Typically, getting 25-35g of fiber per day, consisting of both soluble and insoluble fiber is a great range to be in. Pure Steel Sunfiber delivers 6g of soluble fiber in one serving, so that's a great way to make a dent in your daily fiber intake!

### **Don't forget the protein alongside your micronutrients here!**

Lastly, if you struggle to get enough protein per day, then Steel Whey can be a convenient and delicious solution! Steel Whey contains *100% pure whey protein concentrate (WPC80)* to deliver 24-25g of protein in each serving! It also comes in a wide variety of flavors to choose from, such as *Chocolate Milkshake*, *Vanilla Milkshake*, and *Peanut Butter Milkshake*!

Crush your cravings and fuel recovery with Steel Whey, maintain a healthy digestive system with Sunfiber, and hit your daily macronutrient needs with the help of Steel Greens! Now, that's an astounding stack to power your health and performance!

## **SteelFit Steel Greens Packs A Nutrient Powered Punch!**



Although, SteelFit has a comprehensive line of supplements geared towards sports performance, their health and wellness line just keeps getting better! Steel Greens has been a highly anticipated product, and PricePLOW is thrilled to see it finally come to life!

We know not everyone has the perfect diet, thus adding in a supplement like Steel Greens is an excellent way to fill in any deficiencies that may exist. Health should always be your number one priority, so take it seriously! Even if all you care about is your performance in the gym, if you're not healthy, kiss those new personal records goodbye!

SteelFit offers several other products to fuel a big training session, but other times of the day make sure your diet, sleep, and recovery are in check. This will help keep you in the gym more, because you're less likely to get sick or injured. SteelFit has several other new products and flavors on the way, so make sure to subscribe to PricePLOW because we've got you covered!

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