

# SteelFit's Steel Slim: A Fat Burner Geared Towards Females

written by Mike Roberto | February 11, 2020



SteelFit has come out with some amazing products over the years, but they're not stopping anytime soon. Early into the new year they launched a new flavor (Peanut Butter Milkshake) of their popular protein powder, Steel Whey, and they nailed that flavor. Shortly after its launch, they announced a brand new *fat burner* was on the way called **Steel Slim**! SteelFit already has a few powerful fat burners available including *Shredded Steel* and *Steel Core* (and let's not forget the insanely heated *Steel Sweat*), however they are looking to expand the line and give their customers more options. Shredded Steel was awarded PricePLOW's Fat Burner of the Year for 2019, so you can tell SteelFit knows how to formulate an epic weight loss product!

## What Makes Steel Slim Different from the Others?

First off let's explain briefly the key differences between each of SteelFit's fat burners. Steel Core is a stimulant free fat burner which was formulated for both men and women, can be taken anytime during the day, and was designed to help convert fat to energy, enhance weight loss, improve metabolism, partition carbohydrates, and increase strength.



Shredded Steel is what they call their “extreme weight loss solution” and it’s formulated to amplify fat loss, suppress appetite, boost your metabolism, and increase energy/focus. Shredded Steel contains 150mg of caffeine per serving along with a *serious* 10mg dose of yohimbine and some other ingredients that have similar stimulatory effects such as TeaCrine. Therefore, Shredded Steel is best taken in the morning or pre workout but it’s best to avoid close to sleep.

### **Steel Slim: A fat burner for *women* to take with coffee or other energy**

*Steel Slim* is a weight-loss product created specifically for *women*. It contains a multitude of very effective, efficaciously dosed ingredients supported by research, which is something PricePLOW loves to see regardless of what the product is! One unique thing about this fat burner is that it’s not loaded with a bunch of stimulants like most others on the market. It actually contains **no caffeine at all**, but instead uses caffeine’s cousin TeaCrine, which gives you smooth, sustained energy with no jitters or crashes. Thus, we still don’t recommend taking this within 4 hours of bedtime. However, with virtually no

stimulants you can still enjoy your morning coffee *alongside* Steel Slim without worrying if your caffeine intake is getting too high.

In this post we're going to run through every ingredient to educate you on why it's included and what benefits it will provide. SteelFit takes their time on each product to make sure the formula is as good as it can be, so we're expecting Steel Slim to be another solid supplement!

As always, before we embark on this ingredient analysis, make sure you're subscribed to SteelFit deals and alerts, so you can be the first to know when new products launch and get the best prices available!

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## SteelFit Steel Slim Ingredients

Supplement Facts		
Serving Size: 3 Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV**
Iodine (from Organic Atlantic Kelp)	150 mcg	100%
Selenium (as Selenium Yeast) (Saccharomyces Cerevisiae)	50 mcg	90%
Chromium (as Chromium Picolinate)	200 mcg	570%
L-Tyrosine	500 mg	†
Dragon Fruit Extract (Hylocereus Undulatus) (CactiOLean™)	200 mg	†
Dandelion Leaf Extract (Taraxacum Officinale)	200 mg	†
Green Tea Extract (Camellia Sinensis) (90% Catechins & 50% EGCG)	200 mg	†
Organic Atlantic Kelp (Ascophyllum Nodosum) (Whole Plant)	115 mg	††
Theacrine (as TeaCrine®)	100 mg	†
Grains of Paradise Seed Extract (Aframomum Melegueta)	50 mg	†
Resveratrol (Polygonum Cuspidatum) Extract	50 mg	†
Ginger Root Extract (Zingiber Officinale Rhizome)	40 mg	†
Saffron (stigma) (Crocus Sativus L.) (affron®)	30 mg	†
Dihydrocapsiate (from Sweet Peppers) (CapsiAtra®)	3 mg	†

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

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Steel Slim only includes ingredients that are efficaciously dosed and backed by research!

This fat burner is packed with everything you need to help lose weight faster and bust through any plateau you come across on your journey to a better body

composition. Just one look at the label and you can tell Steel Slim was very meticulously formulated – *not* just filled with a bunch of stimulants that lead to jitters, anxiety, and the dreaded crash.

Although Steel Slim is packed with several ingredients, you only have to take **3 capsules** and one bottle is an entire month's supply. Let's see exactly what a serving of Steel Slim contains to assist your fat loss goals:

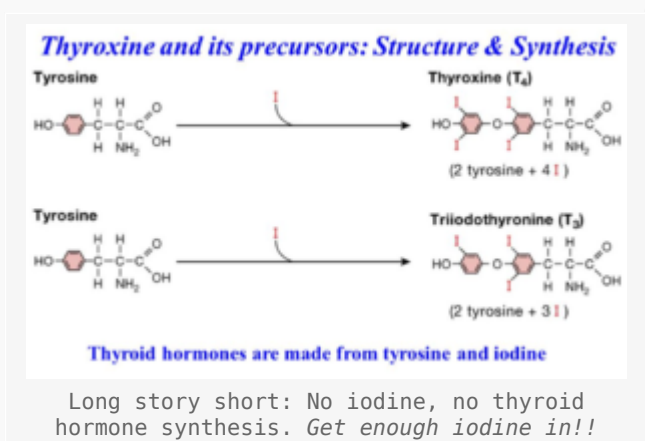
- **Iodine (From Organic Atlantic Kelp) – 150 mcg**

One ingredient in particular PricePlow loves to see in a fat burner is something that provides a good source of **iodine**! Taking notes from the award-winning Shredded Steel, the formulators decided it was a great idea to also include *Organic Atlantic Kelp* in Steel Slim since it provides 150mcgs of iodine, which is an essential trace mineral that helps keep your thyroid running optimally.

### How Does Your Thyroid Help With Weight Loss?

It's no surprise that if your thyroid is not functionally optimally, weight loss is nearly impossible. When you're dieting and restricting calories or even food groups, vitamin/mineral deficiencies are inevitable without proper supplementation. One of the main causes of thyroid dysfunction is inadequate iodine consumption.

The thyroid gland is crucial for ensuring your metabolism is running efficiently. The most important hormone it releases to assist fat-burning is *thyroxine*, also called *T4*. [1] After *T4* gets sent out into circulation, it's converted to *triiodothyronine (T3)* with the help of *L-Tyrosine*. [1] *T3* plays a major role in *metabolic regulation, heart brain and digestive function*. [1]



If the thyroid is underactive due to an iodine deficiency, also called *hypothyroidism*, then your metabolism will be negatively impacted and you will start to experience unwanted symptoms such as *fatigue, weight gain, mood swings and lethargy*. This is far from what you want when trying to live a

healthy, active lifestyle!

Iodine is typically found in iodized salt (which is used less and less frequently anymore), seaweed, seafood, dairy, and some breads, however getting enough from our diets is very difficult – especially with so much competition coming from bromine in bread and fluoride in water, alongside generally low Western intakes. SteelFit recognizes that too little iodine will stall your weight loss goals quickly, therefore they included it in Steel Slim to ensure you're getting the most out of this product.

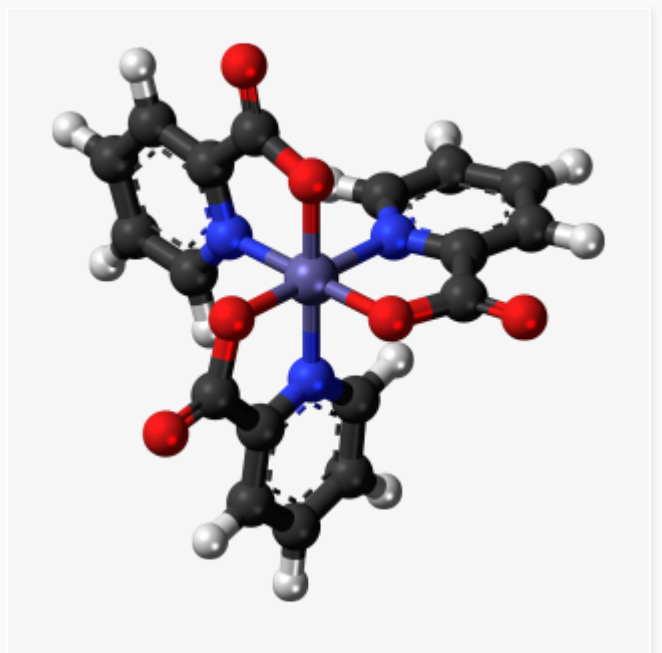
- **Selenium (as Selenium Yeast) (*Saccharomyces Cerevisiae*) – 50mcg**

**Selenium** is another trace mineral that is found naturally in several foods such as seafood, poultry, eggs, and organ meats. But just like iodine, most people don't get enough selenium from their diet alone, so supplementation can be a valuable tool in order to fill that gap.

Within the body, selenium acts as a component to more than two dozen *selenoproteins* which play an important role in *thyroid hormone production, reproduction, DNA synthesis, and protect you from oxidative damage and infections.*[2,3] Selenium also has *antioxidant properties* that help may help prevent several diseases such as cancer, cardiovascular disease, cognitive decline, and thyroid dysfunction.[2]

As you can see SteelFit is not just putting a bunch of random ingredients in Steel Slim to boost up the label, they're covering all aspects of health to make sure you're in the best position to improve your body composition. It's nice to see a company putting health first because that's most important.

- **Chromium (as Chromium Picolinate) – 200mcg**



Regardless of what you think of this fat burner, you gotta agree that chromium has some of the coolest-looking 3D molecules. Image courtesy Wikimedia

The last trace mineral included in Steel Slim is **Chromium** and research shows it can increase the action of insulin, thus affecting the metabolism and storage of various energy substrates (carbs, protein, fats).[4-6] Right away, you can see that Chromium plays a major role in your ability to maintain a healthy weight, because insulin resistance is most commonly seen in people with excess body fat.

When you're insulin resistant, the cells in your muscles, fat, and liver stop responding to insulin's signal telling them to uptake the glucose from the bloodstream. As a result, your blood glucose remains elevated but you're still hungry and fatigued. Research shows Chromium helps *improve glucose tolerance* in individuals with Type 1, Type 2, gestational, and steroid-induced diabetes.[7]

The better we are able to stay insulin sensitive and control blood glucose levels, the better our energy will be throughout the day and the less fat we will store. Therefore, getting enough Chromium each day with the help of Steel Slim is truly a win-win situation!

- **L-Tyrosine – 500mg**

**Tyrosine** is a non-essential amino acid that not only helps synthesize key neurotransmitters such as *epinephrine*, *norepinephrine*, and *dopamine*, but it also is crucial for thyroid hormone production. As previously discussed, you need enough iodine to create T3 and T4 hormones, however that's just one piece of the puzzle. The thyroid gland *combines tyrosine with iodine* to produce the thyroid hormones. Thus it is great to include this alongside iodine!

There are two forms of tyrosine commonly found in supplements, *L-Tyrosine* and *N-Acetyl L-Tyrosine*, however research shows L-Tyrosine is the superior form due to better absorption and bioavailability.[8] That's why PricePLOW loves seeing this form of tyrosine in Steel Slim!

- **Dragon Fruit Extract (Hylocereus Undatus) (Cact0Lean) – 200mg**



Steel Slim is formulated for women to help attack fat loss from every angle! Pictured: caseysamsel

In order to tackle your hunger, Steel Slim includes **Cact0Lean**, which is a standardized fruit extract derived from *Dragon Fruit*. Cact0Lean was created by one of the leading ingredient suppliers in the industry, *Vesta*, to help support weight loss. Cact0Lean contains the enzymes *Tyramine* and *N-Methyl Tyramine*, which cause decreased hunger and increased satiety.[9] These two enzymes affect glucagon and insulin release, and promote the breakdown of fat storage via increased lipolysis.[9]

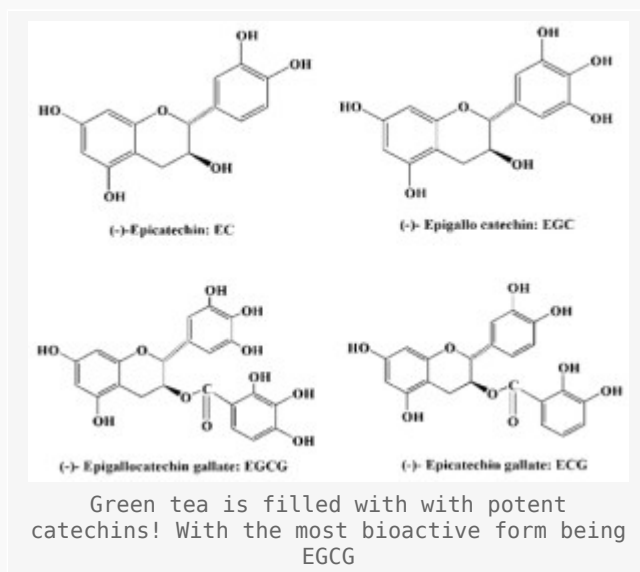
The benefits of this ingredient include increased satiety, thermogenesis, and lipolysis.[9] It also acts as a natural diuretic and may help reduce LDL and cholesterol.[9] Lastly, its rich in antioxidants that can help fight against free radicals and oxidative stress.[9,10]

- **Dandelion Leaf Extract (Taraxacum Officinale) – 200mg**

**Dandelion Leaf Extract** (*Taraxacum Officinale*) has been used in traditional medicine for its anti-inflammatory, diuretic, anti-rheumatic, and anti-angiogenic effects.[11] Although it offers many benefits, the main reason it's induced in Steel Slim is due to its ability to support kidney function and promote fluid secretion.[11]

Dandelion is a unique diuretic however, because it's high in potassium with reports of more than three times the amount of other botanical diuretics.[12] Therefore, this ingredient helps you maintain an optimal balance of electrolytes and prevents dehydration, while still allowing you to shed some unwanted water weight.

- **Green Tea Extract (Camellia Sinensis) (80% Catechins & 50% EGCG) – 200mg**



**Green Tea Extract** has been consumed because of its proposed benefits such as prevention of cancer and cardiovascular disease, as well as its anti-inflammatory, antiarthritic, antibacterial, antiangiogenic, antioxidative, antiviral, neuroprotective, and cholesterol-lowering effects.[13] Green tea contains important vitamins, minerals, and minimal amounts of caffeine for a slight energy boost. However, the purported health benefits are attributed to polyphenol and catechin content, with the bioactive form being *epigallocatechin gallate (EGCG)*. [13]

EGCG is what contributes most to green tea's ability to promote weight loss and fat burning. It works by increasing fat oxidation, metabolic rate, and thermogenesis.[14] This enables the body to burn more calories at rest and with exercise to help you lose weight faster!

- **Organic Atlantic Kelp (Ascophyllum Nodosum) (Whole Plant) – 115mg**

**Organic Atlantic Kelp** is included in this product to supply the iodine content discussed previously. Kelp is a type of seaweed that's *rich in iodine with 115mg yielding 150mcg of iodine*. As we mentioned above, iodine is a key mineral for ensuring proper thyroid function. Despite what you may think kelp is not a plant, it's an algae and it's used in a variety of consumer products. Most people are not eating seaweed on a regular basis, therefore Steel Slim is a great alternative to getting an extra dose of iodine.

- **Theacrine (as TeaCrine) – 100mg**

Although Steel Slim is virtually stimulant free, you'll likely still notice a boost of energy, but without the crash thanks to the inclusion of **TeaCrine**!





Theacrine (as TeaCrine) was developed by a leading ingredient supplier, *Compound Solutions*, and has quickly made its way into several supplements. You may have seen it on a pre workout label for example. It is known as caffeine's chemical cousin because of its similar structure. However, the main benefit to using TeaCrine opposed to caffeine is that it gives you *long-lasting sustained energy without the crash or jitters*.<sup>[15]</sup> Its effects stem from reactions with two neural pathways, *dopaminergic* and *adenosinergic*.<sup>[15,16]</sup> As a result, TeaCrine leads to increased mental focus, energy, and physical performance.<sup>[15]</sup>

Although this ingredient hasn't been studied for its fat-burning effects, increased energy ultimately helps you burn more calories, thus supporting weight loss.

- **Grains of Paradise Seed Extract (*Aframomum Melegueta*) – 50mg**

**Grains of Paradise** are a species of *ginger family* that is known for increasing daily energy expenditure via activating brown adipose tissue.<sup>[17]</sup> There are two types of adipose tissue, also known as body fat, *white adipose tissue (WAT)* and *brown adipose tissue (BAT)*. WAT is the body's form of *stored triglycerides* for energy.<sup>[18]</sup> BAT is a more *stubborn fat* used primarily for *thermoregulation*, in other words it increases heat production to keep us warm during freezing conditions.<sup>[18]</sup>

When many people complain about "stubborn" body fat, BAT could be the culprit since it's hard to stimulate. That's where grains of paradise comes to the rescue because it's able to induce BAT thermogenesis, increase energy

expenditure, and improve body composition! [17,19]

- **Resveratrol (Polygonum Cuspidatum) – 50mg**



**Resveratrol** is a naturally-occurring *polyphenol* found in a multitude of plant species and is commonly used in *Traditional Chinese Medicine*. [20] It most commonly found in the skin of grapes, blueberries, raspberries, and seeds. [20] Resveratrol is known for its potent antioxidant properties, anti-obesity, and anti-inflammatory effects. [21]

In regards to weight loss or improving body composition, Resveratrol has been shown to *reduce lipid accumulation* by inhibiting the proliferation of new adipocytes, increase lipolysis, leading to decreased fat mass. [22] It's a powerful ingredient and Steel Slim includes a great dose for maximum results!

- **Ginger Root Extract (Zingiber Officinale Roscoe) – 40mg**

You may commonly use ginger to cook with, however its uses span far beyond just the kitchen! Ginger has been used for thousands of years to treat various medical conditions such as migraines, colds, nausea, hypertension and arthritis. [23]

**Ginger root extract** contains over 14 bioactive compounds that are attributed to its effects, but one in particular seems to be of the most benefit, *6-gingerol*. Although more research needs to be done on humans in regards to its ability to promote weight loss. In mice, 6-gingerol has been shown to stimulate *peroxisome proliferator-activated receptor*, which results in increased energy expenditure and thus weight loss. [24]

When in a calorie deficit and training hard, there is only so much you can do to increase calorie expenditure, so any ingredient that helps with that is a plus!

- **Saffron (stigma) (Crocus Sativus L.) (affron) – 30mg**



Is there really anything better than a peanut butter milkshake? Check out 2020's new Peanut Butter Steel Whey flavor!

If there's one thing that can lead quickly to a stall in progress when trying to lose weight its stress. And with a very busy lifestyle that most of us live, it becomes very difficult to have the ability to put aside time to destress and relax.

In order to help with this issue, Steel Slim includes **affron**, a natural extract from *saffron (Crocus Sativus L.)*.<sup>[25]</sup> A study done in 2017, showed a *28mg* dose of affron taken daily for 4 weeks lead significant decreases in negative mood and symptoms related to stress and anxiety.<sup>[25]</sup> Therefore, this is a great alternative to other common medications used to treat depression, anxiety, and low mood.

Many people also use saffron as an **appetite suppressant**. Saffron also contains another bioactive compound called *crocin* which may *enhance satiety* and promote weight loss.<sup>[26]</sup> In summary this is a great ingredient to really tackle all

the common issues seen with dieting and your getting the clinically studied dose to reap all the benefits!

- **Dihydrocapsiate (from Sweet Peppers) (CapsiAtra) – 3mg**

Last but certainly not least, **CapsiAtra** is here to round out this robust formula in order to ensure you're burning the most amount of fat possible!



CapsiAtra is a patented extract of sweet peppers standardized for *Dihydrocapsiate*. This ingredient was developed by *Glanbia Nutritionals* and designed to be a superior alternative to capsaicin. Although capsaicin can support weight loss, there are several unwanted side effects that most people experience with supplementation such as elevated heart rate, blood pressure, and pungency.[26]

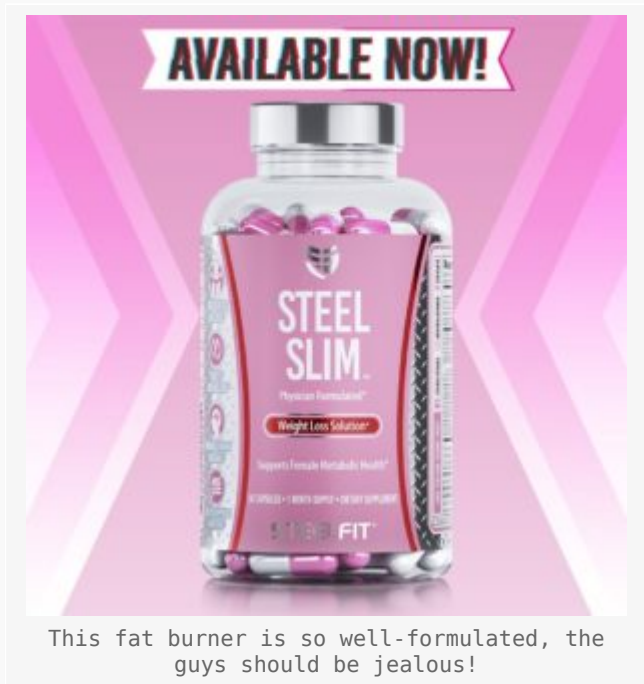
Research shows CapsiAtra can provide all the same benefits as capsaicin *without the side effects* like *increased energy expenditure, thermogenesis, and metabolism*. [27] This is a great ingredient to attack fat from all angles and help you burn more calories throughout the day.

## **Closing Remarks: Steel Fit's Steel Slim is One Powerful Fat Burner!**

After assessing this formula, we can tell this is going to be another effective weight loss support product from Steel Fit. As long as you are exercising appropriately and being conscious about your diet, *Steel Slim* will be a very good addition to help shed some more fat and improve your body composition. It is loaded with several ingredients that attack all the issues that come from dieting: appetite, decreased energy, slowed metabolism, and low mood. Steel Slim with help bust through your weight loss plateaus and leave you *feeling*

*motivated, energetic, and ready to continue.*

**Very little overlap with Shredded Steel for a MASSIVE weight loss stack!**



We all know losing weight can be a battle for many, so Steel Slim is here to provide some assistance. As we mentioned, this is a fat burner geared towards females, so if you're a male then we highly suggest Shredded Steel, but you *could* stack them together if you're willing to deal with a monster dose of 200mg total theacrine! That product is also formulated to give you incredible results with a high voltage of yohimbine. Due to Shredded Steel's low caffeine content, you can get even more intense with Steel Sweat, which has 100mg more and is great for the cardio burn "sweat amplification".

Every year SteelFit comes out with excellent new products, flavors, and formulas, we're excited to see what else is in store for the rest of the year! SteelFit has big aspirations for 2020 and beyond! PricePlow will be covering all the major products, news, and deals SteelFit has to offer so don't miss out!

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**FAT BURNING  
FOR HER**

### Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV**
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Chromium (as Chromium Picolinate)	200 mcg	570%
L-Tyrosine	500 mg	†
Dragon Fruit Extract ( <i>Hylocereus Undatus</i> ) (CactOLean™)	200 mg	†
Dandelion Leaf Extract ( <i>Taraxacum Officinale</i> )	200 mg	†
Green Tea Extract ( <i>Camellia Sinesis</i> ) (80% Catechins & 50% EGCG)	200 mg	†
Organic Atlantic Kelp ( <i>Ascophyllum Nodosum</i> ) (Whole Plant)	115 mg	††
Theacrine (as TeaCrine®)	100 mg	†
Grains of Paradise Seed Extract ( <i>Aframomum Melegueta</i> )	50 mg	†
Resveratrol ( <i>Polygonum Cuspidatum</i> ) Extract	50 mg	†
Ginger Root Extract ( <i>Zingiber Officinale</i> Roscoe)	40 mg	†
Saffron (stigma) ( <i>Crocus Sativus</i> L.) (affron®)	30 mg	†
Dihydrocapsiate (from Sweet Peppers) (CapsiAtra®)	3 mg	†

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Fat Burning "for Her"... But men can definitely take this too!

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