

SteelFit Steel Whey: Build Steel-Like Muscle With Pure WPC-80!

written by Mike Roberto | July 26, 2019

SteelFit has been around since 2016, and since their initial launch, they've firmly established their place within the supplement industry. Not ones to grow complacent, simply being a fixture wasn't enough – these guys want to be the best of the best! In the past few months, SteelFit has really ramped up their product profile, but today we're going to go back in time and test out one of their late 2018 releases!



Taking aim at the world of protein powders, SteelFit has released **Steel Whey** – a *quality, clean, and great-tasting* whey protein powder that uses some of the top ingredients on the market.

If you've been keeping up with our coverage of these guys, seeing SteelFit utilize high-quality ingredients at efficacious doses shouldn't be a surprise. First came Shredded Steel, one of the most *intense, innovative* fat-loss products we've simply ever seen. Next, we came across Steel Dreams, a sleep-aid that virtually tossed *every sleep and recovery-inducing* ingredient in the supplement industry. Finally, in Multi-V, these guys delivered a *ridiculously comprehensive* multivitamin powder that *tastes amazing* (seriously, we can't stop drinking it!)

But, the backbone of almost every supplement company is a quality protein powder. These products are tried-and-true, and are arguably the products the industry was founded upon. If you want to make a claim as a top player in the supplement game, you *need* a leading protein powder in your arsenal. Steel Whey is a call to arms of sorts from SteelFit – with an *effective, tasty* whey protein, there's simply nothing these guys can't produce!

In this post, we're going to tell you *everything* you need to know about Steel Whey – it's protein source, its advantages (and one disadvantage!), and its macronutrients. Before we get to that, be sure you're subscribed to PricePLOW so you can stay up-to-date with the latest supplement deals, news, reviews, and interviews – and our ongoing sponsored SteelFit giveaways!

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100% WPC80 – quality, effective, and proven!

Steel Whey doesn't pull any punches – this delicious powder has **100% whey protein concentrate (WPC-80)**. It's free of any additives, amino acid spiking, or any other "extra stuff". This product *is what it says it is*, and nothing more. That's a great sign, however, as WPC-80 is one of the most effective, widely-used protein sources on the market!

The middle-ground of whey proteins

The process of manufacturing a whey protein powder is relatively

straightforward, as the only decision one must make in the linear process is *where to yield the final product*. If that sounds a bit odd, allow us to explain!



WPC-80 is 80% protein by weight, with the other 20% contributing to *texture and taste*!

Obviously, the process begins with *whey*, which is the watery, non-fatty portion of milk products.[1] It contains a solid amount of protein, but still has constituents inherent to milk products, such as fats and sugars. The first step, then, is removing these compounds. In doing so, the yield product is *whey protein concentrate (WPC)*, which can be anywhere between 25% to 80% *pure protein*. [2] The highest-quality WPC that can be made is WPC-80, which is WPC with 80% of its total weight being protein – the other 20% is made of fats, carbohydrates, and even some moisture or “ash”. If this is the desired end product, it’s then dried into the powder and packed into a container!

Staying at WPC-80 keeps some of the “bonus” additives and immune boosters

While WPC is a perfectly usable final product, the processing doesn’t necessarily *have* to stop there. WPC can be *further processed* to yield around 88% to 92% protein by weight – you know this product as *whey protein isolate (WPI)*. [3] Stripped off virtually everything *but* protein, WPI is about as pure as it comes. That’s not what Steel Whey, which is 100% WPC-80, is, however. While you could spend time comparing the macronutrients of WPC versus WPI, that shouldn’t be of concern. When deciding between the two, the driving factor lies within something that *gets stripped* in that second step of processing, where WPC turns into WPI.

Lactose – friend or foe?

The term **lactose** and dairy products go hand-in-hand, with the former being a main compound found in the latter. Lactose is a complex sugar made of two smaller sugars, *glucose* and *galactose*, [4] and is broken down in digestion with the help of the enzyme *lactase*. With the main function of lactase being the reduction of lactose, clearly it has high importance in regards to one's digestion of dairy.



Lactose content is where these two protein sources diverge – WPC-80 is around 4% *lactose*, whereas WPI is only a microscopic 1%. [5] This makes WPI the go-to option for those with *severe issues with lactose*, due to the sugar being virtually non-existent. That being said, 4% is still *very low*, meaning that **WPC-80 is good enough for most individuals**, especially if sticking to 1-2 scoops per day.

Other differences

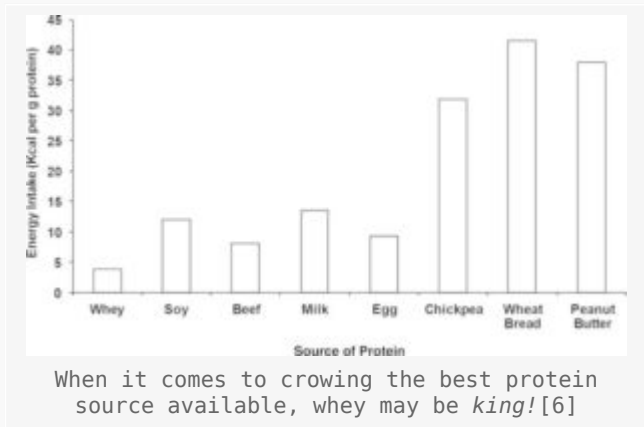
Perhaps the most obvious difference, other than lactose content of course, is that **WPC is actually cheaper to make than WPI!** With less manufacturing steps, companies don't need to spend as much money on production. In other words, purchasing a WPC is a bit easier on the wallet than a WPI powder!

Also, WPC contains some more “extra stuff”, such as sugars, immunoglobulins, and fractions. While this may sound a bit scary, it actually is quite valuable – there are many immune system benefits to have them. In addition, this *adds thickness and texture* to WPC, as well as a *slightly better taste!* You'll get more of a smoother, “milkshake-like” feel with a WPC powder, which is much more enjoyable to drink!

While the protein you choose differs from person to person, WPC-80 is a pretty

safe bet when you're searching for a protein powder. It doesn't contain that much lactose, has quality macronutrients, and tastes a bit better! SteelFit knows just how versatile this type of protein is, which is why they've decided to use it in Steel Whey.

Comparing whey to other proteins...



You've likely heard of the "anabolic window" that presents itself post-workout, but no matter what you've seen, it's actually not as crucial as you may think. Nonetheless, this belief has led countless people to chug protein shakes down as soon as their training ends, as well as elevated the importance of digestion rates when it comes to said protein. Although you don't necessarily need to get protein to your muscles as soon as your last set is up, there is some benefit to a *faster-digesting* protein source. For one, it sits for less time in your stomach, which can help alleviate any potential discomfort. More importantly, however, is that it will reach your muscles faster, delivering key nutrients crucial to building muscle![6]When it comes to digestion, whey outperforms almost every other protein source. Research has shown that it is one of the *fastest-digesting* forms of protein on the planet, entering the bloodstream at higher rates than other alternatives. This goes for *all* whey proteins, including WPC-80, which touts its own additional benefit. WPC-80 has a **perfect PDCAAS** (*Protein Digestibility Corrected Amino Acid Score*), which means it's just about as complete of a protein as there is. A fast-acting, complete source of the muscle-building nutrient? Sign us up!

Steel Whey nutritional profile

PEANUT BUTTER MILKSHAKE	
Nutrition Facts	
About 26 Servings Per Container	
Serving Size	1 Scoop (35g)
Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Value**
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 160mg	7%
Total Carbohydrates 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Calcium 150mg	12%
Iron 0.4mg	2%
Phosphorous 106mg	8%
Magnesium 22mg	5%
Potassium 380mg	8%

** Percent Daily Value (DV) 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.

With how good this protein powder tastes, its hard to believe those are the macros!

The macros vary *slightly* from flavor to flavor, but they're relatively consistent nonetheless. Despite that, the serving size for each flavor is one 35g scoop, which delivers the following:

- **Calories:** 130-140 (depending on falvor)
- **Protein:** 24-25g
- **Carbohydrates:** 3-6g (depending on flavor)
 - Fiber: 1g
 - Sugar: 1g
- **Fat:** 2g

25g protein?! Yes, please!

This powder also has some pretty clean macronutrients, *barely any sugar*, and some additional minerals. Look at the total picture here, and this stuff sure sounds like a superior WPC-80 powder to us!

Open amino acid profile!

Oh yeah, and while you're looking for the macros on the tub, you may see another similarly-looking chart. Steel Fit has *fully disclosed* the amino acid content here, so you know *exactly* how much of each amino acid you're getting in each scoop of this high-quality protein

Available Flavors



It takes a special brand to maintain a balance in the flavoring department, knowing when it's appropriate to release some exotic flavor versus dialing it back and perfecting the basics. SteelFit understands both sides of the coin here – they have some really tasty, unique flavors (the “Spiced Apple Cider” flavor of Multi-V immediately comes to mind), as well as the more common flavors offered on the market. Being able to operate on both ends of the spectrum helps separate these guys from the rest!

In Steel Whey, the goal was to *perfect* the core flavors of the protein powder market, perhaps setting their eyes on some more crazy additions later down the line. Here are the current offerings:

No matter which flavor you choose, we've no doubt that this WPC-80 powder will deliver that milkshake-like taste and texture we all want in a protein shake!

Conclusion – a huge scoop of protein to help build muscles of steel!

In order to fully reap the rewards of your training, you need to make sure you're body is being properly fueled. Most of that needs to be done in the kitchen, ensuring your daily meals contain the macronutrients you need to facilitate lean muscle growth. That includes getting enough protein, which if we're being honest, can get somewhat difficult at times.



We were also excited when the epic Shredded Steel came out with some iodine. Stack it in from some bigtime shredding!

That's why we have protein supplements – they're there to help us reach our daily protein intake goal when we just can't quite get there through diet alone. But, no one wants to guzzle down some awful, bland-tasting powder full of a bunch of unknown ingredients! Scary thought, we know, but they're out there. It's up to the industry's top companies to keep quality, great-tasting proteins available for us so we don't ever have to face that reality!

SteelFit is one such brand, and Steel Whey is one of those top options. Using high-quality WPC-80 as it's protein source, this powder is *incredibly clean*, free of anything you don't want in a protein powder! This powder packs a solid 24g to 25g of quick-digesting protein, along with a smidge of lactose to help flavor and thicken it up, as well! We love WPC-80 powders here at PricePLOW, and based on what we've seen from SteelFit, we have *no doubt* this product will be one of the best such powders out there!

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