



## Fit 'n Right Active: Your Workout Partner

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To make the most out of your workout, you need water and energy to keep you going. When you work out, you normally feel fatigue because you lose fluids and energy through sweat. You need electrolytes to rehydrate and glucose to boost your energy to help fight fatigue, continue with your workout, and ultimately... become fitter.

[Fit 'n Right Active](#) is the only 2-in-1 isotonic drink that helps maximize your workout. It contains **Electrolytes** that rehydrate plus **L-Carnitine** that helps reduce fat. Plus it is low in calories. So even if you have limited time to work out, you can get more from the effort you give with Fit 'n Right Active.

So how does the [Fit 'n Right Active](#) work?

- It has **Electrolytes** that rehydrate the body by aiding fluid absorption. When you sweat, you lose electrolytes and essential salts. This may cause dehydration and fatigue.
- It also has **L-Carnitine**, that is clinically proven to help reduce fat. L-Carnitine is essential for the conversion of fat into energy. Fit 'n Right Active contains 900mg of L-Carnitine to help you maximize weight loss when you pair it with your exercise regimen.

Try Fit 'n Right Active with your workout today! Available in two refreshing flavors: [Mixed Berries](#) and [Blueberry Grape](#). Available in leading supermarkets and convenience stores near you.

### Sources:

*Sports Drinks: Vital for Hydration Or A Waste of Money?* <https://www.theguardian.com/lifeandstyle/2009/jul/27/sports-drinks>  
*Are Sports Drinks Any Good?* [http://www.thefitmap.com/mens\\_health/features/sports\\_drink.htm](http://www.thefitmap.com/mens_health/features/sports_drink.htm)

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