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# New flavors from FlyFit

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[FlyFit](#), the balanced direct-to-mouth vitamin and mineral shot, is now available in three new flavors: Citrus, Pomegranate and Garden Mint. Garden Mint, which serves as a replacement for chewing gum, is a unique experience as it refreshes like a chewing gum but dissolves right away.

Each shot is naturally sweetened with Stevia and contains a balanced mix of vitamins and minerals that have been shown to fight travel fatigue and jet lag. FlyFit is also available as a water-soluble powder that can be added to bottled drinks or a glass of water while on the go.

According to the company, the product is a great way for airlines to build a positive relationship with their customers by offering it to passengers during their flight or just prior to landing and is also suitable for crew members and for inclusion in amenity kits. Business and First Class cabins can also provide it to their guests as a two-pack in the cabin's snack basket. The products are also found at the check-in desks and minibars of international hotel chains, including the Starwood and Hilton groups.

FlyFit further notes that the FDA/EFSA, after examining the available evidence, authorized the following claims on the vitamins and minerals used in their formula:

- Reduces tiredness and fatigue
- Supports normal energy levels
- Protects from oxidative stress

"The key to the product's effectiveness and outstanding success lies with the power of our Q4 ingredients," the company said in a statement to *PAX*. "Our vitamin and mineral shot contains a unique balance of vitamins and minerals. This formula does contain a range of B-vitamins and vitamins C and E, as well as specific minerals (micronutrients) which work together and contribute to reduce tiredness and fatigue, support a normal energy-yielding metabolism and, last but not least, protect our cells from oxidative stress."

FlyFit notes the product is not about increasing energy – it's about fighting fatigue and boosting the immune system before, during and after a long flight.