

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Must Have Supplements When Beginning



You've got it dialed in. You've developed a training plan, cleaned up your diet, and have been focusing on getting those 7-9 hours of sleep. Everything looks perfect, but you feel like you could be doing more. This is where supplements come in. Supplements are a great way to enhance your current fitness life and fill in any nutritional gaps. Implementing a little extra help into your routine can help increase your energy levels, protect your immune system, and enhance your ability to add muscle. The only issue arises when you realize just how many different types of supplements there are. It can be overwhelming, but we're here to assure you that it doesn't have to be. Check out our list of recommended supplements for beginners to find out which ones are worth the money and save yourself the headache.

### Multivitamins

We get most of our vitamins through our food, but we don't always get enough of each one. Because of how tough it is to truly consume a sufficient amount of every impactful vitamin, we are bound to become deficient in one or another. These deficiencies can be silently sabotaging your gym progress. Ensure you have all of your bases covered with a quality multivitamin.

### Fish Oil

Omega-3 has been around for a while, but its popularity in the health field is still relatively new. Because of this, its importance within a healthy lifestyle is often forgotten or neglected. Don't let its lack of popularity cause you to miss out on its wide reaching benefits. Fish Oil provides effective amounts of omega-3, which can help reduce inflammation, improve brain health, and even improve heart health. It truly is a supplement that does it all, assisting your current healthy diet and lifestyle to ensure you're fueling your body with the best stuff it can get.

### Protein

It's high time we talked about the big dog in this article. Protein powder is nearly synonymous with all things gym. Protein shakes are the go-to for countless exercisers. Their convenience and efficacy are unmatched. Proteins are the building blocks of muscle, helping to repair the damage from the gym and help them grow back bigger and leaner. Consuming enough protein to maximize this muscle building process from only traditional sources is often tiring, expensive, and a time waster. Protein powder helps alleviate all these issues. A quality, good tasting protein is sure to help you stay on top of your protein levels and ready for your next workout.

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## **Creatine**

Of all the supplements out there, there is no one that is more widely researched and trusted than creatine monohydrate. Creatine is responsible for helping your muscles fight exhaustion in the gym, giving you that one more rep at the end of every set. It also can help speed up the muscle growth process both in the short term and over time. It's naturally found in some of our food, but supplementing it will help your body get the maximum amount it needs for these benefits to be readily available. Stick with creatine for that extra umph.

## **Conclusion**

Supplements are there to supplement your fitness lifestyle. They can lend a hand in certain areas, making your work more effective or more sustainable. Start experimenting with how your body responds to the supplements we mentioned above and further branch out to other ones only after doing your research. Stick with what works and stay consistent over time. That's the way to gains.