



SPORTS PERFORMANCE & FITNESS — NUTRITION SERIES

SUPPLEMENTS SIMPLIFIED

The Hierarchy of What Actually Matters

At Invictus, we build performance from the ground up. This pyramid shows you where to invest first for the greatest return — from daily foundations to targeted performance enhancers.

● BCAAs

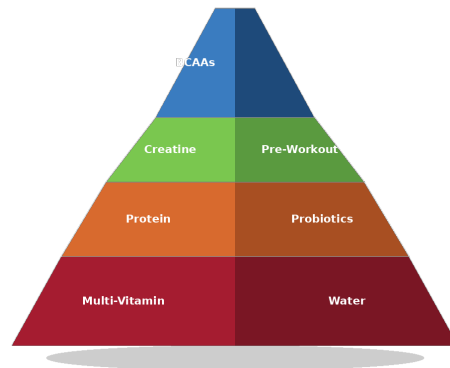
- Muscle growth
- Decreased soreness
- Reduce exercise fatigue
- Prevent muscle breakdown

● Creatine

- Production of energy
- Boosts formation of proteins for muscle mass
- Reduce fatigue

● Pre-Workout

- Increase energy during workouts
- Decrease fatigue and speed recovery
- BCAAs and Creatine included



● Protein

- Promotes muscle growth
- Reduce inflammation
- Reduce hunger

● Probiotics

- Balance bacteria in your gut
- Improve mental clarity and mood
- Can help reduce LDLs
- May reduce digestive disorders

● Water

- Carrying nutrients and oxygen to cells
- Flush bacteria from bladder
- Normalize blood pressure
- Cushion joints
- Protect organ and tissues

● Multi-Vitamin

- Daily micronutrient foundation
- Supports energy metabolism
- Fills nutritional gaps

INVICTUS PROTOCOL: Master the base first. Hydration + Multi-Vitamin + Protein create 80% of results. Add Probiotics, Creatine, and Pre-Workout strategically. Use BCAAs as the peak for recovery demands.

Source: Original Supplements Simplified educational graphic — rebranded for Invictus Sports Performance & Fitness © 2026

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