Naked Nutrition

Endurance Bundle

Increase exercise endurance to run and swim longer distances

The Naked Nutrition Endurance Bundle takes a holistic approach to support various systems in your body that ultimately impact your endurance for aerobic exercise.

The endurance bundle will help you achieve the following:

- Improved protein synthesis to promote recovery after training.
- Clean boost in energy during training.
- Optimal hydration and fluid balance.
- Support healthy joints to prevent injury.
- Reduce muscle fatigue during prolonged endurance exercise.
- Reduce stress and inflammation in the body.
- Improve sleep quality for better recovery.

All of these factors work together to increase strength, stamina, and endurance to help you maximize your efforts when you hit the treadmill, the rowing machine, the trail, or the pool.
WHAT’S IN THE NAKED NUTRITION ENDURANCE BUNDLE

Naked Whey or Naked Pea or Vegan Naked Shake
Naked Glutamine
Nakedade
Naked Cookies
Naked Greens
Men’s / Women’s Multivitamin
Naked Gut

We source the highest quality ingredients for all of our products to support your health and fitness goals. None of our products contain harmful additives or artificial sweeteners so you can be confident about what you put in your body.
FUEL YOUR DAY
AND YOUR WORKOUTS

NAKED WHEY OR NAKED PEA OR VEGAN NAKED SHAKE
Endurance athletes have a greater need for protein to reduce fatigue during training, and for muscle recovery afterward.

NAKED GLUTAMINE
Supplementing with L-Glutamine, one of the most abundant amino acids in muscles and blood, can improve exercise endurance and help preserve muscle mass.

NAKEDADE
Maintain energy levels, increase endurance and stay hydrated by replenishing electrolytes lost through sweat with our low-glycemic smart carb drink mix.

NAKED GREENS
Our super greens powder with adaptogens to promote detox, stress reduction, immune function, and better sleep.
Naked Cookies
With 210 calories or less, 10g of grass-fed whey protein, only 5g of sugar or less, Naked Cookie is a delicious pre-workout snack to help rev up your engines.

Men’s / Women’s Multi
A high-potency multivitamin that combines vitamins, minerals, and an antioxidant blend to cover any gaps in your diet and help you feel your best.

Naked Collagen
Collagen is one of the most abundant proteins found in the human body. It is responsible for providing strength, structure, and elasticity to the skin.
*Optional Add-on

Naked PB
With 75% less calories and over 85% less fat than traditional peanut butter, Naked PB is the perfect alternative to enjoy a true peanut taste with extra protein.
*Optional Add-on

Naked Gut
Daily digestive supplement with seven natural ingredients to optimize gut function and improve overall health.
Before you get started, take a minute to find out how much protein you need each day with our Protein Calculator, based on your weight, goals, and lifestyle.

Once you learn your ideal daily protein amount, you can then plan out how many protein shakes or cookies you should eat each day.

**MORNING**

Start the day with a Naked Whey / Pea / Shake protein shake. A high-protein breakfast shake will increase your energy levels, and prepare your body for rigorous training later in the day.

Add Naked Greens to promote detox, gut health, and immune function. Adaptogens ashwagandha and organic Panax ginseng support optimal hormonal balance and stress reduction.

Boost your overall health by adding in Men’s Multi or Women’s Multi into your daily routine.

Consume two capsules per day to enjoy improved focus, boosted immune function and an overall feeling of enhanced wellness.
PRE-WORKOUT

Provide your body with a clean boost in energy so it has all the resources it needs to keep pushing when fatigue starts to kick in.

Eat a Naked Cookie around one hour before your workout for quick and easy additional protein so that you’re ready to get to work when it’s training time.

This is also the time for Nakedade to maintain energy levels and increase endurance for prolonged exercise performance. Mid-Morning is also a great time for Naked Gut to optimize daily digestive function and improve the absorption of nutrients.

POST-WORKOUT

Depending on your daily protein needs, you can add a shake with Naked Whey, Naked Pea, vegan Naked Shake, or eat another Naked Cookie.

Post-workout protein will kickstart the recovery process and supply the amino acids that your muscles need.

Add Naked Glutamine to water, or another beverage, to replenish depleted glutamine during prolonged aerobic exercise.

NIGHTTIME

On Non-Training days, add Naked Glutamine into your evening routine. Supplementing with glutamine can also protect against catabolism, increase future exercise endurance, and preserve your hard-earned muscle mass.