Naked Nutrition
Healthy Aging Bundle

Reduce Stress, Sleep Better, and Slow the Signs of Aging

The Naked Nutrition Healthy Aging bundle helps you look and feel better by promoting optimal gut health, improving sleep quality, and supporting radiant, supple skin.

The supplements included in the bundle will help you achieve the following:

• Increase collagen in your body, one of the most abundant proteins that provide structure to skin, joints, hair, and nails.
• Increase protein and fiber intake to maintain stable energy and manage a healthy weight.
• Improve digestion, reduce stomach discomfort, bloating, and more.
• Improve sleep quality so you look and feel better the next day.

Our bodies change as we age, and some of those changes contribute more to the signs of aging. Two of those changes are reduced collagen production and the progressive loss of muscle mass after the age of 30.

Reduced collagen production plays a significant role in aging signs on the skin like wrinkles, lack of moisture, and loss of firmness. Loss of muscle mass can impact how we look and increase the risk of injury.
What's in the Naked Nutrition Healthy Aging Bundle

Naked Shake
Naked Collagen
Men’s / Women’s Multivitamins

Naked Greens
Naked Fiber
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 so you can be confident about what you put in your body.
NAKED SHAKE
A crave-worthy shake made with pea protein and MCT oil. Plant-based pea protein and healthy fats in MCT oil promote satiation and stable energy levels.

NAKED COLLAGEN
Collagen is one of the most abundant proteins found in the human body but decreases as we age. It provides numerous benefits including strength, structure, and elasticity to the skin. Naked Collagen contains only 1 ingredient, is tasteless and will mix easily in your favorite drinks.

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 GREENS
A blend of six different organic vegetables and grasses in effective amounts, along with organic prebiotics, probiotics, and adaptogens.

NAKED FIBER
A naturally sweet and citrusy treat that provides a whopping 18% of your daily fiber needs with each serving.

NAKED GUT
Daily digestive supplement with seven natural ingredients to optimize gut function and improve overall health.
YOUR HEALTHY AGING ROUTINE

Morning

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

Naked’s Multivitamins have been carefully formulated to support your overall health and keep your body functioning at its best.

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

Add in a scoop of the odorless, tasteless Naked Collagen to your morning beverage to support skin hydration and elasticity all day long.
MID-MORNING

Use Naked Shake as a mid-morning snack replacement, or add to a mid-morning meal. A delicious and healthy protein shake with 20 grams of protein and MCT oil will keep you satisfied till mid-late afternoon.

Now is also a good time to use Naked Gut to optimize daily digestive function and improve the absorption of nutrients such as protein, carbs, and vitamins to help you perform better throughout the day.

MID-AFTERNOON

Fiber helps you better absorb vitamins and minerals from food. That means your brain and body can function better, and you have the energy to get more done.

A diet rich in fiber also supports better gut motility and regular bowel habits, which is vital for your wellbeing and quality of life.

Mix one serving of Naked Fiber with water for a naturally sweet and citrusy drink that provides a whopping 18% of your daily fiber needs with each serving.

You can add another Naked Shake for extra protein to support muscle recovery and reduce any snack cravings.

NIGHTTIME

Add Naked Greens to a before bed shake or glass of water. The green superfood powder contains six different organic vegetables and grasses along with organic prebiotics, probiotics, and adaptogens.

It promotes detox, gut health, and immune function. Adaptogens ashwagandha and organic Panax ginseng support optimal hormonal balance and stress reduction to help you get a better night’s sleep, which is extremely important for healthy and younger-looking skin.