NAKED NUTRITION
ENERGY BUNDLE

MORE ENERGY THROUGHOUT THE DAY TO TRAIN HARDER AND GET MORE DONE

The Naked Nutrition Energy Bundle takes a holistic approach to support various systems in your body that work synergistically to help you feel your best throughout the day.

INCREASE YOUR ENERGY LEVELS TO GET MORE DONE AT WORK, HOME, OR THE GYM, AND TO DO MORE OF THE THINGS YOU LOVE.

The energy bundle will help you achieve the following:

- Avoid spikes or drops in blood sugar levels to maintain steady energy.
- Increase satiety to make you feel fuller for longer.
- A clean boost in energy to improve endurance and performance in the gym.
- Increase muscle energy storage to power through intense exercise.
- Increase antioxidant intake and boost immunity.
- Support better absorption of nutrients from food.
- Promote better sleep to wake up rejuvenated.

All of these factors work together to get rid of sluggishness and increase your energy levels throughout the day. Wake up well rested and ready to take on the day. Increase your stamina at the gym to train harder and reach your fitness goals quicker.
What's in the Naked Nutrition Energy Bundle

Naked Energy
Naked Adaptogen
Naked Greens
Naked Whey or Naked Pea or Vegan Naked Shake

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.
Naked Energy

Our premium, all natural pre-workout formula will help boost energy, strength, and power, and give you that extra edge so you can maximize your performance at the gym.

Naked Whey or Naked Pea or Vegan Naked Shake

Protein slows down the rate in which glucose is removed from your bloodstream, making you feel full for longer, and helping maintain stable energy levels.

Naked Greens

Our super greens powder with adaptogens to promote detox, stress reduction, immune function, and better sleep.
NAKED RECOVERY

A blend of six superfood mushrooms that promotes calmness, improves focus, and increases power and endurance.

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.

*Optional Add-on

NAKED GUT

A daily digestive health supplement formulated to minimize digestive discomfort, optimize gut function, boost immunity, and enhance overall wellness.

*Optional Add-on
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 you should consume each day.

Add Naked Greens to your morning to promote detox, gut health, and immune function. Added adaptogens support optimal hormonal balance and stress reduction.
PRE-WORKOUT

CONSUME A NAKED WHEY/PEA OR NAKED SHAKE PROTEIN SHAKE BEFORE YOUR WORKOUT. A BOOST OF PROTEIN WILL INCREASE YOUR ENERGY LEVELS, AND PREPARE YOUR BODY FOR RIGOROUS TRAINING LATER IN THE DAY.

NAKED ENERGY COMBINES NATURAL INGREDIENTS LIKE CREATINE MONOHYDRATE, VITAMIN B3, B6, B12, BETA-ALANINE, AND MORE, TO PROVIDE A CLEAN BOOST IN ENERGY AND POWER SO YOU CAN PERFORM AT YOUR BEST.

POST-WORKOUT

DEPENDING ON YOUR DAILY PROTEIN NEEDS, YOU CAN MAKE A SHAKE WITH NAKED WHEY, NAKED PEA OR VEGAN NAKED SHAKE.

POST-WORKOUT PROTEIN WILL KICK START THE RECOVERY PROCESS AND SUPPLY THE AMINO ACIDS THAT YOUR MUSCLES NEED.

ADD ONE SCOOP OF NAKED RECOVERY TO WATER OR YOUR FAVORITE BEVERAGE FOR A MID-AFTERNOON BOOST IN MENTAL FOCUS AND TO AID WORKOUT RECOVERY.

NIGHTTIME

IF YOU FEEL AS IF YOUR DAILY PROTEIN INTAKE STILL NEEDS A BOOST, PREPARE A SHAKE TO ENJOY BEFORE BED.

THE EXTRA PROTEIN WILL PROVIDE YOUR MUSCLES WITH A BOOSTED SUPPLY OF AMINO ACIDS TO PROMOTE REPAIR AND GROWTH AS YOU SLEEP.