NAKED NUTRITION
HIGH PERFORMANCE BUNDLE

IMPROVE EXERCISE PERFORMANCE, SPEED UP RECOVERY, AND BECOME A BETTER ATHLETE

The Naked Nutrition High Performance Bundle will help you achieve peak performance through increased power and endurance.

It will also speed up the recovery process, which means you can exercise more frequently and achieve your goals in less time.

THE SUPPLEMENTS IN THE HIGH PERFORMANCE BUNDLE WILL HELP YOU ACHIEVE THE FOLLOWING.

• Build and maintain lean muscle mass
• Increase power, endurance, and exercise intensity
• Reduce exercise fatigue and risk of injury
• Boost immunity so you can stay consistent with training
• Improve sleep quality for optimal hormone balance
• Aid digestion to maintain stable energy levels
• Speed up muscle recovery

Peak performance isn’t just about the right training plan and nutrition. It’s also optimal recovery, hormonal balance, digestion, and quality rest, all of which play vital roles in helping you reach your true potential as an athlete.

The Performance Bundles takes a holistic approach and addresses all of these systems in your body so you feel energized, powerful, and focused when you get ready for training.
WHAT’S IN THE NAKED NUTRITION PERFORMANCE BUNDLE

Naked Whey / Naked Pea  
Naked Energy  
Naked Glutamine  
Naked BCAAs  
Naked Creatine  
Naked Cookies  
Naked Greens  
Naked Recovery

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.
Protein is essential for endurance at the gym, lean muscle growth, and optimal post workout recovery. But it is also vital that you consume the right amount of protein based on your goals and lifestyle if you want the best results.

If you’re not sure how much protein you need everyday, then check out [OUR PROTEIN CALCULATOR](#). Adjust your protein consumption throughout the day to stay in the range of your optimal protein intake.

**NAKED WHEY**
*Premium grass-fed whey protein to support lean muscle growth, post workout recovery, and better immune function.*

**OR**

**NAKED PEA**
*Pea protein extracted from yellow split peas grown on US and Canadian farms. Superior amino acid profile to aid muscle growth and workout recovery.*

**NAKED ENERGY**
*Natural pre-workout with premium ingredients to provide a clean boost in energy and power so that you can perform at your best.*
Naked BCAAs
Highest pharmaceutical grade BCAAs to promote muscle development, improved exercise performance, and faster recovery after workouts.

Naked Greens
Green superfood powder blend designed to improve sleep quality, reduce stress, and aid optimal digestion and nutrient absorption.

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.
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 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 FIRE SHOT
Energize your mind and body with premium ingredients for improved health, digestion, energy, and cognitive function.
*Optional Add-on
Optimizing peak performance isn’t just about pre-workout supplements.

You need adequate protein, as well as the right vitamins and minerals to support digestion, sleep, immunity, recovery, etc., so your body can function like a finely tuned performance machine.

**HIGH-QUALITY NUTRITION ALL DAY LONG**

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

If you train first thing in the morning, and you prefer a lighter snack before training, then you can substitute the protein shake with a Naked Cookie.

Support your body with a rich array of micronutrients with a green superfood drink.

Add one scoop of Naked Greens to water or your favorite beverage to make sure your body is firing on all cylinders as you get ready for the day.
**PRE-WORKOUT**

Eat a Naked Cookie around one hour before your workout to make sure your muscles are well nourished, energized, and ready to get to work when it’s training time.

Right before your workout, add a scoop of Naked BCAAs to water or another beverage.

BCAAs can help you reach your fitness goals by improving exercise performance and reducing fatigue. BCAAs increase circulating oxygen levels and preserve glycogen stores, both of which promote exercise endurance. This is also the time for Naked Energy, the natural pre-workout supplement in the bundle. Using Naked Energy can help you lift heavier and complete more reps.

**POST-WORKOUT**

Drink a Naked Whey or Naked Pea protein shake to kickstart the recovery process. Exercise stimulates the recovery process, and when you support that process with the right nutrition, you will experience optimal progress.

Add Naked Glutamine to a glass of water to rehydrate and promote recovery. Supplementing with glutamine can also protect against catabolism, increase future exercise endurance, and preserve your hard-earned muscle mass. Add in a serving of Naked Creatine immediately after working out to promote quicker recovery, muscle gain, and support overall strength.

**NIGHTTIME**

Drink a whey protein or pea protein shake when it’s close to bedtime. By consuming a protein shake in the evening, your muscles have an extra boost of amino acids to promote repair and growth as you sleep.

Add one scoop of Naked Recovery to water or your favorite beverage. The mushrooms superfood blend will also balance physical and mental stress, and start preparing your body for quality rest later at night.