Naked Nutrition
Performance Bundle

Get Stronger, Faster, and Become a Better Athlete

The Naked Nutrition Performance Bundle helps you become a better athlete by improving endurance for high-intensity exercise, increasing strength, and helping your body recover optimally after training.

Our pure performance protein, delicious snacks, and science-backed supplements will help you achieve the following:

• Premium protein from the purest sources to support muscle growth/recovery
• Increase energy for high-intensity training
• Reduce recovery time so you can train more
• Reduce muscle fatigue
• Build better resilience against injury and illness
• Improve sleep quality for better hormonal balance

These factors work together to increase your stamina and support optimal recovery. The products are made with the highest-quality ingredients to support your body for peak performance.
WHAT’S IN THE NAKED NUTRITION PERFORMANCE BUNDLE

Naked Whey / Naked Pea
Naked Cookies
Naked Recovery
Naked Greens
Naked Energy

We source the highest quality ingredients 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.
YOUR PERFORMANCE SUPER-PACK

NAKED WHEY
Pure grass-fed whey protein sourced from small dairy farms in California. Our cows are raised without growth hormones like rBGH or rBST.

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 RECOVERY
A blend of six superfood mushrooms that promotes calmness, improves focus, and increases power and endurance.
Naked Greens
Premium greens supplement with organic vegetables, prebiotics, probiotics, and adaptogens. Promotes better sleep, immunity, hormonal balance, and optimal recovery.

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 Energy
Natural pre-workout with premium ingredients to provide a clean boost in energy and power so that you can perform at your best.
CRUSH YOUR TRAINING LIKE A BOSS

Optimizing your performance isn’t just about pre-workout supplements. You need adequate protein, as well as the right vitamins, minerals, and herbs to support digestion, sleep, immunity, etc., so your body can function like a finely tuned performance machine.

Before you get started, take a minute to find out how much protein you need each day with our protein calculator. Once you learn your ideal daily protein amount, you can then plan out how many protein shakes or bars you should eat each day.

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MORNING

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.

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

Before a workout, your goal is to get a clean boost in energy and nutrition so your body has all the resources it needs to keep pushing when fatigue starts to kick in.

Naked Cookies are a protein treat to enjoy anytime of the day. Enjoy one about an hour before a workout for quick and easy additional protein.

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. It can also increase your power and endurance for explosive activities like jumping and sprinting, which is crucial when your muscles need extra energy to push for that last rep.

POST-WORKOUT

Depending on your daily protein needs, you can add a shake with Naked Whey or Naked Pea, or eat another Naked Cookie. All contain quality protein, which will kickstart 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.

NIGHTTIME

If you feel as if your daily protein intake still needs a boost, prepare an extra Naked Whey or Naked Pea protein 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.

Note: Make sure to track your protein intake throughout the day, both from supplements and regular food. If the protein recommendations here are less than or greater than what you need, adjust by adding or removing protein shakes or Cookies earlier in the day.