

THE SUPPLEMENT

TIMING & STACKING

PLAYBOOK

Take the right product, at the right time, for the right goal. Built for members who want simple routines that actually make sense.



TIMING MATTERS

WHEN IT MATTERS

Some supplements are timing-sensitive. Pre workout belongs before training. Electrolytes belong around sweat. Casein makes the most sense before bed. Others work because you take them consistently, not because you hit a magic minute.

TIMING-SENSITIVE

Pre-workout, electrolytes, EAAs/BCAAs, intra-workout carbs, and casein before bed.

CONSISTENCY-DRIVEN

Creatine, collagen, greens, gut health, fiber, vitamins, colostrum, and most daily protein habits.

GOAL-DEPENDENT

Mass gainers, Beef Protein, Bone Broth, Protein Coffee, and specialty products. Use them when they solve a specific problem.

THE SIMPLE OPERATING SYSTEM

FUEL

Before or during training

BUILD

Daily dose or post-workout

RECOVER

After training or before bed

DAILY

With the meal or routine you repeat

BEAUTY + JOINTS

Daily, consistently, for weeks

THE 24-HOUR STACK CLOCK

Build around windows, not clutter. Most people need a few well-chosen products, not a cabinet full of half-used tubs.

WINDOW	USE THIS HERE	BEST NAKED PRODUCTS
Morning	Set the nutrition tone	Protein Coffee, Greens, Collagen, Colostrum, Gut, Beef (if dairy-free breakfast is the need)
30-45 min pre-workout	Energy, focus, hydration	Naked Energy, Creatine, Lean Creatine, Nakedade
During training	Sustain output	Nakedade, EAAs, BCAAs
Post-workout	Protein and daily dose habits	Whey ISO, Whey, Egg, Pea + Rice, Creatine. Beef Protein (if collagen-rich dairy-free recovery is the goal)
Between meals	Close protein gaps	Whey, Pea, Casein, Beef Protein, Bone Broth, Naked Shake
Evening	Slow recovery and routine	Casein, Collagen, Bone Broth. Beef Protein can fit when dairy-free and low-carb matter
Rest day	Keep the daily products	Protein, Creatine, Greens, Fiber, Gut Health, Collagen, Colostrum

PRODUCT

TIMING RULES

PROTEIN POWDER

Take when it helps you hit your daily target. Post-workout is easy to remember, but daily total matters most.

CREATINE

Take daily. Timing is less important than consistency. Pair with a shake or morning routine.

PRE-WORKOUT

Take 20-45 minutes before training. Avoid late-day use if caffeine hurts sleep.

ELECTROLYTES

Use before, during, or after sweat-heavy sessions, heat, long runs, cycling, or hard training.

EAAS / BCAAS

Best during fasted, long, or intense sessions. Less critical if daily protein is already strong.

COLLAGEN + COLOSTRUM

Daily routine products. Consistency matters more than precise timing.

BEEF PROTEIN

Anytime dairy-free, low-carb, collagen-rich protein fits. Not the default muscle-first post-workout protein.

MASS GAINER

Use intentionally for calorie surplus. Post-workout or between meals, not as an accidental snack.

POST-WORKOUT IS NOT ONE-SIZE-FITS-ALL

Post-workout is the most common supplement window. The mistake is using the same product for every goal.

IF YOUR GOAL IS...	CHOOSE...
Fast muscle recovery	 Whey ISO or Whey Why? Leucine-rich complete dairy protein with a strong recovery profile.
Dairy-free muscle support	 Egg or Pea + Rice Why? Better muscle-first option when dairy is not a fit.
Dairy-free collagen-rich support	 Beef Why? Low-carb animal protein with 21 g protein and 16 g collagen per unflavored serving.
Vegan performance	 Pea + Rice or Vegan Mass Why? Plant-based protein strategy. Vegan Mass adds calories.
Hard-gain / bulk	 Mass or Vegan Mass Why? Protein plus calorie surplus when appetite is the bottleneck
Hydration support	 Nakedade Why? Use after heavy sweat or alongside protein on long/hot sessions.

MORNING

& EVENING ROUTINES



MORNING STACKS

AM is where consistency wins. Use this window for products that benefit from a daily habit.

- + Protein Coffee or Whey / Pea smoothie
- + Collagen or Collagen Creamer
 - + Greens or Gut Health
- + Colostrum before food if using it
- + Beef Protein if you want a dairy-free animal protein breakfast

Keep it simple: one protein, one daily wellness product, one optional performance product.



EVENING STACKS

PM is for hunger control, slow release, and recovery routines.

- + Casein before bed if you want slow-digesting protein
- + Collagen or Bone Broth as an easy daily habit
- + Beef Protein when you want dairy-free, low-carb protein at night
 - + Magnesium-style sleep support only if it fits your routine and label

Do not make the night stack heavy if it hurts sleep or digestion.



NEW ROUTINE IDEA

Chocolate Beef Protein + water or milk alternative: low-carb, dairy-free, collagen-rich evening protein option.

STACK BY GOAL

GOAL	CORE STACK	TIMING
Strength + muscle	Creatine + Whey ISO or Whey + Casein optional	Creatine daily. Protein post-workout. Casein before bed.
Lean / recomp	Whey ISO or Egg + Fiber / Greens + Creatine	Protein when needed. Fiber with meals. Creatine daily
Endurance	Lean Creatine + Nakedade + Pea / Whey post-workout	Electrolytes around sweat. Protein after training.
Vegan athlete	Pea + Rice + Creatine + EAAs or Nakedade	Plant protein daily. EAAs/Nakedade during hard sessions.
Dairy-free animal	Egg for muscle + Beef for collagen-rich support	Egg post-workout. Beef anytime or evening.
Beauty + joints	Collagen Advanced or Marine Collagen + Beef or Bone Broth	Daily. Consistency over perfect timing.
Hardgainer	Mass Gainer + Creatine + Whey or Vegan Mass	Between meals or post-workout. Keep calories planned.

SAMPLE

DAY PLANS

MUSCLE BUILDER

AM Whey smoothie + Creatine

PRE Naked Energy if needed

DURING Nakedade if sweaty

POST Whey ISO

PM Casein

LEAN + DAIRY-FREE

AM Egg White or Beef Protein shake

PRE Lean Creatine

POST Egg White or Pea + Rice

PM Beef Protein or Casein only if dairy works

VEGAN ATHLETE

AM Pea + Rice

PRE Creatine

DURING EAAs or Nakedade

POST Pea or Vegan Mass

PM Seed Protein if needed

BEAUTY + JOINTS

AM Collagen or Collagen Creamer

MIDDAY Beef Protein or Bone Broth

POST Complete protein if lifting

PM Routine you can repeat

WHAT NOT TO STACK



Too much caffeine

Do not combine pre-workout, coffee, energy drinks, and stimulant products without watching total caffeine and sleep.



Double creatine by accident

Do not stack full-dose creatine products unless you are intentionally managing total intake



Mass gainer as a snack

Use gainers when you need calories. If you are cutting, this is the wrong tool.



Collagen as your only protein

Collagen-rich products support a different job. Do not make them your only muscle protein source.



Everything at once

A stack should solve a problem. More products do not automatically mean better results.



New products all together

Introduce one new product at a time so you know what works for your body.

DAY

TEMPLATE

MORNING LIFT



EVENING LIFT



LONG RUN



REST DAY



ONE PAGE

CHEAT SHEET

PRODUCT TYPE	BEST TIMING	SIMPLE RULE
Whey / Isolate / Egg / Pea + Rice	Post-workout or anytime	Use for muscle-first protein.
Beef Protein	Anytime, meals, evening	Use for dairy-free, low-carb, collagen-rich protein.
Casein	Before bed	Use for slow release and fullness.
Creatine	Daily	Consistency beats timing.
Pre-workout	20-45 min pre-training	Do not use late if caffeine affects sleep.
Electrolytes	Before, during, or after sweat	Use around heat, endurance, or hard sessions
EAA's / BCAAs	During training	Useful when fasted, long, or intense.
Greens / Fiber / Gut	Daily with routine	Pick a time you will repeat.
Collagen / Colostrum	Daily	Consistency over perfect timing.
Mass gainer	Between meals or post-workout	Use only when calorie surplus is the goal.

STACK WITH A PURPOSE

The goal is not to take everything. The goal is to choose the right tools for your training, recovery, and daily wellness needs. Start simple, stay consistent, and only add products when they solve a clear problem.



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MEMBER NOTE

This guide is educational and not a substitute for medical advice. Talk to your doctor before starting any new supplement, especially if you have a medical condition, are pregnant or nursing, or take prescription medications.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.