

Naked Nutrition Protein Powders: The Power of Pure

Description

Disclaimer: [Naked Nutrition](#) provided their [protein powders sample pack](#) to me free of charge in exchange for my honest, unbiased review.



I’ve had the opportunity to try several high quality protein powders lately, and they have all ranked high on the approved by Going Dad list so far. Some are higher than others, but I’d feel confident giving any of them to friends and family. Oh, and I care about my friends and family, just to make that clear. ð™,

The one thing that sets [Naked Nutrition](#) apart from all of the other protein powders I’ve tried is that they are all unflavored. When you check the ingredient list for any of their powders, you will on find one thing, *the* protein!

[naked nutrition protein powders, whey, natural](#)

See that, right there in bold? **Whey Protein Concentrate**, that’s it, done, nada, clean and pure. Just my kind of product.

Their whey is sourced from grass-fed cows never treated with growth hormones or antibiotics, is GMO free, has no artificial mumbo jumbo, is cold processed, and full of branched chain amino acids ready to fuel and repair muscles.

Yes, protein powder is still a processed item, but why make it any worse with all of the crap you see in so many powders on the market? Naked Nutrition cuts the crap and gives you the only thing that really matters which earns my full respect. And this is not just their whey protein, but in [all of their products](#)!

Donâ€™t get me wrong, I enjoy tasty stevia sweetened protein powders, but when Iâ€™m having a post workout protein drink, I donâ€™t need something to sip and savor. I simply want a quality protein to get into my system quickly and will just quickly drink it down. To review the Naked Nutrition protein powders I received, this is how I mainly used them.

I sampled these by mixing each one with water in a shaker cup to truly get an accurate taste. Here are my thoughts:

[Naked Nutrition Pea Protein](#)



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Iâ€™ve tried other plant-based powders in the past, but never from peas, so this I had to try first. After mixing in the shaker cup, there was still a bit of chalkiness, but it mixed better than expected. The taste was earthy, as I would expect from a plant, but not unpleasant. What I liked most is that this is protein did not give me any stomach distress which has happened with other powders in the past. I can see the pea protein going well in a green smoothie or mixed with your favorite non-dairy milk if you donâ€™t want to simply mix with water.

[Naked Nutrition Goat Protein](#)



Another intriguing, never-tried-before protein I was eager to test. There is a slight scent of goat milk when opening the package which I take as a good sign since it *is* goat protein. There was only a hint of goat cheese flavor and just in water, the mix turned nice and creamy. We love our [goat cheese](#) in this house, so I wouldn't mind a stronger goat dairy flavor, but even if it's not your favorite, don't be scared to give this one a try. For smoothies, this would be perfect blended with strawberries to make a creamy strawberry protein shake.

Naked Nutrition Rice Protein



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Like the pea protein, this one was a bit chalky, and even a little gritty. The earthy flavor is not as noticeable, but there is also *no* flavor or creaminess after mixing. Of all proteins, this is my least favorite and one I would not buy if I had a choice. That said, if you need a dairy-free protein source, it's still a great option since you'd be hard-pressed to find a cleaner rice protein than Naked Nutrition's.

Naked Nutrition Casein Protein



Casein, unlike whey, is a slow-digesting protein and therefore best consumed at night to allow it work on repairing muscle as you sleep. For that reason, I drank it at night, but still mixed with just water. I enjoyed the creaminess and imagine it being great to mix with Greek yogurt and pumpkin puree for a healthy, muscle building nighttime treat. There was no strong taste, it was actually pretty bland, so it should take on whatever flavor you add.

[Naked Nutrition Whey Protein](#)



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I saved the most common one for last. As it turned out, itâ€™s also the best in my opinion. Creamy, slightly sweet, and no sign of grittiness. I could easily drink this plain after a workout with no issue. Unlike most whey proteins, there was no associated stomach upset which is HUGE!

Of all of these, the whey was my favorite. Itâ€™s easy to mix with anything, provides plenty of quality protein, and even tastes good on its own. For a non-dairy/vegan option, the pea protein is definitely better than the rice. If you want to try them all for yourself, Naked Nutrition offers the [sample pack to buy](#) so you can find one that suits your preferences best.



I know these are all high in price, but also high in quality. The saying “You get what you pay for.” applies here as you are getting protein powders from the best sources and treated with care. I appreciate how much Naked Nutrition cares about their products and how passionate they are, which is something I look for in any business I give my business to. I hope you have the chance to give their products a try for yourself.



Thank you, Naked Nutrition, for the opportunity to sample your [Naked Protein Powders!](#)

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