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FOR IMMEDIATE RELEASE:

Skinny Water® Goes International Skinny Water is now available in Bermuda

BALA CYNWYD, Pa.—November 11, 2009 [Skinny Nutritional Corp.](#) (OTC BB: [SKNY.OB](#)), the maker of Skinny Water® and a leader in the zero-calorie enhanced water category, announced today that through the exporting efforts of Global Distribution Group, LLC Skinny Water is now available in all parishes of Bermuda.

Global Distribution Group is a full-service product distributor with over 15 years experience, leveraging in-house expertise in all basic industries, and providing customers with a door-to-door solution around the corner or around the globe. In addition to Bermuda, they also export to the Bahamas, Puerto Rico, British Virgin Islands, Brazil, and other Caribbean and South American countries.

Don McDonald, CFO for Skinny Nutritional Corp. states “Global Distribution Group is our first international customer and we’re looking forward to starting an international presence for Skinny Water.”

Robert J. Haydak, Jr., CEO of Global Distribution Group remarked, “Global is focused on expanding the momentum obtained by Skinny in the US by securing distributors in overseas markets. We pride ourselves on representing great products supported by strong management and believe Skinny is a perfect fit. We are looking forward to increasing the presence of Skinny in overseas markets and adding to overall growth of the brand.”

The Skinny Water® lineup features six great-tasting flavors, including Acai Grape Blueberry (Hi-Energy), Raspberry Pomegranate (Crave Control), Goji Fruit Punch (Shape), Lemonade Passionfruit (Total-V), Peach Mango Mandarin (XXX-Detox), and Orange Cranberry Tangerine (Wake Up). Every bottle of Skinny Water® has calcium, potassium, and EGCG and has zero calories, sugar, sodium, no preservatives, with all natural colors and flavors.

ABOUT SKINNY NUTRITIONAL CORP.

Headquartered in Bala Cynwyd, Pa., Skinny Nutritional Corp., the creators of Skinny Water[®], a zero-calorie, zero-sugar, zero-sodium and zero-preservative enhanced water. Skinny Water comes in six great tasting flavors that include Acai Grape Blueberry, Goji Fruit Punch, Peach Mango Mandarin, Raspberry Pomegranate, Orange Cranberry Tangerine and Lemonade Passionfruit. Skinny Nutritional Corp. also expects to launch additional branded products, including Skinny Tea[®], and other Skinny branded beverages. For more information, visit www.SkinnyWater.com.

ABOUT GLOBAL DISTRIBUTION GROUP, LLC

With over 15 years experience in exporting products to many countries, Global Distribution Group continues to “provide customers with a door to door solution around the corner or around the globe”. Their focus on seamless logistics supports and establishes their company as a new standard of exporting excellence. For more information, visit www.gdgusa.com.

SAFE HARBOR STATEMENT

This news release contains forward-looking statements as defined by the Private Securities Litigation Reform Act of 1995. Forward-looking statements include statements concerning plans, objectives, goals, strategies, future events or performance and underlying assumptions and other statements, which are other than statements of historical facts. When used in this release, the words "believe," "anticipate," "think," "intend," "plan," "will be," "expect," and similar expressions identify such forward-looking statements. These statements are subject to uncertainties and risks including, but not limited to, risks set forth in documents filed by the Company from time to time with the Securities and Exchange Commission. All such forward-looking statements, whether written or oral, and whether made by, or on behalf of, the Company, are expressly qualified by these cautionary statements and any other cautionary statements which may accompany the forward-looking statements. In addition, the Company disclaims any obligation to update any forward-looking statements to reflect events or circumstances after the date hereof.