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**FOR IMMEDIATE RELEASE**

**Redner's Markets Adds Skinny Water<sup>®</sup>**

*Skinny Water<sup>®</sup> distribution expands to Redner's Markets in Eastern Pennsylvania, New York and Maryland*

**BALA CYNWYD, Pa.—October 22, 2008—**[Skinny Nutritional Corp. \(OTC BB: SKNY.OB\)](#), the exclusive worldwide marketer and distributor of [Skinny Water<sup>®</sup>](#), today announced the company has entered into an agreement with [Redner's Markets](#), the leading food and drug retailer in the Eastern Pennsylvania, Maryland and New York region.

“We are excited to team up with Redner's Markets to introduce Skinny Water,” says Don McDonald, CEO and President of Skinny Nutritional Corp. “We anticipate a significant boost in name recognition and consumer demand for Skinny Water from Eastern Pennsylvania all the way up to New York.”

Redner's Markets has been in business since 1970 and currently operates 51 locations in Eastern Pennsylvania, New York and Maryland. Redner's will drive the Skinny brand through advertisements with Pat Croce in Redner's circular, with pallet displays for the new item launch, as well as on the shelf in the enhanced water section, and through joint promotions.

“We are thrilled to be carrying Skinny Water on shelves in stores and believe it will sell well because of its functionality, taste and consumer demand,” says Ryan

Redner, Chief Operating Officer for Redner's Markets. "We are excited to introduce Skinny Water and look forward to building the brand."

The Skinny Water lineup features five flavors, including Acai Grape Blueberry (Hi-Energy), Raspberry Pomegranate (Crave Control), Goji Fruit Punch (Shape), Passionfruit Lemonade (Total-V), and Peach Mango Mandarin (XXX-Detox). Every bottle of Skinny Water has clinically proven ingredients to boost metabolism and control appetite.

All Skinny Waters have three key ingredients: Super CitriMax<sup>®</sup>, ChromeMate<sup>®</sup>, and EGCG. Super CitriMax is clinically proven to suppress appetite and improve weight loss by 350 percent. Super CitriMax contains calcium that promotes fat burning and bone density, and potassium that maintains cellular hydration. ChromeMate<sup>®</sup> promotes normal energy metabolism and helps maintain healthy blood sugar levels. EGCG, a green tea extract, helps keep metabolism high.

For more information about Skinny Nutritional Corp. or Skinny Water, please contact Jackie Zima at 610-228-2138, 215-534-2973 (mobile), or write to [Jackie@GregoryFCA.com](mailto:Jackie@GregoryFCA.com).

#### **ABOUT SKINNY NUTRITIONAL CORP.**

Headquartered in Bala Cynwyd, Pa., Skinny Nutritional Corp. is the exclusive worldwide distributor of Skinny Water<sup>®</sup>, a zero-calorie, zero-sugar, zero-sodium and zero-preservative multi-functional water that helps aid in weight loss. Skinny Water comes in five great tasting flavors that include Acai Grape Blueberry, Goji Fruit Punch, Peach Mango Mandarin, Raspberry Pomegranate, and Passionfruit Lemonade. Skinny Water<sup>®</sup> is the first functional water in the market that contains three key ingredients—Super CitriMax<sup>®</sup>; ChromeMate<sup>®</sup>; and EGCG, a green tea extract—which have been clinically proven to help aid in weight loss. Skinny Nutritional Corp. will also be launching Skinny Tea<sup>®</sup>, Skinny Shakes<sup>®</sup>, Skinny Java<sup>™</sup>, and other Skinny branded beverages. For more information, visit [www.SkinnyWater.com](http://www.SkinnyWater.com).

#### **ABOUT REDNERS MARKETS**

Redner's Markets, Inc., an employee owned company, currently operates 39 Warehouse Markets and 12 Quick Shoppes throughout Eastern Pennsylvania, New York and Maryland. Redner's is committed to supporting the community in which each Warehouse Market and Quick Shoppe is located through a variety of supportive partnerships and enrichment programs. Redner's continually strives to provide the lowest prices, freshest product and the outstanding service our customers have come to expect for 38 years. For more information about Redner's, please visit [www.rednersmarkets.com](http://www.rednersmarkets.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.

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