



DON McDONALD
CFO
SKINNY NUTRITIONAL CORP.
3 BALA PLAZA EAST
STE. 101
BALA CYNWYD, PA. 19004
610-784-2000 EXT. 103
DON@SKINNYCO.COM

FOR IMMEDIATE RELEASE

Skinny Water Splashes into Indiana and Ohio with 100 Marsh's Supermarkets

BALA CYNWYD, PA. MAY 5TH, 2009--- [SKINNY NUTRITIONAL CORP.](#) ([OTCBB: SKNY](#)), the exclusive worldwide marketer and distributor of Skinny Water®, today announced the company has entered into an agreement with Marsh's. Skinny Water will be available in 100 Marsh Hometown Markets and Marketplace stores. In addition to nationwide authorization at Target, Skinny also has regional authorizations with ACME Markets, Giant Food Supermarkets, Shaw's and others. The total number of chain-authorized stores now is over 2,000.

"The long anticipated wait for Skinny Water in the Indianapolis region is now over," says Ron Wilson, CEO of Skinny Nutritional Corp. "Skinny Water is a great choice for millions of healthy consumers in Indiana and Ohio who want flavor and nutrients without the calories or guilt."

Marsh's has been a staple of the Ohio area for 78 years. Throughout Indiana and Ohio, there are more than 100 store locations employing approximately 11,000 employees. Marsh's is the largest pharmacy based chain in Indiana.

The Skinny Water lineup features six great tasting flavors, including Acai Grape Blueberry (Hi-Energy), Raspberry Pomegranate (Crave Control), Orange Cranberry Tangerine (Wake Up) Goji Fruit Punch (Shape), Lemonade Passionfruit (Total-V), and Peach Mango Mandarin (XXX-Detox). Every bottle of Skinny Water has calcium, potassium, and EGCG

and has zero calories, sugar, sodium, no preservatives, and all natural colors and flavors.

About Skinny Nutritional Corp.

Headquartered in Bala Cynwyd, Pa., Skinny Nutritional Corp. is the exclusive worldwide distributor 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[®], Skinny Shakes[®], Skinny Java[™], and other Skinny branded beverages. For more information, visit www.SkinnyWater.com.

About Marsh's

Marsh Supermarkets LLC, founded in 1931, is headquartered in Indiana and operates 100 Marsh Supermarkets and 5 O'Malia's Food Markets in Indiana and Ohio. The largest pharmacy chain based in the state of Indiana, Marsh has forty-one pharmacy locations. Marsh has the distinction of being the first grocery store in the world to use electronic scanners to ring up purchases. Nearly 11,000 employees serve two million customers weekly. For more information, please visit www.marsh.net

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.