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FOR IMMEDIATE RELEASE

Skinny Nutritional Wakes Up Breakfast with New Zero-Calorie, Orange-Cranberry-Tangerine Vitamin Enriched Water, with 250% RDI of Vitamin C

“Wake Up” takes the sugar and calories out of breakfast drinks

BALA CYNWYD, Pa.—February 16th, 2009--- [Skinny Nutritional Corp.](#) ([OTCBB: SKNY](#)) today introduced a new flavor to Skinny Water[®] zero-calorie lineup – and it’s an eye opener. Skinny Water[®] Wake Up, which hits shelves next week, is a tasty blend of orange, cranberry and tangerine. This zero-calorie flavored water is perfect for breakfast, but tastes great any time of the day. Each 16 oz. bottle delivers 250% of the recommended daily intake of Vitamin C, contains EGCG, a green tea extract and, Vitamins A and E, calcium and potassium.

“Skinny Water[®] Orange Cranberry Tangerine “Wake Up” is the perfect way to start your day without sugar or calories, but with all the taste, and even more vitamins and minerals than you would expect in a breakfast drink,” says Ron Wilson, President and CEO of Skinny Nutritional Corp. “Wake Up was specially formulated to kick off the day, offering consumers an alternative to high sugar and high calorie beverages.”

Wake Up is the newest flavor Skinny Nutritional has added to a product line up that now features six flavors, including: Acai Grape Blueberry for hi-energy; Raspberry Pomegranate to help control cravings; Goji Fruit Punch for those who want electrolytes; Lemonade Passionfruit for overall health; Peach Mango Mandarin for antioxidants.

For more information about Skinny Nutritional Corp. or Skinny Water, please contact Don McDonald at 610-784-2000 ext. 103, or write to Don@skinnyco.com.

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 Passionfruit Lemonade. 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.

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.

