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FOR IMMEDIATE RELEASE:

Skinny Water's CEO to Speak at the Global Bottled Water Congress Conference

Skinny Water to be sampled by global audience in Istanbul, Turkey

BALA CYNWYD, Pa.—October 14, 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 President and CEO Ron Wilson will be a keynote speaker at the 6th Annual Bottled Water Congress in Istanbul, Turkey (November 10-12th, 2009). This year's conference theme is 'New World, New Agenda'. For more information, please visit: <http://www.zenithinternational.com>

Ron Wilson will present and sample Skinny Water® to a global audience of beverage companies, during a session titled 'Functional Water Case Studies'. "While our focus has been on the U.S, we're excited to introduce Skinny Water® to a global audience", says Wilson "Consumers and governments around the world are increasingly becoming concerned over the sugar content of beverages. With Skinny Water, we share the same concern as we continue to offer consumers a great functional beverage with zero calories, o sugar, and zero sodium, but most importantly, tastes great."

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 introducing 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 THE GLOBAL BOTTLED WATER CONGRESS

The Global Bottled Water Congress consists of bottled water industry leaders, whose focus is to discuss and improve the latest trends and developments from around the world. Their emphasis continues to center on the environment, economic recessions and growing public health concerns. For more information, visit <http://www.zenithinternational.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.