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**SCHIFF NUTRITION INTERNATIONAL, INC. ANNOUNCES TIMING OF  
FISCAL 2009 SECOND QUARTER RESULTS**

SALT LAKE CITY, Utah, December 11, 2008: Schiff Nutrition International, Inc., (NYSE: WNI), announced it intends to discuss its fiscal 2009 second quarter results on Tuesday, December 16, 2008. The company will host a conference call at 11:00 a.m. ET, featuring remarks by Bruce Wood, chief executive officer and president, and Joseph Baty, chief financial officer and executive vice president, followed by a question and answer session.

The conference call will be broadcast live over the Internet at <http://www.schiffnutrition.com/press.asp>, and the webcast will be available through January 5, 2009. If you do not have Internet access, the dial-in number is 866-788-0538 for domestic callers and 857-350-1676 for international callers. The participant passcode is 78795561. A replay of the call will be available by dialing 888-286-8010 for domestic callers and 617-801-6888 for international callers; enter access code 47130664. The telephone replay will be available through December 19, 2008.

Schiff Nutrition International, Inc., develops, manufactures, markets and distributes branded and private label vitamins, nutritional supplements and nutrition bars in the United States and throughout the world. To learn more about Schiff, please visit the website [www.schiffnutrition.com](http://www.schiffnutrition.com).

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