



SCHIFF NUTRITION INTERNATIONAL, INC. NAMES DR. RICHARD CARMONA CHAIR OF SCIENTIFIC ADVISORY BOARD

Salt Lake City, Utah, July 21, 2011: Schiff Nutrition International, Inc., (NYSE: WNI), formed a Scientific Advisory Board and named Dr. Richard H. Carmona, 17th Surgeon General of the United States, as chairman.

Dr. Carmona stated: "Throughout my career, I have been deeply committed to public health. Schiff Nutrition is focused on using sound science in developing products to meet consumer needs, and I look forward to working with the team."

"Schiff Nutrition welcomes Dr. Carmona," stated Tarang Amin, president and chief executive officer. "We are forming the Scientific Advisory Board to provide guidance and to facilitate connections for new product ideas and technology platforms. As one of the world's leading experts in public health, Dr. Carmona believes in the importance of strong nutrition. We are honored he will chair our advisory board as we strive to lead product innovation."

Richard H. Carmona, M.D., M.P.H., FACS

- 17th Surgeon General of the United States (2002-2006)
- President, Canyon Ranch Institute
- Vice Chairman, Canyon Ranch
- Distinguished Professor, Mel and Enid Zuckerman College of Public Health, University of AZ

In 2002, Dr. Carmona, 61, was nominated by the President of the United States and unanimously confirmed by the United States Senate to become the 17th Surgeon General. Dr. Carmona was selected because of his extensive experience in public health, clinical sciences, health care management, preparedness, and his commitment to prevention as an effective means to improve public health and reduce health care costs while improving the quality and quantity of life. As Surgeon General, Dr. Carmona focused on prevention, preparedness, health disparities, health literacy, and global health to include health diplomacy. He also issued many landmark Surgeon General communications during his tenure, including the definitive Surgeon General's Report about the dangers of second-hand smoke and the first-ever Surgeon General's Report on bone health and osteoporosis, which provided much needed information on bone health, an often overlooked aspect of physical health, and which identified the relevant scientific data, rigorously evaluated and summarized the evidence, and determined conclusions.

In 2006, Dr. Carmona was named president of Canyon Ranch Institute, a 501(c)3 non-profit organization. Canyon Ranch Institute catalyzes the possibility of optimal health for all people by translating the best practices of Canyon Ranch and its partners to help educate, inspire, and empower every person to prevent disease and choose a life of wellness.

Trained in general and vascular surgery, Dr. Carmona also completed a National Institutes of Health-sponsored fellowship in trauma, burns, and critical care. Dr. Carmona was then recruited jointly by the Tucson (Arizona) Medical Center and the University of Arizona to start and direct Arizona's first regional trauma care system. He went on to become the chairman of the State of Arizona Southern Regional Emergency Medical System, a professor of surgery, public health and family and community

medicine at the University of Arizona, and the Pima County Sheriff's Department surgeon and deputy sheriff. He is also a Fellow of the American College of Surgeons.

Dr. Carmona has published extensively and received numerous awards, decorations, and local and national recognitions for his achievements. A strong supporter of community service, he has served on community and national boards and provided leadership to many diverse organizations. Dr. Carmona serves as chairperson of the Partnership to Fight Chronic Disease, as health and wellness chairperson of the Strategies to Overcome and Prevent (STOP) Obesity Alliance, and as chair of the Time to Talk CARDIO advisory board.

Dr. Carmona is also vice chairman of Canyon Ranch, a leading health and wellness company. In this role, he oversees health strategy and policy for all Canyon Ranch businesses. In addition, he is the first Distinguished Professor of Public Health at the Mel and Enid Zuckerman College of Public Health at the University of Arizona. He earned an associate of arts degree from Bronx Community College of the City University of New York, a Bachelor of Science degree from the University of California, San Francisco, and medical degree from the University of California Medical School, where he was awarded the prestigious gold-headed cane as the top graduate. While serving in the U.S. Army, he became a combat-decorated Special Forces Vietnam veteran.

About Schiff Nutrition

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. Schiff's portfolio of well-known brands includes Schiff Move Free®, Schiff® Vitamins, Schiff MegaRed®, Schiff Mega-D3™, Schiff Tiger's Milk®, Schiff Sustenex, and Schiff Digestive Advantage. To learn more about Schiff, please visit the web site www.schiffnutrition.com.

Forward-Looking Statements

This press release contains forward-looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934 that are based on management's beliefs and assumptions, current expectations, estimates, and projections. These statements are subject to known and unknown risks and uncertainties, certain of which are beyond the company's ability to control or predict, and therefore, actual results may differ materially. Any forward-looking statements are made pursuant to the Private Securities Litigation Reform Act of 1995 and, as such, speak only as of the date hereof. Schiff Nutrition disclaims any obligation to update any forward-looking statements whether as a result of new information, future events or otherwise. You are cautioned not to place undue reliance on these forward-looking statements.

Important factors that may cause actual results of Schiff Nutrition to differ materially from those expressed or implied by such forward-looking statements include, but are not limited to: members of our Scientific Advisory Board may not continue service, dependence on sales of Schiff Move Free product and the joint care category, dependence on sales of Schiff MegaRed product, dependence on individual customers, adverse publicity or consumer perception regarding our nutritional supplements and/or their ingredients, similar products distributed by other companies or the nutritional supplement industry generally, the impact of competitive products and pricing pressure (including expansion of private label products), the inability to successfully bid on new and existing private label business, the impact of raw material pricing, availability and quality (particularly relating to joint care products and ingredients from third-party suppliers outside the United States, including China), claims that our products infringe the intellectual property rights of others, the inability to enforce or protect our intellectual property rights and proprietary techniques against infringement, the inability to successfully launch and maintain sales (especially in the joint care and omega-3 categories) outside of the United States while maintaining the integrity of the products sold and complying with local regulations, the inability to appropriately respond to changing consumer preferences and demand for new products, the inability to gain or maintain market distribution for new products or product enhancements, including products in the probiotic space, litigation and

government or administrative regulatory action in the United States and internationally, including FDA enforcement and product liability claims, the inability or increased cost to obtain sufficient levels of product liability and general insurance, the inability to comply with existing or new regulations, both in the United States and abroad, and adverse actions regarding product formulation, claims or advertising, product recalls or a significant amount of product returns, dependence on a single manufacturing facility and potential disruptions of our manufacturing operations, the inability to find strategic transaction opportunities or the inability to successfully consummate or integrate a strategic transaction (including the inability to successfully integrate the assets recently acquired from Ganeden), the inability to maintain or attract key personnel, interruptions to our information technology systems, control by our principal stockholders, and other factors indicated from time to time in the company's SEC reports, copies of which are available upon request from the company's investor relations department or may be obtained at the SEC's web site (www.sec.gov). These risks and uncertainties should be carefully considered before making an investment decision with respect to shares of our common stock.

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