

**Important notice regarding the Internet availability of proxy materials for the Annual Meeting of Stockholders.**

The Proxy Statement and the 2010 Annual Report are available at:

<http://www.schiffnutrition.com/proxy.asp>

FOLD AND DETACH HERE

**PROXY**

**SCHIFF NUTRITION INTERNATIONAL, INC.**

**PROXY SOLICITED ON BEHALF OF THE BOARD OF DIRECTORS FOR  
THE 2010 ANNUAL MEETING OF STOCKHOLDERS TO BE HELD NOVEMBER 11, 2010**

The undersigned hereby appoints each of Bruce J. Wood and Joseph W. Baty as attorneys and proxies, each with power of substitution, to vote all shares of Class A common stock and Class B common stock of Schiff Nutrition International, Inc. (the "Company") held by the undersigned on September 13, 2010, at the 2010 Annual Meeting of Stockholders (the "Annual Meeting") of the Company to be held November 11, 2010, at 5:00 p.m., local time, at the Company's headquarters located at 2002 South 5070 West, Salt Lake City, Utah 84104, on the proposal set forth on the reverse side hereof and on such other matters as may properly come before the Annual Meeting and any adjournment(s) or postponement(s) thereof.

The proxy holders will vote the shares represented by this proxy in the manner indicated on the reverse side hereof. Unless a contrary direction is indicated, the proxy holders will vote such shares **FOR** each of the ten nominees as directors. If any further matters properly come before the Annual Meeting, it is the intention of the persons named above to vote such proxies in accordance with their best judgment.

(Continued and to be dated and signed on the reverse side.)

Address Change/Comments (Mark the corresponding box on the reverse side)

**Mark, Sign, Date and Return this Proxy Card Promptly Using the Enclosed Envelope.**

**Votes must be indicated (x) in black or blue ink.**

**The Board of Directors recommends a vote FOR the following proposals:**

1. Election of the ten director nominees set forth below to serve on the Company's Board of Directors until the 2011 Annual Meeting of Stockholders or until their successors are duly elected and qualified.

FOR ALL nominees listed

WITHHOLD AUTHORITY to vote for ALL nominees listed

\*EXCEPTIONS

Nominees: Eric Weider, George F. Lengvari, Bruce J. Wood, Ronald L. Corey, Matthew T. Hobart, Michael Hyatt, Eugene B. Jones, Roger H. Kimmel, Brian P. McDermott and William E. McGlashan, Jr.

**(INSTRUCTIONS: To withhold authority to vote for any individual nominee, mark the "Exceptions" box and write that nominee's name in the space provided below. Your shares will be voted for all nominees other than any nominee(s) listed below.)**

\*Exceptions:

2. In the discretion of the persons acting as proxies, on such other matters as may properly come before the Annual Meeting or any adjournment(s) or postponement(s) thereof.

Please Mark Here for Address Change or Comments. SEE REVERSE SIDE

Note: Please sign exactly as name appears hereon. If a joint account, each joint owner must sign. If signing for a corporation or partnership or as an agent, attorney or fiduciary, indicate the capacity in which you are signing.

Signature

Signature

Date