

YOUR VOTE IS IMPORTANT. PLEASE VOTE TODAY.

SCHIFF NUTRITION INTERNATIONAL, INC.

To vote by mail, mark, sign and date your proxy card and return it in the enclosed postage-paid envelope.

58109

▼ FOLD AND DETACH HERE ▼

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

Please mark your votes as indicated in this example

1. Election of eight directors of the Company to serve until the 2010 Annual Meeting of Stockholders or until their successors are duly elected and qualified.

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.

Nominees:

- 01 Eric Weider
- 02 George F. Lengvari
- 03 Bruce J. Wood
- 04 Ronald L. Corey
- 05 Michael Hyatt
- 06 Eugene B. Jones
- 07 Roger H. Kimmel
- 08 Brian P. McDermott

FOR ALL WITHHOLD FOR ALL *EXCEPTIONS

(INSTRUCTIONS: To withhold authority to vote for any individual nominee, mark the "Exceptions" box above and write that nominee's name in the space provided below.)

*Exceptions _____

Mark Here for Address Change or Comments SEE REVERSE

Signature _____ Signature _____ Date _____

NOTE: Please sign as name appears hereon. Joint owners should each sign. When signing as attorney, executor, administrator, trustee or guardian, please give full title as such.

Important notice regarding the Internet availability of proxy materials for the Annual Meeting of Stockholders. The Proxy Statement and the 2009 Annual Report are available at: <http://www.schiffnutrition.com/shareholder.asp>.

▼ FOLD AND DETACH HERE ▼

PROXY

**SCHIFF NUTRITION INTERNATIONAL, INC.
PROXY SOLICITED ON BEHALF OF THE BOARD OF DIRECTORS FOR
THE 2009 ANNUAL MEETING OF STOCKHOLDERS TO BE HELD NOVEMBER 9, 2009**

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 10, 2009, at the 2009 Annual Meeting of Stockholders (the "Annual Meeting") of the Company to be held November 9, 2009, 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 eight 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.

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

BNY MELLON SHAREOWNER SERVICES
P.O. BOX 3550
SOUTH HACKENSACK, NJ 07606-9250

(Continued and to be marked, dated and signed on the other side)