

Changing Times Vitamins, Inc., Signs Exclusive Distribution Agreement with Health Sports and Fitness, Inc., Projecting \$7.5 Million in Revenues for the Next 12 Months.

SCOTTSDALE, Ariz., January 13 - Changing Times Vitamins, Inc., (Pink Sheets: SGTB) announced today that they signed a distribution agreement with Health, Sports & Fitness Inc. (HSF), New York, giving HSF exclusive rights to distribute RecoveryX to chain stores and mass market merchandisers and independent retailers. See: www.Recoveryx.com

Health, Sports & Fitness, Inc. is a new company formed specifically for the distribution of sports and fitness products, with its first product's being RecoveryX and RecoveryX for women. The principals of HSF, Ed Koss and Steven Koss, have 30 plus years experience in consumer product distribution to over 60,000 locations worldwide, including Costco, CVS Pharmacies, Walgreen, Wal-Mart, Loblaw's and to Military PX's.

The agreement calls for HSF to generate a minimum of \$7.5 million in revenues the first year. HSF received the non exclusive rights to distribute CTV's other brands currently under development, including Popeye Water, and ProAlgaZyme, the main ingredient in RecoveryX. ProAlgaZyme is a product of Health Enhancement Products, Inc. (HEPI.ob) CTV is currently developing a line of supplements for athletes and health enthusiasts that will also be distributed by HSF.

ABOUT CHANGING TIMES VITAMINS, INC.

Changing Times Vitamins, Inc., a majority owned subsidiary of CTVX, Inc., is a supplement company developing a line of products specifically geared to the health and energy sectors. The company currently has one primary product, RecoveryX, an all-natural recovery drink specifically targeting athletes and people with active life styles. RecoveryX contains a patent pending algae extract that has been clinically tested in humans and animals.

Except for any historical information, the matters discussed in this press release contain 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. These forward-looking statements involve risks and uncertainties. A number of factors could cause actual results to differ from those indicated in the forward-looking statements. Such statements are subject to a number of assumptions, risks and uncertainties. Readers are cautioned that such statements are not guarantees of future performance and those actual results or developments may differ materially from those set forth in the forward-looking statements. The company undertakes no obligation to publicly update or revise forward-looking statements, whether as a result of new information or otherwise.

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