

Press Release Source: Changing Times Vitamins, Inc.

Changing Times Vitamins Signs Bobby Lashley to Represent Its RecoveryX Sports Drink

SCOTTSDALE, Ariz., June 15, 2009 (GLOBE NEWSWIRE) -- Changing Times Vitamins, Inc. (Other OTC:[SGTB](#) - [News](#)) announced the signing of MMA fighter and ex Wrestling star Bobby Lashley, to represent its growing line of sports nutritional products. Lashley's accomplishments include 2 times Armed Forces Wrestling Champion, CISM World Silver Medalist, Missouri Valley College National Championship (1996-2008), NAIA National Wrestling Championship (1997, 1998), Pro Wrestling Rookie of the Year, two times ECW World Champion, and WWE US Champion. Lashley left Pro Wrestling to join Mixed Martial Arts and currently has a record of 3-0.

Lashley, a very popular sports figure throughout the world, will actively represent RecoveryX and will be a distributor for the company's RecoveryX and Popeye Water brands. The agreement also calls for the company to develop a line of sports supplements with the Bobby Lashley name on it which would be distributed through health food stores and health clubs.

Lashley, who has been using RecoveryX, stated, "Since I've started drinking RecoveryX , I've had much more energy during my workouts, training sessions and sparring sessions. As a professional athlete, your body gets worn out quickly. RecoveryX has helped to take away the soreness and muscle aches that traditionally accompanies this type of physical activity. Because of the quick recovery time, I am able to train harder, go faster and work out longer than I ever have before. I am excited to be working with RecoveryX and I believe that all athletes should use this product to achieve peak performance."

For more on Bobby Lashley, see www.BobbyLashley.net

For more information on RecoveryX, go to www.RecoveryX.com

ABOUT CHANGING TIMES VITAMINS, INC.

Changing Times Vitamins distributes a line of products specifically geared to the health and energy sectors, specifically targeting athletes and people with active life styles. Most products contain 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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