



Lifeway Foods, Inc. to Announce Results for the Third Quarter Ended September 30, 2011

MORTON GROVE, Ill., Oct. 31, 2011 /PRNewswire/ -- Lifeway Foods, Inc., (Nasdaq:[LWAY - News](#)), a leading supplier of cultured dairy products known as kefir and organic kefir, will announce results for the third quarter ended September 30, 2011 on Monday, November 14, 2011, after market close. The Company will host a conference call to discuss these results with additional comments and details.

The conference call is scheduled to begin at 5:00 p.m. ET on Monday, November 14, 2011. The call will be broadcast live over the Internet hosted at the Investor Relations section of Lifeway Foods' website at www.lifeway.net, and will be archived online through November 28, 2011. In addition, listeners may dial 877-407-3982 in North America, and international listeners may dial 201-493-6780. Participants from the Company will be Julie Smolyansky, President and Chief Executive Officer, and Edward Smolyansky, Chief Financial Officer.

About Lifeway Foods, Inc.

Lifeway Foods, Inc. (NASDAQ:[LWAY - News](#)), recently named one of Fortune Small Business' Fastest Growing Companies for the fifth consecutive year, is America's leading supplier of the cultured dairy products known as kefir and organic kefir. Lifeway Kefir is a dairy beverage that contains 10 exclusive live and active probiotic cultures plus ProBoost™. While most regular yogurt contains only two or three of these "friendly" cultures, Lifeway Kefir products offer greater nutritional benefits and support a healthier life. Lifeway produces various different flavors of its drinkable Kefir and Organic Kefir beverage, and recently introduced a series of innovative new products such as a children's line of Organic Kefir called ProBugs™ with a no-spill pouch and kid-friendly flavors like Goo Berry Pie and Strawnana Split. In addition to its line of Kefir products, the company produces a variety of probiotic cheese products. Lifeway also sells frozen kefir, kefir smoothies and kefir parfaits through its Starfruit™ retail stores.

Contact:

Lifeway Foods, Inc.

Phone: 877.281.3874

Email: info@Lifeway.net

ICR

John Mills

Katie Turner

646.277.1228