



FOR IMMEDIATE RELEASE

**SUNOPTA INC. SCHEDULES 2008 THIRD QUARTER
FINANCIAL RESULTS RELEASE AND CONFERENCE CALL**

Toronto, Ontario, October 15, 2008 – SunOpta Inc. (NASDAQ:STKL; TSX:SOY) announced today that it will issue its financial results for the third quarter ended September 30, 2008 on November 5, 2008 after the close of the stock markets.

SunOpta's Chairman, Jeremy Kendall and President, Steve Bromley, also plan to host a conference call at 10:00 AM Eastern Time on Thursday, November 6, 2008, to discuss the third quarter 2008 financial results and recent corporate developments. After opening remarks, there will be a question and answer period. **This conference call can be accessed with the toll free dial-in number 1 (866) 322 - 2356 or (416) 640 - 3405 followed by pass code: 6084863#.** Additionally, the call may be accessed via a link at the Company's website at www.sunopta.com. To listen to the live call over the Internet, please go to the Company's website at least 15 minutes early to register, download and install any necessary audio software. If you are unable to listen live, the conference call will be archived and can be accessed for approximately 90 days at the website. **A replay number can also be accessed between November 6 and November 14, 2008 with the toll free dial-in number (888) 203 - 1112 or (647) 436 - 0148 followed by pass code: 6084863#.**

About SunOpta Inc.

SunOpta Inc. is an operator of high-growth ethical businesses, focusing on integrated business models in the natural and organic food and natural health markets. The Company has three business units: the SunOpta Food Group, which specializes in sourcing, processing and distribution of natural and organic food products integrated from seed through packaged products; Opta Minerals Inc. (TSX:OPM) (66.6% owned by SunOpta), a producer, distributor, and recycler of environmentally friendly industrial materials; and SunOpta BioProcess Inc. which engineers and markets proprietary steam explosion technology systems for the bio-fuel, pulp and food processing industries. Each of these business units has proprietary products and services that give it a solid competitive advantage in its sector.

For further information, please contact:

SunOpta Inc.

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