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NEWS RELEASE

Medifast® Earns Spot on Forbes' 100 Most Trustworthy Companies in America List for Second Consecutive Year

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OWINGS MILLS, Md., May 1, 2017 /PRNewswire/ -- **Medifast**, Inc. (NYSE: MED), is proud to announce it has been named to the 2017 Forbes 100 Most Trustworthy Companies in America list for the second consecutive year. Medifast, in partnership with its 12,500 Take Shape For Life® Health Coaches, helps Clients achieve Optimal Wellness through a proven weight management and Habits of Health system.

"We are proud to be included on this prestigious list for the second consecutive year," said Daniel Chard, CEO of Medifast, Inc. "This is an incredible accomplishment by our finance team, directed by our Chief Financial Officer, Tim Robinson, and our legal team, led by our Executive Vice President & General Counsel, Jason Groves, who work tirelessly to maintain the highest standards in financial management and corporate ethics."



Forbes ranks their selections based on the company's accounting and governance practices. According to Forbes, during the evaluation process, factors considered include high risk behaviors like regulatory actions, amended filings, revenue and expense recognition methods, and bankruptcy risk.

"It is an extraordinary accomplishment to be the sole company in our industry recognized on this impressive list," said Mona Ameli, President of Take Shape For Life. "Honesty and integrity are important components of our mission, and this recognition further validates our company's commitment to financial ethics and corporate integrity."

In addition to being named to Forbes' 100 Most Trustworthy Companies in America List in 2016 and 2017; Medifast was also named to its annual list of America's Best Small Companies in 2010, 2011, 2012 and 2013. A full list of Forbes 100 Most Trustworthy Companies In America 2017 can be found [here](#).

About Medifast®:

Medifast (NYSE: MED) is the leading provider of clinically studied healthy living products and programs. It partners with more than 12,500 Take Shape For Life® Health Coaches to help its Clients achieve Optimal Wellness through a proven weight management and Habits of Health system. Medifast was founded in 1980 in Owings Mills, Maryland and has been recommended by more than 20,000 Doctors. The company was named to Forbes' 100 Most Trustworthy Companies in America List in 2016 and 2017. For more information, visit www.MedifastNow.com.

SOURCE Medifast, Inc.