NEWS RELEASE

Medifast, Inc. Announces Analyst Day Presentation

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OWINGS MILLS, Md., April 8, 2014 /**PRNewswire**/ -- Medifast, Inc. (NYSE: MED), a leading United States manufacturer and provider of clinically proven, portion-controlled weight-loss products and programs, today announced it will host an analyst day with Chairman and Chief Executive Officer Michael C. MacDonald and other members of Medifast's senior management team on Tuesday, April 22, 2014 at 9:00 a.m. ET in New York, NY.

The presentation will be broadcast live over the Internet hosted at the Investor Relations section of Medifast's website at **www.medifastnow.com**, and will be archived online for 30 days.

About Medifast

Medifast (NYSE: MED) is the leading easy-to-use, clinically proven, portion-controlled weight-loss program. The company sells its products and programs via four unique distribution channels: 1) the Web and national call centers, 2) the Take Shape For Life personal coaching division, 3) Medifast Weight Control Centers, and 4) a national network of physicians. Medifast was founded in 1980 and is located in Owings Mills, Maryland. For more information, log onto **www.medifastnow.com**.

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