NEWS RELEASE

Medifast, Inc. to Announce Financial Results for the First Quarter Ended March 31, 2014

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OWINGS MILLS, Md., April 21, 2014 /**PRNewswire**/ -- Medifast, Inc. (NYSE: MED), a leading United States manufacturer and provider of clinically proven, portion-controlled weight-loss products and programs, will announce financial results for the first quarter ended March 31, 2014 on Monday, May 5, 2014, after market close. The Company will host a conference call to discuss these results with additional comments and details. Participants from the Company will be Michael C. MacDonald, Executive Chairman and Chief Executive Officer; Timothy Robinson, Chief Financial Officer; and Margaret Sheetz, President and Chief Operating Officer.

The conference call is scheduled to begin at 4:30 p.m. ET on May 5, 2014. The call 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 through May 19, 2014. In addition, listeners may dial (877) 705-6003.

A telephonic playback will be available from 7:30 p.m. ET, May 5, 2014, through May 19, 2014. Participants can dial (877) 870-5176 to hear the playback and enter passcode 13580710.

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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