NEWS RELEASE

Medifast, Inc. to Announce Financial Results for the Second Quarter Ended June 30, 2014

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OWINGS MILLS, Md., July 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 second quarter ended June 30, 2014 on Thursday, August 7, 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, 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 August 7, 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 August 21, 2014. In addition, listeners may dial (877) 705-6003.

A telephonic playback will be available from 7:30 p.m. ET, August 7, 2014, through August 21, 2014. Participants can dial (877) 870-5176 to hear the playback and enter pass code 13587227.

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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