



NEWS RELEASE

Medifast, Inc. to Announce Financial Results for the Third Quarter Ended September 30, 2016

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OWINGS MILLS, Md., Oct. 12, 2016 /PRNewswire/ -- Medifast, Inc. (NYSE: MED), a leading United States manufacturer and provider of clinically proven weight-loss and healthy living products and programs, will announce financial results for the third quarter ended September 30, 2016 on Thursday, November 3, 2016, 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, Daniel R. Chard, Chief Executive Officer, and Timothy Robinson, Chief Financial Officer.

The conference call is scheduled to begin at 4:30 p.m. ET on November 3, 2016. 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 November 17, 2016. In addition, listeners may dial (855) 560-2579.

A telephonic playback will be available from 6:30 p.m. ET, November 3, 2016, through November 10, 2016.

Participants can dial (877) 344-7529 to hear the playback and enter passcode 10094827.

About **Medifast®**:

Medifast (NYSE: MED) is the leading easy-to-use, clinically proven provider of weight-loss and healthy living products and programs. Medifast aims to help customers lead a healthier lifestyle through a holistic approach to weight-loss and weight management, nutrition education and fitness. Medifast's proven results are based on the use of structured meal plans featuring Medifast Meals, which are nutritionally designed to assist customers with successful weight-loss and weight management. 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. The company also offers sports nutrition products under the brand Dual Fuel™ that are formulated to provide athletes and active individuals with the right balance of carbohydrates and high quality protein for top performance. **Medifast** was founded in 1980 and is located in Owings Mills, Maryland. For more information, log onto www.MedifastNow.com.

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