NEWS RELEASE

Medifast, Inc. to Present at Upcoming Investor Conferences

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OWINGS MILLS, Md., Sept. 5, 2014 /**PRNewswire**/ -- Medifast, Inc. (NYSE: MED), a leading United States manufacturer and provider of clinically proven, weight-loss products and programs, announced today that Michael C. MacDonald, Executive Chairman and Chief Executive Officer, and Timothy Robinson, Chief Financial Officer, will be presenting at the following upcoming investor conferences:

- On Thursday, September 18, 2014 at 9:00 am ET, the Company will present at the Imperial Capital Global Opportunities Conference in New York, NY.
- On Tuesday, September 23, 2014 at 1:55 pm ET, the Company will present at the Wedbush Securities California Dreamin' Consumer Conference: The New York Edition in New York, NY.

The presentations 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 two weeks.

About Medifast

Medifast (NYSE: MED) is the leading easy-to-use, clinically proven 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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