



NEWS RELEASE

## Medifast® Named to Forbes 100 Most Trustworthy Companies In America List

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OWINGS MILLS, Md., July 7, 2016 /PRNewswire/ -- **Medifast, Inc.** (NYSE: MED), a leading United States manufacturer and provider of clinically proven weight-loss and healthy living products and programs, is excited to announce it has been named to the 2016 Forbes 100 Most Trustworthy Companies In America list.

Forbes ranks the most trustworthy companies in America annually based on their accounting and governance practices. According to Forbes, the companies selected to the list "can be relied upon to accurately report financial outcomes ... and consistently provide their shareholders with the greatest levels of financial transparency."

"Our finance team, under the leadership of CFO, Tim Robinson, continuously strives to reach the highest standards in financial management," said Michael MacDonald, Chairman and Chief Executive Officer, Medifast, Inc. "It is an honor to be included on this prestigious list of companies from such a well-respected national business publication."

Take Shape For Life®, Medifast's largest business unit, was the only organization in the direct selling industry to be recognized on the list, a significant achievement for a direct selling company.

"We are proud to be a part of a company that not only transforms lives, but does so with integrity, transparency and respect," said Mona Ameli, President of Take Shape For Life. "This recognition is a testament to the values of both our Health Coach community and our corporate team. To be acknowledged alongside some of the largest and most well-known companies in the country is a true achievement, and will help us continue to expand our Optimal Wellbeing mission across the nation."

Medifast was previously named to Forbes' annual list of America's Best Small Companies in 2010, 2011, 2012 and 2013.

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### 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™ Nutrition 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](http://www.MedifastNow.com).

### About Take Shape For Life:

Take Shape For Life® is a thriving, vibrant community that is redefining the path to wellbeing and creating Optimal Health™ through a network of Independent Health Coaches, who provide support and personal encouragement to help Clients safely and effectively reach and sustain a healthy weight, and adopt habits for a lifetime of health. Within the Trilogy of Optimal Health, Take Shape For Life offers individuals an opportunity to create sustainable health in all areas of their lives – building a healthy body, developing a healthy mind, and generating healthy finances. Take Shape For Life provides Health Coaches with tools and support; an innovative and leading edge lifestyle program; training and knowledge; and best of all, a community of like-minded individuals working toward the common goal of getting America healthy. In 2016, Take Shape For Life, and its parent company Medifast® were ranked in the top 20 of the Direct Selling Association's largest companies, and is a Code of Ethics member.

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