

HEALTH & NUTRITION SYSTEMS INTERNATIONAL INC  
Form 8-K  
August 16, 2004

**UNITED STATES**  
**SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

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**FORM 8-K**

**CURRENT REPORT**

**Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934**

Date of Report (Date of earliest event reported) **August 13, 2004**

**Health & Nutrition Systems International, Inc.**

(Exact name of registrant as specified in its charter)

**Florida**  
(State or Other Jurisdiction)

**000-29245**  
(Commission)

**65-0452156**  
(I.R.S. Employer)

of Incorporation)

File Number)

Identification No.)

**3750 Investment Lane, Suite 5, West Palm Beach, Florida 33404**

(Address of Principal Executive Office) (Zip Code)

**(561) 863-8446**

(Registrant's telephone number, including area code)

**Not Applicable**

(Former Name or Former Address, If Changed Since Last Report.)

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**Item 7. Financial Statements and Exhibits.**

(c)

Exhibits.

| Exhibit No. | Description                                            |
|-------------|--------------------------------------------------------|
| <u>99.1</u> | Press Release issued by the Company on August 13, 2004 |

**Item 12. Results of Operations and Financial Condition.**

On August 13, 2004, the Company issued a press release announcing its operating results for the second quarter ended June 30, 2004. The press release is being furnished with this Current Report on Form 8-K as Exhibit 99.1 and is hereby incorporated herein by reference. This Report, including the exhibit, shall not be deemed to be filed for the purposes of Section 18 of the Securities Exchange Act of 1934, as amended, nor shall it be incorporated by reference in any filing made by the Registrant pursuant to the Securities Act of 1933, as amended, other than to the extent that such filing incorporates by reference any or all of such information by express reference thereto.

**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned, hereunto duly authorized.

**HEALTH & NUTRITION SYSTEMS INTERNATIONAL, INC.**

Date: August 16, 2004

By: /s/ JAMES A. BROWN

James A. Brown

Chairman of the Board

**INDEX TO EXHIBITS**

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