

Edgar Filing: HEALTH & NUTRITION SYSTEMS INTERNATIONAL INC - Form 8-K

Item 7. Financial Statements and Exhibits

(c) Exhibits:

Exhibit Number -----	Description -----
99.1	Press Release dated December 19, 2002.

Item 9. Regulation FD Disclosure

On December 19, 2002, Health & Nutrition Systems International, Inc. issued a press release announcing its decision to discontinue any ephedrine based products. The press release is attached as Exhibit 99.1 and incorporated by reference.

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.

By: /s/ Chris Tisi

Dated: December 19, 2002

Chris Tisi, Interim Chairman of the Board
Chief Executive Officer and President