

HEALTH & NUTRITION SYSTEMS INTERNATIONAL INC  
Form 8-K  
May 20, 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) **May 18, 2004**

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

(Exact name of registrant as specified in its charter)

<b>Florida</b>	<b>000-29245</b>	<b>65-0452156</b>
(State or Other Jurisdiction	(Commission	(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)

**N/A**

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

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**Item 5. Other Events and Regulation FD Disclosure**

On May 18, 2004, the Company issued a press release announcing its operating results for the first quarter ended March 31, 2004. A copy of the press release is attached as Exhibit 99.1 and incorporated herein by reference.

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

(c)

Exhibits.

Exhibit No.	Exhibit Description
<u>99.1</u>	Press Release issued by the Company on May 18, 2004

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**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: May 20, 2004

By:  
James A. Brown

Chairman of the Board

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**INDEX TO EXHIBITS**

**Exhibit No.      Exhibit Description**

99.1              Press Release issued by the Company on May 18, 2004