

HEALTH & NUTRITION SYSTEMS INTERNATIONAL INC  
Form 8-K  
November 15, 2002

SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

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)    NOVEMBER 14, 2002  
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HEALTH & NUTRITION SYSTEMS INTERNATIONAL, INC.  
(Exact name of registrant as specified in its charter)

FLORIDA  
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(State or other jurisdiction of incorporation)

0-29245  
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(Commission File Number)

65-0452156  
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(IRS Employer Identification No.)

3750 Investment Lane, Suite 5, West Palm Beach, Florida 33407  
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(Address of principal executive offices, including Zip Code)

Registrant's telephone number, including area code    (561) 863-8446  
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N/A  
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(Former name or former address, if changed since last report)

ITEM 7.    FINANCIAL STATEMENTS AND EXHIBITS  
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(c) Exhibits:

EXHIBIT

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NUMBER -----	DESCRIPTION -----
99.1	Press Release dated November 14, 2002.

ITEM 9. REGULATION FD DISCLOSURE  
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On November 14, 2002, Health & Nutrition Systems International, Inc. issued a press release announcing its operating results for the third quarter and nine months ended September 30, 2002. The press release is attached as Exhibit 99.1 and incorporated by reference.

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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.

By: /s/ Chris Tisi

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

Dated: November 15, 2002

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