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HEALTH & NUTRITION SYSTEMS INTERNATIONAL INC  
Form 8-K  
October 24, 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) SEPTEMBER 19, 2002  
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HEALTH & NUTRITION SYSTEMS INTERNATIONAL, INC.  
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(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 5. OTHER EVENTS  
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See Exhibit 99.1 attached hereto and incorporated herein by reference.

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

99.1 Press Release dated October 16, 2002.

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/Christopher Tisi

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

Dated: October 24, 2002