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WEIDER ANNOUNCES TIMING OF FISCAL 2003 FOURTH QUARTER AND YEAR-END RESULTS CONFERENCE CALL

SALT LAKE CITY, Utah, August 7, 2003: Weider Nutrition International, Inc. (NYSE: WNI) announced that it will discuss its fiscal 2003 fourth quarter and year-end results on Thursday, August 14, 2003. Weider Nutrition will host a conference call at 11:00 a.m. ET, featuring remarks by Bruce Wood, chief executive officer and president, and Joseph Baty, chief financial officer and executive vice president, followed by a live question and answer session.

The conference call will be broadcast live over the Internet at www.weider.com, and the web cast will be available through September 13, 2003. If you do not have Internet access, the telephone dial-in number is 1-888-803-8271 for domestic callers, and 1-706-634-2467 for international callers. A replay of the call will be available by dialing 1-800-642-1687 and entering access code 2171072. The telephone replay will be available through Monday, August 18, 2003.

Weider Nutrition International, Inc. develops, manufactures, markets and sells branded and private label vitamins, nutritional supplements and sports nutrition products in the United States and throughout the world. To learn more about Weider, please visit the Web site www.weider.com.

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