UNITED STATES U.S. SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

FORM 12b-25

NOTIFICATION OF LATE FILING

SEC File Number: 000-29245 CUSIP Number: 42216P205

(Check One)	[X] []	Form 10-K Form 10-Q	[]Form 20-F []Form N-SAR	[]Form 11-K		
		For Period Ende	d: December 31, 20	900		
	[] [] []	Transition Repo Transition Repo Transition Repo Transition Repo	rt on Form 10-K rt on Form 20-F rt on Form 11-K rt on Form 10-Q and rt on Form N-SAR ion Period Ended:	10-QSB		
Nothing in this form shall be construed to imply that the Commission has verified any information contained herein.						
If the notification relates to a portion of the filing checked above, identify the Item(s) to which the notification relates:						
PART I - REGISTRANT INFORMATION						
Health & Nutrition Systems International, Inc.						
Full Name of Regi	strant					
Former Name if Applicable						
3750 Investment Lane, Suite 5						
Address of Princi	pal Execu					
West Palm Beach, Florida 33407						
City, State and Zip Code						

PART II - RULES 12b-25(b) and (c)

If the subject report could not be filed without unreasonable effort or expense and the registrant seeks relief pursuant to Rule 12b-25(b), the following should be completed. (Check appropriate box)

- [X] a) The reasons described in reasonable detail in Part III of this form could not be eliminated without unreasonable effort or expense;
- [X] (b) The subject annual report, semi-annual report, transition report on Form10-K, Form 20-F, 11-K, Form N-SAR, or portion thereof, will be filed on or before the fifteenth calendar day following the prescribed due date; or the subject quarterly report or transition report on Form 10-Q, or portion thereof will be filed on or before the fifth calendar day following the prescribed due date; and
- [] (c) The accountant's statement or other exhibit required by Rule 12b-25(c) has been attached if applicable.

PART III - NARRATIVE

State below in reasonable detail the reasons why the Form 10-K, 20-F, 11-K, 10-Q, N-SAR, or the transition report or portion thereof, could not be filed

within the prescribed time period.

The Company's annual report on Form 10-K for the fiscal year ended December 31, 2000 cannot be filed within the prescribed time period because the Company is experiencing delays in obtaining its audited financial statements. The report on Form 10-K cannot be timely filed without unreasonable effort or expense. The Registrant anticipates the filing of its Form 10-K by the extended due date.

PART IV - OTHER INFORMATION

(1) Name and telephone number of person to contact in regard to this notification

Wayne T. Crowder	561	650-7923	
(Name)	(Area Code)	(Telephone Number)	

- (2) Have all other periodic reports required under Section 13 or 15(d) of the Securities Exchange Act of 1934 or Section 30 of the Investment Company Act of 1940 during the preceding 12 months or for such shorter period that the registrant was required to file such report(s) been filed? If the answer is no, identify report(s) [X] Yes [] No
- (3) Is it anticipated that any significant change in results of operations from the corresponding period for the last fiscal year will be reflected by the earnings statements to be included in the subject report or portion thereof? [] Yes [X] No

If so, attach an explanation of the anticipated change, both narratively and quantitatively, and, if appropriate, state the reasons why a reasonable estimate of the results cannot be made.

Health & Nutrition Systems International,	Inc.
(Name of Registrant as Specified in Char	ter)

has caused this notification to be signed on its behalf by the undersigned thereunto duly authorized.

Date March 29, 2001.

By: /s/Steven A. Pomerantz

Steven A. Pomerantz

Chief Executive Officer and Treasurer

ATTENTION

Intentional misstatements or omissions of fact constitute Federal Criminal Violations (See 18 U.S.C. 1001).