

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 Charter)

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).