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LIFEWAY FOODS INC  
Form 8-K  
March 29, 2004

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UNITED STATES  
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): March 29, 2004

LIFEWAY FOODS, INC.

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(Exact name of registrant as specified in its charter)

ILLINOIS	0-17363	36-3442829
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(State or other jurisdiction of incorporation)	(Commission File Number)	(I.R.S. Employer Identification No.)

6431 West Oakton St.  
Morton Grove, IL 60053

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(Address of principal executive offices, zip code)

Registrant's telephone number, including area code: (847) 967-1010

N/A

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(Former name or former address, if changed since last report)

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LIFEWAY FOODS, INC.

ITEM 7. FINANCIAL STATEMENTS, PRO FORMA INFORMATION AND EXHIBITS

(c) Exhibits. The following exhibits are filed with this report:

Exhibit 99.1 - Press Release dated March 29, 2004.

ITEM 12. RESULTS OF OPERATIONS AND FINANCIAL CONDITION

On March 29, 2004, Lifeway Foods, Inc. (the "Company") issued a press release regarding certain financial information for the year ended December 31, 2003. The press release is attached to this filing as Exhibit 99.1 and incorporated by

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reference herein.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, as amended, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated March 29, 2004

LIFEWAY FOODS, INC.

By: /s/ Julie Smolyansky

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Julie Smolyansky  
Chief Executive Officer, Chief Financial  
and Accounting Officer, President,  
Treasurer and Director