



SunOpta to Present at Adams Harkness' 24th Annual Summer Seminar

TORONTO, Jul 15, 2004 -- SunOpta Inc. (SunOpta or the Company) (Nasdaq:STKL) (TSX:SOY) today announced that it will present at Adams Harkness' 24th Annual Summer Seminar in Boston. Jeremy Kendall, Chairman & CEO and Steve Bromley, Executive Vice President and COO, are scheduled to present to leading institutional investors on August 3, 2004.

Jeremy Kendall and Steve Bromley will join executives from more than 200 public and private companies for the Summer Seminar, one of the longest-running growth investment conferences.

"We look forward to telling the SunOpta story to some of the country's top growth investors at this year's Summer Seminar," said Jeremy Kendall, Chairman & CEO of SunOpta Inc.

For further information about the conference and web cast information, please visit www.adamsharkness.com.

SunOpta Inc. is an owner/operator of high-growth ethical businesses, focusing on integrated business models in the natural and organic food markets. For the last six consecutive years, SunOpta was included in Profit magazine's 'Profit 100' list of the 100 fastest growing companies in Canada. The company has three business units: the SunOpta Food Group, which specializes in sourcing, processing and distribution of natural and organic food products integrated from seed through packaged products; the Opta Minerals Group, a producer, distributor, and recycler of environmentally friendly industrial materials; and the StakeTech Steam Explosion Group that engineers and markets clean pulping systems using patented steam explosion technology. Each of these business units has proprietary products and services that give it a solid competitive advantage in its sector.

Note: This news release may contain forward-looking information. Actual future results may differ materially. The risks, uncertainties, and other factors that could influence actual results are described in the Company's annual report to shareholders and in SEC filings.

SOURCE: SunOpta Inc.

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