



SunOpta to Demand Immediate Delisting from Berlin-Bremen Stock Exchange

TORONTO--Aug. 5, 2004--SunOpta Inc. (SunOpta or the Company) (Nasdaq:STKL) (TSX:SOY) today announced that it is demanding an immediate delisting from the Berlin-Bremen Stock Exchange in an attempt to prevent trading practices that are banned in the United States. SunOpta recently learned that it was one of more than 200 companies added to the Berlin-Bremen Stock Exchange without its knowledge, consent or authorization. Media reports concerning other companies have indicated that some stock traders may attempt to use this exchange to manipulate stock prices. SunOpta's management has instructed its counsel to request the immediate removal of SunOpta's common stock from this exchange.

"We have no interest in trading on any exchange on which we have not sought listing," said Jeremy N. Kendall, SunOpta's Chairman & Chief Executive Officer.

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.

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