
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)
November 12, 2003

Commission File Number
0-8707



NATURE'S SUNSHINE PRODUCTS, INC.

(Exact name of Registrant as specified in its charter)

Utah
(State or other jurisdiction of
incorporation or organization)

87-0327982
(IRS Employer
Identification No.)

75 East 1700 South
Provo, Utah 84606
(Address of principal executive offices and zip code)

(801) 342-4300
(Registrant's telephone number)

Item 5. Other Events

On November 12, 2003 the Registrant issued a press release announcing the resignation of Daniel P. Howells as its chief executive officer, president and member of its board of directors. A copy of the press release is attached as Exhibit 99.1 and is incorporated herein by this reference.

Item 7. Financial Statements and Exhibits

- (c) The following exhibits are being furnished herewith:
- 99.1 Text of press release issued by Nature's Sunshine Products, Inc. dated November 12, 2003.
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SIGNATURES

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

Date: November 12, 2003

NATURE'S SUNSHINE PRODUCTS, INC.
By: /s/ CRAIG D. HUFF

Name: Craig D. Huff
Title: Chief Financial Officer and Secretary

**NATURE'S SUNSHINE ANNOUNCES RESIGNATION
OF DANIEL P. HOWELLS AS CEO, PRESIDENT AND MEMBER OF
THE BOARD OF DIRECTORS**

PROVO, UTAH, November 12, 2003 – Nature's Sunshine Products, Inc. (NASDAQ:NATR), a leading manufacturer and marketer of encapsulated herbs and vitamins, today announced that Daniel P. Howells has resigned as CEO, President and as a member of the Board of Directors.

The Company said that it has instituted a search for his successor and expects to make an appointment within a short period of time.

"We wish Dan the very best," said Kristine F. Hughes, Chairman and a founder of Nature's Sunshine. "He served our Company well and his efforts on behalf of Nature's Sunshine are sincerely appreciated."

Mr. Howells said he was leaving to pursue personal interests. "Nature's Sunshine is a fine company, with an excellent reputation, devoted employees and a dedicated distributor network. I am very proud to have been associated with the Company," he commented.

About Nature's Sunshine Products

Nature's Sunshine Products manufactures and markets through direct sales encapsulated and tableted herbal products, high quality natural vitamins and other complementary products. In addition to the U.S., the Company has operations in South Korea, Brazil, Mexico, Venezuela, Japan, Thailand, Taiwan, Canada, Colombia, the United Kingdom, Peru, Central America, Ecuador, Israel, Dominican Republic and Singapore. The Company also has exclusive distribution agreements with selected companies in Argentina, Australia, Chile, New Zealand, Norway and the Russian Federation.

Statements in this press release concerning the Company's business outlook or future economic performance, anticipated profitability, revenues, expenses or other financial items, and product line growth, together with other statements that are not historical facts, are "forward-looking statements" as that term is defined under Federal Securities Laws. "Forward-looking statements" are subject to risks, uncertainties and other factors, which could cause actual results to differ materially from those set forth in such statements. Such risks, uncertainties and factors include, but are not limited to, foreign business risks, industry cyclicality, fluctuations in customer demand and order pattern, changes in pricing and general economic conditions, as well as other risks detailed in the Company's filings with the Securities and Exchange Commission.

Contact:

Craig D. Huff
Chief Financial Officer
Nature's Sunshine Products, Inc.
Provo, Utah 84605-9005
(801) 342-4370

Steven S. Anreder
Anreder Hirschhorn & Co.
10 East 40th Street, Suite 1308
New York, NY 10016
(212) 532-3232

For more information, contact us at our website at www.natr.com.
