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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): **April 27, 2004**

**Nature's Sunshine Products, Inc.**

(Exact name of registrant as specified in its charter)

**Utah**  
(State or other jurisdiction of  
incorporation)

**0-8707**  
(Commission File Number)

**87-0327982**  
(IRS Employer Identification  
Number)

**75 East 1700 South  
Provo, Utah 84606**  
(Address of principal executive offices) (Zip Code)

**(801) 342-4300**  
(Registrant's telephone number, including area code)

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**Item 5. Other Events.**

On April 27, 2004, Nature's Sunshine Products, Inc. issued a press release announcing a quarterly cash dividend of five cents per share of common stock payable on May 19, 2004 to shareholders of record on May 7, 2004. A copy of the press release is attached as Exhibit 99.1 and is incorporated herein by reference.

**Item 7. Financial Statements and Exhibits.**

(c) The following exhibit is being filed herewith:

99.1 Press release issued by Nature's Sunshine Products, Inc. dated April 27, 2004.

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**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.

April 27, 2004

By: **NATURE'S SUNSHINE PRODUCTS, INC.**

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

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**EXHIBIT INDEX**

<u>Number</u>	<u>Exhibit</u>
99.1	Text of press release issued by Nature's Sunshine Products, Inc. dated April 27, 2004.

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**NATURE'S SUNSHINE DECLARES QUARTERLY CASH DIVIDEND**

PROVO, UTAH, April 27, 2004 — Nature's Sunshine Products, Inc. (Nasdaq:NATR), a leading manufacturer and marketer of encapsulated herbs and vitamins, today declared a 5 cents per common share quarterly cash dividend payable May 19, 2004 to shareholders of record on May 7, 2004.

The Company has declared consecutive quarterly cash dividends since 1988 pursuant to its cash dividend policy.

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 United States, the Company has operations in Japan, Mexico, Central America, South Korea, Canada, Dominican Republic, Venezuela, Ecuador, Peru, the United Kingdom and Ireland, Colombia, Brazil, Thailand, Israel, Singapore and Taiwan. The Company also has exclusive distribution agreements with selected companies in Argentina, Australia, Chile, New Zealand, Norway, and the Russian Federation.

**Contact:**

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For more information, contact us at our website at [www.natr.com](http://www.natr.com).

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