

# FORM 5

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL	
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## ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

- Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).
- Form 3 Holdings Reported
- Form 4 Transactions Reported

<b>1. Name and Address of Reporting Person*</b> HUGHES EUGENE L  (Last) (First) (Middle)  2500 W. EXECUTIVE PARKWAY, SUITE 100  (Street)  LEHI, UT 84043  (City) (State) (Zip)	<b>2. Issuer Name and Ticker or Trading Symbol</b> NATURES SUNSHINE PRODUCTS INC [NATR]	<b>5. Relationship of Reporting Person(s) to Issuer</b> (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)
<b>3. Statement for Issuer's Fiscal Year Ended</b> (Month/Day/Year) 12/31/2013		<b>6. Individual or Joint/Group Reporting</b> (check applicable line)  <input type="checkbox"/> Form Filed by One Reporting Person <input checked="" type="checkbox"/> Form Filed by More than One Reporting Person
<b>4. If Amendment, Date Original Filed</b> (Month/Day/Year)		

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				Amount	(A) or (D)	Price			
Common Stock	03/29/2013		G	26,030	D	\$ 0.00	35,300	D	
Common Stock	03/29/2013		G	26,030	A	\$ 0.00	894,335	I	Trusts
Common Shares	03/29/2013		G	26,261 (1)	D	\$ 0.00	9,039	D	
Common Shares	03/29/2013		G	9,039 (2)	D	\$ 0.00	0	D	
Common Shares	03/29/2013		G	26,200 (1)	D	\$ 0.00	868,135	I	Trusts
Common Shares	03/29/2013		G	3,480 (2)	D	\$ 0.00	864,655	I	Trusts
Common Shares	12/31/2013		S	7,720	D	\$ 0.00	79,352	I	401(k) (3) (4)
Common Shares							16,335	I	Spouse (5)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

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**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
*(e.g., puts, calls, warrants, options, convertible securities)*

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned at End of Issuer's Fiscal Year (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
						Date Exercisable	Expiration Date					
					(A) (D)							

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HUGHES EUGENE L 2500 W. EXECUTIVE PARKWAY, SUITE 100 LEHI, UT 84043	X			
HUGHES KRISTINE F 2500 W. EXECUTIVE PARKWAY, SUITE 100 LEHI, UT 84043		X		

## Signatures

/s/ Steve Bunker as Attorney-In-Fact for Eugene L. Hughes		02/14/2014
<small>--Signature of Reporting Person</small>		<small>Date</small>
/s/ Steve Bunker as Attorney-In-Fact for Kristine F. Hughes		02/14/2014
<small>--Signature of Reporting Person</small>		<small>Date</small>

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Gift to trust outside of reporting persons' control.
- (2) Gift to several trusts, each outside of reporting persons' control.
- (3) The transactions reported on this Form 5 were made by the 401(k) plan custodian in order to satisfy federal income minimum distribution rules which require that a person who has attained age 70 1/2 or older receive a minimum distribution from the 401(k) plan each year.
- (4) Represents shares allocated to Mr. Hughes' 401(k) plan account, which is indirectly beneficially owned by Eugene L. Hughes and his spouse, Kristine F. Hughes.
- (5) Represents shares which are directly owned by Kristine F. Hughes and indirectly beneficially owned by Mrs. Hughes' spouse, Eugene L. Hughes.

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, see Instruction 6 for procedure.

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