SEC	Form	4
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

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

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Norman Daniel C NATURES SUNSHINE PRODUCTS INC [NATR] (Check all applicable) Director Director 10% X (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 04/20/2024 EVP & President, Asia 2901 WEST BLUEGRASS BLVD. 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable) Director Torm filed by One Reporting Person Form filed by More than One Reporting Person (Street) (City) (State) (Zip) Form filed by More than One Reporting Person		
Norman Daniel C INATE I Director 10% (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Officer (give title Other below 2901 WEST BLUEGRASS BLVD. 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Apply X) (Street) X Form filed by One Reporting Person	City)	
Norman Daniel C Inverticities Softsmitter Roboterismer [Director 10% (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Officer (give title below) Officer (give title below) Othe below) 2901 WEST BLUEGRASS BLVD. EVP & President, Asia		1 0(11)
Norman Daniel C Director 10% NATR] Officer (eive title Other		
1. Name and Address of Reporting Person* 2. Issuer Name and Ticker or Trading Symbol 5. Relationship of Reporting Person(s) to Iss	, °	

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 Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Shares	04/20/2024		F		1,864	D	\$19.29 ⁽¹⁾	64,329	D	

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

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

Explanation of Responses:

1. Represents shares of NATR common stock withheld to pay taxes upon vesting of restricted stock units granted to the reporting person on April 20, 2023. The number of shares withheld was determined on April 19, 2024, based on the closing price of NATR common stock on that date.

Remarks:

/s/ Nathan G. Brower as attorney-04/23/2024 in-fact for Daniel C. Norman

** Signature of Reporting Person

Date

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

* 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).

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

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 Number.