FORM 4

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

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

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

(Print or Type Responses) 1. Name and Address of Reporting Person * Wissmiller Heidi			2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
				[NATR]							r (give title belo		Other (specify b	elow)
2901 W.		(First) ASS BLVD.	(Middle)	3. Date of Earliest 08/06/2020	t Transactio	on (Mo	nth/Day/	Year)						
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person _Form filed by More than One Reporting Person						
LEHI, U'		(State)	(Zip)											
(City	,	(State)	(Zip)	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, is any (Month/Day/Year	(Instr. 8)	(A) or Disposed of		Benefic Reporte		unt of Securities cially Owned Following and Transaction(s)			Beneficial Ownership		
					Code	V	Amount	Amount (A) or (D)					or Indirect (I) (Instr. 4)	(Instr. 4)
Common	Shares		08/06/2020		A		4,949 (1)	A	\$ 0	4,949			D	
	Report on a s	separate line for	each class of secur	ities beneficially o	wned direc	Perso	ons who	respon			ction of int	ormation		1474 (9-02)
	Report on a s	separate line for		ities beneficially o		Perso conta the fo	ons who ained in orm dis	respon this for plays a c	m are curre	not requesting ntly valid	uired to res		ss	1474 (9-02)
Reminder: 1. Title of Derivative	2. Conversion	3. Transaction	Table II - I (a 3A. Deemed Execution Date	Derivative Securite.g., puts, calls, wate, if Transaction	ies Acquir arrants, op 5. Number	Perso conta the fo ed, Dis otions, 6. Da and E	ons who ained in orm disp sposed of converting the Exercises	o respon this for plays a c f, or Bend ible secur isable n Date	eficial	e not requently valid Owned itle and ount of	8. Price of Derivative	9. Number Derivative	ss r. of 10. Ownersl	11. Natu
Reminder:	2.	3. Transaction	Table II - I (a 3A. Deemed Execution Date ear) any	Derivative Securite.g., puts, calls, was te, if Transaction Code (Instr. 8)	ies Acquir arrants, op 5.	Persoconta the fo	ons who ained in orm disposed of converting	o respon this for plays a c f, or Bend ible secur isable n Date	rities) 7. T Amo Und	e not requently valid Owned itle and	OMB conf	spond unle trol numbe	of 10. Ownersl Form of Derivati Security Direct (l or Indire	11. Natural of Indirection Benefic Owners (Instr. 4

Reporting Owners

	Relationships				
Reporting Owner Name / Address	Director	10% Owner	Officer	Other	
Wissmiller Heidi 2901 W. BLUEGRASS BLVD. LEHI, UT 84043	X				

Signatures

/s/ Nathan Brower as attorney-in-fact for Heidi Wissmiller	08/14/2020
**Signature of Reporting Person	Date

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) These shares are in the form of restricted stock units (RSUs). Each RSU represents the right to receive one share of NATR common stock. These RSUs vest in monthly installments from the initial grant date through May 6, 2021.

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

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