

Form 144 Filer Information

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

FORM 144

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK	0001236872
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST

Submission Contact Information

Name	
Phone	
E-Mail Address	

144: Issuer Information

Name of Issuer	NATURES SUNSHINE PRODUCTS INC
SEC File Number	001-34483
Address of Issuer	2901 WEST BLUEGRASS BLVD. SUITE 100 LEHI UTAH 84043
Phone	(801) 341-7900
Name of Person for Whose Account the Securities are To Be Sold	MOSS RICHARD D

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Director
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144: Securities Information

Title of the Class of Securities To Be Sold	Common
Name and Address of the Broker	Wells Fargo Clearing Services One North Jefferson Avenue St. Louis MO 63103
Number of Shares or Other Units To Be Sold	2500
Aggregate Market Value	36838.53
Number of Shares or Other Units Outstanding	18350801
Approximate Date of Sale	05/16/2025
Name the Securities Exchange	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or

any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	05/09/2024
Nature of Acquisition Transaction	Restricted Share Grants and Compensation
Name of Person from Whom Acquired	Issuer
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	2500
Date of Payment	05/09/2024
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Richard D Moss Revocable Trust 2901 Bluegrass Boulevard, Suite 100 Lehi UT 84043
Title of Securities Sold	Nature's Sunshine Products, Inc.
Date of Sale	05/09/2025
Amount of Securities Sold	10000
Gross Proceeds	137426.61

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Richard D Moss Revocable Trust 2901 Bluegrass Boulevard, Suite 100 Lehi UT 84043
Title of Securities Sold	Nature's Sunshine Products, Inc.
Date of Sale	05/12/2025
Amount of Securities Sold	5000
Gross Proceeds	72658.80

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Richard D Moss Revocable Trust 2901 Bluegrass Boulevard, Suite 100 Lehi UT 84043
Title of Securities Sold	Nature's Sunshine Products, Inc.

Date of Sale	05/14/2025
Amount of Securities Sold	250
Gross Proceeds	3531.25

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Richard D Moss Revocable Trust 2901Bluegrass Boulevard, Suite 100 Lehi UT 84043
Title of Securities Sold	Natures's Sunshine Products, Inc.
Date of Sale	05/15/2025
Amount of Securities Sold	750
Gross Proceeds	10889.15

144: Remarks and Signature

Remarks	The shares were acquired between 5/9/2023 to 5/2/2025 via restricted share grants and compensation The shares were sold from the Richard D Moss Revocable Trust.
Date of Notice	05/16/2025

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	Richard D Moss
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ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)