



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

## Signatures

/s/ Steve Bunker as attorney-in-fact for Eugene L. Hughes		09/19/2014
<small>**Signature of Reporting Person</small>		<small>Date</small>
/s/ Steve Bunker as attorney-in-fact for Kristine F. Hughes		09/19/2014
<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) These shares are in the form of restricted stock units issued pursuant to a special dividend declared by the Issuer on 09/19/2014. Each restricted stock unit represents the right to receive one share of NATR common stock.
- (2) 4,098 of these are restricted stock units that vest in monthly installments from the initial grant date of 05/07/2014 thru 05/07/2015.
- (3) Represents shares which are directly beneficially owned by Kristine F. Hughes and indirectly beneficially owned by Mrs. Hughes' spouse, Eugene L. Hughes.
- (4) Gift to trust outside of reporting person's control.
- (5) 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.

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.



