

# 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).

### 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* HUGHES EUGENE L			2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [natr]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)	
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/04/2004			
NATURE'S SUNSHINE PRODUCTS, INC., 75 EAST 1700 SOUTH						
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)		6. Individual or Joint/Group Filing(Check Applicable Line) <input type="checkbox"/> Form filed by One Reporting Person <input checked="" type="checkbox"/> Form filed by More than One Reporting Person	
PROVO, UT 84606						
(City)	(State)	(Zip)	<b>Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned</b>			

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 Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/04/2004		M		33,000	A	\$ 8.4848	33,000	D (1) (2)	
Common Stock	11/04/2004		S		1,300	D	\$ 15.50	31,700	D (1) (2)	
Common Stock	11/04/2004		S		2,500	D	\$ 15.51	29,200	D (1) (2)	
Common Stock	11/04/2004		S		300	D	\$ 15.52	28,900	D (1) (2)	
Common Stock	11/04/2004		S		600	D	\$ 15.53	28,300	D (1) (2)	
Common Stock	11/04/2004		S		300	D	\$ 15.54	28,000	D (1) (2)	
Common Stock	11/04/2004		S		1,900	D	\$ 15.55	26,100	D (1) (2)	
Common Stock	11/04/2004		S		4,800	D	\$ 15.56	21,300	D (1) (2)	
Common Stock	11/04/2004		S		1,400	D	\$ 15.57	19,900	D (1) (2)	
Common Stock	11/04/2004		S		700	D	\$ 15.58	19,200	D (1) (2)	
Common Stock	11/04/2004		S		500	D	\$ 15.61	18,700	D (1) (2)	
Common Stock	11/04/2004		S		1,100	D	\$ 15.62	17,600	D (1) (2)	
Common Stock	11/04/2004		S		800	D	\$ 15.63	16,800	D (1) (2)	
Common Stock	11/04/2004		S		3,700	D	\$ 15.64	13,100	D (1) (2)	
Common Stock	11/04/2004		S		2,300	D	\$ 15.65	10,800	D (1) (2)	
Common Stock	11/04/2004		S		200	D	\$ 15.66	10,600	D (1) (2)	
Common Stock	11/04/2004		S		500	D	\$ 15.67	10,100	D (1) (2)	
Common Stock	11/04/2004		S		2,000	D	\$ 15.70	8,100	D (1) (2)	
Common Stock	11/04/2004		S		100	D	\$ 15.71	8,000	D (1) (2)	
Common Stock	11/04/2004		S		400	D	\$ 15.72	7,600	D (1) (2)	

Common Stock	11/04/2004		S	100	D	\$ 15.76	7,500		D (1) (2)
Common Stock	11/04/2004		S	400	D	\$ 15.78	7,100		D (1) (2)
Common Stock	11/04/2004		S	2,100	D	\$ 15.80	5,000		D (1) (2)
Common Stock	11/04/2004		S	500	D	\$ 15.81	4,500		D (1) (2)
Common Stock	11/04/2004		S	1,100	D	\$ 15.82	3,400		D (1) (2)
Common Stock	11/04/2004		S	800	D	\$ 15.83	2,600		D (1) (2)
Common Stock	11/04/2004		S	300	D	\$ 15.85	2,300		D (1) (2)
Common Stock	11/04/2004		S	1,100	D	\$ 15.86	1,200		D (1) (2)
Common Stock	11/04/2004		S	300	D	\$ 15.87	900		D (1) (2)
Common Stock	11/04/2004		S	400	D	\$ 15.89	500		D (1) (2)

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. SEC 1474 (9-02)

**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 Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		(A)	(D)	Date Exercisable	Expiration Date				
Option - Right to buy	\$ 8.4848	11/04/2004		M		33,000	12/16/1996	12/16/2004	Common Stock	33,000	\$ 0	0	D (2)	

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HUGHES EUGENE L NATURE'S SUNSHINE PRODUCTS, INC. 75 EAST 1700 SOUTH PROVO, UT 84606	X	X		
HUGHES KRISTINE F NATURE'S SUNSHINE PRODUCTS, INC. 75 EAST 1700 SOUTH PROVO, UT 84606	X	X		

## Signatures

/s/Eugene L. Hughes	11/08/2004
<small>Signature of Reporting Person</small>	<small>Date</small>
/s/Kristine F. Hughes	11/08/2004
<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).

Kristine F. Hughes and Eugene L. Hughes are also the indirect beneficial owners of 1,303,606 shares held in revocable family trusts for the benefit of themselves and their children, of (1) which they are trustees, and 101,536 shares allocated to Mr. Hughes' 401(k) plan account. In addition, Kristine Hughes is the indirect beneficial owner of 16,335 shares owned directly by Eugene L. Hughes.

(2) Owned directly by Kristine F. Hughes and indirectly by Eugene L. Hughes, Mrs. Hughes' spouse.

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.