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).

(Print or Type Responses)

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

1. Name and Address of Reporting Person* HUFF CRAIG D			2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [natr]							INC [na		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
ES SUNSE	(First) HINE PRODUC	(Middle) ΓS, 75 EAST				Transac	tion (M	onth/Da	ıy/Yea	r)	X			Othe		w)
(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				
ity)	(State)	(Zip)				Table	I - Nor	n_Deriv	ative S	Securities	: Acquired	l Disnosed	of or Renet	ficially Owner	<u> </u>	
Title of Security 2. Transaction Date		2A. Deemed Execution Date, if		3. Tr. Code (Instr	3. Transaction Code (Instr. 8)		4. Securities Acqui (A) or Disposed of (Instr. 3, 4 and 5)		ired 5. Ov Tra (In	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) Ownershi Form: Direct (D or Indirect (I)		Ownership Form: Direct (D) or Indirect	Beneficial Ownership			
n Stock (1)		07/14/2005								A	§ 16	16 100				
n Stock		07/14/2005				N	Л	3,9	900	A 5	7.688 20	3 20,000		I)	
n Stock		07/14/2005				5	S	10	,000	D S	\$ 20 10	10,000		I)	
Common Stock 07/14/2005			S 10,000 D \$ 21 0		I)										
			(e.g., p		calls,	warrant	quired,	this fo current Dispos	orm ai tly va ed of, vertib	re not re lid OMB or Benef le securit	quired to control r icially Ow	respond unumber.	inless the	form displa	ys	1474 (9-02)
Derivative Conversion Date		Execution Date, if any	Transaction of De Secur (Instr. 8) Acqu or Disof (D (Instr. 8)		erivative rities nired (A) isposed 0) r. 3, 4,	ivative ties red (A) posed 3, 4,		n Date		of Underl Securities	ying s	Derivative Security	Derivative Securities Beneficially Owned Following Reported Transaction(s)	Owners Form of Derivati Security Direct (or Indirect)	(Instr. 4)	
							Date Exerci	isable	Expi Date		Title	Amount or Number of		(Instr. 4)	(Instr. 4)
			Code	V	(A)	(D)						Shares				
\$ 7.75	07/14/2005		Code	V			10/19	9/2002	10/1	.9/2005	Commo	on 16 100	\$ 0	0	D	
	ERAIG D sst) ES SUNSE OUTH , UT 84606 ty) Security n Stock n Stock n Stock Report on a s Conversion or Exercise Price of Derivative	ERAIG D IST (First) ES SUNSHINE PRODUCT OUTH (Street) , UT 84606 Ity) (State) Security In Stock In Stoc	SRAIG D sst) (First) (Middle) ES SUNSHINE PRODUCTS, 75 EAST OUTH (Street) , UT 84606 ty) (State) (Zip) Security 2. Transaction Date (Month/Day/Year) n Stock 07/14/2005 n Stock 07/14/2005 Report on a separate line for each class of securities be any concentration of Exercise Price of Derivative 1. Transaction Date (Month/Day/Year) 2. Table II	RAIG D st) (First) (Middle) O7/14/ OUTH (Street) 4. If An UT 84606 ty) (State) (Zip) Security 2. Transaction Date (Month/Day/Year) O7/14/2005 n Stock 07/14/2005 n Stock 07/14/2005 n Stock 07/14/2005 Report on a separate line for each class of securities benefician or Exercise (Month/Day/Year) 2. Transaction Date (E.g., p. 12) O7/14/2005 Table II - Derivative (E.g., p. 13) Odde (Month/Day/Year) Odde (Month/Day/Year) Odde (Instr. 8)	RAIG D SITURE SITURE	SERAIG D Set) (First) (First) (Street) (Street) (Street) (Street) (Street) (Street) (Street) (Street) (Street) (State) (Zip) Security 2. Transaction Date (Month/Day/Year) (Month/Day/Year) Stock (Month/Day/2ear) Stock (Month/Day/2ear) Stock (Month/Day/2ear) Stock (Month/Day/2ear) Stock (State) (State) (Zip) 2A. Deemed Execution Date, any (Month/Day/2ear) (Month/Day/2ear) Stock (Month/Day/2ear) Stock (E.g., puts, calls, any (Month/Day/2ear) Stock (Month/Day/2ear) Stock (L) Stock (L) Stock (L) Stock (Month/Day/2ear) Stock (L) St	RAIG D st) (First) (Middle) ES SUNSHINE PRODUCTS, 75 EAST DUTH (Street) 4. If Amendment, Date Or (State) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. If Amendment, Date Or Table II - Derivative Securities Ac (e.g., puts, calls, warrand or Exercise Date (Month/Day/Year) 3. Transaction Date (III) 1. Derivative Securities Ac (e.g., puts, calls, warrand or Exercise Date (Month/Day/Year) 3. Transaction Date (III) 3. Transaction Or Exercise Date (Month/Day/Year) 3. Transaction Date (III) 3. Transaction Or Exercise Date (Month/Day/Year) 3. Date Or/14/2005 5. Number Transaction Or Exercise Date (Month/Day/Year) 4. Source (e.g., puts, calls, warrand or Exercise Date (Month/Day/Year) 4. Source (IIII) 4. Source (IIIIII) 4. Source (IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	RAIG D st) (First) (Middle) (O7/14/2005 4. If Amendment, Date Original F Table 1 - Not Security 2. Transaction Date (Month/Day/Year) (Month/Day/Year) A Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) A Deemed Execution Date, if any (Month/Day/Year) Code (Instr. 8) Code Table 1 - Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 8) Table II - Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 8) Pin Stock 1 Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 8) Pin Stock 1 Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 8) Pin Stock 1 Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 8) Pin Stock 1 Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 8) Pin Stock 1 Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 8) Pin Stock 1 Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 3) Pin Stock 1 Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 3) Pin Stock Pin Stock 1 Derivative Securities Acquired. (e.g., puts, calls, warrants, optic Code (Instr. 3) Pin Stock Pin S	RAIG D Set (First) (Middle) ES SUNSHINE PRODUCTS, 75 EAST (Month/Day/Year) (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (Street) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Code (Instr. 8) (Instr. 8) 10 A stock 10 77/14/2005 M 16 A stock 11 Derivative Securities Acquired, Disposed of (Derivative Securities Acquired, Disposed of (Derivative Securities Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) (Month/Day/Year) 3. Transaction Date (Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Instr. 3, 4, and 5)	RAIG D Set (First) (Middle) ES SUNSHINE PRODUCTS, 75 EAST (Street) (Street) 4. If Amendment, Date Original Filed(Month/Day/Yea) (Month/Day/Year) 5. If Amendment, Date Original Filed(Month/Day/Yea) (A) or Diginal Filed(Month/Day/Year) (Month/Day/Year) 6. Date (Instr. 3, Month/Day/Year) (Month/Day/Year) 7. If Amendment, Date Original Filed(Month/Day/Year) (A) or Diginal Filed(Month/Day/Year) (Month/Day/Year) 8. If Amendment, Date Original Filed(Month/Day/Year) (Month/Day/Year) 3. Transaction (A) or Diginal Filed(Month/Day/Year) (Month/Day/Year) 7. If Amendment, Date Original Filed(Month/Day/Year) (Month/Day/Year) 8. If Amendment, Date Original Filed(Month/Day/Year) (Month/Day/Year) 9. If Amendment, Date Original Filed(Mon	NATURES SUNSHINE PRODUCTS INC Inal	RAIG D Set (First) (Middle) (Street) (JUT 84606 (Street) (Juty) (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 1. If Amendment, Date Original Filed(Month/Day/Year) (Instr. 3, 4 and 5) Table I - Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 8) (Instr. 8) (Instr. 3, 4 and 5) To Stock 1. Stock 1. Stoc	NATURES SUNSHINE PRODUCTS INC [natr] Since of Earliest Transaction (Month/Day/Year) Sunshine Products Sunshine Product	Check Conversion Conversi	NATURES SUNSHINE PRODUCTS INC [natr] Director (Check all applicable Director 10 10 10 10 10 10 10 1	Check all applicable Director (Check all applicable) Object (peet) below Object

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
HUFF CRAIG D NATURES SUNSHINE PRODUCTS 75 EAST 1700 SOUTH PROVO, UT 84606			EVP and CFO				

Signatures

/s/Craig D. Huff	07/18/2005
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) All transactions reported on this Form 4 Report were made pursuant to a trading plan, dated March 3, 2005, meeting the requirements of Rule 10b5-1 promulgated under the Securities Exchange Act of 1934, as amended.
- (2) The reporting person is also the indirect beneficial owner of 10,829 shares held in the reporting person's 401(k) plan account.

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.