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 Ty	pe Response	s)																	
	nd Address of S EUGEN	f Reporting Per E L	rson*		suer Nar URES ΓR]							lС	-	_X_ Direct	(Che				
	TURE'S S\ 00 WEST		(Middle) PRODUCTS, /E PARKWAY,		e of Ear 5/2016	liest	Tran	sactio	n (Mo	onth/Day	y/Year)					SPOUSE			
LEHI, U	Т 84043	(Street)		4. If A	mendm	ent,	Date	Origi	nal Fil	led(Mont	h/Day/Ye	ar)	_	Form file	d by One Repor	Group Filing rting Person n One Reporting		able Line)	
(City)	(State)	(Zip)			Ta	ble I	- Nor	-Deri	ivative :	Securit	ies A	Acquii	red, Dispo	osed of, or I	Beneficially	Owned		
1.Title of S (Instr. 3)	ecurity		2. Transaction Date (Month/Day/Year)	any	eemed tion Dat h/Day/Y	ĺ	Coc (Ins	ransa le tr. 8)	ction	4. Secu (A) or (Instr.	Dispos	ed of	f (D)	Beneficial	t of Securiti lly Owned F Transaction	ollowing	6. Ownershi Form: Direct (D	Benefi	direct ficial
				(WIOIII	ii/Day/ 1	car		ode	V	Amou	nt (A		Price	(msu. 3 a			or Indirec (I) (Instr. 4)		
Common	Stock		03/15/2016					G		60,00 (1)	0 D	\$	\$ 0	649,275			I	Trust	t
Common	Stock		03/15/2016					G		1,500 (1)	D	5	\$ 0	647,775			I	Trust	t
Common	Stock		03/15/2016					G		60,00 (1)	0 D	5	\$ 0	587,775			I	Trust	t
Common	Stock		03/15/2016					G		1,500 (1)	D	9	\$ 0	586,275			I	Trust	t
Reminder:	Report on a s	separate line fo	or each class of secur Table II - I						Perse conta the fe	ons wh ained i orm dis	no responders	forn a c	n are urren	not requ tly valid		ormation spond unle trol numbe	ess	C 1474 (9	(9-02)
1 77'4 6	l _a	2 75 4			ts, calls	, wa	rran	ts, op				curi		41 1	0 D : C	0.31 1	6 10	1,,	NT (
1. Title of Derivative Security (Instr. 3)	Conversion	3. Transaction Date (Month/Day/	Execution Date	C	ransacti ode		5. Numl of Deriv Secur Acqu (A) o Dispo of (D (Instr 4, and	rative rities ired r osed) . 3,	and I	ate Exer Expirationth/Day	on Date		Amo Unde Secur	r. 3 and		9. Number Derivative Securities Beneficiall Owned Following Reported Transaction (Instr. 4)	Owner Form Ouriva Securi Direct or Ind	ship of Bertive Ow ty: (In rect	I. Natur Findireceneficia wnersh nstr. 4)
					Code	v	(A)	(D)	Date Exer		Expira Date	tion	Title	Amount or Number of Shares					

Reporting Owners

	Relationships			
Reporting Owner Name / Address	Director	10% Owner	Officer	Other
HUGHES EUGENE L C/O NATURE'S SUNSHINE PRODUCTS, INC. 2500 WEST EXECUTIVE PARKWAY, SUITE 100 LEHI, UT 84043	X			SPOUSE

|--|--|

Signatures

/s/ Stephen M. Bunker as attorney-in-fact for Eugene L. Hughes	03/17/2016
**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) Bona fide gift outside of reporting person's control.

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.