# FORM 4

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

OMB APPROVAL
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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

pe Response	s)																
Name and Address of Reporting Person*  Armstrong Susan M				2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [natr]							5	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner Other (specify below)  Officer (give title below) Other (specify below)					
(Last) (First) (Middle) 2500 W EXECUTIVE PARKWAY, SUITE 100				3. Date of Earliest Transaction (Month/Day/Year) 03/02/2015									EVP&C	mer Operatio	ons Officer		
(Street) LEHI, X1 84043			4. If	4. If Amendment, Date Original Filed(Month/Day/Year)								6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting PersonForm filed by More than One Reporting Person					
)	(State)	(Zip)			Ta	ble I	- Non	ı-Der	ivative S	Securiti	es A	cquir	red, Dispo	osed of, or I	Beneficially	Owned	
ecurity		2. Transaction Date (Month/Day/Year)	Exec	ution Da		Cod (Inst	e tr. 8)	v	(A) or I (Instr. 3	Oisposed 8, 4 and 3 (A) or	d of ( 5)	(D)	Beneficia Reported	lly Owned I Transaction	Following (s)	Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Stock		03/02/2015				]	F		364 (1	A	\$ 12.	.87	17,132			D	
Report on a s	separate line f		Deriv	ative Sec	curiti	ies Ac	equire	Pers cont the f	ons whained in orm dis	no resp n this f splays	orm a cu enefi	are irren	not requ tly valid	ired to res	spond unle	ss	1474 (9-02)
	Date	Execution D (Year) any	ate, if	4. Transac Code (Instr. 8	tion	5. Numl of Deriv Secur Acqu (A) o Dispo of (D (Instr	rative rities ired rosed	6. Da and 1 (Mon	ate Exercises	cisable on Date 'Year)	ion	7. Tit Amou Unde Secur (Instr 4)	Amount or Number of		Derivative Securities Beneficially Owned Following Reported	Owners Form o Derivat Security Direct ( or Indir (s) (I)	Beneficia Ownershi (Instr. 4) D) ect
	nd Address of ang Susan N  EXECUTI  1 84043  Security  2.  Conversion or Exercise Price of Derivative	(Street)  1 84043 (State)  Security  2. Conversion or Exercise Price of Derivative  2) (Stransactic (Month/Day)	Address of Reporting Person and Address of Reporting Person and Susan M  (First) (Middle)  EXECUTIVE PARKWAY, SUITE  (Street)  1 84043  (State) (Zip)  2. Transaction Date (Month/Day/Year)  1 Stock 03/02/2015  Report on a separate line for each class of security  Table II -  2. Conversion Date (Month/Day/Year)  Conversion or Exercise Price of Derivative (Month/Day/Year)	and Address of Reporting Person*  2. Table II - Derive (e.g., sprice of Derivative)  2. Transaction Date (Month/Day/Year)  Table II - Derive (e.g., sprice of Derivative)  2. Transaction Date (Month/Day/Year)  3. Deemed Execution Date (e.g., sprice of Derivative)  2. Transaction (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)	2. Issuer Na NATURES [natr]  2. Issuer Na NATURES [natr]  3. Date of Ea 03/02/2015  (Street)  4. If Amendary  2. Transaction Date (Month/Day/Year)  A Stock  2. Transaction Date (Month/Day/Year)  A Stock  2. Transaction Date (Execution Date)  (Month/Day/Year)  3. Transaction Date (Execution Date)  (Month/Day/Year)  4. Transaction Date (Instr. 8)	and Address of Reporting Person*  2. Issuer Name a NATURES SU [natr]  3. Date of Earliest 03/02/2015  (Street)  4. If Amendment,  184043  (State)  2. Transaction Date (Month/Day/Year)  A Stock  03/02/2015  Report on a separate line for each class of securities beneficially on Exercise of Derivative Security  2. Table II - Derivative Securities deneficially on Exercise of Derivative Security (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  3. Transaction Date (In Transaction Date (Month/Day/Year)  3. Deemed Executive Securities beneficially on Date (In Transaction Date (In Transaction Date (In Str. 8))	and Address of Reporting Person and Susan M    Comparison of Exercise Conversion of Exercise Price of Derivative Security   Conversion of Exercise Price of Derivative Security   Conversion of Exercise Price of Derivative Security   Conversion of Date (Month/Day/Year)   Conversion of Date (Month/Day/Year)   Conversion of Exercise Price of Derivative Security   Conversion of Date (Month/Day/Year)   Conversion of Exercise (Month/Day/Year)   Conversi	2. Issuer Name and Ticker (NATURES SUNSHINE [natr]  3. Date of Earliest Transaction (3/02/2015)  (Street)  (Street)  (Street)  (Street)  (Street)  (Street)  (Street)  (Street)  (Street)  (A. If Amendment, Date Origin (Amendment)  (Month/Day/Year)  (Street)  (Street)  (Street)  (Street)  (A. If Amendment, Date Origin (Code (Instr. 8))  (Instr. 8)  (Instr. 8)  (Instr. 8)  (Code (Instr. 8)  (Amendment, Date Origin (Amendment)  (Amendment, Date Origin (Code (Instr. 8))  (Instr. 8)  (Instr. 3, 4, and 5)	2. Issuer Name and Ticker or Transaction (Module) (Street)   3. Date of Earliest Transaction (Module) (Street)   4. If Amendment, Date Original File (Month/Day/Year)   3. Date of Earliest Transaction (Module) (O3/02/2015   4. If Amendment, Date Original File (Month/Day/Year)   3. Date of Earliest Transaction (Module) (O3/02/2015   4. If Amendment, Date Original File (Month/Day/Year)   3. Transaction Date (Month/Day/Year)   3. Transaction Date (Month/Day/Year)   4. If Amendment, Date Original File (Month/Day/Year)   3. Transaction Date (Month/Day/Year)   5. Code (Instr. 8)   7. Code (Instr	2. Issuer Name and Ticker or Trading Sy NATURES SUNSHINE PRODUC [natr]  3. Date of Earliest Transaction (Month/Day 03/02/2015  (Street)  4. If Amendment, Date Original Filed(Month 1 1 84043  (State)  2. Transaction Date (Month/Day/Year)  3. Date of Earliest Transaction (Month/Day 03/02/2015  4. If Amendment, Date Original Filed(Month 1 1 84043  (Month/Day/Year)  3. Transaction Date I - Non-Derivative Security  2. Transaction Date Execution Date, if (Month/Day/Year)  A Stock  3. Transaction A Securities beneficially owned directly or indirectly or indirectly or Exercise Price of Derivative Securities Acquired, Disposed of (D) (Instr. 3)  (Month/Day/Year)  2. Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 3)  (Month/Day/Year)  3. Transaction Execution Date, if any (Month/Day/Year)  2. Table II - Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3)  (Month/Day/Year)  2. Date Execution Date, if any (Month/Day/Year)  3. Transaction Code (Instr. 8)  Date Execution Date, if any (Month/Day/Year)  Date Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3)  Date Exercisable	2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS IN [natr]  3. Date of Earliest Transaction (Month/Day/Year) 03/02/2015  (Street)  4. If Amendment, Date Original Filed(Month/Day/Year) 03/02/2015  (State)  2. Transaction Date (Month/Day/Year) 2A. Deemed Execution Date, if Quantity (Month/Day/Year) 2A. Deemed Execution Date (Month/Day/Year) 2A. Deemed Execution D	2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [natr]	2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [natr]  (Street)  (Street)  2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [natr]  (Street)  3. Date of Earliest Transaction (Month/Day/Year)  (Street)  4. If Amendment, Date Original Filed(Month/Day/Year)  (Street)  4. If Amendment, Date Original Filed(Month/Day/Year)  (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  1. Stock  (A) or Disposed of (D) (Instr. 8)  (Instr. 3, 4 and 5)  (A) or Or (D) Price  (A) or Disposed of or Original Filed(Month/Day/Year)  (A) or Disposed of Original Filed(Month/Day/Year)  (A) or Disposed of (D) (Instr. 8)  (A) or Or (D) Price  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Persons who respond to the contained in this form are the form displays a current of Code (Instr. 8)  (B) Pe	2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [natr]   2. Date of Earliest Transaction (Month/Day/Year)   3. Date of Earliest Transaction (Month/Day/Year)   03/02/2015   4. If Amendment, Date Original Filed(Month/Day/Year)   6. Individual Execution Date (Month/Day/Year)   2. Transaction Date (Month/Day/Year)   3. Transaction (Instr. 8)   3. Transaction (A) or Disposed of (D) (Instr. 3, 4 and 5)   2. Transaction Date (Month/Day/Year)   3. Transaction (A) or Disposed of (D) (Instr. 3, 4 and 5)   3. Transaction (A) or Disposed of (D) (Instr. 3, 4 and 5)   3. Transaction (Date (Month/Day/Year) (Instr. 8)   3. Transaction (Date (Month/Day/Year) (Instr. 8)   3. Transaction (Month/Day/Year)   3. Transaction (Month/Day/Year)   4. Securities Acquired (A) or Disposed of or Date (Month/Day/Year)   4. Securities Acquired (A) or Disposed of (D) (Instr. 8)   4. Securities (Month/Day/Year)   5. Amount or (Month/Day/Year)   6. Date Exercisable (Month/Day/Year)	2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [Che Director (Che Directo	2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [natr]  3. Date of Earliest Transaction (Month/Day/Year)  (Street)  4. If Amendment, Date Original Filed(Month/Day/Year)  (Stude)  (Zup)  Table I - Non-Derivative Securities Acquired, Disposed of (D) Price (Instr. 3, and 4)  (Stude)  2. Transaction  (Month/Day/Year)  (Stude)  (Zup)  Table I - Non-Derivative Securities Acquired, Only Sposed of (D) Instr. 8)  (Instr. 3)  (Amount of Security (Instr. 3, and 4)  (Instr. 3)  (Instr. 4)  (Instr. 4)  (Instr. 4)  (Instr. 4)	2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [Check all applicable) Disector (Check all applicable) Children (Check all applicable) Disector (Check all applicable) Children (Check all applicable) Children (Check all applicable) Children (Check all applicable) Disector (Check all applicable) Children (Check all applicable) Children (Check all applicable) Children (Check all applicable) Children (Check all applicabl

### **Reporting Owners**

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Armstrong Susan M 2500 W EXECUTIVE PARKWAY, SUITE 100 LEHI, X1 84043			EVP & Chief Operations Officer				

# **Signatures**

Stephen M. Bunker as attorney-in-fact for Susan M. Armstrong	03/04/2015
**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) Represents shares of NATR common stock withheld to pay taxes upon vesting of restricted stock units originally granted to the Reporting Person on February 11, 2014. The number of shares withheld was determined on March 2, 2015, based on the closing price of NATR common stock on that date.

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.