FORM 4

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

OMB APPROVAL
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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

1. Name and Address of Reporting Person* Armstrong Susan M				2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [NATR]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X Officer (give title below) Other (specify below)				
(Last) (First) (Middle) 2500 W EXECUTIVE PARKWAY, SUITE 100				3. Date of Earliest Transaction (Month/Day/Year) 02/12/2018							EVP&C	tnier Operati	ons Officer		
T 84043	(Street)		4. If A	Amendmen	t, Date	Origin	nal Filo	ed(Montl	n/Day/Year)		_X_ Form fi	led by One Repo	orting Person		ole Line)
·)	(State)	(Zip)		7	able I	- Non	-Deri	vative S	Securities	Acqu	ired, Disp	osed of, or l	Beneficially	Owned	
(Instr. 3) Date			Execu any	tion Date,	if Coo (Ins	Code (Instr. 8)				of (D)	Beneficia Reported	ly Owned Following Transaction(s)		Ownership Form:	7. Nature of Indirect Beneficial Ownership
			(Mont	iii/Day/Tea		ode	V	Amour	(A) or (D)	Price	(msu. 3 a	nu +)		\ /	
Stock		02/12/2018				F		371 ⁽¹	, , , ,	\$ 11.3	21,692			D	
Stock		02/12/2018				F		37 <mark>(2)</mark>	D	\$ 11.3	21,655			D	
Report on a s	separate line fo	Table II - 1	Deriva	tive Securi	ities A	t cquire	Perso conta the fo	ons whined in orm dis	no respo n this for splays a	rm are curre reficial	e not requently valid	uired to res OMB con	spond unle	ess	1474 (9-02)
I ₂	2 75 .:	1	<u> </u>		1							0 D : C	0.31 1	6 10	11.37.
	Date	Execution Date (Year) any	te, if Transaction Code				and Expiration Date (Month/Day/Year) Ar Ur Se			Ame Und Sect (Ins	nount of derlying nurities str. 3 and		Derivative Securities Beneficially Owned Following Reported	Ownersl Form of Derivati Security Direct (I or Indirect)	Ownersh (Instr. 4)
							Date Exerc	isable	Expiratio Date	n Title	Amount or Number of				
	EXECUTI T 84043 T Stock Security 2. Conversion or Exercise Price of Derivative	(Street) T 84043 (State) Gecurity Security 2. Conversion or Exercise Price of Derivative (Street) (Street) (Street) (State) (State) (State) (State) (State) (State) (State) (State) (State) (Month/Day/	(Street) T 84043 (State) (State) (State) 2. Transaction Date (Month/Day/Year) Table II - I (Conversion or Exercise Price of Derivative (Street) (Street) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) Security 2. Table II - I (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year)	[NA] (Street) (Middle) 3. Dat 02/1 (Street) 4. If A T 84043 (State) (Zip) Gecurity 2. Transaction Date (Month/Day/Year) T Stock 02/12/2018 Report on a separate line for each class of securities be considered and	(Street) (Zip) (A. If Amendment Execution Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (E.g., puts, calls, work) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (In Stock) (Street) (A. If Amendment Execution Date, if Transaction Code (Instr. 8)	[NATR] 3. Date of Earliest Tran 02/12/2018 (Street) 4. If Amendment, Date T 84043 (State) 2. Transaction Date (Month/Day/Year) Part Stock 1. Stock 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) T 84043 2. Transaction Date (Lass of securities beneficially owned) T 84043 2. Table II - Derivative Securities degree (e.g., puts, calls, warran any (Month/Day/Year)) Table II - Derivative Securities degree (e.g., puts, calls, warran any (Month/Day/Year)) T 84043 3. Transaction Date (Month/Day/Year) Security T 84043 3. Transaction Date (Instr. 8) T 94 A 15 T	NATR Steel Code Code Code Code Code Conversion or Exercise Price of Derivative Security Code Code Code Code Code Conversion or Exercise Conversion or Exercise Code Code	[NATR]	[NATR] 3. Date of Earliest Transaction (Month/Day 02/12/2018 (Street) 4. If Amendment, Date Original Filed(Month of 20/12/2018 (Street) 4. If Amendment, Date Original Filed(Month of 20/12/2018 (Street) 4. If Amendment, Date Original Filed(Month of 20/12/2018 (Street) 5. Table I - Non-Derivative Securitive Securition Date, if (Month/Day/Year) 6. Ode (A) or (Instr. 8) 6. Date Security 7. Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, conversion of Date (Month/Day/Year) 7. Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, conversion of Derivative Security 8. A. Deemed Execution Date, if Code (Instr. 8) 8. Transaction of Code (A) or Disposed (e.g., puts, calls, warrants, options, conversion of Derivative Securities Acquired, One of Operivative Securities Acquired (Month/Day/Year) 9. Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, conversion of Operivative Securities Acquired, Operivative Securities Acquired (A) or Disposed of (D) (Instr. 3) 1. Transaction (Month/Day/Year) 1. Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, conversion of Derivative Securities Acquired (Month/Day/Year) 1. Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, conversion of Derivative Securities Acquired (Month/Day/Year) 1. Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, conversion of Code (Instr. 8) 1. Table II - Derivative Securities Acquired, Disposed (Code (Instr. 8)) 1. Table II - Derivative Securities Acquired, Disposed (E.g., puts, calls, warrants, options, conversion of Code (Instr. 8) 1. Table II - Derivative Securities Acquired, Disposed (E.g., puts, calls, warrants, options, conversion of Code (Instr. 8) 2. Table II - Derivative Securities Acquired, Disposed (E.g., puts, calls, warrants, options, conversion of Code (Instr. 8) 3. Tansaction (Instr. 8) 4.	NATR	[NATR] (Street) (Month/Day/Year) (Mon	NATR Security State Security Securities Security Securities Securities	National Standard Nati	Susain M NATR Susain M NATR Susain Market Susain	Security State S

Reporting Owners

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

Signatures

Joseph W. Baty as attorney-in-fact for Susan M Armstrong	02/14/2018

**Signature of Reporting Person	Date
Signature of Reporting Leason	

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 February 12, 2018, based on the closing price of NATR common stock on February 9, 2018.
- (2) Represents shares of NATR common stock withheld to pay taxes upon vesting of restricted stock units originally granted to the Reporting Person on September 19, 2014. The number of shares withheld was determined on February 12, 2018, based on the closing price of NATR common stock on February 9, 2018.

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.