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

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) 2901 WEST BLUEGRASS BLVD. #100			3. Date of Earliest Transaction (Month/Day/Year) 01/02/2019								EVP & C	Chief Operati	ions Officer		
(Street) LEHI, UT 84043			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					
State)	(Zip)			Ta	ble I -	- Non-	-Deri	vative S	Securities	. Acqu	ired, Disp	osed of, or l	Beneficially	Owned	
1.Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year)		Year) Execution Date, any			if Code (Instr. 8)		(A) or Disposed of		of	Beneficially Owned		ollowing	Form: Direct (D)	Beneficial Ownership	
						ode	V	Amoui	or (D)	Price				(I) (Instr. 4)	(Instr. 4)
01/	04/2019					F		327	D D	\$ 8.19	28,828			D	
01/	03/2019					F		435 (2	2) D	\$ 7.89	28,393			D	
01/	02/2019					A		10,00 (3)	0 A	\$ 8.29	38,393			D	
rate line for each	n class of securi	ties ber	neficiall	y ow	ned d	F	erso conta	ons wh	o respo	rm ar	e not req	uired to res	spond unle	ess	1474 (9-02)
												l			
Derivative Security Or Exercise (Month/Day/Year) Execution I		e, if T	ransacti ode	ion]	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. Ar Ur Se			Am Und Sec (Ins	Citle and count of Derivat Security urities str. 3 and Security (Instr. 5		e Derivative Securities Beneficially Owned Following Reported	Owners Form of Derivate Security Direct (or Indirect) (I)	Beneficia Ownershi (Instr. 4)
									Expiratio Date	n Titl	or				
	Cass BLVD. Estate) 2. T Dat (Mo 01/ 01/ rate line for each	Carransaction te for the form of the footbloom of the foo	NAT [NA7] RASS BLVD. #100 State) 2. Transaction Date (Month/Day/Year) 01/04/2019 01/02/2019 Table II - Derivate (e.g., pu Transaction te State) 3. Date (Middle) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Deemed Execution Date, if Total	NATURES [NATR] Grirst) (Middle) 3. Date of Ear O1/02/2019 treet) 4. If Amendm 2. Transaction Date (Month/Day/Year) 2A. Deemed Execution Date (Month/Day/Year) (Month/Day/Year) 01/04/2019 01/03/2019 1 Table II - Derivative Section (e.g., puts, calls Execution Date, if Transaction and tee Execution Date, if Transaction and the Execution Date a	NATURES SU [NATR] Grant (Middle) (NATR] 3. Date of Earliest (01/02/2019) 4. If Amendment, (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 01/04/2019 01/03/2019 01/02/2019 Table II - Derivative Securities beneficially own (e.g., puts, calls, was many (Month/Day/Year)) Table II - Derivative Securities beneficially own (e.g., puts, calls, was many (Month/Day/Year)) Table II - Derivative Securities beneficially own (e.g., puts, calls, was many (Month/Day/Year)) Table II - Derivative Securities beneficially own (e.g., puts, calls, was many (Month/Day/Year))	NATURES SUNSE [NATR] Grant (Middle) (ASS BLVD. #100) 3. Date of Earliest Trans 01/02/2019 4. If Amendment, Date of Execution Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction (Month/Day/Year) 2. O1/04/2019 01/03/2019 01/03/2019 01/03/2019 01/02/2019	NATURES SUNSHINE [NATR] State) (Zip) 2. Transaction Date (Month/Day/Year) 2. Transaction (Month/Day/Year) 2. Transaction Date (Instr. 8) Code (Instr. 8) Code 01/02/2019 F 01/02/2019 A Table II - Derivative Securities Acquired (e.g., puts, calls, warrants, opt (Instr. 8) Transaction te (Month/Day/Year) Transaction te (Month/Day/Year)	NATURES SUNSHINE PRO [NATR] 3. Date of Earliest Transaction (Mo on 1/02/2019 4. If Amendment, Date Original File and Interest) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date, if (Month/Day/Year) 2. Transaction Date, if (Month/Day/Year) 2. Transaction Execution Date, if (Month/Day/Year) 2. Transaction Execution Date, if (Month/Day/Year) 3. Transaction Execution Date, if (Month/Day/Year) 4. Transaction Executities beneficially owned directly or in the following purpose of (Month/Day/Year) Table II - Derivative Securities Acquired, Disconting the following purpose of (Month/Day/Year) Transaction Execution Date, if (Month/Day/Year) A Derivative Securities Acquired, Disconting purpose of (D) (Instr. 8) To be in the following purpose of (D) (Instr. 3, 4, and 5) Date	NATURES SUNSHINE PRODUCE [NATR] 3. Date of Earliest Transaction (Month/Day 01/02/2019 4. If Amendment, Date Original Filed(Month Date (Month/Day/Year)) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date, if (Month/Day/Year) 01/04/2019 F	NATURES SUNSHINE PRODUCTS INC [NATR] 3. Date of Earliest Transaction (Month/Day/Year) on 1/02/2019 4. If Amendment, Date Original Filed(Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. 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Transaction te (e.g., puts, calls, warrants, options, convertible securities) Transaction te Code (Instr. 8) Persons who respond to contained in this form and the form displays a curre (A) or Disposed of (D) (Instr. 8) Transaction te Code (Instr. 8) Date Execution Date (Instr. 8) Date Execution Date (Instr. 8) Date Expiration Trais Trais (Instr. 3) A, and 5)	NATURES SUNSHINE PRODUCTS INC [NATR] Consider Consider	NATURES SUNSHINE PRODUCTS INC [NATR] 3. Date of Earliest Transaction (Month/Day/Year) 01/02/2019 4. If Amendment, Date Original Filed(Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 01/04/2019 F 327 (I) D \$ 8.19 01/02/2019 A 10,000 Table II - Derivative Securities Deneficially owned directly rate line for each class of securities beneficially owned directly Transaction te 3. Date of Earliest Transaction (Month/Day/Year) 4. F 3. Transaction (A) or Disposed of Oil (Instr. 3, 4 and 5) Transaction (Instr. 3) 5. Anount of Securities Deneficially Owned Disposed of Oil (Instr. 3) 6. Individual or Joint/X. Form filed by One Reported Transaction (Instr. 3) 6. Individual or Joint/X. Form filed by One Reported Transaction (Instr. 3) 7. Transaction (Instr. 3) 8. Transaction (Instr. 8) 10. Oo Price 8. 19 28,828 28,393	NATURES SUNSHINE PRODUCTS INC [NATR]	NATURES SUNSHINE PRODUCTS INC [NATR] 10% Owner 1

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Armstrong Susan M 2901 WEST BLUEGRASS BLVD. #100 LEHI, UT 84043			EVP & Chief Operations Officer				

Signatures

Nathan G. Brower on behalf of Sue M. Armstrong	01/04/2019	

**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 January 4, 2016. The number of shares withheld was determined on January 4, 2019, based on the closing price of NATR common stock on that date.
- (2) Represents shares of NATR common stock withheld to pay taxes upon vesting of restricted stock units originally granted to the Reporting Person on January 3, 2017. The number of shares withheld was determined on January 3, 2019, based on the closing price of NATR common stock on that date.
- (3) These shares are in the form of restricted stock units (RSUs). Each RSU represents the right to receive one share of NATR common stock. These RSUs vest in three equal annual installments beginning on January 2, 2020.

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.