## 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

e Responses	s)										,				
1. Name and Address of Reporting Person* Brower Nathan G				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) 03/26/2022							EVI	, General Co	ounsei		
(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 PersonForm filed by More than One Reporting Person					
	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	any		Code (Instr. 8)		etion	(A) or Disposed of (Instr. 3, 4 and 5)		of (D)	Beneficia Reported	ally Owned Following d Transaction(s)		Ownership Form: Direct (D)	Beneficial Ownership
					Со	de	V	Amoun	or	Price				or Indirect (I) (Instr. 4)	(Instr. 4)
Shares		03/26/2022			I	7		637 (1	, , , , , , ,		39,992			D	
						quire	cont the f	ained i form dis	n this for splays a of, or Ben	rm ar curre neficia	e not requently valid	uired to res OMB con	spond unle	ss	14/4 (7-02)
2. Conversion or Exercise Price of Derivative Security	Date (Month/Day/	on 3A. Deemed Execution Da	4. Transaction Code Year) (Instr. 8)		5. Number of Derivative Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. T Am Und Sec	Title and mount of inderlying ecurities nstr. 3 and	Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following Reported	Owners Form o Derivat Securit Direct ( or India	Beneficia Ownersh (Instr. 4)  D) ect	
			-		4, and	(5)					Amount				
	Address of athan G T BLUE 84043 Eurity Conversion or Exercise crice of Derivative	Address of Reporting Penthan G  (First)  T BLUEGRASS BL (Street)  84043  (State)  Curity  Shares  conversion of Exercise rice of Derivative	Address of Reporting Person than G  (First) (Middle) (T BLUEGRASS BLVD. #100  (Street)  84043  (State) (Zip)  2. Transaction Date (Month/Day/Year)  Shares 03/26/2022  eport on a separate line for each class of security  Table II -  Table II -  (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  (Month/Day/Year)	Address of Reporting Person* 2. Is NAT [NAT [NAT [NAT [NAT [NAT [NAT [NAT	Address of Reporting Person*  atthan G  (First) (Middle) (T BLUEGRASS BLVD. #100  (Street)  (Street)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  3. Date of Earlies on on on one of Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  Table II - Derivative Securities beneficially or one of Execution Date, if any (Month/Day/Year)  Table II - Derivative Securities beneficially or one of Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  3. Transaction Date (Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)	Address of Reporting Person*  atthan G  (First) (Middle) (INATR]  (INATR)  (INATR)	Address of Reporting Person 2. Issuer Name and Ticker of NATURES SUNSHINE [NATR]  TBLUEGRASS BLVD. #100 3. Date of Earliest Transaction 03/26/2022  (Street) 4. If Amendment, Date Origin 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Instr. 8)  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, op (Month/Day/Year) 3. Transaction Date (e.g., puts, calls, warrants, op (Month/Day/Year) 4. Transaction Date (Month/Day/Year) 3. Transaction Date (e.g., puts, calls, warrants, op (Month/Day/Year) 4. Transaction Code of (Instr. 8)  Table II - Derivative Securities Acquired (A) or Disposed	Address of Reporting Person*  Athan G  2. Issuer Name and Ticker or Transatton (Middle) [NATR]  3. Date of Earliest Transaction (Middle) (Street)  4. If Amendment, Date Original File  (Street)  4. If Amendment, Date Original File  (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Execution Date, if any (Month/Day/Year)  3. Transaction Code (Instr. 8)  Code V  Table II - Derivative Securities Acquired, Date (e.g., puts, calls, warrants, options of Execution Date, if any (Month/Day/Year)  3. Transaction Code (Instr. 8)  Table II - Derivative Securities Acquired, Date (instr. 8)  (Month/Day/Year)  And Ticker or Transaction (Middle) (3. Deemed Execution Date, if any (Month/Day/Year)  (instr. 8)  Table II - Derivative Securities Acquired, Date (Instr. 8)  (Month/Day/Year)  And Ticker or Transaction (Middle) (A) or Disposed	Address of Reporting Person*  2. Issuer Name and Ticker or Trading Sy NATURES SUNSHINE PRODUC [NATR]  3. Date of Earliest Transaction (Month/Day 03/26/2022  (Street)  4. If Amendment, Date Original Filed(Month 2000)  (Street)  2. Transaction Date (Month/Day/Year)  3. Transaction (A. Securities Securities Securities Securities Securities Securities Securities Securities Acquired (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  4. Securities Securities Acquired (Month/Day/Year)  5. Number of Date (Month/Day/Year)  6. Date Exerting Month/Day/Year)  6. Date Exerting Month/Day/Year)  7. Date (Month/Day/Year)  8. Derivative Securities Acquired (Month/Day/Year)  8. Derivative Securities Acquired (Month/Day/Year)  8. Derivative Securities Acquired (Month/Day/Year)	Address of Reporting Person*  Address of Securities Acquired (A) or Date of Address of Securities Acquired (A) or Date of Date Persons who response occupation of the form displays a person of the form displays and Securities Acquired (A) or Date of Derivative Securities Acquired (A) or Derivative Securities Acquired (A) or Disposed of Perivative Securities Acquired (A) or Disposed of	Address of Reporting Person than G  Address of Reporting Person 2  Address of Reporting Person 3  ATURES SUNSHINE PRODUCTS INC [NATR]  3. Date of Earliest Transaction (Month/Day/Year)  (Street)  4. If Amendment, Date Original Filed(Month/Day/Year)  (Strate)  2. Transaction Date (Month/Day/Year)  3. Transaction Code (Instr. 8)  Code V Amount (A) Code V Amount (By Persons who respond to contained in this form are the form displays a curre contained in this form are the form displays a curre form of the form and the	Address of Reporting Person*  2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [NATR]  3. Date of Earliest Transaction (Month/Day/Year) 03/26/2022  4. If Amendment, Date Original Filed(Month/Day/Year)  (State)  2. Transaction Date (Month/Day/Year)  3. Transaction Date (E.g., puts, calls, warrants, options, convertible securities)  4. Securities Code (Instr. 3)  3. Transaction Date (Transaction Date, if Code (Month/Day/Year)  3. Transaction Date (Transaction Date, if Code (Month/Day/Year) (Month/Day/Year)  4. If Amendment, Date or Griginal Filed(Month/Day/Year)  3. Transaction Code (A) or Disposed of (D) (Instr. 3)  4. Securities Acquired, Disposed of, or Beneficially Owned (Reg., puts, calls, warrants, options, convertible securities)  4. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) (Date Exercisable and Expiration Date (Month/Day/Year) (Month/Day/Year) (Instr. 3) (Month/Day/Year) (Instr. 3) (Month/Day/Year) (Instr. 3) (Instr.	Address of Reporting Person— than G  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)  (Strate)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Shares  03/26/2022  3. Transaction Date (Month/Day/Year)  (Month/Day/Y	Address of Reporting Person than G    2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC (NATR)   3. Date of Earliest Transaction (Month/Day/Year)   03/26/2022   4. If Amendment, Date Original Filed(Month/Day/Year)   3. Transaction (Month/Day/Year)   4. If Amendment, Date Original Filed(Month/Day/Year)   4. If Amendment, Date Original Filed(Month/Day/Year)   6. Individual or Joint/Group Filing X, Form filed by More than One Reporting Person Form filed by More than One Reporting Person Form filed by More than One Reporting Person (Check all applic Director X Officer (give title below)   EVP, General Co.   EVP,	Address of Reporting Person.*  than G  NATURES SUNSHINE PRODUCTS INC [NATR]  2. Issuer Name and Ticker or Trading Symbol NATURES SUNSHINE PRODUCTS INC [NATR]  3. Date of Earliest Transaction (Month/Day/Year) 03/26/2022  4. If Amendment, Date Original Filed(Month/Day/Year) 03/26/2022  4. If Amendment, Date Original Filed(Month/Day/Year) 03/26/2022  4. If Amendment, Date Original Filed(Month/Day/Year) 03/26/2022  5. Relationship of Reporting Person(s) to Issue (Check all applicable) EVP, General Counsel  6. Individual or Joint/Group Filingcheck Applica X. Form filed by More than One Reporting Person Sender than One Reporting Person (Stock Applica X. Form filed by More than One Reporting Person Sender than One Reporting Person (Stock Applica X. Form filed by More than One Reporting Person X. Form filed by More than One Reporting Person X. Form filed by More than One Reporting Person Years (Month/Day/Year)  6. Individual or Joint/Group Filingcheck Applica X. Form filed by More than One Reporting Person X. Form filed by More th

### **Reporting Owners**

Ī		Relationships						
	Reporting Owner Name / Address		10% Owner	Officer	Other			
	Brower Nathan G 2901 WEST BLUEGRASS BLVD. #100 LEHI, UT 84043			EVP, General Counsel				

## **Signatures**

Nathan Brower	03/29/2022		
***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 March 26, 2021. The number of shares withheld was determined on March 25, 2022, 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.