

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

OMB APPROVAL				
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nours per respons	se 0.5			

INITIAL STATEMENT OF 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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number. Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security 2. Date Exercisable and Expiration Date (Month/Day/Year) Securities Underlying Derivative Security (Instr. 4) Security Form of Ownership (Instr. 5) Ownership (Instr. 5) Derivative Security: Direct (D) or Indirect	(Print or Type Responses)									
A. Relationship of Reporting Person(s) to Issuer Check all applicable Check all applicable Check all applicable Check all applicable Check applicable C	1 &	Statement (Month/Day/Year) 01/03/2022				~ ·				
LEHI, UT 84043 (City) (State) (Zip) Table I - Non-Derivative Securities Beneficially Owned I. Title of Security (Instr. 4) Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number. Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security (Instr. 4) 2. Date Exercisable and Expiration Date (Month/Day/Year) 2. Date Exercisable and Expiration Date (Month/Day/Year) 3. Title and Amount of Security Security (Instr. 4) 4. Conversion or Exercise Price of Derivative Security: Direct (Instr. 5) 6. Individual or Joint/Group FilingCheck Applicable Line, Applicab	C/O NATURE'S SUNSHINE PRODUCTS, INC., 2901 W.				Issuer (Check _X_ Director Officer (give ti	all applicable) 10% Owne	Filed(Mon	, 5		
1. Title of Security (Instr. 4) 2. Amount of Securities Beneficially Owned (Instr. 4) 3. Ownership Form: Direct (I) or Indirect (I) or Indirect (I) (Instr. 5) Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number. Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security (Instr. 4) 2. Date Exercisable and Expiration Date (Month/Day/Year) (Instr. 4) 3. Ownership (Instr. 5) 4. Nature of Indirect Beneficial Ownership or Exercise Form of Derivative Securities 4. Conversion or Exercise Form of Derivative Security (Instr. 4) Security (Instr. 5) 6. Nature of Indirect Beneficial Ownership or Exercise Ownership (Instr. 5) 9. Ownership (Instr. 5) 1. Title of Derivative Security (Instr. 4) 1. Title of Derivative Security (Instr. 4) 2. Date Exercisable and Expiration Date (Month/Day/Year) (Instr. 4) 3. Conversion or Exercise Form of Derivative Security (Instr. 5) 9. Ownership (Instr. 5) (Instr. 5)				below)	below)	Applicable I _X_ Form fi	Applicable Line) _X_Form filed by One Reporting Person			
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number. Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security [Instr. 4] 2. Date Exercisable and Expiration Date (Month/Day/Year) 2. Date Exercisable and Expiration Date (Month/Day/Year) [Month/Day/Year) [Instr. 4] Security [Instr. 5] Form: Direct (D) or Indirect (Instr. 5) SEC 1473 (7-0 SEC	(City) (State) (Zip) Table I - Non-Derivative Securities Beneficially Owned									
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Security (D) or Indirect	(Instr. 4)	and Expiration Date (Month/Day/Year) Secur		rities Underlying Derivativ	or Exercise Price of Derivative	Form of Derivative Security: Direct	*			
Date Expiration Date Title Amount or Number of Shares Title (I) (Instr. 5)			Expiration Date	Title		Security	(I)			

Reporting Owners

	Relationships					
Reporting Owner Name / Address		10% Owner	Officer	Other		
Kopf Curtis C/O NATURE'S SUNSHINE PRODUCTS, INC. 2901 W. BLUEGRASS BLVD. LEHI, UT 84043	X					

Signatures

/s/ Nathan G. Brower as attorney-in-fact for Curtis Kopf		01/05/2022
Signature of Reporting Person		Date

Explanation of Responses:

No securities are beneficially owned

- * If the form is filed by more than one reporting person, see Instruction 5(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).

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.