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NATURES SUNSHINE PRODUCTS INC

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03/29/2013

Common

Form 5

February 18, 2014

February 18	, 2014											
FORM	15								OMB AF	PPROVAL		
		STATES SI	ECURI	TIES ANI	EXCH	ANG	E CC	MMISSION	OMB Number:	3235-0362		
Check thi			Washington, D.C. 20549							January 31,		
no longer to Section	. 16								Expires:	2005		
Form 4 or Form ANNUAL STATEMENT OF CHANGES IN BENEFICIAL									Estimated average burden hours per			
5 obligation 5 obl		Ov	VNERS	HIP OF S	SECURI	TIES			response 1.0			
See Instru 1(b).		suant to Sec	tion 160	a) of the S	ecurities	Exch	ange	Act of 1934,				
	oldings Section 17(a						_		n			
Reported Form 4				estment Co		•						
Transactio	ons											
Reported												
1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading 5. Relationship of Reporting Person(s) to												
HUGHES E								Issuer				
		N.	NATURES SUNSHINE									
		PI	RODUC	TS INC [1	NATR]			(Check all applicable)				
(Last)	(First) (M	Middle) 3.	3. Statement for Issuer's Fiscal Year Ended					X Director 10% Owner Officer (give title below) Other (specify below)				
			(Month/Day/Year)									
2500 W EX	KECUTIVE PARI		2/31/201	.3				,	,			
SUITE 100		X VV / X I ,										
	(Street)	4	If Amend	ment Date (Orioinal		e	Individual or Jo	oint/Group Ren	orting		
	(2.2.2.)		4. If Amendment, Date Original Filed(Month/Day/Year)				or marriage of your oroup responding					
								(chec	k applicable line)	1		
1 E111 A 117	7Î 04042											
LEHI, UT	A 84043						_	Form Filed by (One Reporting Pe	erson		
								X Form Filed by More than One Reporting Person				
(City)	(State)	(Zip)										
(City)	(State)	(Zip)	Table I	I - Non-Deri	vative Seci	urities	Acqui	red, Disposed of	f, or Beneficial	ly Owned		
1.Title of	2. Transaction Date						-		6. Ownership 7. Nature Form: Direct Indirect			
Security (Instr. 3)	(Month/Day/Year)	any		Code	(A) or Disposed of (D)			Securities Beneficially	(D) or	Indirect Beneficial		
,		(Month/Day/Year		Instr. 8)	(Instr. 3, 4	4 and 5	5)	Owned at end	Indirect (I)	Ownership		
					of Issuer's Fiscal Year	(Instr. 4)	(Instr. 4)					
						(A) or		(Instr. 3 and				
					Amount	(D)	Price	4)				
Common	03/29/2013	Â	(G	26,030	D	\$0	35,300	D	Â		
Stock	03/27/2013	71		J	20,030	D	ΨΟ	33,300	D			
Common	03/20/2012	Â	(G	26.020	٨	¢ 0	204 225	I	Tructe		
Stock	03/29/2013	A	(J	26,030	A	\$0	894,335	1	Trusts		
Common	02/20/2012	â		2	26,261	Ъ	Φ.Ω	0.020	D	â		
Shares $03/29/2013$ Â G $\frac{26,261}{(1)}$ D \$ 0 9,039				9,039	D	Â						

9,039

G

D \$0 0

Â

D

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Shares				(2)					
Common Shares	03/29/2013	Â	G	26,200 (1)	D	\$0	868,135	I	Trusts
Common Shares	03/29/2013	Â	G	3,480 (2)	D	\$0	864,655	I	Trusts
Common Shares	12/31/2013	Â	S	7,720	D	\$ 0	79,352	I	401(k) (3) (4)
Common Shares	Â	Â	Â	Â	Â	Â	16,335	I	Spouse (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.

SEC 2270 (9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)
				(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	

Reporting Owners

Reporting Owner Name / Address	Relationships					
4	Director	10% Owner	Officer	Other		
HUGHES EUGENE L 2500 W. EXECUTIVE PARKWAY, SUITE 100 LEHI, UT 84043	ÂX	Â	Â	Â		
HUGHES KRISTINE F 2500 W. EXECUTIVE PARKWAY, SUITE 100 LEHI, UT 84043	Â	ÂX	Â	Â		

Signatures

/s/ Steve Bunker as Attorney-In-Fact for Eugene L. Hughes 02/14/2014

**Signature of Reporting Person Date

Reporting Owners

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/s/ Steve Bunker as Attorney-In-Fact for Kristine F. Hughes

02/14/2014

**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) Gift to trust outside of reporting persons' control.
- (2) Gift to several trusts, each outside of reporting persons' control.
- (3) The transactions reported on this Form 5 were made by the 401(k) plan custodian in order to satisfy federal income minimum distribution rules which require that a person who has attained age 70 1/2 or older receive a minimum distribution from the 401(k) plan each year.
- (4) Represents shares allocated to Mr. Hughes' 401(k) plan account, which is indirectly beneficially owned by Eugene L. Hughes and his spouse, Kristine F. Hughes.
- (5) Represents shares which are directly owned by Kristine F. Hughes and indirectly beneficially owned by Mrs. Hughes' spouse, Eugene L. Hughes.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.

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