

NATURES SUNSHINE PRODUCTS INC

Form 4

May 06, 2005

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

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,
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
30(h) of the Investment Company Act of 1940

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
FRANCIS PAULINE HUGHES

2. Issuer Name **and** Ticker or Trading
Symbol
NATURES SUNSHINE
PRODUCTS INC [NATR]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)

NATURE'S SUNSHINE
PRODUCTS, INC., 75 EAST 1700
SOUTH

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
05/04/2005

☐ Director ☒ 10% Owner
☐ Officer (give title below) ☐ Other (specify below)

PROVO, UT 84606

4. If Amendment, Date Original
Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check
Applicable Line)
☒ Form filed by One Reporting Person
☐ Form filed by More than One Reporting
Person

(City) (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)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount (A) or (D)	Price	
Common Stock	05/04/2005		M		45,800	A \$ 7.75	45,800 D ⁽¹⁾
Common Stock	05/04/2005		S		20,000	D \$ 15.7	25,800 D
Common Stock	05/04/2005		S		100	D \$ 15.81	25,700 D
Common Stock	05/04/2005		S		3,378	D \$ 15.89	22,322 D
	05/04/2005		S		22,200	D \$ 15.9	122 D

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Common
Stock

Common Stock 05/04/2005 S 122 D \$ 15.91 0 D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	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. Title and Amount of Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option - Right to Buy	\$ 7.75	05/04/2005		M	45,800	10/19/2002	10/19/2005	Common Stock	45,800

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

FRANCIS PAULINE HUGHES
NATURE'S SUNSHINE PRODUCTS, INC.
75 EAST 1700 SOUTH
PROVO, UT 84606

X X

Signatures

/s/Pauline Hughes 05/06/2005
Francis

**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).

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- (1) The reporting person is also the indirect beneficial owner of 1,142,292 shares owned by a family trust of which the reporting person is trustee and a beneficiary and 878,439 shares owned by a family limited partnership in which the reporting person is a general partner.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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