

Wallace Gary C
Form 144
June 18, 2007

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SEC USE ONLY

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

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
 PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: *Transmit for filing 3 Copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.*

1(a) NAME OF ISSUER *(Please type or print)* (b) IRS IDENT. NO. (c) S.E.C. FILE NO.
 Natural Health Trends Corp. 59-2705336 0-26272

1(d) ADDRESS OF ISSUER STREET CITY STATE ZIP CODE (e) TELEPHONE NO.
 AREA CODENUMBER 2050
 Diplomat
 DriveDallasTexas75234972241-4080

2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD (b) IRS IDENT. NO. (c) RELATIONSHIP TO ISSUER (d) ADDRESS STREET CITY STATE ZIP CODE
 Gary C. Wallace N/A Officer 2050 Diplomat Drive Dallas Texas 75234

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3(a) (b) (c) (d)

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Title of the Class of Securities To Be Sold	Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY Broker-Dealer File Number	Number of Shares or Other Units To Be Sold (See instr. 3(c))	Aggregate Market Value (See instr. 3(d))
Common Stock	E*Trade 671 N. Glebe Road, 11 th Floor Arlington, Virginia 22203		685	\$2,514 (per 6/15/07 closing price)
(e) Number of Shares or Other Units Outstanding (See instr. 3(e))	(f) Approximate Date of Sale (See instr. 3(f)) (MO. DAY YR.)	(g) Name of Each Securities Exchange (See instr. 3(g))		
8,809,873	6/18/07	Nasdaq Global Market		

INSTRUCTIONS:

1. (a) Name of issuer
 - (b) Issuer's I.R.S. Identification Number
 - (c) Issuer's S.E.C. file number, if any
 - (d) Issuer's address, including zip code
 - (e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold
 - (b) Such person's I.R.S. identification number, if such a person is an entity
 - (c) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any

of the
foregoing)

(d)Such
person s
address,
including zip
code 3.

(a)Title of the
class of
securities to
be sold

(b)Name and
address of
each broker
through
whom the
securities are
intended to be
sold

(c)Number of
shares or
other units to
be sold (if
debt
securities,
give the
aggregate
face amount)

(d)Aggregate
market value
of the
securities to
be sold as of a
specified date
within

10 days prior
to the filing
of this notice

(e)Number of
shares or
other units of
the class
outstanding,
or if debt
securities the
face amount
thereof

outstanding,
as shown by
the most
recent report
or statement
published by
the issuer

(f)Approximate
date on which
the securities
are to be sold

(g)Name of
each
securities
exchange, if

any, on which
the securities
are intended
to be sold

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 control number.

OVER
SEC 1147 (01-04)

TABLE I SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	April 21, 2007	Grant of Restricted Stock	Natural Health Trends Corp.	25,000	N/A	N/A

INSTRUCTIONS:

1. If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.
2. If within two years after the acquisition of the securities the person for whose account they are to be sold had any short positions, put or other option to dispose of securities referred to in paragraph (d)(3) of Rule 144, furnish full information with respect thereto.

TABLE II SECURITIES SOLD DURING THE PAST 3 MONTHS

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Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

<u>Name and Address of Seller</u>	<u>Title of Securities Sold</u>	<u>Date of Sale</u>	<u>Amount of Securities Sold</u>	<u>Gross Proceeds</u>
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REMARKS: The shares covered by this Form 144 are being sold pursuant to a Rule 10b5-1(c) sales plan dated June 15, 2007, and the representation below regarding the seller's knowledge of material information speaks as of that plan adoption date. The proceeds derived from the sale of shares covered by this Form 144 will be applied to the payment of taxes resulting from the vesting of certain of the above referenced shares of restricted stock. The exact number of shares to be sold as indicated in Item 3(c) above is subject to the actual price per share at which shares are sold to generate the proceeds required to pay taxes.

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

June 18, 2007

DATE OF NOTICE

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed.

/s/ Gary C. Wallace

(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)