

NATURES SUNSHINE PRODUCTS INC  
 Form 4  
 November 08, 2004

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
 Expires: January 31, 2005  
 Estimated average burden hours per response... 0.5

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**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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
 HUGHES EUGENE L

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)

3. Date of Earliest Transaction (Month/Day/Year)  
 11/04/2004

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

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

(Street)

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

PROVO, UT 84606

(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 (A) 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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	11/04/2004		M	A	\$ 33,000	D (1) (2)	
Common Stock	11/04/2004		S	D	\$ 15.5 31,700	D (1) (2)	
Common Stock	11/04/2004		S	D	\$ 15.51 29,200	D (1) (2)	
Common Stock	11/04/2004		S	D	\$ 15.52 28,900	D (1) (2)	
	11/04/2004		S	D	\$ 15.53 28,300	D (1) (2)	

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Common Stock							
Common Stock	11/04/2004	S	300	D	\$ 15.54	28,000	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	1,900	D	\$ 15.55	26,100	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	4,800	D	\$ 15.56	21,300	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	1,400	D	\$ 15.57	19,900	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	700	D	\$ 15.58	19,200	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	500	D	\$ 15.61	18,700	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	1,100	D	\$ 15.62	17,600	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	800	D	\$ 15.63	16,800	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	3,700	D	\$ 15.64	13,100	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	2,300	D	\$ 15.65	10,800	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	200	D	\$ 15.66	10,600	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	500	D	\$ 15.67	10,100	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	2,000	D	\$ 15.7	8,100	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	100	D	\$ 15.71	8,000	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	400	D	\$ 15.72	7,600	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	100	D	\$ 15.76	7,500	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	400	D	\$ 15.78	7,100	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	2,100	D	\$ 15.8	5,000	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004	S	500	D	\$ 15.81	4,500	D <u>(1)</u> <u>(2)</u>
	11/04/2004	S	1,100	D	\$ 15.82	3,400	D <u>(1)</u> <u>(2)</u>

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Common Stock								
Common Stock	11/04/2004		S	800	D	\$ 15.83	2,600	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004		S	300	D	\$ 15.85	2,300	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004		S	1,100	D	\$ 15.86	1,200	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004		S	300	D	\$ 15.87	900	D <u>(1)</u> <u>(2)</u>
Common Stock	11/04/2004		S	400	D	\$ 15.89	500	D <u>(1)</u> <u>(2)</u>

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

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SEC 1474  
(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	\$ 8.4848	11/04/2004		M	33,000	12/16/1996	12/16/2004	Common Stock	33,000

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HUGHES EUGENE L NATURE'S SUNSHINE PRODUCTS, INC. 75 EAST 1700 SOUTH PROVO, UT 84606	X	X		

HUGHES KRISTINE F  
NATURE'S SUNSHINE PRODUCTS, INC. X X  
75 EAST 1700 SOUTH  
PROVO, UT 84606

## Signatures

/s/Eugene L.  
Hughes 11/08/2004

\_\_Signature of Date  
Reporting Person

/s/Kristine F.  
Hughes 11/08/2004

\_\_Signature of Date  
Reporting Person

## 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).

- Kristine F. Hughes and Eugene L. Hughes are also the indirect beneficial owners of 1,303,606 shares held in revocable family trusts for
- (1) the benefit of themselves and their children, of which they are trustees, and 101,536 shares allocated to Mr. Hughes' 401(k) plan account. In addition, Kristine Hughes is the indirect beneficial owner of 16,335 shares owned directly by Eugene L. Hughes.
  - (2) Owned directly by Kristine F. Hughes and indirectly by Eugene L. Hughes, Mrs. Hughes' spouse.

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