

Item 2.02 Results of Operations and Financial Condition.

On November 8, 2016, Nature's Sunshine Products, Inc. (the "Company") issued a press release announcing its financial results for the three- and nine-month periods ended September 30, 2016. A copy of the Company's press release is attached hereto as Exhibit 99.1 and is incorporated herein by reference.

The information furnished with this Item 2.02, including Exhibit 99.1, shall not be deemed "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of that section, nor shall it be deemed incorporated by reference into any other filing under the Securities Act of 1933, as amended, or the Exchange Act, except as expressly set forth by specific reference in such a filing.

The Company makes reference to non-GAAP financial information in the press release. A reconciliation of GAAP to non-GAAP results is provided in the press release.

Item 8.01 Other Events.

Quarterly Cash Dividend

On November 8, 2016, the Company issued a press release announcing that its Board of Directors had approved the Company's payment of a quarterly cash dividend of \$0.10 per share, payable on December 5, 2016, to shareholders of record on November 23, 2016.

A copy of the press release is attached hereto as Exhibit 99.1 and is incorporated by reference herein.

Item 9.01 Financial Statements and Exhibits.

The following document is filed as an exhibit to this report:

Item No. Exhibit

99.1 Press Release issued by the Company, dated November 8, 2016

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

NATURE'S SUNSHINE PRODUCTS, INC.

Dated: November 9,
2016

By: /s/ Richard S. Strulson

Richard S. Strulson, Executive Vice President, General Counsel, Chief Compliance
Officer and Secretary