

FRANCIS PAULINE HUGHES

Form 4

May 04, 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

OMB  
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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

3. Date of Earliest Transaction  
(Month/Day/Year)  
05/02/2005

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

(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 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)
Common Stock	05/02/2005		M	19,565 A \$ 7.75	19,565	D <sup>(1)</sup>	
Common Stock	05/02/2005		S	15,000 D \$ 15.5	4,565	D	
Common Stock	05/02/2005		S	65 D \$ 15.52	4,500	D	
Common Stock	05/02/2005		S	1,500 D \$ 15.55	3,000	D	
	05/02/2005		S	500 D	2,500	D	

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Common Stock						\$ 15.56	
Common Stock	05/02/2005	S	200	D	\$ 15.57	2,300	D
Common Stock	05/02/2005	S	100	D	\$ 15.61	2,200	D
Common Stock	05/02/2005	S	300	D	\$ 15.62	1,900	D
Common Stock	05/02/2005	S	200	D	\$ 15.63	1,700	D
Common Stock	05/02/2005	S	300	D	\$ 15.65	1,400	D
Common Stock	05/02/2005	S	300	D	\$ 15.66	1,100	D
Common Stock	05/02/2005	S	900	D	\$ 15.67	200	D
Common Stock	05/02/2005	S	100	D	\$ 15.68	100	D
Common Stock	05/02/2005	S	100	D	\$ 15.69	0	D
Common Stock	05/03/2005	M	20,000	A	\$ 7.75	20,000	D
Common Stock	05/03/2005	S	13,353	D	\$ 15.6	6,647	D
Common Stock	05/03/2005	S	200	D	\$ 15.61	6,447	D
Common Stock	05/03/2005	S	6,224	D	\$ 15.62	223	D
Common Stock	05/03/2005	S	223	D	\$ 15.63	0	D

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 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	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)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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Derivative Security			or Disposed of (D) (Instr. 3, 4, and 5)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares
			Code	V (A) (D)				
Option - Right to Buy	\$ 7.75	05/02/2005	M		19,565	10/19/2002 10/19/2005	Common Stock	19,565
Option - Right to Buy	\$ 7.75	05/03/2005	M		20,000	10/19/2002 10/19/2005	Common Stock	20,000

## 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  
Francis

05/04/2005

\_\_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) 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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