





Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

By letter dated March 9, 2018, Ms. Rebecca L. Steinfort notified Nature's Sunshine Products, Inc. (the "Company") that she will resign from the Company's Board of Directors to pursue an opportunity that will require a significant time commitment. Ms. Steinfort's resignation will be effective as of the date of the Company's 2018 Annual Meeting of Shareholders, at which time Ms. Steinfort will not stand for re-election to the Company's Board of Directors.

Ms. Steinfort's decision to resign and not stand for re-election to the Company's Board of Directors is not due to any disagreement with the Company, including with respect to any matter relating to the Company's operations, policies or practices.

Item 5.03 Amendments to Articles of Incorporation or Bylaws; Change in Fiscal Year.

On March 9, 2018, the board of directors of Nature's Sunshine Products, Inc. (the "Company") approved and adopted an amendment and restatement of the Company's bylaws (the "Amended and Restated Bylaws") to ensure the provision related to the election of directors more fully complies with the applicable provisions of the Utah Revised Business Corporation Act.

The description of the Amended and Restated Bylaws provided above is qualified in its entirety by reference to the actual Amended and Restated Bylaws, a copy of which is attached hereto as Exhibit 3.1 and incorporated herein by reference.

Item 9.01 Financial Statements and Exhibits.

The following documents are filed as exhibits to this report:

Item No. Exhibit

3.1 Amended and Restated Bylaws of the Company

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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: March 12, 2018 By: /s/ Nathan G. Brower

Nathan G. Brower

Executive Vice President, General Counsel and Corporate Secretary