

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

By letter dated February 27, 2018, Mr. Albert R. Dowden notified Nature's Sunshine Products, Inc. (the "Company") of his decision to retire from the Company's Board of Directors effective as of the date of the Company's 2018 Annual Meeting of Shareholders. As a result of Mr. Dowden's retirement, Mr. Dowden will not stand for re-election to the Company's Board of Directors at the Company's 2018 Annual Meeting of Shareholders, which the Company anticipates will be held on May 2, 2018.

Mr. Dowden's decision to retire 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.

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 2, 2018 By: /s/ Nathan G. Brower
 Nathan G. Brower, Executive Vice
 President,
 General Counsel and Corporate
 Secretary