

NATURAL HEALTH TRENDS CORP
 Form 4
 November 13, 2013

FORM 4

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

OMB APPROVAL

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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 *
BROADY GEORGE K

2. Issuer Name and Ticker or Trading Symbol
 NATURAL HEALTH TRENDS CORP [NHTC]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 751 CANYON DRIVE,, SUITE 100
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 09/03/2013

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

COPPELL, TX 75019

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

(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 Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	09/03/2013		P		21,500	A	\$ 1.65
Common Stock	09/03/2013		P		10,000	A	\$ 1.57
Common Stock	09/04/2013		P		10,000	A	\$ 1.88
Common Stock	09/04/2013		P		10,000	A	\$ 1.68
Common Stock	09/05/2013		P		9,361	A	\$ 1.9

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Common Stock	09/05/2013	P	500	A	\$ 1.95	3,183,594	D	
Common Stock	09/06/2013	P	9,500	A	\$ 1.95	3,193,094	D	
Common Stock	09/09/2013	P	25,000	A	\$ 1.93	3,218,094	D	
Common Stock	09/09/2013	P	2,882	A	\$ 1.85	3,220,976	D	
Common Stock	09/10/2013	P	33,900	A	\$ 2.12	3,254,876	D	
Common Stock	09/10/2013	P	6,600	A	\$ 1.97	3,261,476	D	
Common Stock	09/13/2013	P	6,188	A	\$ 2	3,267,664	D	
Common Stock	09/18/2013	P	14,000	A	\$ 2.2	3,281,664	D	
Common Stock	09/18/2013	P	9,720	A	\$ 2.25	3,291,384	D	
Common Stock	09/19/2013	P	14,000	A	\$ 2.2	3,305,384	D	
Common Stock	09/20/2013	P	26,900	A	\$ 2.2	3,332,284	D	
Common Stock	10/18/2013	P	14,550	A	\$ 2.4	3,346,834	D	
Common Stock	10/21/2013	P	30,100	A	\$ 2.4	3,376,934	D	
Common Stock	10/22/2013	P	39,484	A	\$ 2.4	39,484	I	See Footnote <u>(1)</u>
Common Stock	10/23/2013	P	75,000	A	\$ 2.4	114,484	I	See Footnote <u>(1)</u>
Common Stock	10/24/2013	P	31,030	A	\$ 2.4	145,514	I	See Footnote <u>(1)</u>
Common Stock	10/25/2013	P	17,146	A	\$ 2.4	162,660	I	See Footnote <u>(1)</u>
Common Stock	10/28/2013	P	10,050	A	\$ 2.4	172,710	I	See Footnote <u>(1)</u>
	10/30/2013	P	4,400	A	\$ 2.4	177,110	I	

Common
Stock

See
Footnote
(1)

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

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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)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned (Instr. 5)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BROADY GEORGE K 751 CANYON DRIVE, SUITE 100 COPPELL, TX 75019	X	X		

Signatures

/s/ George K.
Broady 11/13/2013

**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) Through George K. Broady 2012 Irrevocable Trust, of which Mr. Broady is the trustee and a beneficiary.

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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