

# SECURITIES & EXCHANGE COMMISSION EDGAR FILING

## NATURAL HEALTH TRENDS CORP

**Form: 5**

**Date Filed: 2017-01-03**

Corporate Issuer CIK: 912061

# FORM 5

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

OMB APPROVAL	
OMB Number:	3235-0362
Estimated average burden hours per response...	1.0

### ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person <b>Sharng Chris Tahjiun</b>		2. Issuer Name <b>and</b> Ticker or Trading Symbol <b>NATURAL HEALTH TRENDS CORP [NHTC]</b>		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input checked="" type="checkbox"/> Officer (give title below) <b>President</b> <input type="checkbox"/> 10% Owner <input type="checkbox"/> Other (specify below)			
(Last) (First) (Middle)		3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) <b>12/31/2016</b>					
C/O NATURAL HEALTH TRENDS CORP., 609 DEEP VALLEY DRIVE, SUITE 395							
(Street)		4. If Amendment, Date Original Filed (Month/Day/Year)		6. Individual or Joint/Group Reporting (check applicable line) <input checked="" type="checkbox"/> Form Filed by One Reporting Person <input type="checkbox"/> Form Filed by More than One Reporting Person			
ROLLING HILLS ESTATES, CA 90274							
(City) (State) (Zip)		<b>Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned</b>					
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 at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				Amount (A) or (D) Price			
Common Stock	05/20/2009		L5	625 A \$ 0.5	458,967	D	
Common Stock	11/20/2015		L5	19 A \$ 41.44	458,986	D	
Common Stock	03/24/2016		L	5 A \$ 32.5	458,991	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 2270 (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 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 at End of Issuer's Fiscal Year (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					(A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares				

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Sharng Chris Tahjiun C/O NATURAL HEALTH TRENDS CORP. 609 DEEP VALLEY DRIVE, SUITE 395 ROLLING HILLS ESTATES, CA 90274	X		President	

## Signatures

/s/ Timothy S. Davidson by Power of Attorney	01/03/2017
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).

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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ACCESSION NUMBER: 0000912061-17-000002  
CONFORMED SUBMISSION TYPE: 5  
PUBLIC DOCUMENT COUNT: 1  
CONFORMED PERIOD OF REPORT: 20161231  
FILED AS OF DATE: 20170103  
DATE AS OF CHANGE: 20170103

ISSUER:

COMPANY DATA:

COMPANY CONFORMED NAME: NATURAL HEALTH TRENDS CORP  
CENTRAL INDEX KEY: 0000912061  
STANDARD INDUSTRIAL CLASSIFICATION: WHOLESALE-MISCELLANEOUS NONDURABLE GOODS [5190]  
IRS NUMBER: 592705336  
STATE OF INCORPORATION: DE  
FISCAL YEAR END: 1231

BUSINESS ADDRESS:

STREET 1: 609 DEEP VALLEY DRIVE  
STREET 2: SUITE 395 (EAST BUILDING)  
CITY: ROLLING HILLS ESTATES  
STATE: CA  
ZIP: 90274  
BUSINESS PHONE: 310-541-0888

MAIL ADDRESS:

STREET 1: 609 DEEP VALLEY DRIVE  
STREET 2: SUITE 395 (EAST BUILDING)  
CITY: ROLLING HILLS ESTATES  
STATE: CA  
ZIP: 90274

REPORTING-OWNER:

OWNER DATA:

COMPANY CONFORMED NAME: Sharng Chris Tahjiun  
CENTRAL INDEX KEY: 0001299658

FILING VALUES:

FORM TYPE: 5  
SEC ACT: 1934 Act  
SEC FILE NUMBER: 001-36849  
FILM NUMBER: 17502354

MAIL ADDRESS:

STREET 1: C/O OF NATURAL HEALTH TRENDS CORP.  
STREET 2: 609 DEEP VALLEY DRIVE  
CITY: ROLLING HILLS ESTATES  
STATE: CA  
ZIP: 90274

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