

SECURITIES & EXCHANGE COMMISSION EDGAR FILING

NATURAL HEALTH TRENDS CORP

Form: 5

Date Filed: 2017-01-03

Corporate Issuer CIK: 912061

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FORM 5 Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). Form 3 Holdings Reported

Form 4 Transactions Reported

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

OMB APPROVAL						
OMB Number: 3235-0362						
Estimated average bu	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

Name and Address of Reporting Person— Sharng Chris Tahjiun	NATURAL LIFAL THE TREATER CORP. MILITOR					5. Relationship of Reporting Person(s) to Is (Check all applicable X Director)				
(Last) (First)		Statement for Issue 2/31/2016	er's Fiscal Year En	ded (Mon	th/Day/Y	'ear)		(specify below)			
C/O NATURAL HEALTH TRENDS CO		2/31/2016									
DEEP VALLEY DRIVE, SUITE 395											
(Street)	4.	4. If Amendment, Date Original Filed(Month/Day/Year)					Individual or Joint/Group Reporting (check applicable line)				
ROLLING HILLS ESTATES, CA 9027	4						_X_ 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	Execution Date, if r) any	(Instr. 8)			or Disposed of (D)			5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)		Beneficial
		(Month/Day/Year)		Amount	(A) or (D)	Price		Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)		
Common Stock	05/20/2009		L5		_ ` _		458,967	D			
Common Stock	11/20/2015		L5	19	Δ	\$	458,986	D			
Common Stock	03/24/2016		L	5	Α	\$ 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 SEC 2270 (9-02) to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction	3A. Deemed	4. Transaction	5. Numbe	er of	6. Date Exe	rcisable	7. Tit	tle and Amount of	8. Price of	9. Number	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Code	Derivative	Э	and Expirati	on Date	Unde	erlying Securities	Derivative	of	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	(Instr. 8)	Securities	5	(Month/Day	/Year)	(Instr	r. 3 and 4)	Security	Derivative	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)		Acquired	(A) or					(Instr. 5)	Securities	Derivative	Ownership
	Derivative				Disposed	of (D)						Beneficially	Security:	(Instr. 4)
	Security				(Instr. 3,	4, and 5)						Owned at	Direct (D)	
												End of	or Indirect	
							Date	Expiration	-	Amount or Number		Issuer's	(I)	
							Exercisable	Date	litle	of Shares		Fiscal Year	(Instr. 4)	
					(A)	(D)						(Instr. 4)		

Reporting Owners

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

Signatures

/s/ Timothy S. Davidson by Power of Attorney	01/03/2017
Signature of Reporting Person	Date

Explanation of Responses:

- $^{\star}\,$ 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.

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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 </SEC-HEADER> <DOCUMENT> <TYPE>5

<SEQUENCE>1 <FILENAME>wf-form5_148347980433568.xml

<DESCRIPTION>FORM 5

<TEXT>

Document 1 - file: wf-form5 148347980433568.html

Document 1 - RAW XML: wf-form5 148347980433568.xml

</DOCUMENT>

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Name and Address of Reporting Person	2.	Issuer Name and T	icker or Trading Sv	mbol			5. Relationship of Reporting Person(s) to Is	suer			
Sharng Chris Tahijun		ATURAL HEAL			IHTC1		(Check all applicable)				
								Öwner			
(Last) (First)		Statement for Issue	er's Fiscal Year End	ded (Mon	th/Day/Y	'ear)	X_ Officer (give title below) Other President	(specify below)			
		2/31/2016					President				
C/O NATURAL HEALTH TRENDS COR	P., 609										
DEEP VALLEY DRIVE, SUITE 395											
(Street)	4.	If Amendment, Date	e Original FiledMont	h/Day/Year)			6. Individual or Joint/Group Reporting				
							(check applicable line)				
ROLLING HILLS ESTATES, CA 90274							_X_ Form Filed by One Reporting Person Form Filed by More than One Reporting Person				
(City) (State)	(Zip)										
(Oily) (Olale)	(ΣΙΡ)		Table I - Non-D	erivative	Securit	ies Acqu	ired, Disposed of, or Beneficially Owned				
1.Title of Security	2. Transaction	2A. Deemed	3. Transaction	4. Secur	ities Acc	quired (A)	5. Amount of Securities Beneficially	6.	7. Nature		
(Instr. 3)	Date	Execution Date, if	Code	or Dispo	sed of (I	D)	Owned at end of Issuer's Fiscal Year	Ownership	of Indirect		
	(Month/Day/Year	n) any	(Instr. 8)	(Instr. 3,	4 and 5)	(Instr. 3 and 4)	Form:	Beneficial		
		(Month/Day/Year)						Direct (D)	Ownership		
								or Indirect	(Instr. 4)		
					(A) or			(I)			
				Amount	(D)	Price		(Instr. 4)			
Common Stock	05/20/2009		L5	625	Α	\$ 0.5	458,967	D			
Common Stock	11/20/2015		L5	19	Α	\$	459,096	D			
Common Stock	11/20/2015		LS	19	^	41.44	458,986	D			
Common Stock	03/24/2016		L	5	Α	\$ 32.5	458,991	D			

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Derivative	Conversion	Date	Execution Date, if	Code	Derivative	е	and Expirati	on Date	Unde	erlying Securities	Derivative	of	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	(Instr. 8)	Securities	s	(Month/Day	/Year)	(Instr	r. 3 and 4)	Security	Derivative	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)		Acquired	(A) or					(Instr. 5)	Securities	Derivative	Ownership
	Derivative				Disposed	l of (D)						Beneficially	Security:	(Instr. 4)
	Security				(Instr. 3,	4, and 5)						Owned at	Direct (D)	
												End of	or Indirect	
							Date	Expiration	T:41 -	Amount or Number		Issuer's	(I)	
							Exercisable	Date	Title	of Shares		Fiscal Year	(Instr. 4)	
					(A)	(D)						(Instr. 4)		

Reporting Owners

Reporting Owner Name / Address	Relationships							
neporting Owner Name / Address	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	х		President					

Signatures

/s/ Timothy S. Davidson by Power of Attorney	01/03/2017
-Signature of Reporting Person	Date

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