





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

On May 25, 2018, Nature's Sunshine Products, Inc. (the "Company") appointed Mr. Richard D. Moss to its Board of Directors. Mr. Moss was appointed to serve as a director until the next shareholders' meeting at which directors are elected.

Mr. Moss, 60, served as Chief Financial Officer of Hanesbrands Inc. (NYSE: HBI), a leading Fortune 500 apparel company, from October 2011 until October 2017, after which he served in an advisory role at Hanesbrands until his retirement on December 31, 2017. Prior to his appointment as Chief Financial Officer, Mr. Moss had led several key financial functions, including treasury and tax, at Hanesbrands since 2006. From 2002 to 2005, Mr. Moss served as Vice President and Chief Financial Officer of Chattem Inc., a leading marketer and manufacturer of branded over-the-counter health-care products, toiletries and dietary supplements. Mr. Moss currently serves on the Board of Directors of Winnebago Industries, Inc. (NYSE: WGO), a leading U.S. recreational vehicle manufacturer. Mr. Moss received a B.A. and an M.B.A from Brigham Young University.

The Board of Directors determined that Mr. Moss is an independent director under the standards for independence established by NASDAQ.

---

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: May 30, 2018 By: /s/ Nathan G. Brower

Nathan G. Brower, Executive Vice President, General Counsel and Secretary