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FORM 3

OMB APPROVAL

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U.S. SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

INITIAL STATEMENT OF 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(f) of the Investment Company Act of 1940

<S>	<C>	<C>
1. Name and Address of Reporting Person Wolrson Sir Brian G. (Last) (First) (Middle) 44 Welbeck Street (Street) London England WIM 7HF (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 08/04/97 3. IRS or Social Security Number of Reporting Person (Voluntary)	4. Issuer Name and Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP. (NHTC) 5. Relationship of Reporting Person to Issuer (Check all applicable) X Director __ 10% Owner __ Officer __ Other (give title below) (specify below) _____ 6. If Amendment, Date of Original (Month/Day/Year)

Table I -- Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. (Over)
(Print or Type Responses) SEC 1473 (8/92)
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FORM 3 (continued)

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

<S>	<C>	<C>	<C>	<C>	<C>
1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year) Date Exercisable	Expiration Date	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4) Title	Amount or Number of Shares	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
Options (right to buy)[1]	08/04/98	07/04/07	Common Stock,	400,000	$0.59375	D	

		$.001 par value					
Options (right to buy)[1]	08/04/98	07/04/07	Common Stock, $.001 par value	400,000	$0.59375	D	

Explanation of Responses:

Note 1: Consists entirely of non-qualified stock options granted by NHTC.

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

/s/ Sir Brian Wolfson August 14, 1997

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

** Signature of Reporting Person Date

SEC 1473 (8/92)

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