

REGISTRATION NO. 333-

SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

FORM S-1
REGISTRATION STATEMENT
UNDER
THE SECURITIES ACT OF 1933

NATURAL HEALTH TRENDS CORP.
(Name of small business issuer in its charter)

<TABLE>			
<S>			
<C>	<C>	<C>	<C>
FLORIDA	5122	59-2705336	
(State or other jurisdiction of incorporation or organization)	(Primary Standard Industrial Classification Code Number)	(I.R.S. Employer Identification No.)	

</TABLE>

250 PARK AVENUE
NEW YORK, NEW YORK 10177
(212) 490-6609
(Address, including zip code, and telephone number, including area code, of
Registrant's principal executive offices)

JOSEPH P. GRACE, PRESIDENT
NATURAL HEALTH TRENDS CORP.
250 PARK AVENUE
NEW YORK, NEW YORK 10177
(212) 490-6609
(Name, address, including zip code, and telephone number, including area code,
of agent for service)

Copies to:

<TABLE>			
<S>			
<C>	<C>	<C>	<C>
MARTIN C. LICHT, ESQ. 260 MADISON AVENUE NEW YORK, NEW YORK 10016 TELEPHONE: (212) 448-1100 FACSIMILE: (212) 448-6260	JAY KAPLOWITZ, ESQ. ARTHUR MARCUS, ESQ. GERSTEN SAVAGE & KAPLOWITZ, LLP 101 EAST 52ND STREET NEW YORK, NEW YORK 10022 TELEPHONE: (212) 752-9700 FACSIMILE: (212) 980-5192		

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APPROXIMATE DATE OF PROPOSED SALE TO THE PUBLIC: As soon as practicable
after the effective date of this Registration Statement.

If any of the securities being registered on this Form are to be offered on
a delayed or continuous basis pursuant to Rule 415 under the Securities Act of
1933, check the following box. /X/

If this Form is filed to register additional securities pursuant to Rule
462(b) under the Securities Act, please check the following box and list the
Securities Act Registration Statement number of the earlier effective
Registration Statement for the same offering. //

If this Form is a post-effective amendment filed pursuant to Rule 462(c)
under the Securities Act, check the following box and list the Securities Act

Registration Statement number of the earlier effective Registration Statement for the same offering. //

If this Form is a post-effective amendment filed pursuant to Rule 462(d) under the Securities Act, check the following box and list the Securities Act Registration Statement number of the earlier effective Registration Statement for the same offering. //

If delivery of the prospectus is expected to be made pursuant to Rule 434, please check the following box. //

CALCULATION OF REGISTRATION FEE

<TABLE>

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TITLE OF EACH CLASS OF SECURITIES TO BE REGISTERED	PROPOSED MAXIMUM AMOUNT TO BE REGISTERED	PROPOSED MAXIMUM OFFERING PRICE PER SECURITY(1)	AMOUNT OF AGGREGATE OFFERING PRICE(1)	REGISTRATION FEE(2)
<S>	<C>	<C>	<C>	<C>
Common stock, par value \$.001 per share	1,416,464(3)	\$5.00	\$7,082,320	\$1,968.88
Representative's Warrants (4)	123,171	\$1.00	\$--	\$--(5)
Shares of common stock issuable upon exercise of the Representative's Warrants	123,171(6)	\$6.00	\$739,026	\$205.45
Common stock purchase warrants	1,416,464	\$1.10	\$141,646	\$39.58
Shares of common stock underlying common stock purchase warrants	1,416,464	\$6.50	\$9,207,016	\$2,559.55
Shares of common stock being sold by selling securityholders	3,179,848(7)(8)	\$3.70	\$11,765,438	\$3,270.79
Total Registration Fee			\$8,044.25	

</TABLE>

(1) Estimated solely for the purpose of calculating the registration fee.

(2) Calculated in accordance with Rule 457 under the Securities Act of 1933, as amended.

(3) Includes 184,756 shares of Common stock which the Representative may purchase to cover over-allotments, if any.

(4) Represents warrants to be issued by the Company to the Representative at the time of delivery and acceptance of the securities to be sold by the Company to the public hereunder.

(5) None, pursuant to Rule 457(g).

(6) Pursuant to Rule 416, there are also being registered such additional securities as may become issuable pursuant to the anti-dilution provisions contained in the Representative's Warrants.

(7) Includes the shares of common stock being sold by the selling securityholders which include the resale of an aggregate of 500,000 shares of common stock issuable upon the exercise of certain common stock purchase warrants and of such presently indeterminate number of shares of common stock as shall be issued in respect of all shares of common stock issuable upon (i) conversion of, or as dividends on, 1,650 shares of the Series E Preferred Stock having a face amount of \$1,650,000 issued in a private placement in August 1998 (ii) conversion of, or as dividends on, 1,400 shares of the Series H Preferred Stock having a face amount of \$1,400,000 issued in a private placement in March and April 1999 (iii) conversion of, or as dividends on, 350 shares of the Series G Preferred Stock having a face amount of \$350,000 issued in February 1999 (iv) conversion of, or as dividends on, 516 shares of Series I Preferred Stock having a face amount of \$1,000 per share to be issued in June 1999 and (v) the payment of a 2%-per-month penalty payable in shares of common stock at the option of the holders of Series E Preferred Stock and Series H Preferred Stock pursuant to registration rights agreements, between the Company and the holders. The number of shares of common stock indicated to be issuable in connection with such transactions and offered for resale hereby is an estimate determined in accordance with a formula based on the market prices of the common stock, as described in this prospectus, and is subject to adjustment and could be materially less or more than such estimated amount depending upon factors which cannot be predicted by the Company at this time. If, however, all shares of Series E, G, H and I Preferred Stock and the dividends thereon and

the applicable penalty were converted, the Company would be obligated to issue a total of approximately 3,179,848 shares of common stock. This presentation is not intended to constitute a prediction as to the future market price of the common stock or as to the number of shares of common stock into which such shares of preferred stock which will be converted. Pursuant to Rule 416, there are also being registered such additional shares of common stock as may become issuable to prevent dilution resulting from stock splits or stock dividends.

- (8) The offering price per share is estimated pursuant to Rule 457(c) solely for the purpose of calculating the registration fee and is based upon the average of the bid and asked prices of the common stock of the Company reported on the Nasdaq SmallCap Market (which date is within five business days prior to the date of the initial filing of this Registration Statement).

REGISTRANT HEREBY AMENDS THIS REGISTRATION STATEMENT ON SUCH DATE OR DATES AS MAY BE NECESSARY TO DELAY ITS EFFECTIVE DATE UNTIL THE REGISTRANT SHALL FILE A FURTHER AMENDMENT WHICH SPECIFICALLY STATES THAT THIS REGISTRATION STATEMENT SHALL THEREAFTER BECOME EFFECTIVE IN ACCORDANCE WITH SECTION 8(A) OF THE SECURITIES ACT OF 1933 OR UNTIL THE REGISTRATION STATEMENT SHALL BECOME EFFECTIVE ON SUCH DATE AS THE COMMISSION, ACTING PURSUANT TO SECTION 8(A), MAY DETERMINE.

EXPLANATORY NOTE

This Registration Statement contains two forms of Prospectus: one (the "Company Prospectus") to be used in connection with an offering of 1,231,708 shares of common stock and 1,231,708 common stock purchase warrants by the company through the Underwriter and one (the "Selling Securityholder Prospectus") to be used in connection with the sale of 3,179,848 shares of common stock by certain selling security holders (the "Concurrent Offering"). The Company Prospectus and the Selling Securityholder Prospectus will be identical in all respects except for the pages of the Selling Securityholder Prospectus which appear immediately following the Company Prospectus and before Part II of this Registration Statement.

PRELIMINARY PROSPECTUS DATED JUNE 11, 1999 SUBJECT TO COMPLETION. THE INFORMATION IN THIS PROSPECTUS IS NOT COMPLETE AND MAY BE CHANGED. WE MAY NOT SELL THESE SECURITIES UNTIL THE REGISTRATION STATEMENT FILED WITH THE SECURITIES AND EXCHANGE COMMISSION IS EFFECTIVE. THIS PROSPECTUS IS NOT AN OFFER TO SELL THESE SECURITIES AND IT IS NOT SOLICITING AN OFFER TO BUY THESE SECURITIES IN ANY STATE WHERE THE OFFER OR SALE IS NOT PERMITTED. PROSPECTUS

NATURAL HEALTH TRENDS CORP.

1,231,708 SHARES OF COMMON STOCK 1,231,708 COMMON STOCK PURCHASE WARRANTS

Natural Health Trends Corp. is offering 1,231,708 shares of common stock and 1,231,708 common stock purchase warrants, which will be designated as Class C Warrants. The public offering price of the common stock is anticipated to be between \$3.00 and \$5.00 per share and will be equal to the closing bid price of the common stock on the day preceding the date of this prospectus. The public offering price of the warrants will be \$.10 per warrant. Each of the warrants will expire five years from the date of this prospectus and entitles the holder commencing on _____, 2001 or earlier with the consent of May Davis Group, Inc., to purchase one share of common stock for a purchase price of 130% of the public offering price. The warrants are redeemable by us at a price of \$0.25 per warrant provided that our common stock trades at 150% of the public offering price for 20 consecutive trading days ending three days prior to the date of the notice of redemption and 30 days prior written notice is given. The warrants will become immediately exercisable upon receipt of the notice of redemption and shall have exercise rights until the close of the business day immediately preceding the date fixed for redemption. Our common stock is quoted on The Nasdaq SmallCap Market under the symbol "NHTC." As of June 7, 1999 the closing bid price of the common stock was 3 11/16.

These are speculative securities and this investment involves a high degree of risk. See "Risk Factors" beginning on page 8.

Neither the Securities and Exchange Commission (the "SEC") nor any state securities commission has approved or disapproved these securities or passed upon the adequacy of the prospectus. Any representation to the contrary is a criminal offense.

<TABLE>
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UNDERWRITING
PRICE TO PUBLIC DISCOUNTS AND COMMISSIONS PROCEEDS TO COMPANY

<S>	<C>	<C>	<C>
Per Share.....	\$	\$	\$
Per Warrant.....	\$	\$	\$
Total.....	\$	\$	\$

</TABLE>

Selling Securityholders are offering, under an alternate prospectus ("Alternate Prospectus") 3,179,848 shares of common stock underlying certain convertible preferred stock and warrants (which have not been converted and/or exercised to date).

We have granted to the underwriters the right to purchase an aggregate of up to 184,756 additional shares of our common stock and 184,756 additional warrants to cover over-allotments. The underwriters are offering the securities offered by us on a firm commitment basis.

MAY DAVIS GROUP, INC.

The date of this Prospectus is , 1999.
PROSPECTUS SUMMARY

THE FOLLOWING SUMMARY HIGHLIGHTS SELECTED INFORMATION FROM THIS DOCUMENT AND MAY NOT CONTAIN INFORMATION THAT IS IMPORTANT TO YOU. TO UNDERSTAND THE OFFERING FULLY, YOU SHOULD READ THIS ENTIRE DOCUMENT CAREFULLY, INCLUDING THE FINANCIAL STATEMENTS. IN CERTAIN INSTANCES WHERE APPROPRIATE, "THE COMPANY," "WE," "US," OR "OUR" REFERS COLLECTIVELY TO NATURAL HEALTH TRENDS CORP AND ITS WHOLLY-OWNED SUBSIDIARIES.

THIS DOCUMENT CONTAINS FORWARD-LOOKING STATEMENTS WHICH INVOLVE RISKS AND UNCERTAINTIES. NATURAL HEALTH TRENDS CORP.'S ACTUAL RESULTS MAY DIFFER SIGNIFICANTLY FROM THE RESULTS DISCUSSED IN THE FORWARD LOOKING STATEMENTS. FACTORS THAT MIGHT CAUSE SUCH A DIFFERENCE INCLUDE, BUT ARE NOT LIMITED TO, THOSE DISCUSSED IN "RISK FACTORS" BEGINNING ON PAGE 8 OF THIS DOCUMENT.

THE COMPANY

GENERAL

We market and distribute products that are intended to appeal to health conscious customers and to promote human wellness. We have utilized an acquisition strategy for our growth. Through our acquisition (the "Kaire Acquisition") of substantially all of the assets of Kaire International, Inc. in February 1999 by our wholly-owned subsidiary Kaire Nutraceuticals, Inc. we market a line of approximately 50 products. Through our acquisition of Global Health Alternatives, Inc. in July 1997, we market a line of proprietary natural health care products under the name Natural Relief 1222.

Our strategy is to focus on developing our business, which is to identify natural products that have demonstrable health benefits and can be marketed without prior approval of the United States Food and Drug Administration (the "FDA") and to promote and market those products. Specifically, we intend to focus our resources on the development of Kaire Nutraceuticals, our network marketing business.

GLOBAL HEALTH

We have obtained initial distribution of Natural Relief 1222 in mass market channels consisting primarily of chain drug stores. However, we plan to use our resources for the development of other less capital intensive distribution channels such as network marketing through Kaire Nutraceuticals and institutional sales. We also market a line of homeopathic flower remedies under the Ellon brand name, which utilize homeopathic active ingredients in a tincture appropriate for oral consumption or in a topical form.

KAIRE NUTRACEUTICALS

We develop and distribute, through a network of independent associates, a line of approximately 50 products which are divided into nine categories,

including Antioxidant Protection, (Bodily) Defense, Digestion, Energy and Alertness, Stress, Vital Nutrients, Weight Management, Anti-Aging and Personal Care.

We develop products that we believe will have market appeal to our associates and their customers. We believe that our associates can start a home based business without significant start-up costs and other difficulties usually associated with new ventures. We provide product development, marketing aids, customer service and essential record-keeping functions to our associates. We also provide other support programs to our associates including a 24 hour telephone assistance system, teleconferencing, optional seminars and business training systems with audio and video tapes.

Our marketing strategy revolves around associates actively recruiting interested people to become new associates for us. These recruits are placed beneath the recruiting associate in his or her "network" and are referred by us as that associate's "organization." Associates earn commissions on sales generated by the recruited associates in their organization as well as retail profits on the sales they generate directly.

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We believe our marketing program is designed to provide incentives for associates to build an organization of recruited associates in their organization to maximize their earning potential. We presently have 40,000 active associates, which we define as associates who have made product purchases in excess of \$50 during the past year.

The company was initially formed primarily to operate vocational schools in Florida. In August 1998 we sold our school division to a corporation controlled by our former president. The schools division consisted of three vocational schools which offered preparation and training for licensing in therapeutic massage and holistic skin care. In July 1997, we acquired all of the outstanding capital stock of Global Health, which operates our natural health care products division. We also operated two alternative medical clinics in 1997, which operations were discontinued in the third quarter of 1997. In February 1999 we acquired substantially all of the assets of Kaire International, Inc. The company was incorporated under the name Florida Institute of Massage Therapy, Inc. in Florida in December 1988 and changed its name to Natural Health Trends Corp. in June 1993. The company's principal offices are located at 250 Park Avenue, New York, New York and its telephone number is (212) 490-6609.

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THE OFFERING

<TABLE>

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Shares Offered to Public by the Company..... 1,231,708 shares

Warrants Offered to the Public by the Company..... 1,231,708 warrants

Description of Warrants..... Each of the warrants which will be designated as Class C warrants will expire five years from the date of this prospectus and entitles the holder commencing on _____, 2001 or earlier with the consent of May Davis Group, Inc., to purchase one share of common stock for a purchase price of 130% of the public offering price. The warrants are redeemable by us at a price of \$0.25 per warrant provided that our common stock trades at 150% of the public offering price for 20 consecutive trading days ending three days prior to the notice of redemption and 30 days prior written notice is given. The warrants will become immediately exercisable upon receipt of the notice of redemption.

Over-allotment Option..... Up to 184,756 shares and 184,756 warrants

Total Shares Outstanding Prior to Offering... 6,220,331 shares

Total Shares Outstanding After Offering..... 7,452,039 shares (assuming no exercise of outstanding options, warrants or conversion

rights or the over-allotment option)

Price Per Share to Public.....	\$3.00 to \$5.00 per share
Price Per Warrant to Public.....	\$.10 per warrant
Total Proceeds Raised by the Offering.....	\$5,050,000
Underwriting Discounts and Commissions.....	\$505,000 or 10% of the total proceeds from the shares sold by the company
Non-accountable Expense Allowance.....	\$151,500 or 3% of the total proceeds
Other Expenses of the Offering.....	\$394,000 (estimated)
Net Proceeds to the Company.....	\$3,999,500 (estimated)
Use of Proceeds.....	Redemption of preferred stock and working capital
Nasdaq SmallCap Symbol.....	NHTC
Proposed Nasdaq SmallCap Symbol for Warrants.....	NHTC
Dividend Policy.....	No dividend expected.

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SUMMARY PRO FORMA COMBINED SELECTED FINANCIAL DATA

Set forth below is certain selected unaudited summary pro forma combined financial data for the company for the periods and as of the dates, indicated. The summary pro forma combined selected financial data for the company for the year ended December 31, 1998 and for the three months ended March 31, 1999 is based on the historical financial statements of the company and has been prepared to illustrate the effects on such historical financial data of the Kaire Acquisition as if such transaction had occurred as of January 1, 1998. The Kaire Acquisition is reflected using the purchase method of accounting for business combinations. The historical pro forma combined selected financial data for the year ended December 31, 1998 has been derived from our audited consolidated financial statements included elsewhere in this prospectus and in the opinion of management include all of the necessary adjustments for fair presentation of such data. The historical pro forma combined selected financial data for the three months ended March 31, 1999 has been derived from our unaudited interim consolidated financial statements included elsewhere in this prospectus and in the opinion of management, include all the necessary adjustments for fair presentation of such data. The pro forma combined selected financial data is provided for comparative purposes only and does not purport to be indicative of the results that actually would have been obtained if this transaction had been effected on the dates indicated. The information presented below is qualified in its entirety by, and should be read in conjunction with, "Management's Discussion and Analysis of Financial Condition and Results of Operations," "Selected Financial Data" and the consolidated financial statements and notes thereto included elsewhere in this Prospectus.

<TABLE>

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	YEAR ENDED DECEMBER 31, 1998	THREE MONTHS ENDED MARCH 31, 1999
<S>	<C>	<C>
Revenues.....	\$ 27,366,830	\$ 5,107,926
Cost of sales.....	6,704,803	1,093,978
Gross profit.....	20,662,027	4,013,948
Distributor commissions.....	13,537,777	2,406,651
Selling, general and administrative expenses.....	14,007,733	2,386,318
Interest expense, (net).....	1,139,687	10,343
Loss from continuing operations.....	(8,023,170)	(789,364)
Preferred stock dividends.....	2,407,974	716,109
Loss to common stockholders.....	\$ (10,431,144)	\$ (1,505,473)

Basic and diluted loss per common share.....	\$	(4.72)	\$	(0.24)
Basic and diluted weighted average common shares outstanding.....		2,210,458		6,220,331

</TABLE>

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SUMMARY FINANCIAL INFORMATION

The summary financial information for Natural Health Trends Corp. set forth below is derived from the more detailed consolidated financial statements appearing elsewhere in this Prospectus. This information should be read in conjunction with such consolidated financial statements, including the notes thereto. The information below is qualified in its entirety by, and should be read in conjunction with, our consolidated financial statements and the related notes, "Management's Discussion and Analysis of Financial Condition and Results of Operations" and "Selected Financial Data."

<TABLE>
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	THREE MONTHS ENDED MARCH				
	YEARS ENDED DECEMBER 31,		31,		
<S>	<C>	<C>	<C>	<C>	<C>
	1998	1997	1999	1998	
			1996	(UNAUDITED)	(UNAUDITED)
CONSOLIDATED STATEMENTS OF OPERATIONS:					
Revenues.....	\$ 1,191,120	\$ 1,133,726	\$ --	\$ 2,804,920	\$ 429,884
Cost of sales.....	454,370	375,034	--	667,759	112,099
Gross profit.....	736,750	758,692	--	2,137,161	317,785
Distributor commissions.....	--	--	--	1,261,502	--
Selling, general and administrative expenses.....	3,277,047	4,194,044	232,371	1,431,434	839,125
Operating loss.....	(2,540,297)	(3,435,352)	(232,371)	(555,775)	(521,340)
Minority interest in gain of subsidiaries.....	--	--	--	(849)	--
Loss on foreign exchange.....	--	--	--	(8,476)	--
Interest expense (net).....	(199,757)	(868,721)	(32,209)	(10,343)	(62,753)
Loss from continuing operations.....	(2,740,054)	(4,304,073)	(264,580)	(575,443)	(584,093)
Loss from discontinued operations.....	(86,234)	(2,919,208)	(707,408)	--	--
Gain (loss) on disposal.....	722,640	(501,839)	82,450	--	19,028
Gain (loss) from discontinued operations.....	636,406	(3,421,047)	(624,958)	--	19,028
Loss before extraordinary gain.....	(2,103,648)	(7,725,120)	(889,538)	(575,443)	(565,065)
Extraordinary gain-forgiveness of debt.....	815,636	--	--	1,361,143	--
Net income (loss).....	(1,288,012)	(7,725,120)	(889,538)	(575,443)	796,078
Preferred stock dividends.....	2,011,905	733,333	--	684,765	--
Net income (loss) to common stockholders.....	\$ (3,299,917)	\$ (8,458,453)	\$ (889,538)	\$ (1,260,208)	\$ 796,078
Basic and diluted income (loss) per common share:					
Continuing operations.....	\$ (1.24)	\$ (9.91)	\$ (0.94)	\$ (0.09)	\$ (0.66)
Discontinued operations.....	0.29	(7.88)	(2.23)	--	0.02
Extraordinary gain.....	0.37	--	--	--	1.53
Preferred stock dividends.....	(0.91)	(1.69)	--	(0.11)	--
Net income (loss).....	\$ (1.49)	\$ (19.48)	\$ (3.17)	\$ (0.20)	\$.89
Basic and diluted weighted average common shares outstanding.....	2,210,458	434,265	280,350	6,220,331	892,386

</TABLE>

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CONSOLIDATED BALANCE SHEET DATA:

<TABLE>

<CAPTION>

	MARCH 31, 1999				
	DECEMBER 31, 1998	DECEMBER 31, 1997	MARCH 31, 1999 (AS	(ACTUAL)	ADJUSTED)(1)
Working capital deficit.....	\$ (2,016,734)	\$ (4,647,844)	\$ (4,391,950)	\$ (3,173,950)	
Inventories.....	\$ 314,367	\$ 719,726	\$ 1,249,206	\$ 1,249,206	
Total assets.....	\$ 6,852,716	\$ 8,865,335	\$ 15,418,529	\$ 16,615,004	
Current liabilities.....	\$ 2,898,022	\$ 5,607,038	\$ 6,863,788	\$ 6,842,263	
Long-term debt.....	\$ --	\$ 171,875	\$ --	\$ --	
Common stock subject to put.....	\$ 380,000	\$ 380,000	\$ 380,000	\$ 380,000	
Stockholders' equity.....	\$ 3,574,694	\$ 2,395,515	\$ 8,174,471	\$ 9,392,741	

(1) Gives effect to (i) the sale of \$400,000 of Series H Preferred Stock in April 1999, (ii) the conversion of shares of Series E, H and I Preferred Stock into 2,578,055 shares of common stock and (iii) the sale of 1,231,708 shares of common stock at an assumed public offering of \$4.00 per share (the midpoint of the currently anticipated range of the public offering price), the sale of 1,231,708 warrants at a purchase price of \$.10 per warrant and the anticipated application of the estimated net proceeds therefrom. See "Use of Proceeds" and "Management's Discussion and Analysis of Financial Condition and Results of Operations."

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RISK FACTORS

YOUR INVESTMENT IN THE SECURITIES OFFERED HEREBY IS CONSIDERED TO BE HIGHLY SPECULATIVE AND INVOLVES A HIGH DEGREE OF RISK, INCLUDING, BUT NOT LIMITED TO, THE RISKS DESCRIBED BELOW. AN INVESTMENT SHOULD BE MADE ONLY IF YOU CAN AFFORD THE LOSS OF YOUR ENTIRE INVESTMENT. AS A PROSPECTIVE INVESTOR, YOU SHOULD, PRIOR TO MAKING AN INVESTMENT DECISION, CAREFULLY CONSIDER THE FOLLOWING RISK FACTORS IN ADDITION TO ALL OF THE OTHER INFORMATION PROVIDED IN THIS PROSPECTUS.

WE HAVE HAD SIGNIFICANT LOSSES AND WE MAY NOT BE ABLE TO ACHIEVE PROFITABILITY

For the years ended December 31, 1998 and 1997, we had a net loss of \$1,288,012 (on revenues of \$1,191,120) and \$7,725,120 (on revenues of \$1,133,726), respectively, and for the three months ended March 31, 1999 and 1998, we had an unaudited net loss of \$575,443 (on revenues of \$2,804,920) and an unaudited net income of \$796,078 (on revenues of \$429,884), respectively. We cannot assure you that we can generate net income, increase revenues or successfully expand our operations in the future. We are subject to all of the problems, expenses, delays and other risks inherent in a business with a relatively short history of operations and in a business seeking to expand its operations. Therefore, we cannot predict with certainty the success or failure of our future operations.

OUR INDEPENDENT AUDITORS' REPORT WAS PREPARED ASSUMING THAT WE CONTINUE AS A GOING CONCERN

Our independent auditors' report on our financial statements was prepared on the assumption that we will continue as a going concern. The report acknowledges that we have incurred losses in each of the last three fiscal years and that we anticipate that additional funding will be required to sustain operations. These conditions cause substantial doubt as to our ability to continue as a going concern. If we are unable to obtain sufficient financing or achieve profitability during fiscal year 1999, then we would, in all likelihood, experience severe liquidity problems and our ability to continue as a going concern would be in doubt.

OUR SUCCESS DEPENDS ON OUR PROPOSED EXPANSION PLANS

Our expansion plans are based primarily upon increasing our existing sales

and the acquisition of additional alternative health care product companies. We intend to develop and market a proprietary line of alternative health care products. Our growth will depend, in part, upon the development of an alternative health care product line which will be dependent upon a number of factors:

- our ability to identify and acquire suitable alternative health care product companies;
- our ability to finance the expansion of sales and future acquisitions;
- achieving market acceptance of our products;
- regulatory constraints;
- our ability to market and produce the alternative health care products on a cost-effective basis; and
- whether anticipated performance levels of new alternative health care products will be achieved.

Many of the factors required for the new operations to succeed will be beyond our control. These include, but are not limited to, the effectiveness of our marketing efforts in the sale of our products.

Our growth depends to a significant degree on our ability to carry out our proposed expansion program. We cannot assure you that we will be able to hire, train and integrate employees, and adapt our management, information and other operating systems, to the extent necessary to grow in a profitable manner. In addition, the costs associated with our planned expansion may be significantly greater than anticipated and may have a materially adverse impact upon our results and prospects. If our plans for expansion are not successful, there could be a material adverse effect on our business.

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OUR SUCCESS DEPENDS ON THE MARKET ACCEPTANCE OF OUR PRODUCTS

We do not believe that the market for products related to alternative health care, subject to certain limited exceptions, is either well-developed or has an established history. We believe that, as is typical in an undeveloped industry, demand and market acceptance for the products that we intend to market will be subject to a high level of uncertainty. We do not intend to conduct any formal marketing or other concept feasibility studies to predict the commercial viability of our concepts. We have limited financial, personnel and other resources to undertake marketing activities. Due to the undeveloped markets for our products and the lack of significant funds for acquisitions and marketing, we cannot assure you that substantial markets will develop and, if so, whether we can exploit them profitably.

OUR SUCCESS MAY DEPEND ON OUR ABILITY TO OBTAIN ADDITIONAL FINANCING FOLLOWING THIS OFFERING

We will require additional financing for our operations and to pursue our expansion plans. If we secure such financing, we cannot assure you that such financing will be sufficient. If our revenues are not adequate to fund our operations, or to enable us to implement our present plans for expansion, then we will have to seek further financing. In addition, we intend to seek to acquire additional alternative health care product companies. However, we cannot assure that we will do so. As it is likely that revenues from our operations will not be sufficient, we will be required to raise additional capital to make such acquisitions and finance the operations of such new businesses. Additional financing may be in the form of indebtedness from institutional lenders or other third parties or as equity financing. In addition, such additional financing may cause dilution to investors in this offering. We cannot assure you that such financing will be available, and if so, on acceptable terms.

OUR DEPENDENCE ON A LIMITED NUMBER OF MANUFACTURERS MAY HAVE A MATERIAL ADVERSE EFFECT ON OUR BUSINESS

We do not intend to develop our own manufacturing capabilities since we believe that the availability of manufacturing services from third parties on a contract basis is adequate to meet our needs. With the exception of one manufacturing and distribution agreement with ENZO Nutraceuticals, Inc., we maintain no existing contractual commitments or other arrangements for the future manufacture of our products. Rather, we place orders from component or

finished goods manufacturing services as required based upon price quotations and other terms obtained from selected manufacturers. Should these relationships terminate, our supply and ability to meet consumer demands will be adversely affected.

WE FACE SIGNIFICANT COMPETITION FROM MORE ESTABLISHED COMPANIES

The sales of vitamin, mineral and other alternative health care related products are highly competitive, and we expect competitive pressures to continue. In the vitamin and mineral supplement line, we compete on a regional basis directly with specialty health retailers and also with mass merchandisers such as drug stores and supermarkets. Many of our competitors are larger and have greater resources than us. Our future performance will be subject to a number of factors beyond our control, including any future economic downturns and any cyclical variations in the retail market for vitamin, mineral and other alternative health care related products, as well as the publication of positive or negative product safety and efficacy studies by the U.S. Department of Health and Human Services and other health and medical authorities.

Our competitors include such companies as Genderm, Thompson Medical, Schering Plough, Pfizer, Chatten and Warner Lambert. Our products include homeopathic active ingredients in a patented base of natural ingredients. Our competitors have access to these same homeopathic ingredients and would be unable to completely duplicate the products' formulae due to its patent protection that extends to the use of certain inactive ingredients. Nonetheless, marketplace success will probably be determined more by

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marketing and distribution strategies and resources than by product uniqueness and we cannot guarantee that we will be able to compete effectively in such areas with larger competing companies.

We also compete intensely with other network marketing companies in the recruitment of associates, of which there are many such companies. Some of the largest of these are Nutrition for Life International, Inc., Nature's Sunshine, Inc., Herbalife International, Inc., Amway and Rexall Sundown, Inc. Each of these companies is substantially larger than us and has significantly greater financial and personnel resources.

WE DEPEND ON OUR CHAIRMAN, PRESIDENT AND OTHER MANAGEMENT PERSONNEL TO OPERATE AND GROW

We believe the efforts of our executive officers and other management personnel, including Sir Brian Wolfson, our chairman, Joseph P. Grace, our president, and Robert L. Richards, the president of Kaire Nutraceuticals are essential to our operations and growth. The loss of the services of Sir Brian, Mr. Grace or Mr. Richards would materially adversely affect us.

REGULATORY CHANGES MAY IMPOSE SIGNIFICANT RESTRICTIONS AND ADDITIONAL COSTS OR OTHER BURDENS ON OUR BUSINESS

The processing, formulation, packaging, labeling and advertising of our alternative health care products is subject to regulation by one or more federal agencies, including the FDA, the Federal Trade Commission (the "FTC"), the Consumer Product Safety Commission and the United States Department of Agriculture and the Environmental Protection Agency. These activities are also regulated by various agencies of the states and localities. The FDA, in particular, regulates the advertising, labeling and sales of vitamin and mineral supplements if the FDA believes they are unapproved drugs or food additives rather than food supplements. Compliance with the rules and regulations of such agencies is complex and entails continued diligence. In addition, the Compliance Policy Guide issued by the FDA establishes the manner in which homeopathic drugs are regulated. The Compliance Policy Guide provides that homeopathic drugs may only contain ingredients that are generally recognized as homeopathic. Compliance with the Compliance Policy Guide requires detailed scrutiny and diligence.

Direct selling activities are regulated by various governmental agencies. These laws and regulations are generally intended to prevent fraudulent or deceptive schemes. Such schemes, often referred to as "pyramid" or "chain sales" schemes, often promise quick rewards for little or no effort, require high entry costs, use high pressure recruiting methods and/or do not involve legitimate products.

We cannot determine the effect that future governmental regulations or

administrative orders may have on our business. Moreover, governmental regulations in countries where we plan to commence or expand operations may prevent, delay or limit market entry of certain products or require the reformulation of such products. Regulatory action, whether or not it results in a final determination adverse to us has the potential to create negative publicity, with detrimental effects on the motivation and recruitment of associates and, consequently, on our possible future sales and earnings.

WE MAY SUSTAIN LOSSES IN ENTERING NEW MARKETS

We intend to expand Kaire Nutraceuticals into the United Kingdom. Completing the establishment of our operations in the United Kingdom will require the recruitment and training of new personnel, paying salaries of the United Kingdom personnel and their related benefits, continuing compliance with the laws and regulations of the United Kingdom, delivering products into that country which are subject to quarantine periods, purchasing equipment, continuing leasehold payments and payments of other costs and expenses until the United Kingdom operations generate sufficient revenues to cover the foregoing and other costs related to our United Kingdom operations. Until such time as the United Kingdom operations generate sufficient revenue to cover the foregoing costs and expenses, of which we cannot assure you, the United Kingdom operations will continue to sustain losses. In addition to the foregoing, future events,

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including problems, delays, expenses and complications frequently encountered by companies seeking to penetrate new markets, foreign currency exchange fluctuations, as well as changes in governmental policies, economic or other conditions may occur that could cause us to be unsuccessful in such expansion efforts.

WE ARE SUBJECT TO FEDERAL, STATE AND FOREIGN TAXES

We are subject to federal and state taxation in the United States. In addition, each of our subsidiaries are subject to taxation in the country in which they operate. We will in all likelihood be eligible for foreign tax credits in the United States for the amount of foreign taxes actually paid in a given period. In the event that our operations in high tax jurisdictions such as Trinidad and Tobago grow disproportionately to the rest of our operations, we may be unable to fully utilize our foreign tax credits in the United States, which could, accordingly, result in us paying a higher overall effective tax rate on our worldwide operations.

Because we operate outside of the United States, we are subject to the jurisdiction of the relevant foreign tax authorities. In addition to closely monitoring our locally based income, these tax authorities regulate and restrict various corporate transactions, including intercompany transfers. We cannot assure you that our organizational structures will not be challenged by foreign tax authorities or that such challenges will not have a material adverse effect on our business or results of operations.

WE MAY BE MATERIALLY AND ADVERSELY AFFECTED BY ECONOMIC, POLITICAL AND SOCIAL CONDITIONS IN THE COUNTRIES IN WHICH WE OPERATE

A change in policies by any government in our markets and proposed markets, could adversely affect our future operations through, among other things, changes in laws, rules or regulations, confiscatory taxation, restrictions on currency conversion, currency repatriation or imports, or the expropriation of private enterprises. This could be especially true in the event of a change in leadership, social or political disruption or upheaval, or unforeseen circumstances affecting economic, political or social conditions or policies. We cannot assure you that such activities, or other similar activities in such markets, will not result in passage of legislation or the enactment of policies which could materially adversely affect our operations. In addition, our ability to expand our current operations into new markets will directly depend on our ability to secure the requisite government approvals and comply with the local government regulations.

WE MAY BE ADVERSELY AFFECTED BY FLUCTUATIONS IN EXCHANGE RATE

Our foreign-derived sales are converted to U.S. dollars for reporting purposes. Consequently, our reported earnings are significantly impacted by changes in currency exchange rates, generally increasing with a weakening dollar and decreasing with a strengthening dollar. Given the uncertainty of the extent of exchange rate fluctuations, we cannot estimate the effect of these fluctuations on our future business, product pricing, results of operations or

financial condition. However, because our revenue is realized in local currencies and the majority of our cost of sales is incurred in U.S. dollars, our gross profits are positively affected by a weakening in the U.S. dollar and will be negatively affected by a strengthening in the U.S. dollar. We cannot assure you that any of the foregoing currency risks will not have a material adverse effect upon our results from operations or financial condition. Fluctuations in currency exchange rates, particularly those caused by an increase in the value of the United States dollar, could have a material adverse effect on our financial position, results of operations and cash flows.

WE ARE DEPENDENT UPON OUR INDEPENDENT ASSOCIATES

We distribute a line of our products exclusively through independent associates. Associate agreements are voluntarily terminable by the associates at any time. Our revenue is directly dependent upon the efforts of these independent associates, and any growth in future sales volume will require an increase in the productivity of these associates and/or growth in the total number of associates. As is typical in the direct

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selling industry, there is turnover in associates from year to year, which requires the sponsoring and training of new associates by existing associates to maintain or increase the overall associate force and motivate new and existing associates. There may be seasonal decreases in associate sponsoring and product sales in some of the countries in which we operate because of local holidays and customary vacation periods. The size of the associate force can also be particularly impacted by general economic and business conditions and a number of intangible factors such as adverse publicity or the public's perception of our products, product ingredients, our associates or direct selling businesses in general. We cannot assure you that the number or productivity of our associates will be sustained at current levels or increased in the future.

WE MAY BE AFFECTED BY ADVERSE PUBLICITY

The size of the distribution force and the results of our operations can be particularly impacted by adverse publicity regarding us, or our competitors, including the legality of network marketing, the quality of our products and product ingredients or those of our competitors, regulatory investigations of us or our competitors and their products, associate actions and the public's perception of our associates and direct selling businesses generally. We cannot assure you that such adverse publicity will not have a material adverse effect on our ability to attract and retain customers or associates, or on our results from operations or financial condition generally.

SEASONALITY HAS AN IMPACT ON OUR BUSINESS

The natural health care products industry can be highly seasonal. Our sales of topical analgesic products are strongest during the colder winter months when arthritis sufferers tend to feel pain and stiffness more acutely. Conversely, our sales of skin treatment products (e.g., hydrocortisone creams, etc.) are slightly stronger during the non-winter months. Such seasonality may affect our sales and cause fluctuations, during certain months of the year, in our financial performance.

WE MAY LOSE OUR PATENT IF WE DO NOT FULFILL OUR AGREEMENT

Global Health acquired Natural Health Laboratories, Inc., which held certain rights under the Natural Relief 1222 trademark. Natural Health Laboratories, Inc. acquired the rights to the patent from Troy Laboratories, Inc. and H. Edward Troy. In April 1998, we agreed to make certain payments to and on behalf of Troy Laboratories, Inc. and H. Edward Troy in relation to the patent in settlement of accrued royalties. We have agreed to pay royalties in connection with the patent equal to 3% of net sales up to \$2,000,000, 2% of net sales from \$2,000,000 to \$4,000,000 and 1% of net sales thereafter. In the event of a default in the payment of royalties or other payments in connection with the agreement, the patent will revert back to the original holders. We cannot assure you that we will be able to make our payments of the royalties. If we do not make such payments, we may lose our patent.

In addition, we may not be able to defend successfully our legal rights in our trademarks. Our failure to protect our legal rights to our trademarks from improper appropriations or otherwise may have a material adverse effect on our business.

OUR INSURANCE MAY NOT BE SUFFICIENT

The offering of alternative health care products exposes us to the possibility of personal injury, product or other liability claims. We carry general liability insurance in the amount of \$5,000,000 per occurrence limit and \$6,000,000 in the aggregate, including product liability insurance. A successful claim against us which exceeds, or is not covered by, our insurance policies could have a material adverse effect on us. In addition, we may be required to expend significant resources and energy in defending against any claims.

OUR CURRENT OFFICERS AND DIRECTORS HAVE SUBSTANTIAL INFLUENCE TO CONTROL OUR BUSINESS

Our current officers and directors beneficially own an aggregate of approximately 3% of our common stock, excluding the shares of common stock which are issuable upon the exercise of outstanding options, warrants and conversion rights held by persons other than officers and directors, and are in a position to influence the election of our directors and otherwise essentially control the outcome of all matters requiring shareholder approval.

WE DO NOT INTEND TO PAY DIVIDENDS

We have not paid any cash dividends on our common stock to date and we do not anticipate declaring or paying any cash dividends in the foreseeable future. In addition, future financing arrangements, if any, may preclude or otherwise restrict the payment of dividends.

OUR COMMON STOCK MAY BE DELISTED FROM TRADING ON NASDAQ

The common stock is presently quoted on the Nasdaq SmallCap Market. There are a number of continuing requirements that must be met in order for the common stock to remain eligible for quotation on Nasdaq. The failure to meet Nasdaq's maintenance criteria in the future could result in the delisting of our common stock from Nasdaq. In such event, trading, if any, in the common stock may then continue to be conducted in the non-Nasdaq over-the-counter market. As a result, an investor may find it more difficult to dispose of, or to obtain accurate quotations as to the market value of, the common stock. The following table provides the most recent Nasdaq SmallCap guidelines with respect to initial and continued listing.

<TABLE>
<CAPTION>

REQUIREMENTS	INITIAL		CONTINUED	
	LISTING	LISTING	LISTING	LISTING
<S>	<C>	<C>	<C>	<C>
Net Tangible Assets(1).....	\$ 4,000,000		\$ 2,000,000	
	or		or	
Market Capitalization	\$ 50,000,000		\$ 35,000,000	
	or		or	
Net Income (in latest fiscal year or 2 of last 3 fiscal years).....	\$ 750,000		\$ 500,000	
Public Float (shares)(2).....	1,000,000		500,000	
Market Value of Public Float.....	\$ 5,000,000		\$ 1,000,000	
Minimum Bid Price.....	\$ 4		\$ 1	
Market Makers.....	3		2	
Shareholders (round lot holders)(3).....	300		300	
Operating History(4).....	1 year		N/A	
	or			
Market Capitalization.....	\$ 50,000,000			
Corporate Governance.....	Yes		Yes	

</TABLE>

1. For initial or continued listing, a company must satisfy one of the following to be in compliance: the net tangible assets requirement, (net tangible assets means total assets, excluding goodwill, minus total liabilities) the market capitalization requirement or the net income requirement.
2. Public float is defined as shares that are not held directly or indirectly by any officer or director of the issuer and by any other person who is the beneficial owner of more than 10 percent of the total shares outstanding.
3. Round lot holders are considered holders of 100 shares or more.

4. If operating history is less than 1 year, initial listing requires market capitalization of at least \$50 million.

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In addition, if the common stock were delisted from trading on Nasdaq and the trading price of the common stock were less than \$5.00 per share, trading in the common stock would also be subject to the requirements of certain rules promulgated under the Securities Exchange Act of 1934, which require additional disclosure by broker-dealers in connection with any trades involving a stock defined as a penny stock (generally, any non-Nasdaq equity security that has a market price of less than \$5.00 per share, subject to certain exceptions). Such rules require the delivery, prior to any penny stock transaction, of a disclosure schedule explaining the penny stock market and the risks associated with the penny stock market. These rules impose various sales practice requirements on broker-dealers who sell penny stocks to persons other than established customers and accredited investors (generally institutions). For these types of transactions, the broker-dealer must make a special determination of the transactions' suitability for the purchaser and have received the purchaser's written consent to the transaction prior to sale. The additional burdens imposed upon broker-dealers may discourage broker-dealers from effecting transactions in penny stocks, which could reduce the liquidity of the shares of common stock and thereby have a material adverse effect on the trading market for the securities.

THE EXISTENCE OF PREFERRED STOCK MAY PREVENT A CHANGE IN CONTROL OF THE COMPANY

Our Articles of Incorporation authorize the issuance of 1,500,000 shares of "blank check" preferred stock with such designations, rights and preferences as may be determined from time to time by the Board of Directors. Accordingly, the Board of Directors are empowered, without shareholder approval, to issue preferred stock with dividends, liquidation, conversion, voting or other rights which could decrease the amount of earnings and assets available for distribution to holders of common stock and adversely affect the relative voting power or other rights of the holders of our common stock. In the event of issuance, the preferred stock could be used, under certain circumstances, as a method of discouraging, delaying or preventing a change in control of the company.

THE CONVERSION OF CONVERTIBLE PREFERRED STOCK MAY EFFECT THE MARKET PRICE

The exact number of shares of common stock issuable upon conversion of our convertible preferred stock in the aggregate face amount of \$6,716,000 will vary inversely with the market price of our common stock. The holders of common stock may be materially diluted by conversion of the shares of convertible preferred stock depending on the future market price of the common stock. The shares of convertible preferred stock are generally convertible into common stock based upon the lower of the (i) closing bid price on Nasdaq of the shares of our common stock on the date of issuance or (ii) the average of the closing bid price for a fixed period preceding notice of conversion by the securityholders at a discount. The issuance of shares of common stock issuable upon the conversion of the shares of convertible preferred stock could result in immediate and significant dilution.

OUR ABILITY TO CHANGE THE USES OF THE OFFERING PROCEEDS MAY INCREASE THE RISK THAT THEY WILL NOT BE USED EFFECTIVELY

Although we anticipate utilizing the proceeds of this offering as stated in "Use of Proceeds" management will have broad discretion as to the actual uses of such proceeds without having to seek the approval of the investors in this offering. Future events may cause us to reallocate our resources, including cash, for uses not presently contemplated by us.

SALES, OR THE EXPECTATION OF SALES, OF SUBSTANTIAL AMOUNTS OF OUR COMMON STOCK AFTER THIS OFFERING COULD DECREASE OUR STOCK PRICE

After this offering, 7,452,039 shares (7,636,795 shares if the underwriters fully exercise their over-allotment option) will become eligible for resale by our current stockholders. Additional shares of common stock are reserved for issuance pursuant to our outstanding options, warrants and conversion rights may also become eligible for resale.

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THE FAILURE TO BE YEAR 2000 COMPLIANT COULD MATERIALLY ADVERSELY AFFECT US

We are in the process of becoming compliant with the Year 2000 requirements and we believe that our management information systems will be compliant on a timely basis.

We believe it is far more likely that the year 2000 problem may impact other entities with which we transact business, but we cannot predict the effects of the year 2000 problem on such entities or the economy in general, or the resulting effects on us. As a result, if preventative or corrective actions by us and at those companies with which we do business are not made in a timely manner, year 2000 non-compliance could have a material adverse effect on our business, financial condition and results of operations. See "Management's Discussion and Analysis of Financial Condition and Results of Operations--Year 2000 Compliance" for additional information concerning the year 2000 problem.

THE HOLDERS OF THE WARRANTS MAY BE FORCED TO EXERCISE THE WARRANTS

We may redeem the warrants being offered provided that our common stock trades at 150% of the public offering price for 20 consecutive trading days ending three days prior to the notice of redemption and that 30 days written notice is given. If we decide to redeem the warrants, holders of the warrants will lose their rights to purchase shares of common stock issuable upon exercise of such warrants unless the warrants are exercised before they are redeemed. Upon receipt of a notice of redemption, holders would be required to: (a) exercise the warrants and pay the exercise price at a time when it may be disadvantageous for them to do so; (b) sell the warrants at the current market price, if any, when they might otherwise wish to hold the warrants; or (c) accept the redemption price, which is likely to be substantially less than the market value of the warrants at the time of redemption.

RESTRICTIONS ON RESALE OF SHARES UNDERLYING WARRANTS

The warrants are not exercisable unless, at the time of the exercise, we have a current prospectus covering the shares of common stock issuable upon exercise of the warrants, and such shares have been registered, qualified or deemed to be exempt under the securities laws of the state of residence of the exercising holder of the warrants. Although we have agreed to use our best efforts to keep a registration statement covering the shares of common stock issuable upon the exercise of the warrants effective for the term of the warrants, if we fail to do so for any reason, the warrants may be deprived of value.

OUR SHARE PRICE MAY BE VERY VOLATILE IN THE FUTURE

You may not be able to resell your shares at or above the public offering price due to a number of factors, including:

- actual or anticipated fluctuations in our operating results;
- changes in expectations as to our future financial performance or changes in financial estimates of securities analysts;
- increased competition;
- the operating and stock price performance of other comparable companies; and
- general stock market or economic conditions.

In addition, the stock market in general has experienced volatility that often has been unrelated to the operating performance of particular companies. These broad market and industry fluctuations may adversely affect the trading price of the common stock regardless of our actual operating performance.

THERE WILL BE IMMEDIATE AND SUBSTANTIAL DILUTION TO OUR NEW INVESTORS

The public offering price is substantially higher than the net tangible book value per share of our outstanding common stock immediately after this offering. If you purchase common stock in this offering, you will incur immediate dilution of \$4.32, (based on a public offering price of \$4.00 per share, the midpoint of the currently anticipated range) in the net tangible book value per share of common stock from the price you pay for the common stock. In addition, because our existing stockholders paid an average of \$2.93 per share, new investors will have a much greater risk of loss per share. See "Dilution" for more details about the calculation of dilution and such average price.

MAY DAVIS GROUP, INC., THE REPRESENTATIVE OF THE UNDERWRITERS, MAY EXERT UNDUE INFLUENCE OVER ANY DECISION BY US TO SEEK ADDITIONAL FINANCING.

May Davis Group, Inc. has the following continuing rights:

- to appoint a board member or observer to attend Board meetings following the offering;
- to receive warrants to purchase up to 123,171 shares of common stock and warrants; and
- to exercise its demand and piggyback registration rights.

These rights may give May Davis leverage over us and management that could interfere with or otherwise influence the cost and timing of raising capital we may need in the future. See "Underwriting" for more information about May Davis' continuing rights and "Shares Eligible For Future Sale."

PROVISIONS OF LAW MAY PREVENT TAKE-OVERS OF NATURAL HEALTH TRENDS CORP. AND DEPRESS THE PRICE OF OUR SHARES

Certain provisions of Florida law could make it more difficult for a third party to acquire or discourage a third party from attempting to acquire, control of Natural Health Trends Corp. Such provisions, which are summarized below under "Description of Securities" could limit the price that investors might be willing to pay in the future for the common stock because they believe our management can defeat a take-over of our company that could be beneficial to non-management stockholders.

INDEMNIFICATION AND LIMITATION OF LIABILITY OF OUR OFFICERS AND DIRECTORS MAY INSULATE THEM FROM ACCOUNTABILITY TO STOCKHOLDERS AT SUBSTANTIAL COST TO NATURAL HEALTH TRENDS CORP.

Our articles of incorporation and by-laws include provisions whereby our officers and directors are to be indemnified against liabilities to the fullest extent permissible under Florida law. Our articles of incorporation also limits a director's liability for monetary damages for breach of fiduciary duty, including gross negligence. In addition, we have agreed to advance the legal expenses of our officers and directors who are required to defend against claims. These provisions and agreements may have the effect of reducing the likelihood of suits against directors and officers even though such suits, if successful, might benefit us and our stockholders. Furthermore, a stockholder's investment in Natural Health Trends Corp. may be adversely affected if we pay the cost of settlement and damage awards against directors and officers.

FORWARD-LOOKING STATEMENTS IN THIS PROSPECTUS MAY PROVE TO BE MATERIALLY INACCURATE

This prospectus contains forward-looking statements that involve risks and uncertainties. The words "anticipate," "estimate," "expect," "will," "could," "may" and similar words are intended to identify forward-looking statements. Our actual results could differ materially from those anticipated in these forward-looking statements as a result of certain factors, including the risks described above and elsewhere in this prospectus.

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USE OF PROCEEDS

The net proceeds to the company from the sale of the 1,231,708 shares of common stock and 1,231,708 warrants offered hereby are estimated to be approximately \$3,999,500 (\$4,658,500 if the Representative's over-allotment option is exercised in full), assuming a public offering price of \$4.00 per share (the midpoint of the currently anticipated range of the public offering price) and a public offering price of \$.10 per warrant and after deducting underwriting discounts and estimated offering expenses. The company expects to use the net proceeds approximately as follows:

<TABLE>
<CAPTION>

APPROXIMATE
APPROXIMATE PERCENTAGE OF

ANTICIPATED USE OF NET PROCEEDS	DOLLAR AMOUNT		NET PROCEEDS
<S>	<C>	<C>	
Redemption of Series F Preferred Stock.....	\$ 2,877,000		72.0%
Redemption of Series G Preferred Stock.....	360,000		9.0%
Working Capital.....	762,500		19.0%
Total.....	\$ 3,999,500		100.0%

</TABLE>

If the Underwriters exercise their over-allotment option in full, the company will realize additional net proceeds of approximately \$659,000. Such proceeds, if received, will be used for working capital and general corporate purposes. Pending their uses as set forth above, the company intends to invest the net proceeds of this Offering in short-term, investment grade, interest-bearing securities.

The allocation of the net proceeds set forth above represents the company's best estimates based on its proposed plans and assumptions relating to its operations and growth strategy and on current economic and industry conditions. The amounts actually expended for the above purposes may vary significantly; furthermore, new purposes may take precedence over these listed above, depending upon numerous factors, including the sales of the company's products, changes in economic and/or industry conditions, creditor and supplier relations, government regulation and expenditures. The company believes that the proceeds of this Offering, together with anticipated revenues from operations, will be sufficient to satisfy its contemplated cash requirements for at least six months following the consummation of this Offering. In the event, however, that the company's plans change (due to changes in market conditions, competitive factors or new opportunities that may become available in the future), its assumptions change or prove to be inaccurate or if the proceeds of this Offering or cash flows prove to be insufficient to implement its business and expansion plans (due to unanticipated expenses, difficulties or otherwise), the company could be required to seek additional financing prior to such time. There can be no assurance that the proceeds of this Offering will be sufficient to permit the company to implement its business plans, that any assumptions relating to the implementation of such plans will prove to be accurate or that any additional financing would be available to the company on commercially reasonable terms, or at all.

17 DILUTION

The difference between the public offering price per share of common stock and the net tangible book value per share of common stock after the offering constitutes the dilution to investors in the offering. Net tangible book value per share on any given date is determined by dividing the net tangible book value of the company (total tangible assets less total liabilities) on such date by the number of then outstanding shares of common stock.

At March 31, 1999, the pro forma net tangible book value of the company was (\$3,427,937) or \$(0.55) per share. After giving effect to (i) the sale of \$400,000 of Series H Preferred Stock in April 1999; (ii) the conversion of all shares of Series E, H and I Preferred Stock plus the accrued dividends and penalties thereon into 2,578,055 shares of common stock and (iii) the sale of 1,231,708 shares of common stock offered hereby at an assumed public offering price of \$4.10 per share (the midpoint of the currently anticipated range) and use of proceeds therefrom, the as adjusted net tangible book value of the company at March 31, 1999 would have been (\$2,209,939) or \$(0.22) per share, representing an immediate increase in net tangible value of \$0.33 per share to existing stockholders and an immediate dilution of \$4.32 (105%) per share to investors in the offering.

The following table illustrates the foregoing information with respect to dilution to new investors on a per share basis:

<TABLE>	<C>	<C>	<C>
<S>			
Assumed public offering price.....		\$ 4.10	
Net tangible book value before the offering.....	\$ (0.55)		
Decrease attributable to investors in the offering.....	\$ 0.33		
Adjusted net tangible book value after the offering.....		(0.22)	

Dilution to investors in the offering..... \$ 4.32 (105%)

</TABLE>

The following table sets forth, with respect to existing stockholders and the investors in the offering, a comparison of the number of shares of common stock purchased from the company, the percentage ownership of such shares, the aggregate consideration paid, the percentage of total consideration paid and the average price paid per share.

<TABLE>

<CAPTION>

	SHARES ACQUIRED			TOTAL CONSIDERATION		
	<C>	<C>	<C>	<C>	<C>	PER SHARE
	NUMBER	PERCENT	AMOUNT	PERCENT	AVERAGE PRICE	
Existing shareholders.....	6,220,331	83%	\$ 18,230,218	78%		2.93
Investors in this offering.....	1,231,708	17%	5,050,000	22%		4.10
	7,452,039	100%	\$ 23,280,218	100%		

</TABLE>

The foregoing tables do not give effect to the (i) proceeds from the sale and issuance by the company of the shares of common stock subject to the underwriters over-allotment option, (ii) the shares of common stock issuable upon the exercise of the 1,231,708 warrants which are included in the offering or (iii) the exercise of any outstanding options, warrants or conversion rights; provided however that the dilution per share to investors in this offering gives effect to the shares of common stock issuable upon the conversion of the Series E, H and I Preferred Stock.

18 CAPITALIZATION

The following table sets forth (i) the actual capitalization of the company as of March 31, 1999; and (ii) the as adjusted capitalization of the company as of March 31, 1999 to reflect the sale of \$400,000 of Series H Preferred Stock in April 1999 and the conversion of Series E, H and I Preferred Stock and the accrued dividends and penalties thereon into 2,578,055 shares of common stock at assumed conversion prices of \$1.00, \$2.58 and \$3.44 per share, respectively, and the sale of 1,231,708 shares of common stock and 1,231,708 warrants offered by the company hereby, and the application of the net proceeds. The table does not include the proceeds from the sale and issuance by the company of the shares of common stock subject to the underwriters over-allotment option or any other shares of common stock issuable upon the exercise of outstanding options, warrants or conversion rights. The table does not include the shares of common stock issuable upon the exercise of the 1,231,708 warrants which are included in the offering.

<TABLE>

<CAPTION>

	ACTUAL		AS ADJUSTED	
	<C>	<C>	<C>	<C>
Long term debt--current portion.....		\$ 314,684	\$ 314,684	
Common Stock subject to put.....		380,000	380,000	
Stockholders' equity:				
Preferred Stock, \$.001 par value; 1,500,000 shares authorized; 6,316 shares issued and outstanding: actual and 0 issued and outstanding (as adjusted).....		5,954,515	--	
Common Stock, \$.001 par value: 50,000,000 shares authorized; 6,220,331 shares issued and outstanding actual 10,030,096 issued and outstanding (as adjusted).....		6,221	10,030	
Additional paid-in capital.....		18,223,997	25,712,345	
Accumulated deficit.....		(15,629,992)	(15,949,634)	
Common Stock subject to put.....		(380,000)	(380,000)	
Total stockholders' equity.....		8,174,741	9,392,741	

Total capitalization..... \$ 8,869,425 \$ 10,087,425

</TABLE>

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MARKET FOR COMMON EQUITY AND RELATED
STOCKHOLDER MATTERS

The common stock is quoted on the Nasdaq SmallCap Market under the symbol "NHTC." The following table sets forth the range of high and low closing sale prices as reported by The Nasdaq SmallCap Market for the common stock for the quarters indicated.

<TABLE>
<CAPTION>

<S>	COMMON STOCK	
	<C> HIGH	<C> LOW
1997		
First Quarter.....	\$ 100.00	\$ 40.00
Second Quarter.....	90.00	35.00
Third Quarter.....	40.00	8.75
Fourth Quarter.....	10.00	1.25
1998		
First Quarter.....	5.00	1.88
Second Quarter.....	3.75	.56
Third Quarter.....	2.13	.78
Fourth Quarter.....	4.00	1.91
1999		
First Quarter.....	5.63	3.56

HOLDERS

As of January 22, 1999, the company had approximately 192 record holders of its common stock, and as of January 22, 1999, 1,669 beneficial holders of its common stock.

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SELECTED FINANCIAL DATA

The following selected consolidated statements of operations data for the years ended December 31, 1998, 1997, 1996 and 1995 and the selected consolidated balance sheet data at December 31, 1998, 1997, 1996, and 1995, are derived from the financial statements of the company included elsewhere herein, which statements have been audited by Feldman Sherb Ehrlich & Co., P.C., independent auditors, whose report thereon is included elsewhere in this prospectus. The operations for the year ended December 31, 1994 have been discontinued and therefore are not presented herein. The selected consolidated statements of operations data presented for the three month periods ended March 31, 1999 and 1998, and the selected consolidated balance sheet data at March 31, 1999, are unaudited and were prepared by management of the company on the same basis as the audited consolidated financial statements of the company included elsewhere herein and, in the opinion of management, include all adjustments (consisting of normal recurring adjustments) necessary to present fairly the information set forth therein. The selected consolidated financial data for the interim periods presented are not necessarily indicative of the results to be expected for the full year. The following data should be read in conjunction with "Management's Discussion and Analysis of Financial Condition and Results of Operations" and the consolidated financial statements of the company, including the related notes thereto, appearing elsewhere in this Prospectus.

<TABLE>
<CAPTION>

<S>	THREE MONTHS ENDED					
	YEARS ENDED DECEMBER 31,			MARCH 31,		
	<C>	<C>	<C>	<C>	<C>	<C>
	1998	1997	1996	1999	1998	
				1995	(UNAUDITED)	(UNAUDITED)

CONSOLIDATED STATEMENTS OF OPERATIONS

DATA:						
Revenues.....	\$ 1,191,120	\$ 1,133,726	\$ --	\$ --	\$ 2,804,920	\$ 429,884
Cost of sales.....	454,370	375,034	--	--	667,759	112,099

Gross profit.....	736,750	758,692	--	--	2,137,161	317,785
Distributor commissions.....	--	--	--	--	1,261,502	--
Selling, general and administrative expenses.....	3,277,047	4,194,044	232,371	149,675	1,431,434	839,125

Operating loss.....	(2,540,297)	(3,435,352)	(232,371)	(149,675)	(555,775)	(521,340)
Minority interest in gain of subsidiaries.....	--	--	--	(849)	--	--
Loss on foreign exchange.....	--	--	--	(8,476)	--	--
Interest expense (net).....	(199,757)	(868,721)	(32,209)	--	(10,343)	(62,753)

Loss from continuing operations.....	(2,740,054)	(4,304,073)	(264,580)	(149,675)	(575,443)	(584,093)

Loss from discontinued operations.....	(86,234)	(2,919,208)	(707,408)	(1,789,194)	--	--
Gain (loss) on disposal.....	722,640	(501,839)	82,450	--	--	19,028

Gain (loss) from discontinued operations.....	636,406	(3,421,047)	(624,958)	(1,789,194)	--	19,028

Loss before extraordinary gain.....	(2,103,648)	(7,725,120)	(889,538)	(1,938,869)	(575,443)	(565,065)
Extraordinary gain-forgiveness of debt.....	815,636	--	--	--	1,361,143	--

Net income (loss).....	(1,288,012)	(7,725,120)	(889,538)	(1,938,869)	(575,443)	796,078
Preferred stock dividends.....	2,011,905	733,333	--	--	684,765	--

Net income (loss) to common stockholders.....	\$(3,299,917)	\$(8,458,453)	\$(889,538)	\$(1,938,869)	\$(1,260,208)	\$ 796,078

Basic and diluted income (loss) per common share:						
Continuing operations.....	\$ (1.24)	\$ (9.91)	\$ (0.94)	\$ (0.65)	\$ (0.09)	\$ (0.66)
Discontinued operations.....	0.29	(7.88)	(2.23)	(7.78)	--	0.02
Extraordinary gain.....	0.37	--	--	--	1.53	--
Preferred stock dividends.....	(0.91)	(1.69)	--	--	(0.11)	--

Net income (loss).....	\$ (1.49)	\$ (19.48)	\$ (3.17)	\$ (8.43)	\$ (0.20)	\$ 0.89

Basic and diluted weighted average common shares outstanding.....						
	2,210,458	434,265	280,350	230,120	6,220,331	892,386

</TABLE>

<TABLE>

<CAPTION>

DECEMBER 31,

1998	1997	1996	1995	MARCH 31, 1999
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<S>

<C>	<C>	<C>	<C>	<C>
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CONSOLIDATED BALANCE SHEET DATA:

Working capital (deficit).....	\$(2,016,734)	\$(4,647,844)	\$ 517,323	\$1,087,726	\$(4,391,950)
Inventories.....	\$ 314,367	\$ 719,726	\$ --	\$ 124,887	\$ 1,249,206
Total assets.....	\$ 6,852,716	\$ 8,865,335	\$ 417,323	\$1,957,573	\$15,418,529
Current liabilities.....	\$ 2,898,022	\$ 5,607,038	\$ --	\$ 869,847	\$ 6,863,788
Long-term debt.....	\$ --	\$ 171,875	\$ --	\$ 27,303	\$ --
Common stock subject to put.....	\$ 380,000	\$ 380,000	\$ 380,000	\$ --	\$ 380,000
Stockholders' equity.....	\$ 3,574,694	\$ 2,395,515	\$ 6,205,927	\$ 2,151,214	\$ 8,174,741

</TABLE>

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PRO FORMA FINANCIAL DATA

Set forth below is certain selected unaudited summary pro forma combined financial data for the company for the periods and as of the dates, indicated. The summary pro forma combined selected financial data for the company for the year ended December 31, 1998 and the three months ended March 31, 1999 is based on the historical financial statements of the company and has been prepared to

illustrate the effects on such historical financial data of the Kaire Acquisition as if this transaction had occurred as of January 1, 1998 with respect to the statement of operations. The Kaire Acquisition is reflected using the purchase method of accounting for business combinations. The historical pro forma combined selected financial data for the year ended December 31, 1998 has been derived from our audited consolidated financial statements included elsewhere in this prospectus and in the opinion of management include all the necessary adjustments for fair presentation of such data. The pro forma combined selected financial data is provided for comparative purposes only and does not purport to be indicative of the results that actually would have been obtained if this transaction had been effected on the dates indicated. The information presented below is qualified in its entirety by, and should be read in conjunction with, "Management's Discussion and Analysis of Financial Condition and Results of Operations," "Selected Financial Data" and the consolidated financial statements and notes thereto included elsewhere in this Prospectus.

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PRO FORMA COMBINED STATEMENT OF OPERATIONS:

<TABLE>
<CAPTION>

FOR THE YEAR ENDED DECEMBER 31, 1998

	NATURAL HEALTH TRENDS CORP.	KAIRE INTERNATIONAL, INC.	PRO FORMA ADJUSTMENTS	COMBINED
<S>	<C>	<C>	<C>	<C>
Revenues.....	\$ 1,191,120	\$26,175,710	\$	\$ 27,366,830
Cost of sales.....	454,370	6,250,433		6,704,803
Gross profit.....	736,750	19,925,277		20,662,027
Distributor commissions.....	--	13,537,777		13,537,777
Selling, general and administrative expenses.....	3,277,047	10,155,191	575,495(1)	14,007,733
Interest expense, (net).....	199,757	939,930	--	1,139,687
Loss from continuing operations....	(2,740,054)	(4,707,621)	(575,495)	(8,023,170)
Preferred stock dividends.....	2,011,905	--	396,069(2)	2,407,974
Loss to common stockholders.....	\$(4,751,959)	\$(4,707,621)	\$ (971,564)	\$(10,431,144)
Basic and diluted loss per common share.....	\$ (2.15)		\$ (4.72)	
Basic and diluted weighted average common shares outstanding.....	2,210,458			2,210,458

</TABLE>

<TABLE>
<CAPTION>

FOR THE THREE MONTHS ENDED MARCH 31, 1999

	NATURAL HEALTH TRENDS CORP.	KAIRE INTERNATIONAL, INC.	PRO FORMA ADJUSTMENTS	COMBINED
<S>	<C>	<C>	<C>	<C>
Revenues.....	\$ 2,804,920	\$ 2,303,006	\$ --	\$ 5,107,926
Cost of sales.....	667,759	426,219	--	1,093,978
Gross profit.....	2,137,161	1,876,787	--	4,013,948
Distributor commissions.....	1,261,502	1,145,149	--	2,406,651
Selling, general and administrative expenses.....	1,440,759	866,724	78,835(1)	2,386,318
Interest expense, (net).....	10,343	--	--	10,343
Loss from continuing operations....	(575,443)	(135,086)	(78,835)	(789,364)
Preferred stock dividends.....	684,765	--	31,344(2)	716,109
Loss to common stockholders.....	\$(1,260,208)	\$ (135,086)	\$ (110,179)	\$(1,505,473)

Basic and diluted loss per common share.....	\$ (0.20)		\$ (0.24)
Basic and diluted weighted average common shares outstanding.....	6,220,331		6,220,331

</TABLE>

(1) To reflect the amortization of goodwill and customer list incurred through the Kaire Acquisition over a period of 15 and 10 years, respectively.

(2) To reflect imputed and accrued dividends on preferred stock issued in the Kaire Acquisition.

MANAGEMENT'S DISCUSSION AND ANALYSIS OF FINANCIAL CONDITION AND RESULTS OF OPERATION

OVERVIEW

Prior to August 1997, the company's operations consisted of the operation of natural health care centers and vocational schools. Upon the acquisition of Global Health on July 23, 1997, the company commenced marketing and distributing a line of natural, over-the-counter homeopathic pharmaceutical products. In February 1999, the company acquired substantially all of the assets of Kaire International, Inc. and commenced marketing and distributing a line of natural, herbal based dietary supplements and personal care products through an established network marketing system. The company discontinued the operations of the natural health care centers during the third quarter of 1997 and sold the vocational schools in August 1998. During most of the year ended December 31, 1997, the company's ongoing lines of business were not in operation, not having been acquired until July 1997 and February 1999.

RESULTS OF OPERATIONS

THREE MONTHS ENDED MARCH 31, 1999 COMPARED TO THE THREE MONTHS ENDED MARCH 31, 1998

REVENUES

Revenues for the three months ended March 31, 1999 were \$2,804,920 as compared to revenues for the three months ended March 31, 1998 of \$429,884, an increase of \$2,375,036 or 552.3%. Sales for the three months ended March 31, 1998 were primarily from Global Health. The increase in sales is primarily attributable to Kaire Nutraceuticals' sales of approximately \$2,520,000 which commenced on February 19, 1999. Global Health's revenues declined 33.7% during the three months ended March 31, 1999 as compared to the three months ended March 31, 1998 due to a change in the marketing approach used by the company to a less capital intensive method.

COST OF SALES

Cost of sales for the three months ended March 31, 1999 was \$667,759 or 23.8% of revenues. Cost of sales for the three months ended March 31, 1998 was \$112,099 or 26.1% of revenues. The total cost of sales increased by \$555,660 or 495.7% of which approximately \$528,000 was attributable to Kaire Nutraceuticals and its related operations. The decrease in the cost of sales as a percentage of revenues is also the attributable to effect of Kaire Nutraceuticals' sales due to the different pricing structure associated with Kaire Nutraceuticals' sales distribution channel.

GROSS PROFIT

Gross profit increased from \$317,785 in the three months ended March 31, 1998 to \$2,137,161 in the three months ended March 31, 1999. The increase was \$1,819,376 or 572.5%. The increase was attributable to Kaire Nutraceuticals' gross profit of approximately \$1,992,000 offset by a decrease in the company's gross profit of approximately \$173,000.

COMMISSIONS

Distributor commissions were \$1,261,502 or 45.0% of revenues in the three months ended March 31, 1999 attributable to Kaire Nutraceuticals' marketing system.

SELLING, GENERAL AND ADMINISTRATIVE EXPENSES

Selling, general and administrative costs increased from \$839,125 or 195.2% of revenues in the three months ended March 31, 1998 to \$1,431,434 or 51.0% of sales in the three months ended March 31, 1999, an increase of \$592,309 or 70.6% which is attributable to Kaire Nutraceuticals' operations.

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LOSS FROM OPERATIONS

Operating losses increased from \$521,340 in the three months ended March 31, 1998 to \$555,775 in the three months ended March 31, 1999 representing a 6.6% increase in the loss or \$34,435 between comparable periods. This increase is due to larger losses being incurred by Global Health of approximately \$648,000 due to reduced revenues without a corresponding reduction in operating expenses offset by operating profit of approximately \$92,000 generated by Kaire Nutraceuticals.

MINORITY INTEREST

The income offset of \$849 in the three months ended March 31, 1999 for minority interest was a reflection of the profitability of the Australia and New Zealand subsidiaries. Kaire Nutraceuticals owns 51% of such subsidiaries.

LOSS ON FOREIGN EXCHANGE

As a part of the acquisition of Kaire, the company acquired interests in Kaire's subsidiaries in Australia, New Zealand, Trinidad and Tobago and the United Kingdom. During the three months ended March 31, 1999, the net loss on foreign exchange adjustments was \$8,476.

INTEREST EXPENSE

Interest expense of \$62,753 or 14.6% of revenues in the three months ended March 31, 1998 declined to \$10,343 or 0.4% of revenues in the three months ended March 31, 1999, a change of \$52,410. This decrease is due primarily to a workout of various debt and payables of Global Health during the three months ended March 31, 1999 resulting in an overall reduction in interest bearing liabilities.

INCOME TAXES

Income tax benefits were not reflected in either period. The anticipated benefits of utilizing net operating losses against future profits was not recognized in the three months ended March 31, 1999 or the three months ended March 31, 1998 under the provisions of Financial Standards Board Statement of Financial Accounting Standards No. 109 (Accounting for Income Taxes), utilizing its loss carry forwards as a component of income tax expense. A valuation allowance equal to the net deferred tax asset has been recorded, as management of the company has not been able to determine that it is more likely than not that the deferred tax assets will be realized.

NET LOSS FROM CONTINUING OPERATIONS

Net loss from continuing operations was \$575,443 in the three months ended March 31, 1999 or 20.5% of revenues as compared to \$584,093 or 135.9% of revenues in the three months ended March 31, 1998. Of the net loss from continuing operations, approximately \$658,000 was attributable to Global Health's operations and net income of approximately \$82,000 was attributable to Kaire Nutraceuticals' operations.

DISCONTINUED OPERATIONS

In February, 1998, the company closed the natural health care center in Pompano Beach, Florida. The anticipated gain on this discontinued operation was reflected in the three months ended March 31, 1998.

GAIN ON FORGIVENESS OF DEBT

During the three months ended March 31, 1998, the company realized a \$1,361,143 gain on the work-out of various debt and payables of Global Health.

YEAR ENDED DECEMBER 31, 1998 COMPARED TO YEAR ENDED DECEMBER 31, 1997

REVENUES

Total revenues for continuing operations for the year ended December 31, 1998 were \$1,191,120, as compared to revenues of \$1,133,726 for the year ended December 31, 1997, an increase of 5.1%. Although

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revenues increased during the year ended December 31, 1998, the revenues for the year ended December 31, 1998 reflect operations for a full year. However, the revenues for the year ended December 31, 1997, reflect operations for five months. On an annualized basis revenues decreased by 57%. The company believes that the decrease in revenues is primarily attributable to a decrease in the sale of Natural Relief 1222 to mass market retailers and major drug chains. The company believes that such decrease is due to a decrease in spending on marketing and advertising as a result of the company's decision to pursue less capital intensive channels of distribution.

COST OF SALES

Cost of sales for the year ended December 31, 1998 were \$454,370 (38.1% of revenues), as compared to \$375,034 (33.1% of revenues) for the year ended December 31, 1997. Gross profit for the year ended December 31, 1998 was \$736,750 (61.9% as a percentage of revenues) as compared to \$758,692 (66.9% as a percentage of revenues) for the year ended December 31, 1997. The company believes that the decrease in gross profit as a percentage of revenues is primarily attributable to a write-down of \$75,000 for obsolete inventory for the year ended December 31, 1998.

SELLING, GENERAL AND ADMINISTRATIVE EXPENSES

Selling, general and administrative expenses for the year ended December 31, 1998 were \$3,277,047, as compared to \$4,194,044 for the year ended December 31, 1997, a decrease of 21.9%. The company believes that the decrease in selling, general and administrative expenses is primarily attributable to reduced spending on advertising and promotion. Advertising and promotion expenses were \$1,771,095 for the year ended December 31, 1997 as compared to \$692,344 for the year ended December 31, 1998.

INTEREST EXPENSE

Interest expense for the year ended December 31, 1998 was \$199,757 as compared to \$868,721 for the year ended December 31, 1997. Excluding the amortization of notes payable discount (related to the company's convertible debentures) which amounted to \$433,333 for the year ended December 31, 1997, interest expense decreased by 54.1%. The company believes that the decrease in interest expense is primarily attributable to the conversion of convertible debentures during the fourth quarter of the year ended December 31, 1998 and the first quarter of the year ended December 31, 1997.

DISCONTINUED OPERATIONS

In October 1997, the company closed its natural health care center in Boca Raton, Florida. In February 1998, the company sold its remaining natural health care center in Pompano Beach, Florida. The anticipated losses on these discontinued operations were reflected in the year ended December 31, 1997. In August 1998, the company sold its three vocational schools and certain related businesses, recognizing a gain of \$1,424,379 from the sale. In November 1998, the company sold an office building which previously accommodated its corporate headquarters and one of its vocational schools, realizing an estimated loss of \$829,000 which was reflected in the quarter ended September 30, 1998.

GAIN ON FORGIVENESS OF DEBT

During the year ended December 1998, the company realized a gain of \$815,636 on the work-out of various debt and trade payables.

YEAR ENDED DECEMBER 31, 1997 COMPARED TO YEAR ENDED DECEMBER 31, 1996

REVENUES AND COST OF SALES

There were no revenues or cost of sales for the year ended December 31, 1996 as such operations were shown as discontinued.

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SELLING, GENERAL AND ADMINISTRATIVE EXPENSES

The company incurred selling, general and administrative expenses of \$4,194,044 for the year ended December 31, 1997 as compared to selling, general and administrative expenses of \$232,371 for the year ended December 31, 1996, an increase of \$3,961,673. The company believes that the increase is attributable to the increase in selling, general and administrative expenses attributable to Global Health's operations commencing in July 1997 which selling, general and administrative expense for the year ended December 31, 1996 are attributable to professional fees as the company's ongoing lines of business were not in operation.

INTEREST EXPENSE

Interest expense for the year ended December 31, 1997 was \$868,721 as compared to \$32,209 for year ended December 31, 1996. Excluding the amortization of notes payable discount (related to the company's convertible debentures) which amounted to \$433,333 for the year ended December 31, 1997, the company believes the increase is associated with additional financing related to the operations of Global Health.

DISCONTINUED OPERATIONS

The company had a loss from discontinued operations of \$3,421,047 for the year ended December 31, 1997 as compared to a loss from discontinued operations of \$624,958 for the year ended December 31, 1996.

LIQUIDITY AND CAPITAL RESOURCES

The company has funded its working capital and capital expenditure requirements primarily from cash provided through borrowings from institutions and individuals, and from the sale of its securities in private placements. The company's other ongoing source of cash receipts has been from the sale of Global Health's and Kaire Nutraceuticals' products.

In February 1998, the company issued \$300,000 face amount of Series B Preferred Stock, net of expenses of \$38,500. The Series B Preferred Stock has been converted into 541,330 shares of common stock.

In April 1998, the company issued \$4,000,000 face amount of Series C Preferred Stock, net of expenses of \$492,500 from the proceeds raised, the company paid \$2,500,000 to retire \$1,568,407 face value of Series A Preferred Stock outstanding. The Series C Preferred Stock has been converted into 3,608,296 shares of common stock.

In July 1998, the company issued \$75,000 face amount of Series D Preferred Stock, which was redeemed in August 1998 for \$91,291.

In August 1998, the company issued \$1,650,000 face amount of Series E Preferred Stock, net of expenses of \$210,500. The Series E Preferred Stock pays dividends of 10% per annum and is convertible into shares of common stock at the lower of the closing bid price on the date of issue or 75% of the market value of the common stock. The Series E Preferred Stock has not been converted.

In March and April 1999, the company issued \$1,400,000 of Series H Preferred Stock. The Series H Preferred Stock pays dividends of 10% per annum and is convertible into shares of common stock at the lower of the closing bid price on the date of issue or 75% of the market value of the common stock. The Series H Preferred Stock has not been converted.

In August 1998, the company sold its three vocational schools and certain related businesses for \$1,778,333 and other consideration. From the proceeds from the sale of the schools, the company paid \$1,030,309 to retire the remaining \$631,593 face value of Series A Preferred Stock then outstanding, and \$91,291 to redeem all of the Series D Preferred Stock outstanding. The remaining proceeds were used to pay down payables.

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At March 31, 1999, the company's ratio of current assets to current liabilities was .36 to 1.0 and the Company had a working capital deficit of approximately \$4,392,000.

Cash used in operations for the period ended March 31, 1999 was approximately \$758,000 attributable primarily to the net loss of approximately \$575,000, decreases in accounts payable of approximately \$1,619,000 offset by increases in accrued expenses of approximately \$1,275,000. Cash used by investing activities during the period was approximately \$128,000, which was primarily related to the Kaire Acquisition. Cash provided by financing activities during the period was approximately \$1,221,000, primarily from the issuance of preferred stock of approximately \$849,000 and an increase in the revolving credit line of approximately \$315,000. Total cash increased by approximately \$334,000 during the period.

Our independent auditors' report on our consolidated financial statements stated due to net losses and a working capital deficit, there is substantial doubt about the company's ability to continue as a going concern. The company anticipates that further additional financing will be required to finance the company's continuing operations during the next twelve months, principally to fund Kaire Nutraceuticals' operations. Management has revised its business plan of marketing development and support for Global Health's products, decreasing its emphasis on mass market advertising. Instead, the company plans to use its resources for the development of other less capital-intensive distribution channels. Management believes that Kaire Nutraceuticals will require approximately \$1,000,000, in addition to the net proceeds of the offering, over the next 12 months and that Global Health will not require any additional financing provided that Global Health is successful in reaching satisfactory settlements with its creditors. The Company intends to raise such additional financing through additional debt and equity financings, of which there can be no assurance and for which there are no commitments or definitive agreements. As of March 31, 1999, Global Health owed approximately \$1,660,000 to creditors and had a working capital deficit of \$1,694,000. In the event that the company cannot reach satisfactory settlements with Global Health's creditors, the company may discontinue the operations of Global Health. There can be no assurance that the company will be able to achieve satisfactory settlements with its creditors or secure such additional financing. The failure of the company to achieve satisfactory settlements with its creditors or secure additional financing would have a material adverse effect on the company's business, prospects, financial conditions and results of operations.

YEAR 2000 COMPLIANCE

Many currently installed computer systems and software products are coded to accept only two-digit entries to represent years in the date code field. Computer systems and products that do not accept four-digit year entries will need to be upgraded or replaced to accept four-digit entries to distinguish years beginning with 2000 from prior years. Management is in the process of becoming compliant with the Year 2000 requirements and believes that its management information system will be compliant on a timely basis at an approximate cost of \$150,000. The company currently does not anticipate that it will experience any material disruption to its operations as a result of the failure of its management information system to be Year 2000 compliant. There can be no assurance, however, that computer systems operated by third parties, including customers, vendors, credit card transaction processors, and financial institutions, with which the company's management information system interface will continue to properly interface with the company's system and will otherwise be compliant on a timely basis with Year 2000 requirements. The company currently is developing a plan to evaluate the Year 2000 compliance status of third parties with which its system interfaces. Any failure of the company's management information system or the systems of third parties to timely achieve Year 2000 compliance could have a material adverse effect on the company's business, financial condition, and operating results. The company has not yet established a contingency plan in the event that it is unable to correct the Year 2000 problem and as of the date of this prospectus, has no plans to do so.

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Natural Health Trends Corp. is a corporation which develops and operates businesses, in one business segment, to promote human wellness. Through Global Health, the company's wholly-owned subsidiary, the company markets a line of natural, over-the-counter homeopathic pharmaceutical products. Through Kaire Nutraceuticals, the company's wholly-owned subsidiary, the company utilizes a network of independent associates to offer a line of approximately 50 products.

ACQUISITION OF SUBSTANTIALLY ALL OF THE ASSETS OF KAIRE INTERNATIONAL, INC.

In February 1999, the company's newly formed, wholly-owned subsidiary, Kaire Nutraceuticals, acquired substantially all of the assets (the "Kaire Assets") of Kaire International, Inc. including, but not limited to, the names "Kaire," "Kaire International, Inc." and all variations and any other product name and all other registered or unregistered trademarks, tradenames, service marks, patents, logos, and copyrights of Kaire International, Inc. all accounts receivable, contractual rights and product formulations to any and all products of Kaire International, Inc., product inventory, "800" and other "toll-free" telephone numbers, product supply contracts (including, but not limited to, its Enzogenol-TM- product), independent associate lists, and shares of capital stock owned by Kaire International, Inc. in each of its wholly-owned and/or partially owned subsidiaries including, but not limited to, Kaire New Zealand Ltd., Kaire Australia Pty Ltd., Kaire Trinidad, Ltd. and Kaire Europe Ltd. (but excluding Kaire Korea Ltd.).

In exchange for the Kaire Assets, the company issued (i) to Kaire International, Inc., \$2,800,000 aggregate stated value of Series F Preferred Stock; (ii) to two creditors of Kaire International, Inc., \$350,000 aggregate stated value of Series G Preferred Stock; and (iii) to Kaire International, Inc., five-year warrants to purchase 200,000 shares of the company's common stock exercisable at \$4.06 per share. In addition, Kaire Nutraceuticals has agreed to make certain payments to Kaire International, Inc. each year for a period of five years (the "Kaire Nutraceuticals Net Income Payments") commencing with the year ending December 31, 1999, to be determined as follows:

- (i) 25% of the net income of Kaire Nutraceuticals if the net sales of Kaire Nutraceuticals in any such year are between \$1 and \$10,000,000;
- (ii) 33% of Kaire Nutraceuticals' net income if its net sales are between \$10,000,000 and \$15,000,000;
- (iii) 40% of Kaire Nutraceuticals' net income if its net sales are between \$15,000,000 and \$40,000,000; and
- (iv) 50% of Kaire Nutraceuticals' net income if its net sales are in excess of \$40,000,000.

The Kaire Nutraceuticals Net Income Payments shall be reduced on a dollar-for-dollar basis to the extent of (A) all indebtedness of Kaire International, Inc. assumed by Kaire Nutraceuticals; (B) all other direct and/or indirect costs or expenses assumed and/or otherwise incurred by the company of, or resulting from, Kaire International, Inc. including, but not limited to, litigation costs, payments of sales or other taxes, expenses of officers of Kaire International, Inc., and other payments or expenses resulting directly and/or indirectly from the acquisition of the Kaire Assets; and (C) any reasonable inter-company obligations of the company resulting from third party payments made by the company on behalf of (or allocable proportionately to) Kaire Nutraceuticals by the company that resulted from the acquisition of the Kaire Assets. In addition, all amounts set-off against Kaire Nutraceuticals Net Income Payments are cumulative and, if not set-off in the year they are paid (or incurred) because Kaire Nutraceuticals did not have a sufficient amount of Net Income (or for any reason), such set-off amounts shall accrue and be used as a set-off in the earliest possible year or years.

In connection with the Kaire Acquisition, Kaire Nutraceuticals assumed certain specified liabilities of Kaire International, Inc. including: (i) approximately \$475,000 owed to MW International Inc.; (ii) approximately \$50,000 owed to Manhattan Drug Company; (iii) approximately \$120,000 in the

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aggregate owed to Robert L. Richards and Mark Woodburn (both officers and directors of Kaire International, Inc.); (iv) up to approximately \$120,000 in unpaid payroll taxes of Kaire International, Inc.; and (v) up to \$180,000 owed to STAR Financial Bank.

In connection with the Kaire Acquisition, the company has appointed to its Board of Directors one nominee of Kaire International, Inc., Robert L. Richards. In addition, Kaire Nutraceuticals has agreed to indemnify certain officers of Kaire International, Inc. against all amounts paid following the acquisition of the Kaire Assets by such persons resulting from unpaid sales taxes accrued by Kaire International, Inc. prior to the closing date of the Kaire Acquisition.

In connection with the Kaire Acquisition, the company retained BLH, Inc. as a consultant. In accordance with the terms of the consulting agreement, BLH, Inc. was to identify companies which the company could effect a business

combination. BLH, Inc. introduced Kaire International, Inc. to the company. Pursuant to the terms of the consulting agreement, BLH, Inc. earned a fee of approximately \$430,000 in connection with the Kaire Acquisition. At the option of the company, the company may pay the fee in shares of preferred stock of the company with an aggregate stated value of the preferred stock equal to 120% of the amount due. The preferred stock shall pay quarterly dividends at a rate of 8% and shall be convertible into shares of common stock of the company at a conversion price equal to the average closing bid price of the common stock of the company for the five days immediately preceding the date of conversion. The preferred stock shall be redeemable at the option of the company at a price per share equal to the stated value plus all unpaid and accrued dividends and shall contain piggyback and demand registration rights.

INDUSTRY OVERVIEW

NATURAL HEALTH PRODUCTS

The company believes that the market for natural products and supplements is being driven by information in the mass media which continues to highlight problems with the American diet; the fact that American consumers are becoming increasingly disenchanted with and skeptical about many conventional medical approaches to disease treatment; growing consumer interest in and acceptance of natural and alternative therapies and products; and, finally, recent clarifications and changes of food and drug laws that have eased significantly the regulatory burdens associated with the introduction and sale of dietary supplements.

The company believes that public awareness of the positive effects of nutritional supplements and natural remedies on health has been heightened by widely publicized reports and medical research findings indicating a correlation between the consumption and use of a wide variety of nutrients and natural remedies and the reduced incidence of certain diseases.

The company believes, although there can be no assurance, that the aging of the United States population, together with an increased focus on preventative and alternative health care measures, will continue to fuel increased demand for certain nutritional supplement products and natural remedies. Management also believes that the continuing shift to managed healthcare delivery systems will place greater emphasis on disease prevention and health maintenance, areas with which natural health products are most identified.

With respect to the distribution of natural health products, while distribution through small to large sized natural and health food stores remains significant, the bulk of the growth is found in the mass merchandisers and health food chains such as General Nutrition Centers which now represent the majority of sales, and represent the fastest growing channels of distribution.

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DIRECT SELLING

According to The Direct Selling Association, network marketing is one of the fastest growing segments for the distribution of products. The Direct Selling Association reports that worldwide, over 17.5 million individuals are now involved in direct selling (of which network marketing is a major segment) and that those involved in direct selling generate \$80 billion in annual sales around the world. Network marketing sales in the United States are estimated to be approximately \$22 billion annually.

Currently, the company has associates in all fifty states, the District of Columbia, Puerto Rico, Guam, Canada, Australia, New Zealand, Trinidad and Tobago and the United Kingdom. Management believes that significant market potential exists for its products in international markets, and it is the company's intention to explore expansion into Japan, Europe, Hong Kong, Taiwan, India and the Philippines. Statistics from the World Federation of Direct Selling Associations as reported in May 1998 indicate that the direct sales market in the foregoing countries amounted to over \$37 billion with 6.4 million individuals being involved in some form of direct marketing. This compares to \$28.6 billion in sales and 7.2 million individuals involved in the markets currently serviced by the company.

PRODUCT ACQUISITION AND LICENSING AGREEMENTS

Global Health has obtained its current product portfolio by acquiring product lines and companies and entering into licensing agreements relating to the marketing and manufacture of its products. Global Health has not developed

any of its products, and does not maintain a research and development staff or research facilities.

In October 1996 Global Health acquired two natural product lines: Ellon flower essence products and Fruitseng-Registered Trademark- new age beverages. The Ellon products comprise 38 traditional English homeopathic flower remedies and one combination flower remedy. These products are sold principally through natural and health food stores. The Fruitseng line of ginseng-supplemented fruit juice drinks and iced tea drinks was distributed prior to the acquisition through specialty food distributors and mass market beverage distributors. Following the acquisition of the Fruitseng line, Global Health elected to develop, less capital-intensive products, and Fruitseng is not currently in distribution nor does the company have any intention of allocating resources to reintroduce the brand.

In November 1996 Global Health entered into an option agreement to acquire all of the capital stock of Natural Health Laboratories, Inc., which held marketing and distribution rights to a line of natural, homeopathic topical medical products utilizing a patented base and marketed under the Natural Relief 1222 trademark. In connection with the acquisition, Natural Health Laboratories, Inc. acquired the rights to the patent from Troy Laboratories, Inc. and H. Edward Troy. Prior to the acquisition, Global Health funded the operations of Natural Health Laboratories, Inc. pursuant to the option agreement.

In April 1998, the company restructured its agreement with the previous holder of the patented base for Natural Relief 1222. The company agreed to make certain payments to and on behalf of the previous holders of the patent in settlement of accrued royalties and for the modification of the scheduled royalties. Under the agreement, the company will pay royalties in connection with the patent equal to 3% of net sales up to \$2,000,000, 2% of net sales from \$2,000,000 to \$4,000,000 and 1% of net sales thereafter. In the event of a default in the payment of royalties or other payments in connection with the agreement, the patent will revert back to the original holders.

PRODUCTS

NATURAL RELIEF 1222

The company's initial mass market-oriented product, Natural Relief 1222 Arthritis Relief ("Arthritis Relief") is a topical, natural, homeopathic medicine. The active ingredients are Bryonia 6X and Rhus Toxicodendron 6X, in a patented base of natural ingredients. This product is intended to be utilized for the

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temporary relief of minor pains and stiffness of muscles and joints associated with arthritis. Arthritis Relief was introduced in July 1997 through a nationwide television direct response advertising campaign. The company also introduced Arthritis Relief to the mass consumer distribution channels through a broker network. The company has obtained distribution of Arthritis Relief in several drug chains. However, due to the capital intensive nature of mass market distribution the company has revised its business plan of marketing and support for Global Health's products, decreasing its emphasis on mass market advertising. Instead, the company plans to use its resources for the development of other less capital-intensive distribution channels (e.g., network marketing which will be facilitated through Kaire Nutraceuticals and institutional marketing), possibly via acquisition. The company also markets Arthritis Relief through catalog and electronic media marketing companies.

The market for topical analgesics consists of two general types of products--counter-irritants, such as BenGay, which mask pain by irritating the skin in the area of application, and capsaicin products, such as Zostrix, which utilize the pain-reducing properties of a component of hot chili peppers. It is estimated that approximately 50 million Americans have some form of arthritis.

In December 1997 Global Health introduced three extensions to the Natural Relief 1222 product line--Sports Rub, Wart Remover and Dermatitis & Eczema Relief. These products have been introduced to existing mass market and natural/health food distribution channels through the company's broker networks and direct selling efforts.

Natural Relief 1222 Sports Rub, like Arthritis Relief, is a topical analgesic comprised of a homeopathic active ingredient, Thuja occidentalis 2C, in a patented base of natural ingredients. This product is intended to be utilized for prompt, temporary relief of minor pain, strains, sprains,

stiffness, bruising, inflammation and weakness in muscles and joints due to overexertion and athletic activity. The company intends Sports Rub to be a companion product to Arthritis Relief within the topical analgesics category.

Natural Relief 1222 Wart Remover is a natural alternative to traditional salicylic acid-based products, and is comprised of a homeopathic active ingredient, Thuja occidentalis 2C, in a patented base of natural ingredients. This product is intended to be utilized for the removal of common warts.

Natural Relief 1222 Dermatitis & Eczema Relief is a natural alternative to traditional hydrocortisone-based products, and is comprised of a homeopathic active ingredient, Lycopodium 2C, in a patented base of natural ingredients. This product is intended to be utilized for temporary relief of scalp or skin itching, irritation, redness, flaking and scaling associated with seborrheic dermatitis or eczema.

Management anticipates introducing additional products under the Natural Relief 1222 product line. The company currently has developed formulations for acne relief and for first aid use for minor abrasions and contusions. Other Natural Relief 1222 products in development include a natural anti-fungal topical pharmaceutical and a natural burn and wound topical pharmaceutical.

ELLON

The company markets a line of homeopathic flower remedies under the Ellon trade name, which consists of 38 individual flower remedies and one combination flower remedy, sold as Calming Essence-Registered Trademark-. These products are regulated over-the-counter pharmaceuticals which are intended to be utilized for the relief of a range of emotional and psychological stresses. Calming Essence is sold principally to natural and health food retailers and distributors, and to alternative health care practitioners. The company utilizes a combination of brokers and in-house telemarketers to sell the Ellon products. The company competes in this category with several other established lines of homeopathic flower remedies, including the Bach and Flower Essence Services product lines.

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KAIRE NUTRACEUTICALS

Kaire Nutraceuticals develops and distributes, through a network of independent associates, products that are intended to appeal to health-conscious consumers. Current products include health care supplements and personal care products. Kaire Nutraceuticals offers a line of approximately 50 products which it divides into nine categories, including Antioxidant Protection, (Bodily) Defense, Digestion, Energy and Alertness, Stress, Vital Nutrients, Weight Management, Anti-Aging and Personal Care.

ANTIOXIDANT PROTECTION

This line is primarily nutritional supplements based on antioxidants including Maritime Prime and EnzoKaire Complete. Most of the products are based on exclusive formulations in several combinations containing natural products including Pycnogenol-Registered Trademark-, Enzogenol and Arctic Root-Registered Trademark-. Products containing Pycnogenol have not been approved for direct importation into Australia. Kaire Nutraceuticals is currently seeking approval to import its products containing Pycnogenol into Australia in conjunction with the Therapeutic Goods Association of Australia. Maritime Plus is not available in Canada due to Canadian regulations on the ascorbate that is contained in this product.

Pycnogenol, in Kaire Nutraceuticals' formulation, is believed to be highly bioavailable and retained in the body for several days. Antioxidants have been shown to be effective in fighting the effects of oxidation on the body. Oxidation is the same process that causes metals to rust and apples to turn brown. Free radicals, which are molecules damaged by oxidation, are being studied as the causes of various infirmities in humans. A free radical is an unstable oxygen molecule seeking, at the molecular level, to pair up with an electron. Free radicals can be created in the atmosphere by the exposure of oxygen to sunlight and pollution. Free radicals can also be created by natural metabolic processes. Antioxidants are molecules which can combine with and, as a result, neutralize free radicals.

DEFENSE

The products in this category are primarily oriented towards working with the body's natural defense systems to make them more efficient. It consists of

three of the more recent additions to the Kaire Nutraceuticals line, Colloidal Silver Kaire, Immunol and Noni.

Colloidal Silver Kaire is a solution of silver particles electro-magnetically suspended in deionized water and provides dietary support for the immune system. It is used by individuals for a number of purposes including eye drops, a topical solution, nose drops and a drink.

Immunol is a shark liver based capsule which Kaire Nutraceuticals believes aids the human immune system. This product is imported exclusively by Kaire Nutraceuticals.

Noni is derived from a fruit grown only in the Central and South Pacific, it contains high levels of naturally occurring vitamins, minerals, trace elements, enzymes, and phytochemicals. The processing method of flash freezing the fruit and then processing it into capsules retains the high level of nutrients that may be lost through the pasteurization of liquid presentations of this product.

DIGESTION

The main constituent of this group has long been the Aloe products. Aloe has been studied for a number of years as everything from a topical for skin irritations and sunburn to a supplement for improving the general health of the body. Fruit-N-Aloe is a more palatable form of the Aloe juice as it is mixed with fruit juices to get the Aloe benefits without the strong taste of AloElite, a more concentrated form of the Aloe juice.

Two other products currently round out this line, a colon-cleansing product for periodic use in cleaning the lower digestive system and Synerzyme, a combination of naturally occurring enzymes and

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trace minerals to enhance the efficacy of the enzymes, which may assist the body with the breakdown and assimilation of various foods and fats.

ENERGY AND ALERTNESS

AquaKaire and Night-time is concentrated, a "clustered" water product whose purpose is to increase the metabolic efficiency of the body. Inner Chi combines raw honey with Chinese herbs and botanicals for a balanced, energy enhancing tonic.

STRESS

Products in this category serve two primary purposes. The first is to provide adaptogens in an efficient medium and the second is to provide a natural relaxant for rest and sleep. Arctic Root is an adaptogen, an herb which works with the body to allow energy to be used by the body as needed as opposed to stimulants and depressants which affect the body's energy as a whole, over a certain period of time. Kavatu combines the extract from the Pacific KavaKava plant with other nutrients to form a product allowing for a more complete rest and sleep without the "hangover" effects of many artificial relaxants and sleep aids. Kaire Nutraceuticals also markets St. John's Wort.

VITAL NUTRIENTS

This category provides for many of the basic vitamins and nutrients which are missing in the typical adult or child's diet.

WEIGHT MANAGEMENT

Kaire Nutraceuticals is currently developing a weight management program that is anticipated to include a number of products designed to work as a system to assist weight loss safely while giving the dieter a higher level of energy while maintaining a healthy body. This system concept is based upon a complete program including Kaire Nutraceuticals products, walking or other sensible exercise available to virtually all individuals and sensible permanent eating habits. Kaire Nutraceuticals anticipates, although there can be no assurance, that the Weight Management Program being designed will promote long-term, sustained weight loss.

ANTI-AGING

These products are intended to combat the effects of aging on the human body.

DHEA

This is a hormonal product which replaces the same hormone in the body. Research shows that as a person matures their body generates diminishing amounts of DHEA. According to a number of research studies, DHEA is the hormone which allows the body to know its energy level.

ARTHROKAIRE AND OSTEO FORMULA

Osteo Formula is a comprehensive bone supplement that provides 18 nutrients including four different types of calcium for maximum absorption and assimilation. ArthroKaire is designed to provide dietary support for joints, tendons and ligaments. This proprietary formula combines proteoglycans, vitamins and herbs that support the integrity of connective tissue.

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PERSONAL KAIRE

This includes JoBelle Gold (a skin softener containing gold flakes), Dermakaire (Kaire Nutraceuticals' original moisturizing lotion with Pycnogenol), and the JoBelle Skin Care System consisting of shampoo, conditioner and body lotion as well as a "top of the line" six part face care system. Kaire Nutraceuticals is attempting to develop an upscale image for this product line with an appeal to a younger market than Kaire Nutraceuticals' current United States associate base.

NEW PRODUCT DEVELOPMENT

Additional products being considered in these areas are additional antioxidants, anti-aging, weight management, and energy products. In addition to the introduction of single products, Kaire Nutraceuticals is also focusing on promoting groups of products to be taken in conjunction with each other to address specific needs (such as weight loss, stress, daily wellness, etc.) that an individual may have.

Kaire Nutraceuticals intends to seek to identify, develop and introduce innovative, effective and safe products. Management believes that its ability to introduce new products increases its associates' visibility and competitiveness in the marketplace.

Kaire Nutraceuticals maintains its own product review and evaluation staff but relies upon independent research, vendor research departments, research consultants and others for product research, development and formulation services.

PRODUCT WARRANTIES AND RETURNS

Kaire Nutraceuticals' product warranties and policy regarding returns of products are similar to those of other companies in its industry. If a consumer of any of Kaire Nutraceuticals' products is not satisfied with the product, she/he may return it to the associate from whom the purchase was made, within 90 days of purchase. The associate is required to refund the purchase price to the consumer. The associate may then return the unused portion of the product to Kaire Nutraceuticals for an exchange of equal value. If an associate requests a refund in lieu of an exchange, a check or credit is issued. All products are warranted against defect by the manufacturer of those products. Most products returned to Kaire Nutraceuticals, however, are not found to be defective in manufacture.

MANUFACTURING

The company does not intend to develop its own manufacturing capabilities since management believes that the availability of manufacturing services from third parties on a contract basis is adequate to meet the company's needs. The company has utilized a number of manufacturers who have sufficient manufacturing capacity to meet the company's anticipated production needs.

Kaire Nutraceuticals currently purchases all of its vitamins, nutritional supplements and all other products and ingredients from parties that manufacture such products to Kaire Nutraceuticals' specifications and standards. All nutritional supplements, raw materials and finished products are subject to sample testing, weight testing and purity testing by independent laboratories.

The company has used the services of a number of companies to manufacture

its Natural Relief 1222 and the Ellon product lines. Natural Relief 1222 products generally require the mixing and processing of the active and inactive ingredients, which are then filled in tubes and packaged for retail sale. Ellon products involve the preparation of homeopathic medicines according to the Homeopathic Pharmacopoeia of the United States, and are generally sold in the form of tinctures packaged in small dropper bottles labeled for retail sale. The products are shipped from the company's Portland, Maine facility or independent distribution centers located in Maine and New Jersey. The company's products are manufactured to the company's specifications in facilities in compliance with Federal Good Manufacturing Practice regulations.

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Natural Relief 1222 Arthritis Relief, Sports Rub and Wart Remover are manufactured in the United States. Natural Relief 1222 Dermatitis & Eczema Relief utilizes certain components manufactured in the Peoples' Republic of China, and packaged in the United States. Ellon products utilize certain components manufactured in the United Kingdom and are further manufactured and packaged in the United States. The company anticipates that it will, for the foreseeable future, continue to rely on foreign sources for certain key components for certain of its products.

Except for an agreement with Enzo Nutraceuticals, Inc., the company has no existing contractual commitments or other arrangements for the future manufacture of its products. Rather, it places orders for component or finished goods manufacturing services as required based upon price quotations and other terms obtained from selected manufacturers. During the years ended December 31, 1998 and 1997, Kaire International purchased amounts of its products from a limited number of vendors, including 44% and 48% respectively, from MW International, Inc. The Company currently buys all of its Pycnogenol, an important component of its products, from one supplier.

MARKETING AND DISTRIBUTION

GLOBAL HEALTH

Natural Relief 1222 Arthritis Relief was introduced in July 1997. Commercial shipments of the product were initiated in the same month. Extensions of the Natural Relief 1222 product line (Sports Rub, Wart Remover and Dermatitis & Eczema Relief) were introduced in December 1997.

The company has pursued a "multi-channel" distribution strategy in marketing its line of Natural Relief 1222 products, and intends to follow a similar strategy with future products. The Natural Relief 1222 line of products is sold in several drug chains. However, due to the capital intensive nature of mass market distribution the company has revised its business plan of marketing and support for Global Health's products, decreasing its emphasis on mass market advertising. Instead, the company plans to use its resources for the development of other less capital-intensive distribution channels (e.g., network marketing which will be facilitated through Kaire Nutraceuticals and institutional marketing). The company also distributes its products to the health and natural food market through distributors and independent health and natural food retailers. In addition, the company sells through other specialty channels, including catalogs such as Publishers Clearinghouse. The nature of the product and its target market dictate the channels of distribution in which a particular product is launched, and the level of effort directed to each channel of distribution.

The company utilizes a number of independent brokers to assist in the sale of its products in the mass market and natural and health food distribution channels. Brokers receive a commission on sales, and in certain cases a fixed monthly payment, under agreements that are terminable at will by either party on short notice. In most cases, the company sells and ships its products directly to the warehouses and distribution centers of major retail chains. To reach smaller chains and independent retailers, the company distributes products through drug wholesalers such as McKesson and Bergen Brunswig, and natural foods distributors such as Cornucopia (United Natural Foods).

To support its marketing efforts, the company attends trade shows and exhibitions, sponsors promotional programs and events and in-store promotions, and engages in a public relations effort that has resulted in articles in health, mature audience, trade and natural products publications, which the company uses to promote its products.

In the twelve-month periods ended December 31, 1997 and December 31, 1998, Global Health's expenditures for product advertising and promotion were

approximately \$1,771,095 and \$692,344, respectively.

KAIRE NUTRACEUTICALS

Kaire Nutraceuticals' products are distributed through its network marketing system of associates. Associates are independent contractors who purchase products directly from Kaire Nutraceuticals for

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resale to retail consumers. Associates may elect to work on a full-time or a part-time basis. Management believes that its network marketing system is well suited to marketing its nutritional supplements and other products because sales of such products are strengthened by ongoing personal contact between retail consumers and associates, many of whom use Kaire Nutraceuticals' products.

Associates' revenues are derived from several sources. First, associates may receive revenues by purchasing Kaire Nutraceuticals' products at wholesale prices and selling Kaire Nutraceuticals' products to customers at retail prices. Second, associates earn the right to receive bonuses (commissions) based upon purchases by members of their organization. There are basically three types of bonuses that associates can earn on product purchases by members of their organizations. The standard bonus is available to any individual who has attained "Broker" status in Kaire Nutraceuticals. "Broker" status is attained by purchasing a minimum quantity for a month. The percentages used to determine the bonus and the number of levels in the organization the associate receives bonuses upon is based on the individual's status in Kaire Nutraceuticals. The first status level is that of a "Broker" and the highest being an "Executive." There are two intermediary levels between "Broker" and "Executive." An associate achieves higher levels in the bonus structure primarily through increased purchases by associates sponsored directly by them (their first level) although the minimum monthly purchase as an individual does increase between certain levels. The requirements for an associate to reach an "Executive" level are generally monthly personal purchases exceeding \$300 and monthly volume of \$900 on their first level. The program is such that each month an associate must qualify at that level to be paid at that level. The advantage to this is that the associate must remain active in purchasing and sponsoring to retain their bonus, but if they miss a month, their income is only reduced that one month. A second form of bonus is available to those having multiple "Executives" in their first level. Based on the number of "Executives" they have at this first level, associates will receive a percentage of their standard bonus as an additional bonus. Finally, for those "Executives" attaining the highest levels in Kaire Nutraceuticals, they are allowed to participate in a percentage of the company-wide Gross Bonusable Sales to be divided among qualifying "Executives." Management believes that the right of associates to earn bonuses contributes significantly to Kaire Nutraceuticals' ability to retain its productive associates.

To become an associate, a person must simply sign an agreement to comply with the policies and procedures of Kaire Nutraceuticals. No investment is necessary to become an associate. Kaire Nutraceuticals considers approximately 40,000 of its associates to be "active," that is, an individual associate who has ordered at least \$50 of Kaire International, Inc.'s products during the preceding 12 month period.

Kaire Nutraceuticals has regularly sponsored opportunity meetings in various key cities and participates in motivational and training events in its market areas designed to inform prospective and existing associates about Kaire Nutraceuticals' product line and selling techniques. Associates give presentations relating to their experiences with Kaire Nutraceuticals' products and the methods by which they have developed their own organization of associates. Specific selling techniques are explained, and emphasis is placed on the need for consistency in using such techniques. Participants are encouraged to ask questions regarding selling techniques and product developments, to share information with other associates and to develop confidence in selling and goal-setting techniques. Motivation is offered to participants in the form of recognition, gifts, excursions and tours, which are intended to foster an atmosphere of excitement throughout the associate organization. Prospective associates are educated about the structure, dynamics and benefits of Kaire Nutraceuticals' network marketing system.

Kaire Nutraceuticals continues to develop marketing strategies and programs to motivate associates. These programs are designed to increase associates' monthly product sales and the recruiting of new associates. An example of these programs is the Kaire Select Program.

Under the Kaire Select Program, an associate may enroll in a minimum ordering program to maintain eligibility for performance bonuses. Minimum orders ranging from \$50 to \$550 per month are automatically placed by credit card or autodraft. The associate also gets preferred pricing, no minimum purchase

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requirement (once they have a qualifying select order set up), exclusive access to some product introductions, and discounts on Kaire Nutraceuticals' sponsored events.

As part of Kaire Nutraceuticals' maintenance of constant communication with its associate network, Kaire Nutraceuticals offers the following support programs to its associates:

TOUCHTALK AND FAXBACK

An automated telephone system that associates can call 24 hours a day to place orders, receive reports on the sales activity of their organization and listen to selected messages on special offers, marketing program updates, product information, and similar information. Certain information is also available via facsimile to the associate.

24 HOUR TELECONFERENCE

A weekly teleconference on various subjects such as technical product discussions, associate organization building and management techniques. An associate can listen to any of the last four weekly teleconferences.

INTERNET

Kaire Nutraceuticals maintains a web-site at <http://www.kaireint.com>. There, the user can read news letters, learn more about products, place an order or sign up to be an associate. In addition, associates can send messages and orders to Kaire Nutraceuticals e-mail address of kaireint.com. This allows associates to potentially be able to sponsor associates and order products 24 hours a day.

PRODUCT LITERATURE

Kaire Nutraceuticals produces for its associates color catalogs and brochures displaying and describing Kaire Nutraceuticals' products.

TOLL FREE ACCESS

A toll free number is available to place orders, sponsor new associates, and for consumer support.

BROADCAST FAX/BROADCAST E-MAIL

Kaire Nutraceuticals' announcements and product specials are automatically sent via facsimile and/or e-mail to associates who have requested this service.

MARKETS

Kaire Nutraceuticals has operations in the United States, Canada, Australia and New Zealand, Trinidad and Tobago and the United Kingdom.

Upon deciding to enter a new market, Kaire Nutraceuticals hires local counsel to assist ensuring that Kaire Nutraceuticals' network marketing system and products comply with all applicable regulations and that Kaire Nutraceuticals' profits may be expatriated. In addition, local counsel assists in establishing favorable relations in the new market area by acting as liaison between Kaire Nutraceuticals and local regulatory authorities, public officials and business people. Local counsel also is responsible for explaining Kaire Nutraceuticals' products and product ingredients to appropriate regulators and, when necessary, will arrange for local technicians to conduct any required ingredient analysis tests of Kaire Nutraceuticals' products.

If regulatory approval is required in a foreign market, Kaire Nutraceuticals' local counsel interfaces with local regulatory agencies to confirm that all of the ingredients of Kaire Nutraceuticals' products are permissible within the new market. During the regulatory compliance process, Kaire Nutraceuticals may alter the formulation, packaging or labeling of its products to conform to applicable regulations as well as

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local variations in customs and consumer habits, and Kaire Nutraceuticals may modify certain aspects of its network marketing system as necessary to comply with applicable regulations.

Following completion of the regulatory compliance phase, Kaire Nutraceuticals undertakes the steps necessary to meet the operational requirements of the new market. Kaire Nutraceuticals then initiates plans to satisfy inventory, distribution, personnel and transportation requirements of the new market, and modifies its associate training materials as may be necessary to be suitable for the new market.

COMPETITION

GLOBAL HEALTH

Over the counter medicine products are distributed primarily through the mass market channels of distribution, including chain drug stores, independent drug stores, supermarkets and mass merchandisers. The company's competitors include such companies as Genderm, Thompson Medical, Schering Plough, Pfizer, Chattem and Warner Lambert.

The company's products include FDA recognized homeopathic active ingredients in a patented base of natural ingredients. The company's competitors have access to these same homeopathic ingredients and would be able to develop and market similar products. However, competitors would be unable to completely duplicate the products' formulae due to the patent protection that extends to the use of certain inactive ingredients. Nonetheless, marketplace success will probably be determined more by marketing and distribution strategies and resources than by product uniqueness.

KAIRE NUTRACEUTICALS

Kaire Nutraceuticals competes with many companies which market and sell products similar to its own products. It also competes intensely with other network marketing companies in the recruitment of associates.

There are many network marketing companies with which Kaire Nutraceuticals competes for associates. Some of the largest of these are Nutrition for Life International, Inc., Nature's Sunshine, Inc., Herbalife International, Inc., Amway and Rexall Sundown, Inc. Each of these companies is substantially larger than Kaire Nutraceuticals and has significantly greater financial and personnel resources than Kaire Nutraceuticals. Kaire Nutraceuticals competes for associates by means of its marketing program that includes its commission structure, training and support services, and other benefits.

Not all competitors market all types of products marketed by Kaire Nutraceuticals, and some competitors market products and services in addition to those marketed by Kaire Nutraceuticals. For example, some competitors are known for and are identified with sales of herbal formulations, some are known for and are identified with sales of household cleaning and personal care products, and others are known for and are identified with sales of nutritional and dietary supplements. Kaire Nutraceuticals' principal methods of competition for the sale of products are its responsiveness to changes in consumer preferences and its commitment to quality, purity, and safety.

GOVERNMENT REGULATION

The company believes that all of its existing products are homeopathic medicines which do not require governmental approvals prior to marketing in the United States. The processing, formulation, packaging, labeling and advertising of such products, however, are subject to regulation by one or more federal agencies including the FDA, the Federal Trade Commission, the Consumer Products Safety Commission, the Department of Agriculture, the Department of Alcohol, Tobacco and Firearms and the Environmental Protection Agency. The company's activities are also subject to regulation by various agencies of the states and localities in which its products are sold. In addition, the sale of the company's products by distributors in foreign markets are subject to regulation and oversight by various federal, state and local agencies in those markets.

The FDA traditionally has been the main agency regulating the types of products sold by homeopathic and natural over-the-counter pharmaceutical firms. Official legal recognition of homeopathic drugs in the United States dates to the Federal Food, Drug and Cosmetic Act of 1938. The Food Drug and Cosmetic Act provides that the term "drug" includes articles recognized in the official

Homeopathic Pharmacopoeia of the United States. The Food Drug and Cosmetic Act further recognizes the separate nature of homeopathic drugs from traditional, allopathic drugs by providing that whenever a drug is recognized in both the U.S. Pharmacopoeia and the Homeopathic Pharmacopoeia, it shall be subject to the requirements of the U.S. Pharmacopoeia unless it is labeled and offered for sale as a homeopathic drug, in which case it shall be subject to the provisions of the Homeopathic Pharmacopoeia and not to those of the U.S. Pharmacopoeia.

In 1988, the FDA issued a Compliance Policy Guide that formally established the manner in which homeopathic drugs are regulated. The Compliance Policy Guide provides that homeopathic drugs may only contain ingredients that are generally recognized as homeopathic. Such recognition is most often obtained via the publication of a monograph in the Homeopathic Pharmacopoeia. The FDA has also noted that a product's compliance with a Homeopathic Pharmacopoeia monograph system does not necessarily mean that it has been shown to be safe and effective. According to the Compliance Policy Guide, and consistent with established FDA principles regarding allopathic drugs, a homeopathic drug may only be marketed without a prescription if it is intended solely for self-limiting disease conditions amenable to self-diagnosis and treatment. Other homeopathic drugs must be marketed as prescription products. In addition, if a Homeopathic Pharmacopoeia monograph states that a drug should only be available on a prescription basis, this criteria will apply even if the drug is intended for a self limiting condition. The Compliance Policy Guide provides that the FDA's general allopathic drug labeling requirements are also applicable to homeopathic drugs. All firms that manufacture, prepare, compound, or otherwise process homeopathic drugs must register their drug establishments with the FDA and must also "list" their drugs with the agency. Homeopathic drugs must also be manufactured in conformance with "current good manufacturing practices." In addition, homeopathic drugs are exempt from FDA's requirements for expiration date labeling.

The Homeopathic Pharmacopoeia is updated regularly. The Homeopathic Pharmacopoeia was initially published by the Committee on Pharmacy of the American Institute of Homeopathy and is currently published by the Homeopathic Pharmacopoeia Convention of the United States, a private, non-profit entity organized exclusively for charitable, educational, and scientific activities. The Homeopathic Pharmacopoeia is an official publication that is cited in the Federal Food and Drug Laws and Compliance Policy Guide. The Homeopathic Pharmacopoeia contains hundreds of monographs for homeopathic ingredients that have been found by the Homeopathic Pharmacopoeia Convention to be both safe and effective. The Homeopathic Pharmacopoeia also contains general standards for the preparation of homeopathic drugs.

In November 1991, the FDA issued proposed regulations designed to, among other things, amend its food labeling regulations. The proposed regulations met with substantial opposition. In October 1994, the "Dietary Supplement Health and Education Act of 1994" (the "Dietary Supplement Law") was enacted. Section 11 of the Dietary Supplement Law provided that the advance notice of proposed rule making by the FDA concerning dietary supplements was null and void. FDA regulations that became effective on June 1, 1994 require standard format nutrition labeling on dietary supplements. However, because the new Dietary Supplement Law also addresses labeling of dietary supplements, the FDA indicated that it would not enforce its labeling regulations until January 1, 1998. Through the date of this Prospectus, no new regulations which affect Kaire Nutraceuticals' labeling practices have been promulgated. New regulations are expected to be proposed by the FDA. Because the FDA has not yet reconciled its existing regulations with the new Dietary Supplement Law, Kaire Nutraceuticals cannot determine to what extent any changed or amended regulations will affect its business.

The Dietary Supplement Law did not affect the July 1, 1994 effectiveness of the FDA's health claims regulations. Those regulations prohibit any express or implied health claims for dietary supplements unless

such claims are approved in advance by the FDA through the promulgation of specific authorizing regulations. Such approvals are rarely provided by the FDA. Therefore, no claim may be made on a dietary supplement label or in printed sales literature, "that expressly or by implication characterizes the relationship of any substance to a disease or health-related condition." Kaire Nutraceuticals cannot determine what effect currently proposed FDA regulations, when and if promulgated, will have on its business in the future. Such regulations could, among other things, require expanded or different labeling, recalling or discontinuing of certain products, additional record keeping and expanded documentation of the properties and certain products and scientific

substantiation. In addition, Kaire Nutraceuticals cannot predict whether new legislation regulating its activities will be enacted, which new legislation could have a material adverse effect on Kaire Nutraceuticals.

Kaire Nutraceuticals has an ongoing compliance program with assistance from FDA counsel regarding the nature and scope of food and drug legal matters affecting Kaire Nutraceuticals' business and products. Kaire Nutraceuticals is unaware of any legal actions pending or threatened by the FDA or any other governmental authority against Kaire Nutraceuticals.

Direct selling activities are regulated by various governmental agencies. These laws and regulations are generally intended to prevent fraudulent or deceptive schemes, often referred to as "pyramid" or "chain sales" schemes, that promise quick rewards for little or no effort, require high entry costs, use high pressure recruiting methods and/or do not involve legitimate products.

Based on research conducted in opening its existing markets (including assistance from local counsel), the nature and scope of inquiries from government regulatory authorities and Kaire Nutraceuticals' history of operations in such markets to date, Kaire Nutraceuticals believes that its method of distribution is in compliance in all material respects with the laws and regulations relating to direct selling activities of the countries in which Kaire Nutraceuticals currently operates. Even though management believes that laws governing direct selling are generally becoming more permissive, many countries currently have laws in place that would prohibit Kaire Nutraceuticals from conducting business in such markets. There can be no assurance that Kaire Nutraceuticals will be allowed to continue to conduct business in each of its existing markets that it currently services or any new market it may enter in the future.

The company believes that it is in material compliance with all regulations applicable to it. Despite this belief, the company may be found not to be in material compliance with existing regulations as a result of, among other things, the considerable interpretative and enforcement discretion given to regulators or misconduct by associates. There can be no assurances that the company will not be subject to inquiries and regulatory investigations or disputes and the effects of any adverse publicity resulting therefrom. Any assertion or determination that the company or any of its associates are not in compliance with existing laws or regulations could have a material adverse effect on the company' business and results of operations. In addition, in any country or jurisdiction, the adoption of new laws or regulations or changes in the interpretation of existing laws or regulations could generate negative publicity and/or have a material adverse effect on the company' business and results of operations. The company cannot determine the effect, if any, that future governmental regulations or administrative orders may have on the company' business and results of operations. Moreover, governmental regulations in countries where the company may commence or expand its operations may prevent, delay or limit market entry of certain products or require the reformulation of such products. Regulatory action, whether or not it results in a final determination adverse to the company, has the potential to create negative publicity, with detrimental effects on the motivation and recruitment of associates and consequently, on the company' sales and earnings.

EMPLOYEES

As of March 31, 1999, the company had 69 full time employees and 2 part time employees. None of the company's employees are represented by a union, and the company believes that its employee relations are good.

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INSURANCE

The company carries general liability insurance in the amount of \$5,000,000 per occurrence and \$6,000,000 in the aggregate including product liability insurance. There can be no assurance, however, that the company's insurance will be sufficient to cover potential claims or that an adequate level of coverage will be available in the future at a reasonable cost, if at all. A successful claim could have a material adverse effect on the company.

PATENTS AND TRADEMARKS

Global Health, through Natural Health Laboratories, Inc., has a United States Patent covering the use of certain inactive botanical ingredients as a base for several of its Natural Relief 1222 products. The company also has obtained marketing and manufacturing rights to a family of Chinese-origin,

patented, natural topical medical products. Global Health has federal trademark registrations for Natural Relief 1222, Ellon, Calming Essence and Mesozoic Minerals. The company also has trademark registrations for Nature's Relief and Nature's Relief 1222 in Canada. Most Kaire Nutraceuticals' products are packaged under Kaire Nutraceuticals' "private label." Kaire Nutraceuticals has registered trademarks with the United States Patent and Trademark Office for its name, logo and various products names. It has applied for trademark registration in several countries outside of those it is currently operating in for its name, logo and various product names.

Additional trademark registration applications which may be filed by the company with the United States Patent and Trademark Office and in other countries may or may not be granted and the breadth or degree of protection of the company's existing or future trademarks may not be adequate. Moreover, the company may not be able to defend successfully any of its legal rights with respect to its present or future trademarks. The failure of the company to protect its legal rights to its trademarks from improper appropriation or otherwise may have a material adverse effect on the company.

SEASONALITY

Sales of topical analgesic products are strongest during the colder winter months when arthritis sufferers tend to feel pain and stiffness more acutely. Conversely, sales of skin treatment products (e.g., hydrocortisone creams, etc.) are slightly stronger during the non-winter months. The company does not believe that the sales of wart removal products are seasonal.

LEASED PROPERTIES

Kaire Nutraceuticals leases an aggregate of approximately 45,000 square feet of office and warehouse space in three buildings in Longmont, Colorado. The lease terms expire over a span of one month to 11 months, and the current monthly rate is approximately \$12,500 per month. The Australian and New Zealand subsidiaries also lease their office and warehouse facilities of approximately 8,000 square feet for a period of approximately five years at an annual rental of \$30,000 and \$24,000, respectively. Kaire Nutraceuticals has entered into a lease as of June 1, 1997 through the Trinidad and Tobago subsidiary. The Trinidad and Tobago office is approximately 1,100 square feet in downtown Port-of-Spain, Trinidad, which lease is for one year with two one-year renewals. In January 1998, Kaire Nutraceuticals entered into, through its United Kingdom subsidiary, a lease of approximately 4,800 square feet for 11 years in Solihull, England, with an option to renew the lease after five years, and terminate with notice.

The company leases approximately 2,200 square feet of office and warehouse space in Portland, Maine at a monthly rental of \$2,200 plus utilities. This lease expires on November 30, 2001, although the company may elect to terminate the lease commencing December 1, 1998 with six months notice. The company leases approximately 1,500 square feet of office space for its corporate headquarters at 250 Park Avenue, New York, New York. The current annual rent is \$65,400 and the lease expires on October 31, 2001.

The company believes that such properties are suitable and adequate for current operating needs.

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LEGAL PROCEEDINGS

On August 4, 1997 Samantha Haines brought an action in the Fifteenth Judicial Circuit of Palm Beach County, Florida, against the company and National Health Care Centers of America, Inc., the company's wholly-owned subsidiary. The company has asserted counterclaims against Samantha Haines and Leonard Haines. The complaint arises out of the defendant's alleged breach of contract in connection with the company's natural health care center which was located in Boca Raton, Florida. The company is vigorously defending the action. The plaintiff is seeking damages in the amount of approximately \$535,000.

On September 10, 1997 Rejuvenation Unlimited, Inc. and Sam Lilly, Inc. brought an action in the Fifteenth Judicial Circuit of Palm Beach County, Florida, arising out of the company's alleged breach of contract in connection with the acquisition of the company's natural health care center which was located in Boca Raton, Florida from the plaintiff. The plaintiff is seeking damages in excess of \$15,000.

In an action brought by Erie Laboratories, Inc. ("Erie") and H. Edward Troy

("Troy") v. Patricia J. Fisher, Richard Aji and Edward G. Coyne in the Supreme Court of the State of New York, Onondaga County, the plaintiffs are seeking to have a purported assignment of patent utilized for Natural Relief 1222 to the defendants declared null and void and to have Erie declared the lawful owner of such patent. The plaintiffs have prevailed at the trial level, however, the defendants have filed a notice of appeal. In the event that the defendants prevail, then the defendants would have equal rights to the patent.

In *Global Health and Ellon, Inc. v. Leslie Kaslof, Ralph Kaslof, and Ellon USA, Inc.*, pending in the United States District Court for the District of Maine (the "Maine Kaslof Case") claims have been made arising out of the sale of Ellon USA's ("Old Ellon") assets to Global Health's wholly-owned subsidiary, Ellon, Inc. ("New Ellon"). In connection with that sale, Leslie Kaslof and Ralph Kaslof, former shareholders and officers of Old Ellon, entered into employment and consulting agreements with Global Health. Global Health's potential obligation to the Kaslofs under the employment and consulting agreements was approximately \$525,000. The complaint in the Maine Kaslof Case seeks a determination that the Kaslofs materially breached their respective obligations under the agreements and that Global Health and New Ellon are excused from further performance thereunder. The complaint includes a breach of fiduciary claim against Ralph Kaslof, as well as a claim to recover approximately \$142,000. In a related civil action brought by the Kaslofs and Old Ellon in the United States District Court for the Eastern District of New York (the "New York Kaslof Action"). The Kaslofs have alleged breaches of the purchase and sale agreement, the employment and consulting agreements, and other agreements executed in connection with the sale of Old Ellon's assets. The complaint seeks to recover damages in an unspecified amount, but not less than \$1,300,000, costs of court, reasonable attorney fees, and interest. Global Health intends to vigorously defend any and all claims asserted by the Kaslofs and their corporation.

Inter/Media Time Buying Corp. ("Inter/Media") v. Global Health, et al., which is pending in the United States District Court for the Central District of California (the "Inter/Media Action"), is based on Inter/Media's provision of marketing, media purchasing, and related advertising services to Global Health in connection with Natural Relief 1222. The complaint seeks compensatory damages of \$144,500, unstated special damages, attorney fees and costs of court. Global Health answered the complaint, denying all material allegations therein, and asserting a counterclaim arising out of Inter/Media's creation of a defective national direct response campaign which prevented a successful nationwide retail launch for a clinically-proven product. By its counterclaim, which includes claims for breach of contract, negligence, intentional interference with a prospective economic advantage, fraud and intentional misrepresentation, and negligent misrepresentation, Global Health seeks to recover general damages of not less than \$6,500,000, special damages, costs of suit, and reasonable attorney fees. Inter/Media has sought an attachment against Global Health's assets for the full amount of its claims.

In *PIC-TV v. Global Health, et al.*, PIC-TV seeks to recover compensatory damages of not less than \$319,656, together with interest and costs of suit, based on the sale of advertising time and sponsorships to Global Health. Global Health has answered the complaint, and is also continuing its settlement discussions with PIC-TV.

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On April 26, 1999, Gusrae Kaplan & Bruno commenced an action against the Company in the Supreme Court of the State of New York for unpaid legal fees of approximately \$60,000. The Company is vigorously defending the action.

Kaire International, Inc. is the subject of an investigation by the United States Department of Justice, Office of Consumer Litigation, into the actions by certain specifically named individuals active in the dietary supplement industry. Kaire International, Inc. was initially contacted in January 1997 and was advised, in writing, that it is not a "target" of the Department's investigation, but that it is a "subject" (meaning that its conduct is deemed to be within the scope of the investigation) thereof. Kaire International, Inc. has completed all obligations and requests pertaining to this matter.

Kaire International, Inc. has also received a voluntary request for information from the FTC regarding a separate investigation into dietary supplement interactions with certain disorders. Kaire International, Inc. voluntarily produced information to the FTC with regards to the initial request, and has received a subsequent request for additional information. Kaire International, Inc. is currently responding with clarifications to previous inquiries. The FTC has proposed a Complaint and Agreement Containing Consent

order for execution by Kaire International, a former officer and a current officer of Kaire International, Inc.

MANAGEMENT INFORMATION SYSTEMS

Kaire Nutraceuticals maintains a computerized system for processing associate orders and calculating associate commission and bonus payments enabling it to promptly remit payments to associates. Kaire Nutraceuticals believes that prompt remittance of commissions and bonuses is vital to maintaining a motivated network of associates and that associate loyalty has been enhanced by Kaire Nutraceuticals making commission and bonus payments as scheduled.

Kaire Nutraceuticals' computer system provides each associate a detailed monthly accounting of all sales and recruiting activity in his or her organization. These convenient statements eliminate the need for substantial record keeping on behalf of the associate. As a precaution, duplicate copies of Kaire Nutraceuticals' computer records are transferred daily to an off-site location for safekeeping. Kaire Nutraceuticals is utilizing both internal and external resources to identify, correct or reprogram, and test the system for the Year 2000 compliance. It is anticipated that all reprogramming efforts will be completed by September 30, 1999 allowing adequate time for testing. Management has assessed Kaire Nutraceuticals' Year 2000 compliance expense to be \$150,000. Kaire Nutraceuticals has not yet established a contingency plan in the event that it is unable to correct the "Year 2000" problem and as of the date hereof has no plans to do so.

44 MANAGEMENT

The following table sets forth certain information concerning the directors and executive officers of the company.

DIRECTORS AND EXECUTIVE OFFICERS

<TABLE>

<CAPTION>

NAME	AGE	POSITION
<S>	<C>	<C>
Sir Brian Wolfson.....	64	Chairman of the Board and Director
Joseph P. Grace.....	48	President and Director
Mark D. Woodburn.....	28	Chief Financial Officer and Treasurer
Martin C. Licht.....	56	Director
Dirk D. Goldwasser.....	38	Director
Ralph Ellison.....	37	Director
Robert L. Richards.....	53	Director

</TABLE>

The following is a brief summary of the background of each executive officer and director of the Company:

SIR BRIAN WOLFSON has served as chairman and a director of the company since July 1997. Prior to co-founding GHA in October 1995, Mr. Wolfson served as chairman of Wembley, PLC from 1986 to 1995. Mr. Wolfson is currently a director of Fruit of the Loom, Inc., Kepner-Tregoe, Inc., Playboy Enterprises, Inc., and Autotote Corporation, Inc.

JOSEPH P. GRACE has been the President of the company since October, 1998 and Co-Chief Operating Officer of GHA since October 1996. From 1995 to 1996, Mr. Grace was a principal of Natural Health Laboratories, Inc. From 1994 to 1996, Mr. Grace was Chairman of Ovation, Inc., a health and fitness equipment supplier. From 1989 to 1994, Mr. Grace was Vice Chairman of Ovation, Inc., a health and fitness equipment supplier. Mr. Grace has an M.B.A. from Cornell University and a B.S. in Electrical Engineering, also from Cornell University.

MARK D. WOODBURN has been secretary and a director of Kaire International, Inc. from 1992 to the present. He became the chief financial officer of the

company in April, 1999.

MARTIN C. LICHT has been a practicing attorney since 1967. Mr. Licht became a director of the company in July 1995.

DIRK D. GOLDWASSER has been a consultant/trader with Filin Corp. from August 1996 to the present. From June 1994 to July 1996 he was a vice president with Bankers Trust Securities Company. From December 1993 to June 1994 he was an associate with Oppenheimer and Co. From 1988 to 1994, he was director of sales for Galbreath Asset Advisors/Loews Organization.

RALPH ELLISON has been the president of PolarRx Biopharmaceuticals, a biotechnology company, since 1997. From 1995 to 1997, he was a principal of Parna LLC, a real estate consulting firm. From 1990 to 1995 he was the director of clinical research at Research Testing Laboratories.

ROBERT L. RICHARDS is the Chief Executive Officer of Kaire Nutraceuticals and became a director of the company in April 1999. He was a co-founder and has been an executive officer and director of Kaire International, Inc. since its inception in 1992.

COMPLIANCE WITH SECTION 16(A) OF THE EXCHANGE ACT

Based solely upon a review of (i) Forms 3 and 4 and amendments thereto furnished to the company pursuant to Rule 16a-3(e), promulgated under the Securities Exchange Act of 1934 (the "Exchange Act"), during the company's fiscal year ended December 31, 1998, and (ii) Forms 5 and amendments thereto and/or written representations furnished to the company by any director, officer or ten percent security holder of the company (collectively "Reporting Persons") stating that he or she was not required to file a Form 5 during the company's fiscal year ended December 31, 1998, it has been determined that no Reporting Person is delinquent with respect to his or her reporting obligations set forth in Section 16(a) of the Exchange Act, except that the company did not receive any Form 5's from its officers and directors or Form 3's from Messrs. Grace, Goldwasser or Ellison.

EXECUTIVE COMPENSATION

SUMMARY COMPENSATION TABLE

The following table provides a summary of cash and non-cash compensation for each of the last three fiscal years ended December 31, 1996, 1997, and 1998 with respect to the following officers of the company:

<TABLE>
<CAPTION>

NAME AND PRINCIPAL POSITION	YEAR	LONG TERM COMPENSATION				
		ANNUAL COMPENSATION			AWARDS	
		OTHER ANNUAL COMPENSATION SALARY(\$)	RESTRICTED STOCK BONUS(\$)	SECURITIES UNDERLYING AWARD(S) \$(1)	OPTIONS SARS(#)	
<S>	<C>	<C>	<C>	<C>	<C>	<C>
Joseph P. Grace, President	1998	\$ 162,500	--	--	--	--
Sir Brian Wolfson, Chairman of the Board (2)	1998 1997	50,000 --	-- --	-- --	-- --	-- --
Neal R. Heller,(3) President and Chief Executive Officer	1998 1997 1996	155,365 201,500 162,500	-- -- --	-- -- --	-- -- --	-- -- --
Elizabeth S. Heller(4) Secretary	1998 1997 1996	50,885 141,100 150,000	-- -- --	-- -- --	-- -- --	-- -- --

<CAPTION>

PAYOUTS

NAME AND PRINCIPAL POSITION	LTIP	ALL OTHER PAYOUTS (\$)	COMPENSA- TION(\$)
<S>	<C>	<C>	
Joseph P. Grace, President		--	--
Sir Brian Wolfson, Chairman of the Board (2)		--	--
Neal R. Heller,(3) President and Chief Executive Officer		--	--
Elizabeth S. Heller(4) Secretary		--	--
	--	--	

</TABLE>

(1) Excludes perquisites and other personal benefits that in the aggregate do not exceed 10% of each of such individual's total annual salary and bonus.

(2) Sir Brian Wolfson waived \$50,000 of his 1997 salary.

(3) Mr. Heller is no longer an officer or employee of the company.

(4) Mrs. Heller is no longer an officer or employee of the company.

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OPTIONS GRANTS IN LAST FISCAL YEAR. The following table sets forth certain information with respect to option grants during the fiscal year ended December 31, 1998 to the named executive officers.

<TABLE>
<CAPTION>

NAME	NUMBER OF SECURITIES UNDERLYING OPTIONS GRANTED	PERCENT OF TOTAL OPTIONS GRANTED TO		EXERCISE OR BASE PRICE	EXPIRATION DATE
		EMPLOYEES IN FISCAL YEAR	(\$.SH)		
<S>	<C>	<C>	<C>	<C>	
Joseph P. Grace.....	50,000	41.6%	\$ 1.00	August 2003	

</TABLE>

Year-end Option Table. During the fiscal year ended December 31, 1998, none of the named executive officers exercised any options issued by the company. The following table sets forth information regarding the stock options held as of December 31, 1998 by the named executive officers.

<TABLE>
<CAPTION>

NAME	NUMBER OF SECURITIES UNDERLYING UNEXERCISED OPTIONS AT FISCAL YEAR END		VALUE OF UNEXERCISED IN-THE-MONEY OPTIONS AT FISCAL YEAR-END	
	EXERCISABLE	UNEXERCISABLE	EXERCISABLE	UNEXERCISABLE
<S>	<C>	<C>	<C>	<C>
Joseph P. Grace.....	0	50,000	\$ 0	\$ 143,750

</TABLE>

DIRECTORS' COMPENSATION

Directors of the company do not receive any fixed compensation for their services as directors. The company grants each non-employee director options to purchase 1,000 shares of common stock, at an exercise price equal to the fair market value of the common stock on the date of grant, and pays non-employee directors \$500 for each meeting of the board of directors they attend. Directors are reimbursed for their reasonable out-of-pocket expenses incurred in connection with performance of their duties to the company. The company did not pay its directors any cash or other form of compensation for acting in such capacity, although directors who were also executive officers of the company received cash compensation for acting in the capacity of executive officers. Mr. Goldwasser received options to purchase 50,000 shares of common stock and consulting fees of \$2,500 per month, and Mr. Ellison received options to purchase 20,000 shares of common stock during the year ended December 31, 1998

and 20,000 shares of common stock for the year ending December 31, 1999 at an exercise price of \$1.00 per share. See "--Executive Compensation." No director received any other form of compensation for the fiscal year ended December 31, 1998.

STOCK OPTIONS

The 1998 Stock Option Plan (the "1998 Plan") provides for the granting of options to key employees, including officers, non-employee directors and consultants of the company and its subsidiaries to purchase up to 200,000 shares of common stock which are intended to qualify either as Incentive Stock Options within the meaning of the Code or as options which are Nonstatutory Stock Options.

The 1997 Stock Option Plan (the "1997 Plan") provides for the granting of options to key employees, including officers, non-employee directors and consultants of the company and its subsidiaries to purchase up to 75,000 shares of common stock which are intended to qualify either as incentive stock options ("Incentive Stock Options") within the meaning of Section 422 of the Internal Revenue Code of 1986, as amended, (the "Code"), or as options which are not intended to meet the requirements of such section ("Nonstatutory Stock Options").

The company has adopted the 1994 Stock Option Plan (the "1994 Plan") under which up to 16,667 options to purchase shares of common stock may be granted to key employees, officers, consultants and members of the Board of Directors of the company. Options granted under the 1994 Plan may be either Incentive Stock Options or Nonstatutory Options.

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The plans are administered by the Board of Directors. Under the plans, the Board of Directors has the authority to determine the persons to whom options will be granted, the number of shares to be covered by each option, whether the options granted are intended to be incentive stock options, the manner of exercise, and the time, manner and form of payment upon exercise of an option.

Incentive stock options granted under the Plans may not be granted at a price less than the fair market value of the common stock on the date of grant (or less than 110% of fair market value in the case of employees holding 10% or more of the voting stock of the company). Non-qualified stock options may be granted at an exercise price established by the Stock Option Committee selected by the Board of Directors, but may not be less than 85% of fair market value of the shares on the date of grant. Incentive stock options granted under the plans must expire not more than ten years from the date of grant, and not more than five years from the date of grant in the case of incentive stock options granted to an employee holding 10% or more of the voting stock of the company.

In April 1999, the company granted options to purchase shares of common stock to the following individuals at an exercise price of \$3.50 per share as a bonus for the year ended December 31, 1998:

<TABLE>

<CAPTION>

PERSON	NUMBER OF OPTIONS
-----	-----
<S>	<C>
Joseph P. Grace.....	150,000
Dirk Goldwasser.....	50,000
Sir Brian Wolfson.....	50,000
Martin C. Licht.....	25,000
Kevin Underwood.....	20,000

</TABLE>

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PRINCIPAL STOCKHOLDERS

The following table sets forth certain information as to the common stock ownership of each of the company's directors, executive officers, all executive officers and directors as a group, and all persons known by the company to be the beneficial owners of more than five percent of the company's common stock.

Unless otherwise noted, all persons named in the table have sole voting and dispositive power with respect to all shares of common stock beneficially owned by them.

<TABLE>
<CAPTION>

NAME AND ADDRESS OF BENEFICIAL OWNER(1)(2)	NUMBER OF SHARES			BEFORE OFFERING	AFTER OFFERING
		BENEFICIALLY OWNED			
<S>	<C>	<C>	<C>		
Joseph P. Grace.....	91,479(3)	1.5%	1.2%		
Martin C. Licht.....	10,300(4)	*	*		
Sir Brian Wolfson.....	9,850(5)	*	*		
Dirk D. Goldwasser.....	66,125(6)	1.0%	*		
Ralph Ellison.....	15,000(7)	*	*		
Robert L. Richards.....	--	*	*		
Mark D. Woodburn.....	--	*	*		
	--	--			

All Executive Officers and Directors (7 persons).....	192,754	3.1%	2.5%		

</TABLE>

*Owns less than one (1%) percent.

(1) The address of each executive officer and director is c/o the company, 250 Park Avenue, New York, New York 10177.

(2) Does not include shares of common stock issuable upon the conversion of the company's Series E, F, G, H and I Preferred Stock. Pursuant to the terms of the Series E, F, G, H and I Preferred Stock, the holders thereof generally are not entitled to convert such instruments to the extent that such conversion would increase the holders' beneficial ownership of common stock to in excess of 4.9%, except in the event of a mandatory conversion. On the date of a mandatory conversion of the Series E, F, G, H and I Preferred Stock, a change in control of the company may occur, based upon the number of shares of common stock issuable.

(3) Includes options to purchase 80,000 shares of common stock at an exercise price of \$1.00, but does not include options to purchase 120,000 shares of common stock which are not exercisable within 60 days.

(4) Includes options to purchase 9,000 shares of Common Stock which are exercisable within 60 days, but does not include options to purchase 16,000 shares of Common Stock which are not exercisable within 60 days.

(5) Includes options to purchase 9,000 shares of Common Stock, but does not include options to purchase 41,000 shares of Common Stock which are not exercisable within 60 days.

(6) Includes options to purchase 65,000 shares of Common Stock, but does not include options to purchase 35,000 shares of Common Stock which are not exercisable within 60 days.

(7) Includes options to purchase 15,000 shares of Common Stock at an exercise price of \$1.00 per share, but does not include 25,000 additional options which will vest on September 1, 1999.

49 CERTAIN TRANSACTIONS

In August 1998, the Company sold its three vocational schools that it operated as a junior college in Orlando, Pompano Beach and Miami, Florida (the "Schools") that offer training and preparation for licensing in therapeutic massage and skin care to Florida College of Natural Health, Inc. ("FCNH"). Neal R. Heller, the company's former President, Chief Executive Officer, a principal stockholder and a former director, Elizabeth S. Heller, his wife, the company's former secretary, a principal stockholder and a former director, and Mr. Arthur Kaiser, a former director of the company, are principal shareholders of FCNH. The purchase price for the Schools was \$1,778,333 in cash. In addition, FCNH assumed all of the liabilities in connection with the operations of the Schools together with additional liabilities in the aggregate amount of approximately \$2,559,249. The company was not released from such liabilities despite such assumption by FCNH.

In connection with the sale of the Schools, Mr. and Mrs. Heller's employment agreements were canceled, and they each resigned as directors and officers of the company. Mr. and Mrs. Heller also transferred to the company 79,175 shares of common stock which were canceled and options to purchase 20,000 shares of common stock.

In connection with the refinancing of the company's property in Pompano Beach, Florida (the "Pompano Property") in October, 1997, the company paid a mortgage loan in the amount of \$443,727 (the "Prior Mortgage Loan") which encumbered both the Pompano Property and an adjacent parcel of land (the "Adjacent Parcel") which was owned by Justin Real Estate Corp. ("Justin"). The capital stock of Justin was owned by Neal R. Heller and Elizabeth S. Heller. Mr. and Mrs. Heller also had guaranteed the Prior Mortgage Loan.

As of October 1997, the company had advanced to Mr. and Mrs. Heller \$142,442. In October 1997, Mr. and Mrs. Heller advanced the sum of \$240,295 on behalf of the company and the company advanced \$24,412 to Justin. In November, 1997, the company advanced \$53,523 on behalf of Justin. In December 1997, Mr. and Mrs. Heller waived the repayment of the sum of \$19,918 from the company. As of December 31, 1997, there were no amounts due to the company from Mr. and Mrs. Heller or Justin and no amounts were due to the company from Mr. and Mrs. Heller or Justin.

Martin C. Licht, a director of the company, was a member of law firms which received \$153,351 attributable to 1997 and \$263,221 attributable to 1998.

As of March 31, 1999, the company owed \$60,000 to each of Mark Woodburn, the company's chief financial officer, and Robert Richards, a director of the company, in connection with liabilities assumed in connection with the Kaire Acquisition.

DESCRIPTION OF SECURITIES

GENERAL

The total authorized capital stock of the company is 50,000,000 shares of common stock, \$.001 par value per share, and 1,500,000 shares of Preferred Stock, \$.001 par value per share. As of March 31, 1999 the company had 6,220,331 shares of common stock issued and outstanding, which are held by approximately 1,669 shareholders, excluding shares of common stock issuable upon exercise of outstanding options, warrants and conversion rights.

COMMON STOCK

Each share of common stock entitles the holder thereof to one vote on all matters submitted to a vote of the shareholders. Since the holders of common stock do not have cumulative voting rights, holders of more than 50% of the outstanding shares can elect all of the directors of the company then being elected and holders of the remaining shares by themselves cannot elect any directors. The holders of common stock do not have preemptive rights or rights to convert their common stock into other securities. Holders of common stock are entitled to receive ratably such dividends as may be declared by the Board of

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Directors out of funds legally available therefor. In the event of a liquidation, dissolution or winding up of the company, holders of the common stock have the right to a ratable portion of the assets remaining after payment of liabilities subject to any superior claims of any shares of Preferred Stock hereafter issued. See "--Preferred Stock." All shares of common stock outstanding and to be outstanding upon completion of the Offering are and will be fully paid and nonassessable.

WARRANTS

Each of the warrants, which will be designated as Class C warrants, will expire five years from the date of this prospectus and entitles the holder for a period of five years from the date of this prospectus, commencing on ,2001 or earlier with the consent of May Davis Group, Inc., to purchase one share of common stock for a purchase price of 130% of the public offering price. The warrants are redeemable by us at a price of \$0.25 per warrant provided that the common stock trades at a price equal to at least 150% of the public offering price for at least 20 consecutive trading days ending three days prior to the notice of redemption and that 30 days prior written notice is given. The warrants will become immediately exercisable upon receipt of the notice of redemption.

PREFERRED STOCK

The company is authorized by its Articles of Incorporation to issue a maximum of 1,500,000 shares of Preferred Stock, in one or more Series and containing such rights, privileges and limitations, including voting rights, dividend rates, conversion privileges, redemption rights and terms, redemption prices and liquidation preferences, as the Board of Directors of the company may, from time to time, determine.

The issuance of shares of Preferred Stock pursuant to the Board's authority could decrease the amount of earnings and assets available for distribution to holders of common stock, and otherwise adversely affect the rights and powers, including voting rights, of such holders and may have the effect of delaying, deferring or preventing a change in control of the company. The company is not required by current Florida Law to seek shareholder approval prior to any issuance of authorized but unissued stock and the Board of Directors does not currently intend to seek shareholder approval prior to any issuance of authorized but unissued shares of Preferred Stock or common stock, unless otherwise required by law.

SERIES E PREFERRED STOCK

The Series E Preferred Stock in the face amount of \$1,650,000 was issued in a private placement in August 1998 and pays a dividend (provided the company has either sufficient surplus or net profits), at a rate of ten percent of the stated value per annum, payable upon conversion of the shares of Series E Preferred Stock, in cash or in shares of common stock. The shares of Series E Preferred Stock are non-voting prior to conversion, and, subject to certain limitations, are convertible by the holder at any time into shares of common stock of the company, at a conversion price per share determined by dividing the stated value by the lower of the closing bid price on the date of issuance or 75% of the average closing bid price of the common stock for the five trading days immediately preceding the date on which the company receives notice of conversion from a holder.

Except in the case of the automatic conversion 24 months from the date of issuance, the holder of shares of Series E Preferred Stock can convert any portion of such holder's shares of Series E Preferred Stock if such conversion would not increase such holder's beneficial ownership of common stock (other than shares of common stock owned through ownership of the Series E Preferred Stock) to in excess of 4.9%.

The holder of each share of Series E Preferred Stock is entitled to a payment of 2% of the face amount of the Series E Preferred Stock for each 30 day period after 120 days after the issuance of the Series E Preferred Stock that the registration statement is not effective, payable in cash or shares of common stock at the option of the holder. Shares of Series E Preferred Stock are converted automatically into shares of common stock 24 months from their date of issuance. As of May 31, 1999 the shares of

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Series E Preferred Stock including the accrued interest and penalty charges are convertible into approximately 1,900,250 shares of common stock. The shares of common stock underlying the Series E Preferred Stock are being registered for resale concurrently with this registration statement. See "--Concurrent Offering."

In connection with the offering of the Series E Preferred Stock, the company issued warrants to purchase 300,000 shares of common stock to BLH, Inc. The shares of common stock underlying the warrants are being registered for resale concurrently with this registration statement.

SERIES F PREFERRED STOCK

The Series F Preferred Stock in the face amount of \$2,800,000 issued to Kaire International, Inc. pays a dividend (provided the company has either sufficient surplus or net profits), at the rate of six percent of the stated value per annum, payable upon conversion of the shares of Series F Preferred Stock, in cash or in shares of common stock. The shares of the Series F Preferred Stock are non-voting prior to conversion, and, subject to certain limitations, are convertible by the holder at any time into shares of common stock of the company, at a conversion price per share determined by dividing the stated value by 95% of the average closing bid price of the common stock for the three trading days immediately preceding the date on which the company receives

notice of conversion from a holder. The terms of the Series F Preferred Stock permit the company at any time, on five days prior written notice, to redeem the outstanding Series F Preferred Stock at a redemption price equal to the stated value and the accrued dividends thereon. The shares of common stock issuable upon conversion of the Series F Preferred Stock are subject to a lock-up preventing the sale, pledge, hypothecation or other transfer of such shares, for a period of one year from the closing date of the Kaire Acquisition in the case of \$1,000,000 aggregate stated value of Series F Preferred Stock, and a lock-up of two years from the closing date of the Kaire Acquisition with respect to the remaining \$1,800,000 aggregate stated value of Series F Preferred Stock. The company intends to redeem the Series F Preferred Stock out of the net proceeds of this Offering.

SERIES G PREFERRED STOCK

The Series G Preferred Stock in the face amount of \$350,000 pays a dividend (provided the company has either sufficient surplus or net profits), at the rate of 6% of the stated value per annum, payable upon conversion of the shares of Series G Preferred Stock, in cash or in shares of common stock. The shares of the Series G Preferred Stock are non-voting prior to conversion, and, subject to certain limitations, are convertible by the holder at any time into shares of common stock of the company, at a conversion price per share determined by dividing the stated value by 95% of the average closing bid price of the common stock for three trading days immediately preceding the date on which the company receives notice of conversion from a holder. The terms of the Series G Preferred Stock permit the company at any time, on five days prior written notice, to redeem the outstanding Series G Preferred Stock at a redemption price equal to the stated value and the accrued dividends thereon. The company has agreed to register for sale under the Securities Act all shares of common stock issuable upon conversion of the Series G Preferred Stock on any registration statement (other than on Form S-4, Form F-8 or any similar or successor form) filed by the company or upon demand of all of the holders of the Series G Preferred Stock commencing eight months following the closing date of the Kaire Acquisition (or if all of the holders of the Series G Preferred Stock so elect and agree to pay any and all costs associated therewith, to register the underlying shares upon demand, but no earlier than 30 days following the closing date of the Kaire Acquisition. The company intends to redeem the Series G Preferred Stock from the net proceeds of the Offering. The shares of common stock underlying the Series G Preferred Stock are being registered for resale concurrently with this registration statement.

SERIES H PREFERRED STOCK

The Series H Preferred Stock in the face amount of \$1,400,000 was issued in a private placement in March and April 1999 and pays a dividend (provided the company has either sufficient surplus or net

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profits), at a rate of 8% of the stated value per annum, payable upon conversion of the shares of Series H Preferred Stock, in cash or in shares of common stock. The shares of Series H Preferred Stock are non-voting prior to conversion, and, subject to certain limitations, are convertible by the holder at any time into shares of common stock of the company, at a conversion price per share determined by dividing the lower of the closing bid price on the date of issuance or the stated value by 75% of the average closing bid price of the common stock for the three trading days immediately preceding the date on which the company receives notice of conversion from a holder.

Except in the case of the automatic conversion 24 months from the date of issuance, the shares of Series H Preferred Stock, the holder can convert any portion of such holder's shares of Series H Preferred Stock if such conversion would not increase such holder's beneficial ownership of common stock (other than shares of common stock owned through ownership of the Series H Preferred Stock) to in excess of 4.9%.

The holder of each share of Series H Preferred Stock is entitled to a payment of 2% of the face amount of the Series H Preferred Stock for each 30 day period after 90 days after the issuance of the Series H Preferred Stock that this registration statement is not declared effective, payable in cash or shares of common stock at the option of the holder. Shares of Series H Preferred Stock are converted automatically into shares of common stock 24 months from their date of issuance. As of May 31, 1999 the shares of Series H Preferred Stock is convertible into approximately 550,001 shares of common stock. The shares of common stock underlying the Series H Preferred Stock are being registered for resale concurrently with this registration statement. See "Concurrent Offering."

SERIES I PREFERRED STOCK

In connection with the Kaire Acquisition, the company has agreed to issue to BLH, Inc. 516 shares of preferred stock which shall be designated as Series I Preferred Stock with a face amount of \$1,000 per share. The shares of Series I Preferred Stock pays a dividend at the rate of 8% per annum. The shares of Series I Preferred Stock will be convertible into shares of common stock at a conversion price equal to the closing bid price of the common stock for the five trading days immediately preceding the date of conversion. As of May 31, 1999, the shares of Series I Preferred Stock would convert into approximately 127,806 shares of common stock. The shares of common stock underlying the Series I Preferred Stock are being registered for resale concurrently with this registration statement.

THE KAIRE ACQUISITION WARRANTS

The warrants issued to Kaire International, Inc. are exercisable for a period of five years from the closing date of the Kaire Acquisition into an aggregate of 200,000 shares of common stock at an exercise price of \$4.06 per share. The exercise price may be payable at the option of the holder thereof in cash and/or by a cashless exercise based on the difference between the fair market value of the shares of common stock for which the warrants are being exercised, and the exercise price, by delivering to the company for cancellation the warrants owned by such holders. The shares of common stock issuable upon exercise of the warrants contain certain "piggyback" registration rights and anti-dilution protection. The shares of common stock underlying the warrants are being registered for resale with this Registration Statement.

TRANSFER AGENT AND REGISTRAR

The Company has appointed Continental Stock Transfer & Trust Company, 2 Broadway, New York, New York 10004, as transfer agent and registrar for the common stock and the warrants.

SHARES ELIGIBLE FOR FUTURE SALE

Upon the consummation of this Offering, 7,452,039 shares of Common Stock will be issued and outstanding. In addition to other shares of common stock not held by affiliates, the 1,231,708 shares

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offered hereby will be freely tradeable without restriction or further registration under the Securities Act, except that any shares purchased by "affiliates" of the Company (as defined in Rule 144 promulgated under the Securities Act) will be subject to the resale limitations of Rule 144, as described below.

The shares of Common Stock outstanding held by affiliates are deemed "restricted securities," as that term is defined under Rule 144, and may only be sold pursuant to an effective registration statement under the Securities Act, in compliance with the exemption provisions of Rule 144 or pursuant to another exemption under the Securities Act. Such restricted shares of Common Stock will become eligible for sale, under Rule 144, subject to certain volume and manner of sale limitations prescribed by Rule 144.

In general, under Rule 144 as currently in effect, a person (or persons whose shares are required to be aggregated), including a person who may be deemed an "affiliate" of the Company, who has beneficially owned restricted securities for at least one year may sell, within any three-month period, a number of shares that does not exceed the greater of (i) 1% of the then outstanding shares of Common Stock (approximately 74,520 shares immediately following the consummation of this Offering) or (ii) the average weekly trading volume of the Common Stock during the four calendar weeks preceding the date on which notice of such sale was filed under Rule 144. Sales under Rule 144 are also subject to certain requirements as to the manner of sale, notice and availability of current public information about the Company. A person who is not deemed to have been an affiliate of the Company at any time during the 90 days preceding a sale by such person, and who has beneficially owned the restricted shares for at least two years, is entitled to sell such shares under Rule 144(k) without regard to any of the restrictions described above.

CONCURRENT OFFERING

Pursuant to a separate prospectus included in the registration statement of

which this prospectus is a part, the holders of the Series E, G, H and I Preferred Stock and the warrants issued in the Kaire Acquisition are offering an aggregate of 3,179,848 shares of common stock underlying such securities. Such securityholders do not presently own any of such shares of common stock, but will acquire the shares of common stock upon the conversion or exercise of the such securities. The company will not receive the proceeds from the sale of any such securities.

UNDERWRITING

Subject to the terms and conditions set forth in the underwriting agreement (the "Underwriting Agreement"), the company has agreed to sell to each of the underwriters named below (the "Underwriters"), and each of the Underwriters, for whom May Davis Group, Inc. is acting as representative (the "Representative"), has agreed to purchase, the number of shares of common stock and warrants set forth opposite its name below. Under certain circumstances, the commitments of nondefaulting Underwriters may be increased as set forth in the Agreement Among Underwriters.

UNDERWRITER	NUMBER OF SHARES	NUMBER OF WARRANTS
<S>	<C>	<C>
May Davis Group, Inc.....		
Total.....		

The Underwriting Agreement provides that the obligations of the Underwriters thereunder are subject to approval of certain legal matters by counsel and to various other conditions. The nature of the Underwriters' obligations are such that they are committed to purchase and pay for all of the above securities if any are purchased. The Underwriters propose to offer the securities directly to the public at the public offering prices set forth on the cover page of this Prospectus.

The company has granted the Underwriters a 45-day over-allotment option to purchase up to 184,756 additional shares of common stock and warrants at the public offering price less the underwriting discount. The Underwriters may exercise such option only to cover over-allotments made in connection with the sale of the shares of the securities offered hereby.

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The company has also agreed to sell to the Underwriters, for nominal consideration, warrants to purchase the number of shares of common stock and warrants equal to 10% of the total number of securities sold in this offering at a price per share equal to 120% of the public offering price. The Underwriters' Warrants will be exercisable for a period of four years commencing one year from the effective date of this offering and will contain certain demand and "piggyback" registration rights with respect to the securities issuable upon the exercise of the Underwriters' Warrants. The Underwriters' Warrants are not transferable (except to members of the syndicate and their affiliates). The exercise price and the number of securities issuable upon exercise may, under certain circumstances, be subject to adjustment pursuant to antidilution provisions.

The company has agreed to allow the Underwriters a commission of ten percent (10%) of the public offering price of the securities being offered hereby. Additionally, the company will be paying the Underwriters, following the closing of this Offering, a nonaccountable expense allowance equal to three percent (3%) of the aggregate public offering price of the securities, of which \$25,000 has been paid.

The company has agreed to engage the Representative as a financial advisor for a period of five years commencing upon the closing of the offering at a fee equal to \$1,500 per month, which is payable in full upon the closing of the offering.

Upon the exercise of the warrants at any time commencing on _____, 2001 or earlier with the consent of the Representative, the company will pay the Representative a commission of 5% of the aggregate exercise price if (i) the market price of the company's shares of common stock on the date the warrant is exercised is greater than the then exercise price of the warrants; (ii) the exercise of the warrant was solicited by a member of the National Association of Securities Dealers, Inc.; (iii) the warrant is not held in a discretionary

account; (iv) disclosure of compensation arrangements was made both at the time of the offering and at the time of exercise of the warrant; (v) the holder of the warrant has stated in writing that the exercise was solicited and designated in writing the soliciting broker-dealer; and (vi) the solicitation of exercise of the warrant was not in violation of Regulation M, promulgated under the Exchange Act. No fee will be paid to the Representative on warrants exercised prior to 2001 or on warrants voluntarily exercised at any time without solicitation by the Representative.

The Underwriting Agreement provides that, during the three years after the date of this prospectus, the Representative has the right to designate a person to observe meetings of the company's board of directors or, during the three years after the date of this prospectus, require the company to use its best efforts to elect the Representative's nominee to the company's board of directors. Such observer or nominee shall be entitled to receive compensation and reimbursement of expenses as provided to other board members.

The company has further agreed to indemnify the Underwriters against certain liabilities, losses and expenses, including liabilities under the Securities Act, or to contribute to payments that the Underwriters may be required to make in respect thereof. The company also has agreed to reimburse the Underwriters for certain out-of-pocket expenses incurred in connection with the offering.

The Underwriters have advised the company that they do not intend to make sales to discretionary accounts.

In connection with this offering certain underwriters may engage in passive market making transactions in the shares in accordance with Rule 103 of Regulation M. Further, the Underwriters' selling group members and their respective affiliates may engage in transactions that stabilize, maintain or otherwise affect the market price of the shares of common stock. These transactions may include stabilization transactions permitted by Rule 104 of Regulation M, under which persons may bid for or purchase shares to stabilize the market price. The Underwriters may also create a "short position" for their own account by selling more shares in the offering than they are committed to purchase, and in that case they may purchase shares in the open market after this offering is completed to cover all or a part of their short

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position. The Representative may also cover all or a portion of their short position, up to 184,756 shares, by exercising their over-allotment option described above and on the cover of this Prospectus.

The public offering price of the common stock, the warrants and the terms of the Underwriters' Warrants (including the exercise price) have been determined by negotiation between the company and the Representative. Among the factors considered in such negotiations were the history of, and the prospect for, the company's business, and assessment of the company's management, its past and present operations, the company's development and the general condition of the securities market at the time of the Offering. The public offering price does not necessarily bear any relationship to the company's assets, book value, earnings or other established criteria of value. Such price is subject to change as a result of market conditions and other factors, and no assurance can be given that a public market for the common stock will be sustained after the closing of the offering or that the common stock or warrants can be resold at any time at the offering or any other price.

LEGAL MATTERS

Certain legal matters with respect to the issuance of the securities offered hereby will be passed upon for the company by Martin C. Licht, Esq., New York, New York. Martin C. Licht, Esq., counsel to the company, owns 1,300 shares of common stock and options to purchase 9,000 shares of common stock and is a member of the Board of Directors of the company. Certain legal matters will be passed on for the Underwriters by Gersten Savage & Kaplowitz, LLP, New York, New York.

EXPERTS

The consolidated financial statements of the company at December 31, 1998 and for the three years then ended, have been included herein and in the Registration Statement in reliance upon the report of Feldman Sherb Ehrlich & Co., P.C., independent certified public accountants, appearing elsewhere herein, and upon the authority of such firm as experts in accounting and auditing. Their report contains an explanatory paragraph regarding the company's ability to

continue as a going concern.

The consolidated financial statements of Kaire International, Inc. as of December 31, 1998 and 1997 and for the years ended December 31, 1998, 1997 and 1996 have been included herein and in the Registration Statement in reliance upon the report of BDO Seidman, LLP, independent certified public accountants, appearing elsewhere herein, and upon the authority of such firm as experts in accounting and auditing. Their report contains an explanatory paragraph regarding the company's ability to continue as a going concern.

ADDITIONAL INFORMATION

We have filed our Form S-1 registration statement with the SEC. This prospectus does not contain all the information set forth in the registration statement. You'll find additional information about us and our common stock in the registration statement. For example, in this prospectus we have summarized or referred to some contracts, agreements, and other documents that have been filed as exhibits to the registration statement. The registration statement, including its exhibits and schedules, may be inspected without charge at the SEC's principal office at 450 Fifth Street, N.W., Washington, D.C. 20549, and copies may be obtained from that office, upon payment of the applicable fees. The registration statement, including its exhibits and schedules, are also available on the SEC's website at www.sec.gov.

We are subject to the information requirements of the Securities Exchange Act of 1934, and accordingly will file reports, proxy statements, and other information with the SEC. These materials can be inspected and copies at the public reference facilities maintained by the SEC at 450 Fifth Street, N.W., Washington, D.C. 20549, or at its regional offices at 500 West Madison Street, Suite 1400, Chicago, Illinois 60661, and 7 World Trade Center, Suite 1300, New York, New York 10048. Copies of these materials can be obtain from the SEC's Public Reference Section at 450 Fifth Street, N.W., Washington, D.C. 20549 at prescribed rates. Some information about is also available on the SEC's website at www.sec.gov.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

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INDEPENDENT AUDITORS' REPORT

Board of Directors
Natural Health Trends Corp. and Subsidiaries
New York, New York

We have audited the accompanying consolidated balance sheets of Natural Health Trends Corp. and Subsidiaries as of December 31, 1998 and 1997, and the related consolidated statements of operations, stockholders' equity and cash flows for the years ended December 31, 1998, 1997 and 1996. These financial statements are the responsibility of the Company's management. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with generally accepted auditing

standards. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

In our opinion, the financial statements referred to above present fairly, the financial position of Natural Health Trends Corp. and Subsidiaries as of December 31, 1998 and 1997, and the results of its operations and its cash flows for the years ended December 31, 1998, 1997 and 1996, in conformity with generally accepted accounting principles.

The accompanying financial statements have been prepared assuming that the Company will continue as a going concern. The Company has incurred losses in each of the last three fiscal years and as more fully described in Note 2, the Company anticipates that additional funding will be necessary to sustain the Company's operations through the fiscal year ending December 31, 1999. These conditions raise substantial doubt about the Company's ability to continue as a going concern. Management's plans in regard to these matters are also described in Note 2. The financial statements do not include any adjustments that might result from the outcome of this uncertainty.

/s/ Feldman Sherb Ehrlich & Co., P.C.
 Certified Public Accountants

New York, New York
 February 26, 1999, except for Note 17
 as to which the date is April 14, 1999

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 NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

CONSOLIDATED BALANCE SHEETS

<TABLE>
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	DECEMBER 31,		MARCH 31,	
	1998	1997	1999	
	<C>	<C>	<C>	(UNAUDITED)
ASSETS				
CURRENT ASSETS:				
Cash.....	\$ 294,220	\$ 67,023	\$ 628,539	
Restricted cash.....	--	--	170,685	
Accounts receivable.....	19,331	161,105	318,685	
Inventories.....	314,367	719,726	1,249,206	
Due from affiliate.....	250,000	--	--	
Prepaid expenses.....	3,370	11,340	104,723	
TOTAL CURRENT ASSETS.....		881,288	959,194	2,471,838
Property and equipment.....	78,436	82,706	726,093	
Prepaid royalties.....	498,125	--	537,240	
Patents and customer lists.....	4,415,049	5,063,091	9,529,882	
Goodwill.....	829,468	890,716	2,072,796	
Net asset held for disposition.....	--	1,676,764	--	
Deposits and other assets.....	150,350	192,864	80,680	
	\$ 6,852,716	\$ 8,865,335	\$ 15,418,529	

LIABILITIES AND STOCKHOLDERS' EQUITY

CURRENT LIABILITIES:				
Cash overdraft.....	\$ --	\$ --	\$ 1,053,307	
Accounts payable.....	1,685,313	2,345,986	2,898,101	
Accrued expenses.....	139,566	838,370	1,585,721	
Accrued expenses for discontinued operations.....		314,593	338,446	314,593
Note payable.....	--	--	170,000	
Current portion of long-term debt.....	314,684	1,677,809	314,684	
Accrued consulting contract.....	405,385	246,607	405,385	
Other current liabilities.....	38,481	159,820	121,997	

TOTAL CURRENT LIABILITIES.....	2,898,022	5,607,038	6,863,788
Long term debt.....	-- 171,875	--	--
Debentures payable.....	-- 179,767	--	--
Accrued consulting contract.....	-- 113,524	--	--
Accrued expenses for discontinued operations.....	-- 17,616	--	--
Common stock subject to put.....	380,000	380,000	380,000
STOCKHOLDERS' EQUITY:			
Preferred Stock, \$.001 par value; 1,500,000 shares authorized; 1,650, 2,200 and 6,316 shares issued and outstanding.....	1,439,500	1,900,702	5,954,515
Common Stock, \$.001 par value; 50,000,000 shares authorized; 6,220,331, 758,136 and 6,220,331 shares issued and outstanding.....	6,221	758	6,221
Additional Paid-in Capital.....	16,878,757	11,941,381	18,223,997
Accumulated Deficit.....	(14,369,784)	(11,053,576)	(15,629,992)
Common Stock Subject to Put.....	(380,000)	(380,000)	(380,000)
Deferred stock compensation.....	-- (13,750)	--	--
TOTAL STOCKHOLDERS' EQUITY.....	3,574,694	2,395,515	8,174,741
	\$ 6,852,716	\$ 8,865,335	\$ 15,418,529

</TABLE>

See Notes to Consolidated Financial Statements.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

CONSOLIDATED STATEMENTS OF OPERATIONS

<TABLE>
<CAPTION>

	YEAR ENDED DECEMBER 31,					
	1998	1997	1996	THREE MONTHS ENDED MARCH 31,		
				1999	1998	
			(UNAUDITED) (UNAUDITED)			
	<C>	<C>	<C>	<C>	<C>	<C>
Revenues.....	\$ 1,191,120	\$ 1,133,726	\$ --	\$ 2,804,920	\$ 429,884	
Cost of sales.....	454,370	375,034	--	667,759	112,099	
Gross profit.....	736,750	758,692	--	2,137,161	317,785	
Distributor commissions.....	--	--	--	1,261,502	--	
Selling, general and administrative expenses.....	3,277,047	4,194,044	232,371	1,431,434	839,125	
Operating loss.....	(2,540,297)	(3,435,352)	(232,371)	(555,775)	(521,340)	
Minority interest in gain of subsidiaries...	--	--	--	(849)	--	
Loss on foreign exchange.....	--	--	--	(8,476)	--	
Interest expense (net).....	(199,757)	(868,721)	(32,209)	(10,343)	(62,753)	
Loss from continuing operations.....	(2,740,054)	(4,304,073)	(264,580)	(575,443)	(584,093)	
Discontinued operations:						
Loss from discontinued operations.....	(86,234)	(2,919,208)	(707,408)	--	--	
Gain (loss) on disposal.....	722,640	(501,839)	82,450	--	19,028	
Gain (loss) from discontinued operations....	636,406	(3,421,047)	(624,958)	--	19,028	
Loss before extraordinary gain.....	(2,103,648)	(7,725,120)	(889,538)	(575,443)	(565,065)	
Extraordinary gain--forgiveness of debt.....	815,636	--	--	--	1,361,143	
Net income (loss).....	(1,288,012)	(7,725,120)	(889,538)	(575,443)	796,078	
Preferred stock dividends.....	2,011,905	733,333	--	684,765	--	
Net income (loss) to common stockholders....	\$ (3,299,917)	\$ (8,458,453)	\$ (889,538)	\$ (1,260,208)	\$ 796,078	

Basic and diluted income (loss) per common share:					
Continuing operations.....	\$ (1.24)	\$ (9.91)	\$ (0.94)	\$ (0.09)	\$ (0.66)
Discontinued operations.....	0.29	(7.88)	(2.23)	--	0.02
Extraordinary gain.....	0.37	--	--	--	1.53
Preferred stock dividends.....	(0.91)	(1.69)	--	(0.11)	--
Net income (loss) to common stockholders.....					
	\$ (1.49)	\$ (19.48)	\$ (3.17)	\$ (0.20)	\$ 0.89
Basic and diluted weighted common shares used.....					
	2,210,458	434,265	280,350	6,220,331	892,386

</TABLE>

See Notes to Consolidated Financial Statements.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

CONSOLIDATED STATEMENTS OF STOCKHOLDERS' EQUITY

<TABLE>

<CAPTION>

	COMMON STOCK		PREFERRED STOCK		
	SHARES	AMOUNT	SHARES		
	<C>	<C>	<C>		
BALANCE--DECEMBER 31, 1995.....			267,728	\$ 268	--
Shares issued for aquisition.....		9,500	9	--	--
Shares issued for consulting agreement.....		2,500	2	--	--
Amortization of prepaid consulting.....		--	--	--	--
Shares issued to employees.....		400	1	--	--
Convertible debentures treated as converted.....			28,522	29	--
Common Stock subject to put.....		--	--	--	--
Net loss.....		--	--	--	--
BALANCE--DECEMBER 31, 1996.....			308,650	309	--
Sale of Convertible Series A preferred stock.....		--	--	2,200	
Preferred stock dividends imputed.....		--	--	--	
Conversion of debentures.....		303,986	303	--	
Stock issued for acquisition.....		145,000	145	--	
Other issuances.....		500	1	--	
Issuance of stock options.....		--	--	--	
Amortization of deferred stock compensation.....		--	--	--	
Discount on debentures.....		--	--	--	
Net loss.....		--	--	--	
BALANCE--DECEMBER 31, 1997.....			758,136	758	2,200
Sale of Convertible Series B preferred stock.....		--	--	300	
Sale of Convertible Series C preferred stock.....		--	--	4,000	
Sale of Convertible Series D preferred stock.....		--	--	75	
Sale of Convertible Series E preferred stock.....		--	--	1,650	
Preferred stock dividends imputed.....		--	--	--	
Redemption of Convertible Series A preferred stock.....		--	--	(2,200)	
Redemption of Convertible Series D preferred stock.....		--	--	(75)	
Conversion of debentures.....		206,603	207	--	
Conversion of Convertible Series B preferred stock.....		541,330	541	(300)	
Conversion of Convertible Series C preferred stock.....		3,608,296	3,608	(4,000)	
Conversion of notes payable.....		1,195,473	1,196	--	
Redemption of shares re: school sale.....		(79,175)	(79)	--	
Shares cancelled in reverse stock split.....		(10,332)	(10)	--	
Amortization of deferred stock compensation.....		--	--	--	
Net loss.....		--	--	--	
BALANCE--DECEMBER 31, 1998.....			6,220,331	6,221	1,650
Issuance of Convertible Series F preferred stock - (unaudited).....		--	--	2,800	

Issuance of Convertible Series G preferred stock - (unaudited).....	--	--	350
Sale of Convertible Series H preferred stock - (unaudited).....	--	--	1,000
Issuance of Convertible Series I preferred stock - (unaudited).....	--	--	516
Issuance of common stock warrants - (unaudited).....	--	--	--
Preferred stock dividends imputed - (unaudited).....	--	--	--
Accrued preferred stock dividends - (unaudited).....	--	--	--
Net loss - (unaudited).....	--	--	--

BALANCE--MARCH 31, 1999 - (unaudited).....	6,220,331	\$ 6,221	6,316

<CAPTION>

ADDITIONAL
PAID-IN ACCUMULATED
AMOUNT CAPITAL DEFICIT

<S>	<C>	<C>	<C>
BALANCE--DECEMBER 31, 1995.....	\$ --	\$3,877,730	\$(1,705,584)
Shares issued for aquisition.....	--	1,367,991	--
Shares issued for consulting agreement.....	--	164,998	--
Amortization of prepaid consulting.....	--	--	--
Shares issued to employees.....	--	21,999	--
Convertible debentures treated as converted.....	--	809,971	--
Common Stock subject to put.....	--	--	--
Net loss.....	--	--	(889,539)

BALANCE--DECEMBER 31, 1996.....	--	6,242,689	(2,595,123)
Sale of Convertible Series A preferred stock.....	1,900,702	--	--
Preferred stock dividends imputed.....	--	733,333	(733,333)
Conversion of debentures.....	--	1,207,172	--
Stock issued for acquisition.....	--	2,899,855	--
Other issuances.....	--	24,999	--
Issuance of stock options.....	--	400,000	--
Amortization of deferred stock compensation.....	--	--	--
Discount on debentures.....	--	433,333	--
Net loss.....	--	--	(7,725,120)

BALANCE--DECEMBER 31, 1997.....	1,900,702	11,941,381	(11,053,576)
Sale of Convertible Series B preferred stock.....	261,500	--	--
Sale of Convertible Series C preferred stock.....	3,507,500	--	--
Sale of Convertible Series D preferred stock.....	75,000	--	--
Sale of Convertible Series E preferred stock.....	1,439,500	--	--
Preferred stock dividends imputed.....	--	2,011,905	(2,011,905)
Redemption of Convertible Series A preferred stock.....	(1,900,702)	(1,629,607)	--
Redemption of Convertible Series D preferred stock.....	(75,000)	--	(16,291)
Conversion of debentures.....	--	188,418	--
Conversion of Convertible Series B preferred stock.....	(261,500)	260,959	--
Conversion of Convertible Series C preferred stock.....	(3,507,500)	3,503,892	--
Conversion of notes payable.....	--	697,917	--
Redemption of shares re: school sale.....	--	(96,118)	--
Shares cancelled in reverse stock split.....	--	10	--
Amortization of deferred stock compensation.....	--	--	--
Net loss.....	--	--	(1,288,012)

BALANCE--DECEMBER 31, 1998.....	1,439,500	16,878,757	(14,369,784)
Issuance of Convertible Series F preferred stock - (unaudited).....	2,800,000	--	--
Issuance of Convertible Series G preferred stock - (unaudited).....	350,000	--	--
Sale of Convertible Series H preferred stock - (unaudited).....	849,015	--	--
Issuance of Convertible Series I preferred stock - (unaudited).....	516,000	--	--
Issuance of common stock warrants - (unaudited).....	--	682,000	--
Preferred stock dividends imputed - (unaudited).....	--	547,740	(569,265)
Accrued preferred stock dividends - (unaudited).....	--	115,500	(115,500)
Net loss - (unaudited).....	--	--	(575,443)

BALANCE--MARCH 31, 1999 - (unaudited).....	\$5,954,515	\$18,223,997	(\$15,629,992)

<CAPTION>

COMMON
STOCK DEFERRED
SUBJECT STOCK
TO PUT COMPENSATION TOTAL

Adjustments to reconcile net income (loss) to net cash used in operating activities:					
Loss from discontinued operations.....	86,234	2,919,208	707,408	--	--
(Gain) loss on disposal of discontinued operations.....	(722,640)	501,839	(82,450)	--	(19,028)
Depreciation and amortization.....	549,668	255,345	--	192,202	136,607
Loss on disposal of fixed asset.....	--	--	--	29,745	--
Interest settled by issuance of stock.....	112,971	116,065	--	--	--
Write-down of patent.....	200,000	--	--	--	--
Amortization of note payable discount.....	--	433,333	--	--	--
Changes in assets and liabilities, net of business combination:					
Decrease (increase) in accounts receivable.....	141,774	(62,446)	--	(137,541)	126,070
Decrease (increase) in inventories.....	405,359	(219,144)	--	151,265	234,328
Decrease (increase) in prepaid expenses.....	7,970	102,353	--	(75,790)	(30)
Increase in prepaid royalties.....	(491,825)	--	--	--	--
Decrease in deposits and other assets.....	42,514	66,775	--	69,670	184,947
(Decrease) increase in accounts payable.....	(660,673)	1,380,509	--	(1,618,917)	(1,024,689)
(Decrease) increase in accrued expenses.....	(698,805)	506,021	--	1,274,630	(660,901)
(Decrease) increase in accrued expenses for discontinued operations.....	(41,469)	356,062	--	91	--
Increase in accrued interest.....	--	--	--	57,466	--
Increase in accrued consulting contract.....	45,254	360,131	--	--	--
(Decrease) increase in other current liabilities...	(121,339)	33,397	--	(38,481)	(66,802)

Net cash used in continuing operations.....	(2,433,019)	(975,672)	(264,580)	(758,314)	(206,209)
Net cash used in discontinued operations.....	(2,057,177)	(3,455,155)	(942,715)	--	51,948

NET USED IN OPERATING ACTIVITIES.....	(4,490,196)	(4,430,827)	(1,207,295)	(758,314)	(154,261)

CASH FLOWS FROM INVESTING ACTIVITIES:					
Capital expenditures.....	(7,510)	(32,658)	--	(21,701)	--
Business acquisitions.....	--	--	--	(106,587)	--
Proceeds (loss) from disposition of discontinued operations.....	4,349,700	--	--	(19,633)	--

NET CASH PROVIDED BY (USED IN) INVESTING ACTIVITIES.....	4,342,190	(32,658)	--	(128,288)	(19,633)

CASH FLOWS FROM FINANCING ACTIVITIES:					
Increase (decrease) in due to affiliate.....	(250,000)	--	--	250,000	--
Proceeds from preferred stock.....	5,283,000	2,200,000	--	849,015	261,000
Proceeds from sale of debentures.....	--	1,626,826	810,000	--	--
Increase in revolving credit line.....	--	--	--	314,593	--
Payments of debentures.....	--	(355,650)	--	--	--
Loan origination costs--preferred stock.....	--	(299,299)	--	--	--
Proceeds from note payable and long-term debt.....	--	850,000	--	--	--
Payments of notes payable and long-term debt.....	(940,000)	(8,692)	--	(192,687)	(40,000)
Redemption of common stock.....	(96,197)	--	--	--	--
Redemption of preferred stock.....	(3,621,600)	--	--	--	--

NET CASH PROVIDED BY FINANCING ACTIVITIES.....	375,203	4,013,185	810,000	1,220,921	221,000

NET INCREASE (DECREASE) IN CASH.....	227,197	(450,300)	(397,295)	334,319	47,106
CASH, BEGINNING OF PERIOD.....	67,023	517,323	914,618	294,220	67,023

CASH, END OF PERIOD.....	\$ 294,220	\$ 67,023	\$ 517,323	\$ 628,539	\$ 114,129

SUPPLEMENTAL DISCLOSURE OF CASH FLOW INFORMATION:					
Cash paid during the period for interest.....	\$ 151,580	\$ 450,470	\$ 236,671	\$ --	\$ 236,671

DISCLOSURE OF NONCASH FINANCING AND INVESTING ACTIVITIES:					
(1) Conversion of preferred stock to common stock.....	\$ 3,769,000	\$ --	\$ --	\$ --	\$ --
(2) Conversion of debentures, notes payable and related accrued interest to common stock.....	\$ 887,738	\$ 1,207,475	\$ --	\$ --	\$ --
(3) Stock and warrants issued for acquisition.....	\$ --	\$ 2,900,000	\$ 1,368,000	\$ 4,348,000	\$ --

</TABLE>

See Notes to Consolidated Financial Statements.

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

The consolidated balance sheet at March 31, 1999 and the consolidated statements of operations and cash flows for the three months ended March 31, 1999 and 1998 and the consolidated statement of stockholders' equity at March 31, 1999 are unaudited but include all adjustments which in the opinion of management, are necessary to the fair presentation of the financial position and results of operations for the periods then ended. All such adjustments are of normal recurring nature. The results of the operations for any interim period are not necessarily indicative of results for a full fiscal year.

1. ORGANIZATION

Natural Health Trends Corp. (formerly known as Florida Institute of Massage Therapy, Inc.) (the "Company") was incorporated under the laws of the State of Florida in December 1988.

In 1996, the Company opened two natural health care centers which provided multi-disciplinary complementary health care in the areas of alternative and nutritional medicine.

In July 1997, the Company acquired Global Health Alternatives, Inc., ("Global") a company incorporated in Delaware and headquartered in Portland, Maine, which is in the business of marketing and distribution of over-the-counter homeopathic pharmaceutical health products. Global operates its business through its wholly owned subsidiaries: Ellon, Inc. ("Ellon"), Maine Naturals, Inc. ("MNI") and Natural Health Laboratories, Inc.

In 1998, the Company sold its schools and related facilities, that offered curricula in therapeutic massage training and skin care therapy. These operations are being accounted for as discontinued operations.

These facilities were closed during 1997 and accordingly are being accounted for as discontinued operations.

In February 1999, the Company's newly formed, wholly-owned subsidiary, Kaire Nutraceuticals, Inc., ("Kaire Nutraceuticals") acquired substantially all the assets of Kaire International Inc., ("Kaire"). Kaire Nutraceuticals is engaged in the distribution of health and personal care products through network marketers throughout the United States, Canada, New Zealand, Australia, Trinidad and Tobago and the United Kingdom. Included in the purchase was shares of common stock owned by Kaire in each of its wholly-owned and /or majority owned subsidiaries including, but not limited to Kaire New Zealand Ltd., Kaire Australia Pty. Ltd., Kaire Trinidad, Ltd., and Kaire Europe Ltd..

Kaire Nutraceuticals acquired 100% of the common stock of Kaire Europe, Ltd. and Kaire Trinidad, Ltd., and it acquired 51% of the common stock of Kaire New Zealand Ltd. and Kaire Australia Pty. Ltd..

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

A. PRINCIPLES OF CONSOLIDATION--The accompanying consolidated financial statements include the accounts of Natural Health Trends Corp. and its subsidiaries. All material inter-company transactions have been eliminated in consolidation.

B. ACCOUNTS RECEIVABLE--Accounts receivable are stated net of allowance for doubtful accounts of approximately \$2,000 for 1998 and \$82,000 for 1997.

C. INVENTORIES--Inventories consisting primarily of natural remedies are stated at the lower of cost or market. Cost is determined using the first-in, first-out method.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES (CONTINUED)

D. PROPERTY AND EQUIPMENT--Property and equipment is carried at cost. Depreciation is computed using the straight-line method over the useful lives of the various assets.

E. CASH EQUIVALENTS--Cash equivalents consist of money market accounts and commercial paper with an initial term of fewer than three months. For purposes of the statement of cash flows, the Company considers highly liquid debt instruments with original maturities of three months or less to be cash equivalents.

F. EARNINGS (LOSS) PER SHARE--In February 1997, the Financial Accounting Standards Board issued Statement of Financial Accounting Standards No. 128 ("SFAS 128") "Earnings Per Share", which became effective for both interim and annual financial statements for periods ending after December 15, 1997. SFAS 128 requires a presentation of "Basic" and (where applicable) "Diluted" earnings per share. Generally, Basic earnings per share is computed on only the weighted average number of common shares actually outstanding during the period, and the Diluted computation considers potential shares issuable upon exercise or conversion of other outstanding instruments where dilution would result. Furthermore, SFAS 128 requires the restatement of prior period reported earnings per share to conform to the new standard. The per share presentations in the accompanying financial statements reflect the provisions of SFAS 128. Diluted earnings per share is not being shown due to the fact that the years ended December 31, 1998, 1997 and 1996 show a net loss and the conversion of the preferred stock and common stock outstanding during those years would be anti-dilutive.

G. ACCOUNTING ESTIMATES--The preparation of financial statements in accordance with generally accepted accounting principles requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities at the date of the financial statements and the reported amounts of revenues and expenses during the reported period. Actual results could differ from those estimates.

H. INCOME TAXES--Pursuant to Statement of Financial Accounting Standards No. 109 ("SFAS 109") "Accounting for Income Taxes", the Company accounts for income taxes under the liability method. Under the liability method, a deferred tax asset or liability is determined based upon the tax effect of the differences between the financial statement and tax basis of assets and liabilities as measured by the enacted rates which will be in effect when these differences reverse.

I. FAIR VALUE OF FINANCIAL INSTRUMENTS--The carrying amounts reported in the balance sheet for cash, receivables, accrued expenses, and long-term debt approximate fair value based on the short-term maturity of these instruments.

J. STOCK BASED COMPENSATION--The Company accounts for stock transactions in accordance with APB Opinion No. 25, "Accounting For Stock Issued To Employees." In accordance with Statement of Financial Accounting Standards No. 123 ("SFAS 123"), "Accounting For Stock-Based Compensation," the Company adopted the pro forma disclosure requirements of SFAS 123.

K. IMPAIRMENT OF LONG--LIVED ASSETS--The Company reviews long-lived assets, certain identifiable assets and goodwill related to those assets on a quarterly basis for impairment whenever circumstances and situations change such that there is an indication that the carrying amounts may not be recovered. At December 31, 1998, the Company recorded a charge against a patent upon such a review (Note 4).

L. BASIS OF PRESENTATION--The Company had a working capital deficiency of approximately \$2,017,000 and \$4,648,000 for the years ended December 31, 1998 and 1997, and they recorded net losses of approximately \$1,288,000 and \$7,725,000 respectively, that raise substantial doubt about the Company's

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES (CONTINUED)

ability to continue as a going concern. The Company's continued existence is dependent on its ability to obtain additional debt or equity financing and to generate profits from operations.

Management has utilized an acquisition strategy for its revenue growth and is addressing virtually every aspect of its operations. The Company is

continuing to pursue additional equity and debt financing including a secondary public offering of its securities.

There are no assurances that the Company will receive the additional equity and debt financing. The accompanying consolidated financial statements do not include any adjustments that might result from the outcome of these uncertainties.

M. ROYALTY EXPENSE--Royalties that are incurred on a per unit sold basis are included in Cost of Sales. Additional royalty amounts incurred to meet contractual minimum levels are classified as Selling, General and Administrative Expenses.

N. RECLASSIFICATIONS--The Company has reclassified certain expenses in its consolidated statements of operations for the years ended December 31, 1997 and 1996 and certain assets and liabilities in its consolidated balance sheet as of December 31, 1997, as a result of the sale of its schools and related facilities. These changes had no significant impact on previously reported results of operations or stockholders' equity.

O. FOREIGN CURRENCY TRANSLATIONS--Assets and liabilities of subsidiaries are translated at the rate of exchange in effect on the balance sheet date; income and expenses of subsidiaries are translated at the average rates of exchange prevailing during the year or period then ended. The related transaction adjustments are reflected as a cumulative translation adjustment in consolidated stockholders' equity. Foreign currency gains and losses resulting from transactions are included in results of operations in the period in which the transaction occurred.

P. REVENUE RECOGNITION (UNAUDITED)--Kaire Nutraceuticals sells its product directly to independent distributors. Sales are recorded when products are shipped. Kaire Nutraceuticals has a program that provides a 100% refund (less shipping and handling) to all end users, for any unopened product that is returned within 30 days from the date of purchase in resalable condition. Kaire Nutraceuticals provides a 100% product exchange for any product that does not meet customer satisfaction if returned within 30 days under this program. An associate is allowed 90 days from order date for exchange or refund only if product bottles (empty, partial or full) are returned. SFAS No. 48 "Revenue Recognition When Right of Return Exists" requires that Kaire Nutraceuticals accrue losses that may be expected from sales returns. Kaire Nutraceuticals monitors its historical sales returns and accrues a liability for sales returns when and if sales returns become significant.

Q. COMPREHENSIVE INCOME (UNAUDITED)--Subsequent to the acquisition of Kaire, the Company has adopted Statement of Financial Accounting Standards No. 130 ("SFAS 130") "Reporting Comprehensive Income". Comprehensive income is comprised of net loss and all changes to the consolidated statements of stockholders' equity, except those due to investments by stockholders, changes in paid in capital and distribution to stockholders. For the quarter ended March 31, 1999, the Company has deemed comprehensive income to be negligible, due to the purchase of Kaire in the later half of the quarter, and has reported comprehensive income as such.

R. CONCENTRATION OF RISK (UNAUDITED)--The Company maintains its cash accounts in several bank accounts. Accounts in the United States are insured by the Federal Deposit Insurance Corporation (FDIC)

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES (CONTINUED)
up to \$100,000. The Company's cash balance in some of its bank accounts generally exceeds the insured limits.

Kaire Nutraceuticals sells its products through network marketers throughout the United States, Canada, New Zealand, Australia, Trinidad and Tobago, and the United Kingdom. Credit is extended for returned checks and/or until credit card purchases have cleared the bank.

Credit losses, if any, have been provided for in the financial statements and are based on management's expectations. The Company's accounts receivable

evaluated the recoverability of one of its patents, by comparing its carrying amount to income generated. As a result of such evaluation the Company recorded a charge of \$200,000 against this patent in 1998.

In connection with the acquisition of Kaire in February 1999, the Company has recognized \$6,113,529 in goodwill and customer list (Note 17).

<TABLE>
<CAPTION>

	(UNAUDITED)
Goodwill.....	\$ 1,075,753
Customer List.....	5,037,776
	\$ 6,113,529

</TABLE>

5. LONG-TERM DEBT

Long-term debt consisted of the following:

<TABLE>
<CAPTION>

		DECEMBER 31,	MARCH 31,	
		1998	1997	1999
<C>	<S>	<C>	<C>	<C>
		(UNAUDITED)		
	(i) \$375,000 face amount note payable, non interest bearing, due October 1, 2000 (less unamortized discount based on imputed interest rate of 12% per annum--\$41,385). Initial payment of \$93,750 on October 15, 1996, then monthly payments of \$7,813 beginning on November 1, 1997 and ending October 1, 2000.....	\$ 239,865	\$ 239,865	\$ 239,865
	(i) \$75,000 face amount note payable, non interest bearing, due September 15, 1998 (less unamortized discount based on imputed interest rate of 12% per annum--\$1,349).....	47,819	47,819	47,819
	(i) \$69,000 face amount note payable, non interest bearing, due October 15, 1997.....	27,000	27,000	27,000
	(ii) Various bridge notes totaling \$685,000 bearing interest at 12.5%. Principal and interest payments due in September 15, 1997.....	--	685,000	--
	(iii) Bridge notes issued in October and November 1997, bearing interest at 14.5% per annum, due in February 1998.....	--	850,000	--
		314,684	1,849,684	314,684
	Less current portion.....	314,684	1,677,809	314,684
		\$ --	\$ 171,875	\$ --

</TABLE>

(i) The above notes were issued upon the purchase of Ellon, Inc. in 1996. Scheduled payments have not been made since 1997, due to disputes with the note holders, and accordingly all unpaid balances are included in current portion of long-term debt.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

5. LONG-TERM DEBT (CONTINUED)

(ii) Of these bridge notes a total of \$595,000 plus accrued interest of \$104,113 were converted in May 1998 to 1,195,473 shares of common stock. The remaining principal of \$90,000 plus accrued interest of \$13,518 was repaid.

(iii) These bridge notes totaling \$850,000 plus accrued interest of \$104,430 were repaid in 1998.

6. NOTE PAYABLE--(UNAUDITED)

In accordance with the asset purchase agreement of Kaire (Note 17), the Company assumed a note payable to a bank that bears interest at 10.5% per annum and is collateralized by inventories, accounts receivable, certain assets, and the personal guarantees of certain officers and directors of Kaire. The term loan is payable in monthly principal installment of \$5,000 plus accrued interest and is due in January 2000.

7. STOCKHOLDERS' EQUITY

A. COMMON STOCK--The Company is authorized to issue 50,000,000 shares of common stock, \$.001 par value per share.

B. PREFERRED STOCK--The Company is authorized to issue a maximum of 1,500,000 shares of \$.001 par preferred stock, in one or more series and containing such rights, privileges and limitations, including voting rights, dividend rates, conversion privileges, redemption rights and terms, redemption prices and liquidation preferences, as the Company's board of directors may, from time to time, determine.

SERIES A PREFERRED SOCK--In June 1997, the Company sold 2,200 shares of its convertible Series A Preferred Stock for \$1,000 a share realizing net proceeds of \$1,900,702. The preferred stock pays dividends at the rate of 8% per annum payable in cash or shares of the Company's common stock valued at 75% of the closing bid price. The preferred stock has a liquidation preference of \$1,000 per share. The preferred stock is convertible commencing 60 days after issuance, provided that a registration statement covering the resale of the shares of common stock is effective, at the rate of 75% of the average closing bid price of the common stock over the five days preceding the notice of redemption. The Company has the right to redeem the preferred stock for 240 days after the date of issuance at the rate of 125% of the stated value. If a registration statement is not deemed effective within 60 days of the date of issuance, then the Company is obligated to pay a penalty at the rate of 2.5% per month.

In 1998 all 2,200 shares of Series A preferred stock were redeemed for \$3,530,309, inclusive of face amount, redemption value, penalties and dividends.

SERIES B PREFERRED STOCK--In February 1998, the Company issued 300 shares of Series B Preferred Stock with a stated value of \$1,000 per share realizing net proceeds of \$261,500. The preferred stock and the accrued dividends thereon are convertible into shares of the Company's common stock at a price equal to the lower of 70% of the average closing bid price of the common stock for the three trading days immediately preceding the notice of conversion or \$0.625 per share. Due to the beneficial conversion features in the issuance of this series of preferred stock, an imputed dividend of \$128,572 has been recorded.

In 1998 all 300 shares of Series B Preferred Stock converted to a total of 541,330 shares of the Company's common stock.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

7. STOCKHOLDERS' EQUITY (CONTINUED)

SERIES C PREFERRED STOCK--In April 1998, the Company issued 4,000 shares of Series C Preferred Stock with a stated value of \$1,000 per share realizing net proceeds of \$3,507,500. The preferred stock and the accrued dividends thereon are convertible into shares of the Company's common stock at a conversion price equal to 75% of the average closing bid prices of the common stock for the five day trading period ending on the day before conversion date, or 100% of the closing bid price on the day of funding. Due to the beneficial conversion features in the issuance of this series of preferred stock, an imputed dividend of \$1,333,333 has been recorded.

In 1998 all 4,000 shares of Series C Preferred Stock converted to a total of 3,608,296 shares of the Company's common stock.

SERIES D PREFERRED STOCK--In July 1998, the Company issued 75 shares of Series D Preferred Stock with a stated value of \$1,000 per share. The stated value and the accrued dividends thereon are convertible into shares of the

Company's common stock at a conversion price equal to 70% of the average closing bid prices of the common stock for the five day trading period ending on the day before conversion date.

In August 1998 all 75 shares of Series D Preferred Stock were redeemed for a total of \$91,291.

SERIES E PREFERRED STOCK--In August 1998, the Company issued 1,650 shares of Series E Preferred Stock with a stated value of \$1,000 per share realizing net proceeds of \$1,439,500. The preferred stock and the accrued dividends thereon are convertible into shares of the Company's common stock at a conversion price equal to the lower of 75% of the average closing bid price of the common stock for the five trading days immediately preceding the conversion date or 100% of the closing bid price on the day of funding. This series of stock is convertible commencing 60 days after issuance. Due to the beneficial conversion features in the issuance of this series of preferred stock, an imputed dividend of \$550,000 has been recorded.

SERIES E PREFERRED STOCK (UNAUDITED)--If the Company does not have an effective common stock registration 120 days subsequent to the issuance of Series E Preferred Stock, a 2% penalty on the face amount of \$1,650,000 accrues for every 30 days without an effective registration statement. As of the quarter ended March 31, 1999 the Company has recorded a charge of approximately \$115,000 due to non compliance with this clause.

In the quarter ended March 31, 1999, \$41,250 in accrued dividends was recorded for the period such stock was outstanding.

SERIES F PREFERRED STOCK (UNAUDITED)--In February 1999, the Company issued 2,800 shares of Series F Preferred Stock with a stated value of \$1,000 per share realizing a net value of \$2,800,000. This issuance is in accordance with the asset purchase agreement of Kaire (Note 17). The preferred stock pays a dividend at 6% per annum and is payable upon conversion into either cash or common stock. The preferred stock and the accrued dividends thereon are convertible into shares of the Company's common stock at a conversion price equal to 95% of the average closing bid price of the Common stock for the three trading days immediately preceding the date on which the Company receives notice of conversion from a holder. The Company is permitted at any time, on five days prior to written notice, to redeem the outstanding preferred stock at a redemption price equal to the stated value and the accrued dividends thereon.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

7. STOCKHOLDERS' EQUITY (CONTINUED)

In the quarter ended March 31, 1999, the Company recorded an imputed dividend of \$147,368 due to the beneficial conversion features in the Series F Preferred Stock. An additional \$19,133 in accrued dividends was recorded for the period such stock was outstanding.

SERIES G PREFERRED STOCK (UNAUDITED)--In February 1999, the Company issued 350 shares of Series G Preferred Stock with a stated value of \$1,000 per share realizing a net value of \$350,000. The preferred stock pays a dividend at the rate of 6% per annum. The preferred stock and the accrued dividends thereon are convertible into shares of the Company's common stock at a conversion price equal to 95% of the average closing bid price of the common stock for the three trading days immediately preceding the date on which the Company receives notice of conversion. The Company is permitted at any time, on five days prior written notice, to redeem the outstanding preferred stock at a redemption price equal to the stated value and the accrued dividends thereon.

In the quarter ended March 31, 1999, the Company recorded an imputed dividend of \$18,421 due to the beneficial conversion features in the Series G Preferred Stock. An additional \$2,392 in accrued dividends was recorded for the period such stock was outstanding.

SERIES H PREFERRED STOCK (UNAUDITED)--In March 1999, the Company sold 1,000 shares of Series H Preferred Stock with a stated value of \$1,000 per share realizing net proceeds of \$849,015. The preferred stock pays a dividend at the rate of 8% per annum. The preferred stock and the accrued dividends thereon are convertible into shares of the Company's common stock at a conversion price

equal to the lower of the closing bid price on the date of issuance or 75% of the average closing bid price of the common stock for the three trading days immediately preceding the date on which the Company receives notice of conversion from a holder.

In the quarter ended March 31, 1999, the Company recorded an imputed dividend of \$333,333 due to the beneficial conversion features in the Series H Preferred Stock. An additional \$2,667 in accrued dividends was recorded for the period such stock was outstanding.

SERIES I PREFERRED STOCK (UNAUDITED)--In February 1999, the Company authorized the issuance of 516 shares of Series I Preferred Stock with a stated value of \$1,000 per share realizing a net value of \$516,000. These shares were issued in connection to services rendered in connection with the Kaire acquisition. The preferred stock pays a dividend at the rate of 8% per annum. The preferred stock and the accrued dividends thereon are convertible into shares of the Company's common stock at a conversion price equal to the average closing bid price of the Common stock for the five trading days immediately preceding the date of conversion. The financial statements for March 31, 1999 give effect to the issuance of the Series I Preferred Stock.

In the quarter ended March 31, 1999, \$4,701 in accrued dividends was recorded for the period such stock was outstanding.

C. CONVERTIBLE DEBENTURES--In April 1997, the Company issued \$1,300,000 of 6% convertible debentures (the "Debentures"). Principal on the Debentures is due in March 2000. The principal and accrued interest on the Debentures are convertible into shares of common stock of the Company. The Debentures are convertible into shares of common stock at a conversion price equal to the lesser of \$1.4375 or 75% of the average closing bid price of the common stock for the five trading days immediately preceding the

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

7. STOCKHOLDERS' EQUITY (CONTINUED)

notice of conversion. In June 1997, the Company repaid \$300,000 of the Debentures. As of December 1997, \$820,233 of such debentures were converted into 303,986 shares of common stock. As of December 1998, the remaining \$179,767 were converted into 206,603 shares of common stock.

In conjunction with the issuance of the Debentures, the Company issued warrants to purchase an aggregate of 5,000 shares of Common Stock. The warrants are exercisable until April 3, 2002. Warrants to purchase 2,500 shares of Common Stock are exercisable at \$97.50 per share, and the balance are exercisable at \$130.00 per share.

D. OPTIONS--During the quarter ended September 30, 1997, the Company's president and secretary were issued an aggregate of 20,000, 10 year options, exercisable at \$.001 per share. The Company has recorded a non-cash expense of \$400,000 representing the difference between the exercise price and the fair value of the common stock.

In connection with the sale of the schools, to the Company's former president and secretary, the above options were canceled.

E. 1 FOR 40 REVERSE STOCK SPLIT--On April 6, 1998, the Company effected a 1 for 40 reverse split of its common stock, amending its certificate of incorporation to provide for the authority to issue 50,000,000 shares of \$.001 par value common stock. All per share data in these financial statements is retroactively restated to reflect this reverse split.

F. CONVERSION OF NOTES PAYABLE--In May 1998 the Company converted \$595,000 of its 12.5% promissory notes, plus accrued interest of \$104,113 into 1,195,473 shares of common stock.

G. REDEMPTION OF SHARES--In connection with the sale of the schools, the Company redeemed 79,175 shares of common stock from its former president and secretary.

8. DISCONTINUED OPERATIONS

During the third quarter of 1998, the Company sold its three vocational schools and certain related businesses. Net assets of the schools were approximately \$2,875,285 consisting primarily of furniture and equipment, accounts receivable and goodwill. Liabilities were approximately \$2,559,249. Accordingly, the results of the vocational school operations are shown separately as "discontinued operations."

Revenues of the discontinued vocational school business were \$3,351,959 in 1998, \$5,858,790 for the full year 1997, and \$2,469,903 for the full year 1996.

In November 1998, the Company sold an office building located in Pompano Beach, Florida that previously accommodated the Company's corporate headquarters and one of its vocational schools. Gross proceeds were approximately \$2,900,000, less net book value of \$3,238,000 plus closing and financing costs of \$498,000.

During the third quarter of 1997, the Company reached a decision to discontinue the medical clinic line of business. Net assets of the medical clinics were approximately \$1,509,405 consisting primarily of furniture and equipment, accounts receivable and goodwill. Liabilities were approximately \$213,987. The Company has accrued an estimated loss on disposal of approximately \$716,193 representing primarily an accrued employment contract and lease terminations. Accordingly, the results of the clinic operations are shown separately as "discontinued operations." As of December 31, 1998 accrued expenses on this discontinued operation totaled \$314,593.

Revenues of the discontinued clinic line of business were \$1,754,066 for 1997 and \$2,374,469 for 1996.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

9. INCOME TAXES

The Company accounts for income taxes under the provisions of SFAS 109. SFAS No. 109 requires the recognition of deferred tax assets and liabilities for both the expected impact of differences between the financial statement and tax basis of assets and liabilities, and for the expected future tax benefit to be derived from tax loss and tax credit carryforwards. SFAS 109 additionally requires the establishment of a valuation allowance to reflect the likelihood of realization of deferred tax assets. At December 31, 1998 and 1997, the Company had net deferred tax assets of approximately \$4,464,000 and \$4,077,000, respectively. The Company has established a valuation allowance for the full amount of such deferred tax assets at December 31, 1998 and 1997, as management of the Company has not been able to determine that it is more likely than not that the deferred tax assets will be realized.

The net deferred asset at March 31, 1999 has been increased to reflect the loss for the quarter then ended.

The following table reflects the Company's deferred tax assets and (liabilities) at December 31, 1998 and 1997 and March 31, 1999:

<TABLE>
<CAPTION>

	DECEMBER 31,		MARCH 31,
	1998	1997	1999
	<C>	<C>	<C>
	(UNAUDITED)		
Net operating loss deduction.....	\$ 4,464,000	\$ 3,760,000	\$ 4,694,000
Deferred revenue.....	--	436,000	--
Section 481 adjustment.....	--	(124,000)	--
Other.....	--	5,000	--
Valuation allowance.....	(4,464,000)	(4,077,000)	(4,694,000)
	\$ --	\$ --	\$ --

</TABLE>

The provision for income taxes (benefits) differs from the amount computed by applying the statutory federal income tax rate to income (loss) before income taxes as follows:

<TABLE>

<CAPTION>

<S>	YEAR ENDED DECEMBER 31,				MARCH 31,
	<C> 1998	<C> 1997	<C> 1996	<C> 1999	<C> 1998

<CAPTION>

<S>			(UNAUDITED)		(UNAUDITED)	
	<C>	<C>	<C>	<C>	<C>	<C>
Income tax (benefit) computed at statutory rate.....	\$ (451,000)	\$ (2,704,000)	\$ (670,000)	\$(201,000)	\$(198,000)	
Effect of temporary differences.....	--	152,000	146,000	--	--	
Effect of permanent differences.....	--	13,000	19,000	--	--	
Tax benefit not recognized.....	451,000	2,539,000	505,000	201,000	198,000	
Provision for income taxes (benefit).....	\$ --	\$ --	\$ --	\$ --	\$ --	--

</TABLE>

The net operating loss carryforward at December 31, 1998 was approximately \$11,160,000 and expires in the years 2012 to 2013.

10. COMMITMENTS AND CONTINGENCIES

A. Leases--The Company leases its Portland, Maine office under two leases expiring in 2001. Rent expense for the years ended December 31, 1998 and 1997 was \$24,000 and \$11,480, respectively. In 1998

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

10. COMMITMENTS AND CONTINGENCIES (CONTINUED)

Corporate headquarters rented facilities in New York City. Minimum rental commitments for the Portland and New York City facilities over the next five years are as follows:

<TABLE>

<S>	<C>
1999.....	\$ 92,073
2000.....	93,713
2001.....	81,457
2002.....	--
2003.....	--

</TABLE>

B. Employment Agreement--During the quarter ended March 31, 1997, the Company renegotiated with a former stockholder of Sam Lilly, Inc. with whom it was obligated under an employment agreement, to cancel the employment agreement and replace it with a consulting agreement. The consulting agreement required the individual to provide services to the Company for one day per week through December 1998 at the rate of \$5,862 per week. The Company determined that the future services, if any, that it will require will be of little or no value and accounted for this obligation as a cost of severing the employment contract. Accordingly all future payments have been accrued in full at September 1997. The expense associated with this accrual is recorded as part of the loss from discontinued operations in 1997.

C. Renegotiation of Patent Agreement--In April 1998, the Company renegotiated the terms of its acquisition of the Troy Patent, due to the agreement being in breach because of unpaid minimum royalties. Under the new agreement, royalties are payable at the rate of 3% of the first \$2,000,000 of related product sales; 2% of the next \$2,000,000 in sales and 1% of sales in excess of \$4,000,000.

D. Litigation--On August 4, 1997, a civil suit was brought in the Fifteenth Judicial Circuit of Palm Beach County, Florida, against the Company and Health Wellness Nationwide Corp., the Company's former wholly-owned subsidiary. The Company has asserted counterclaims against the individuals who initiated the suit. The complaint arises out of the defendant's alleged breach of contract in connection with the Company's medical clinic located in Pompano Beach, Florida. The Company is vigorously defending the action. The plaintiff is seeking damages in the amount of approximately \$535,000. No accrual for the litigation has been made in the financial statements as it is the Company's belief that it will prevail in the litigation.

On September 10, 1997, Rejuvenation Unlimited, Inc. and Sam Lilly, Inc. brought an action in the Fifteenth Judicial Circuit of Palm Beach County, Florida, arising out of the Company's alleged breach of contract in connection with the acquisition of the Company's medical clinic in Pompano Beach, Florida from the plaintiff. The plaintiff is seeking damages in excess of \$15,000. The Company is vigorously defending the action and believes that the loss, if any, will be immaterial.

Global is a plaintiff in a litigation against Ellon USA, Inc. and its previous owners. The litigation involves claims arising out of the sale of defendants Ellon USA, Inc. ("Ellon USA") to Global. The actions seeks a determination that Ellon USA and their principals materially breached their respective obligations under the purchase agreement, and that Global is excused from further performance under the agreement. A counter claim by Ellon USA and their owners seek to recover damages in an unspecified amount, but not less than \$1,300,000 in legal, court and interest fees. No discovery has taken place in either case. Management believes it has a strong legal position in both cases; however, given the complexity of the issues involved, it is unable to evaluate the likelihood of a favorable or unfavorable outcome at this time. As of December 31, 1998, Global has recorded in excess of \$420,000 in current liabilities owed to Ellon USA and their owners.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

10. COMMITMENTS AND CONTINGENCIES (CONTINUED)

As of December 31, 1998, Global is seeking to restructure its trade debt in out of court proceedings. The Company has offered, on certain terms and conditions, to settle each creditor's claim by payment of 40% of the claim, payable in either cash (or cash equivalent) or its publicly traded stock, depending on the size of the claim.

As of December 31, 1998, Global is a defendant in a legal action brought by a creditor to whom the Company offered a settlement as mentioned above. The complaint seeks approximately \$144,000 plus unstated special damages, attorney fees and court cost, based on them having provided marketing, media purchasing and related advertising services to Global. The complaint was answered by Global with a counterclaim arising out of the complainants creation of a defective advertising campaign. Global seeks not less than \$6,500,000 plus unstated special damages, attorney fees and court cost. No discovery has taken place, Global is unable to evaluate the likelihood of a favorable or unfavorable outcome at this time. As of December 31, 1998, Global has recorded approximately \$144,000 of the complainants original fees.

As of December 31, 1998, Global is a defendant in a legal action brought by a creditor to whom the Company offered a settlement as mentioned above. The complaint seeks approximately \$320,000 plus interest and legal fees, based on them having provided advertising time and sponsorship. Global has responded to the complaint, with continuing settlement discussion as mentioned above. Global disputes the liability on this claim, and contends that the complainants in the \$144,000 action are responsible for any claim should the court find in favor of this lawsuit. No discovery has taken place, Global is unable to evaluate the likelihood of a favorable or unfavorable outcome at this time. As of December 31, 1998, Global has recorded approximately \$320,000 of the complainants original fees.

E. Major Supplier--

- Kaire Nutraceuticals currently buys all of its Pycnogenol, an important component of its products, from one supplier.

- For a period of five years, Kaire Nutraceuticals must purchase no less than \$73,750 per month of a different product from another supplier. Although there are a limited number of manufacturers of this component, management believes that other suppliers could provide similar components on comparable terms. Kaire Nutraceuticals does not maintain any other contractual commitments or similar arrangements with other suppliers.

- Kaire Nutraceuticals purchases its products from manufacturers and suppliers on an as needed basis. Should these relationships terminate, Kaire Nutraceuticals' supply and ability to meet consumer demands would be adversely affected.

11. COMMON STOCK SUBJECT TO PUT

In connection with the January 1996 acquisition of the net assets of Sam Lilly, Inc., the 9,500 shares issued in connection with the acquisition are subject to the seller's ability to require the Company to repurchase such shares for a three year period for \$380,000, in the event that the aggregate market value of the shares falls below \$380,000. Such shares are excluded from permanent equity on the accompanying balance sheet. As of March 1998, the seller had exercised the put and this matter is now subject to litigation.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

12. STOCK OPTION PLANS AND WARRANTS

Under the Company's 1994 Stock Option Plan, up to 16,667 shares of common stock are reserved for issuance. The exercise price of the options will be determined by the Stock Option Committee selected by the board of directors, but the exercise price will not be less than 85% of the fair market value on the date of grant. Towards the end of 1995, 50 options were issued to each of two directors at an exercise price equal to the market price at the time. During 1996 the Company issued 250 options to a director at a price equal to the fair market value on the date of grant.

In August 1997, the Company adopted a stock option plan covering officers, directors, employees and consultants. In August the Company issued 43,750 ten year options under the 1997 Plan, exercisable at fair market value (which was \$22.40 per share) to certain of its officers who were former principals of Global. Options to purchase 21,875 shares became exercisable in August 1998, and the remaining 21,875 will be exercisable in August 1999.

In 1998 the Company issued 100,000 warrants to two directors at an exercise price of \$1.00, which was equal to the fair market value at the date of grant.

The following table summarizes the changes in options and warrants outstanding, and the related exercise price for shares of the Company's common stock:

<TABLE>

<CAPTION>

	STOCK OPTIONS			WARRANTS		
	WEIGHTED AVERAGE EXERCISE SHARES	PRICE	EXERCISABLE	WEIGHTED AVERAGE EXERCISE SHARES	PRICE	EXERCISABLE
<S>	<C>	<C>	<C>	<C>	<C>	<C>
Outstanding at January 1, 1996.....	100	\$ 101.20	100	2,110,757	\$ 8.35	2,110,757
Granted.....	250	58.92	250	--	--	--
Outstanding at December 31, 1996.....	350	50.13	350	2,110,757	8.35	2,110,757
Granted.....	63,750	5.77	20,000	5,000	113.75	5,000
Outstanding at December 31, 1997.....	64,100	71.00	20,350	2,115,757	8.60	2,115,757
Granted (Canceled).....	(20,000)	0.00	1,875	407,500	1.23	407,500
Outstanding at December 31, 1998.....	44,100	15.68	22,225	2,523,257	7.41	2,523,257

Granted (Unaudited).....	--	--	--	200,000	4.06	200,000

Outstanding at March 31, 1999 (Unaudited).....	44,100	\$ 22.79	22,225	2,723,257	\$ 7.17	2,723,257

</TABLE>

<TABLE>

<CAPTION>

OPTIONS WARRANTS

	<C>	<C>
Weighted Average fair value of options and warrants granted during 1996.....	\$ 40.42	None
Weighted Average fair value of options and warrants granted during 1997.....	\$ 10.55	\$ 78.03
Weighted Average fair value of options and warrants granted during 1998.....	None	\$ 0.84

(Unaudited)

Weighted Average fair value of options and warrants granted during quarter ended March 31, 1999..... None \$ 2.79

</TABLE>

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

12. STOCK OPTION PLANS AND WARRANTS (CONTINUED)

The following table summarizes information about exercisable stock options and warrants at December 31, 1998:

<TABLE>

<CAPTION>

	OUTSTANDING			EXERCISABLE		
	RANGE OF EXERCISE PRICE	REMAINING NUMBER OUTSTANDING	AVERAGE CONTRACTUAL LIFE	AVERAGE EXERCISE PRICE	NUMBER EXERCISABLE	EXERCISE PRICE
<S>	<C>	<C>	<C>	<C>	<C>	<C>
Options:.....	\$ 22.40-101.20	44,100	2-8 years	\$ 22.79	22,225	\$ 23.16
Warrants:.....	\$ 1.00-130.00	2,523,257	1-5 years	\$ 7.41	2,523,257	\$ 7.41

</TABLE>

(UNAUDITED)

The following table summarizes information about exercisable stock options and warrants at March 31, 1999:

<TABLE>

<CAPTION>

	OUTSTANDING			EXERCISABLE		
	RANGE OF EXERCISE PRICE	REMAINING NUMBER OUTSTANDING	AVERAGE CONTRACTUAL LIFE	AVERAGE EXERCISE PRICE	NUMBER EXERCISABLE	EXERCISE PRICE
<S>	<C>	<C>	<C>	<C>	<C>	<C>
Options:.....	\$ 22.40-101.20	44,100	2-8 years	\$ 22.79	22,225	\$ 23.16
Warrants:.....	\$ 1.00-130.00	2,723,257	1-5 years	\$ 7.17	2,723,257	\$ 7.17

</TABLE>

In fiscal 1997, the Company adopted the disclosure provisions of SFAS 123. For disclosure purposes, the fair value of options is estimated on the date of grant using the Black-Scholes option pricing model with the following weighted average assumptions used for stock options granted during the years ended December 31, 1998 and 1997 respectively: annual dividends of \$0; expected volatility of 50%; risk free interest rate of 7% and expected life of 10 years. The weighted average fair value of stock options granted during the years ended December 31, 1998 and 1997 was \$0 and \$21.60, respectively. If the Company had

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

12. STOCK OPTION PLANS AND WARRANTS (CONTINUED)

recognized compensation cost of stock options in accordance with SFAS 123, the Company's proforma loss and net loss per share would have been as follows:

<TABLE>

<CAPTION>

	YEAR ENDED DECEMBER 31,		
	1998	1997	1996
	<C>	<C>	<C>
Net loss to common stockholders			
As reported.....	\$ (3,299,917)	\$ (8,458,453)	\$ (889,538)
Pro forma.....	\$ (3,299,917)	\$ (9,214,453)	\$ (983,538)
Net loss from continuing operations:			
As reported.....	\$ (2,740,054)	\$ (4,304,073)	\$ (264,580)
Pro forma.....	\$ (2,740,054)	\$ (5,060,073)	\$ (358,580)
Net loss per share to common stockholders			
Basic			
As reported.....	\$ (1.49)	\$ (19.48)	\$ (3.17)
Pro forma.....	\$ (1.49)	\$ (21.22)	\$ (3.51)
Net loss per share to common stockholders--continuing operations:			
Basic			
As reported.....	\$ (1.24)	\$ (9.91)	\$ (0.94)
Pro forma.....	\$ (1.24)	\$ (11.65)	\$ (1.28)

</TABLE>

13. FORGIVENESS OF DEBT

- During the quarter ended March 31, 1998 (unaudited) the Company realized a gain of approximately \$1,361,000 due to its ongoing efforts to restructure Global and its various wholly owned subsidiaries.

- The Company for the year ended December 31, 1998, reviewed the fair value of its accounts payable, accrued expenses and other liabilities, and adjusted their gain on forgiveness of debt to approximately \$816,000, resulting in an approximate decrease of \$545,000 in gain that had been realized in the quarter ended March 31, 1998.

14. RELATED PARTY TRANSACTION

The Company sold its three vocational schools (Note 8) in 1998 to a company controlled by the Company's former President and Chief Executive Officer, the Company's former Secretary, and a former director.

The Company has paid legal fees to a law firm, whose member is a director of the Company. Fees of approximately \$263,000 and \$153,000 were paid in the year's ended December 31, 1998 and 1997, respectively.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

14. RELATED PARTY TRANSACTION (CONTINUED)

(UNAUDITED)

The Company as of March 31, 1999 owed \$60,000 to its chief financial officer and \$60,000 to a director of the Company, both in connection with liabilities assumed in connection with the Kaire acquisition.

15. FOREIGN SALES--(UNAUDITED)

Since the acquisition of Kaire and its foreign subsidiaries in February 1999, the Company has substantially increased its international presence both in sales and long-lived assets. The Company's sales and long-lived assets by country as of March 31, 1999 is as follows:

<TABLE>
<CAPTION>

	AUSTRALIA				
	UNITED STATES	AND NEW ZEALAND	OTHER SUBSIDIARIES	ADJUSTMENTS	CONSOLIDATED
<S>	<C>	<C>	<C>	<C>	<C>
Sales to unaffiliated customers.....	\$ 2,095,829	\$ 573,160	\$ 135,931	\$	\$ 2,804,920
Transfers between geographic areas.....	61,803	--	--	(61,803)	--
Net sales.....	2,157,632	573,160	135,931	(61,803)	2,804,920
Long-lived assets at March 31, 1999.....	\$ 12,261,407	\$ 39,905	\$ 27,459	\$ --	\$ 12,328,771

</TABLE>

16. ACQUISITIONS

On July 23, 1997, the Company closed on the acquisition of the capital stock of Global. The purchase price for the acquisition of Global was settled with the issuance of 145,000 shares of the Company's common stock. The Company has agreed to issue to former Global shareholders additional shares of common stock as follows: i) up to 20,000 shares if Global's pre-tax operating earnings equal or exceed \$1,200,000 for the period from July 1, 1997 through June 30, 1998, which did not occur and ii) shares equal in market value to the lesser of \$45 million or eight times Global pre-tax operating earnings for the period from July 1, 1999 through June 30, 2000 minus the fair market value on the date of issuance of the 145,000 share initial consideration.

The acquisition was recorded using the purchase method of accounting by which the assets are valued at fair market value at the date of acquisition. The following table summarizes the acquisition.

<S>	<C>
Purchase price.....	\$2,900,000
Liabilities assumed.....	4,530,741
Fair value of assets acquired.....	(6,511,954)
Goodwill.....	\$ 918,787

</TABLE>

The assets acquired included two patents, one (the "Troy Patent") is valued at \$4,819,000, and is being amortized over its remaining life of 11 years, the other (the "Xu Patent") was valued at \$404,000. In December 1998 management evaluated the recoverability of the Xu patent, by comparing its carrying amount to income generated. As a result of such evaluation the Company recorded a charge of \$200,000

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

16. ACQUISITIONS (CONTINUED)

against this patent. The "Xu Patent" is being amortized over its remaining life of 17 years, from the date of purchase, with adjustments for future amortization in regards to the charge against it. Additionally, the Company acquired a customer list valued at \$57,000, which is being amortized over 5 years.

The following schedule combines the unaudited pro-forma results of operations the Company and Global, as if the acquisition occurred on January 1, 1996 and includes such adjustments which are directly attributable to the acquisition, including the amortization of goodwill. It should not be considered indicative of the results that would have been achieved had the acquisition not

occurred or the results that would have been obtained had the acquisition actually occurred on January 1, 1996.

<TABLE>
<CAPTION>

	YEARS ENDED DECEMBER 31,	
	1997	1996
	<C>	<C>
Revenues.....	\$ 7,856,071	\$ 5,129,857
Loss from continuing operations.....	\$ (7,709,728)	\$ (2,933,434)
Net loss.....	\$ (10,234,169)	\$ (3,036,626)
Basic and diluted loss per share from continuing operations.....	\$ (15.21)	\$ (6.90)
Basic and diluted net loss per share.....	\$ (20.20)	\$ (7.14)
Shares used in computation.....	506,765	425,350

</TABLE>

17. SUBSEQUENT EVENTS

A. The Company in February 1999, pursuant to an asset purchase agreement acquired substantially all the assets of Kaire in exchange for the (i) issuance to Kaire, of \$2,800,000 aggregate stated value of the Company's Series F Preferred Stock, par value of \$.001, (ii) issuance to creditors of Kaire of \$350,000 aggregate stated value of the Company's Series G Preferred Stock, par value of \$.001, (iii) issuance to Kaire of five year warrants to purchase 200,000 shares of the Company's common stock, par value of \$.001, and acquisition costs of \$622,587 of which \$516,000 will be paid with the issuance of \$516,000 aggregate stated value of the Company's Series I Preferred Stock, par value \$.001 and \$106,587 was paid in cash. The Company has computed an aggregate \$682,000 value on the warrants for acquisition purposes. The value was derived by using the Black-Scholes Option Pricing model, (iv) the assumption of certain indebtedness of Kaire, as defined in the agreement and as agreed to outside of the asset purchase agreement. (v) indemnification to certain officers of Kaire against certain liabilities accrued prior to the closing date of the asset purchase, and (vi) certain annual payments to Kaire for a period of five years commencing December 31, 1999 based upon revenues and net income.

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NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

YEARS ENDED DECEMBER 31, 1998, 1997 AND 1996

17. SUBSEQUENT EVENTS (CONTINUED)

The acquisition was recorded using the purchase method of accounting, by which assets are valued at fair value on the date of acquisition. The following table summarized the acquisition:

<TABLE>

	<C>
Purchase price.....	\$4,454,587
Liabilities assumed.....	4,205,012
Fair value of assets acquired.....	(2,546,070)
Goodwill and customer list.....	\$6,113,529

</TABLE>

The Goodwill acquired is approximately \$1,076,000 and is being amortize over its remaining useful life of 15 years. The customer list acquired is

approximately \$5,038,000 and is being amortized over its remaining useful life of 10 years.

The following schedule combines the unaudited pro-forma results of operations of the Company and Kaire, as if the acquisition occurred on January 1, 1996 and includes such adjustments which are directly attributable to the acquisition, including the amortization of goodwill. It should not be considered indicative of the results that would have been achieved had the acquisition actually occurred on January 1, 1996.

<TABLE>

<CAPTION>

	YEARS ENDED DECEMBER 31,				QUARTER ENDED MARCH 31,	
	1998	1997	1996	1999	1998	
			UNAUDITED		UNAUDITED	
<S>	<C>	<C>	<C>	<C>	<C>	
Revenues.....	\$ 27,366,830	\$ 36,815,238	\$ 51,498,562	\$ 5,107,926	\$ 8,146,641	
Loss from continuing operations.....	\$ (8,023,170)	\$ (10,978,096)	\$ (2,642,860)	\$ (789,364)	\$ (1,053,633)	
Net income (loss) to common stockholder.....	\$ (10,431,144)	\$ (15,362,756)	\$ (3,496,098)	\$ (1,505,473)	\$ 189,465	
Basic and diluted loss per common share from continuing operations.....	\$ (3.63)	\$ (25.28)	\$ (9.43)	\$ (0.13)	\$ (1.18)	
Basic and diluted net income (loss) to common stockholder per share.....	\$ (4.72)	\$ (35.38)	\$ (12.47)	\$ (0.24)	\$ 0.21	
Shares used in computation.....	2,210,458	434,265	280,350	6,220,331	892,386	

</TABLE>

B. In April 1999 the Company issued \$400,000 of Series H Preferred Stock. The Series H Preferred Stock pays dividends of 10% per annum and is convertible into shares of common stock at the lower of the closing bid price on the date of issue or 75% of the market value of the common stock.

(UNAUDITED)

C. In April 1999, the Company became a defendant in a legal action, brought by former legal counsel for approximately \$60,000 in unpaid legal fees. The Company is vigorously defending against this action. Management is unable to determine the final outcome of these proceedings.

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KAIRE INTERNATIONAL, INC.

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REPORT OF INDEPENDENT CERTIFIED PUBLIC ACCOUNTANTS

Board of Directors and Stockholders
 Kaire International, Inc.
 Longmont, Colorado

We have audited the accompanying consolidated balance sheets of Kaire International, Inc. and subsidiaries (the "Company") as of December 31, 1998 and 1997 and the related consolidated statements of operations and comprehensive loss, stockholders' deficit and cash flows for the years ended December 31, 1998, 1997 and 1996. These consolidated financial statements are the responsibility of the Company's management. Our responsibility is to express an opinion on these financial statements based on our audits.

We conducted our audits in accordance with generally accepted auditing standards. Those standards require that we plan and perform the audits to obtain reasonable assurance about whether the consolidated financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audits provide a reasonable basis for our opinion.

In our opinion, the consolidated financial statements referred to above present fairly, in all material respects, the financial position of Kaire International, Inc. and subsidiaries at December 31, 1998 and 1997 and the results of their operations and their cash flows for the years ended December 31, 1998, 1997 and 1996 in conformity with generally accepted accounting principles.

The accompanying financial statements have been prepared assuming that the Company will continue as a going concern. As discussed in Note 1 to the financial statements, the Company has suffered recurring losses from operations, has a working capital deficit of \$9,862,931 and a capital deficit of \$9,322,895 at December 31, 1998. These conditions raise substantial doubt about its ability to continue as a going concern. Management's plans in regard to these matters are also described in Note 1. The financial statements do not include any adjustments that might result from the outcome of this uncertainty.

/s/BDO Seidman LLP

March 8, 1999
 Denver, Colorado

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 KAIRE INTERNATIONAL, INC.

CONSOLIDATED BALANCE SHEETS

<TABLE>
 <CAPTION>

DECEMBER 31,	
1998	1997
<C>	<C>

<S>
 ASSETS (Notes 1, 4 and 5)

CURRENT:

Cash and cash equivalents.....	\$ 372,633	\$ 460,663
Restricted cash.....	125,000	--
Accounts receivable, less allowance of \$0 and \$168,805 for possible losses (Notes 4 and 5).....	262,944	301,135
Inventories (Note 4).....	1,061,144	1,612,960
Prepaid expenses and other.....	61,281	267,123
	-----	-----
Total current assets.....	1,883,002	2,641,881

PROPERTY AND EQUIPMENT (Note 3):

Computer equipment.....	901,491	914,451		
Computer software.....	579,955	579,955		
Office equipment.....	424,310	424,714		
Furniture and fixtures.....	152,544	322,171		
Leasehold improvements and other.....	135,029	174,985		
	-----	-----		
	2,193,329	2,416,276		
Accumulated depreciation and amortization.....		(1,655,178)	(1,344,463)	
	-----	-----		
Net property and equipment.....	538,151	1,071,813		
	-----	-----		
OTHER ASSETS:				
Deposits and other.....	139,397	405,638		
Debt issuance costs, net of accumulated amortization of \$347,230 and \$143,886 (Note 5).....	--	204,344		
	-----	-----		
Total other assets.....	139,397	609,982		
	-----	-----		
	\$ 2,560,550	\$4,323,676		
	-----	-----		
	-----	-----		
LIABILITIES AND STOCKHOLDERS' DEFICIT				
CURRENT LIABILITIES:				
Notes payable (Note 5).....	\$ 2,075,000	\$1,787,166		
Note payable to bank (Note 4).....	180,000	240,000		
Notes payable--related parties (Note 2).....	2,362,247	984,667		
Current portion of capital lease obligations (Note 3).....	19,606	116,079		
Checks written in excess of deposits.....	1,035,195	1,322,910		
Accounts payable.....	3,500,778	2,495,829		
Accounts payable, related party (Note 2).....	--	26,255		
Accrued commissions payable.....	815,513	1,369,305		
Accrued payroll taxes payable and other (Note 6).....	411,075	281,841		
Sales taxes payable (Note 6).....	603,995	268,299		
Other accrued liabilities.....	742,524	241,818		
	-----	-----		
Total current liabilities.....	11,745,933	9,134,169		
CAPITAL LEASE OBLIGATION, LESS CURRENT MATURITIES (Note 3).....		8,146	14,713	
	-----	-----		
Total liabilities.....	11,754,079	9,148,882		
	-----	-----		
MINORITY INTEREST IN CONSOLIDATED SUBSIDIARIES.....		129,366	199,636	
COMMITMENTS AND CONTINGENCIES (Notes 3, 5 and 9).....		--	--	
STOCKHOLDERS' DEFICIT (Note 7):				
Preferred stock: \$.01 par value; 5,000,000 shares authorized; -0- shares issued and outstanding.....	--	--		
Common stock: \$.01 par value; 25,000,000 shares authorized; 2,296,226 and 2,209,176 shares issued and outstanding.....	22,962	22,092		
Additional paid-in capital.....	1,366,188	1,365,317		
Other accumulated comprehensive loss.....	(11,153)	(418,980)		
Retained deficit.....	(10,700,892)	(5,993,271)		
	-----	-----		
Total stockholders' deficit.....	(9,322,895)	(5,024,842)		
	-----	-----		
	\$ 2,560,550	\$4,323,676		
	-----	-----		
	-----	-----		

</TABLE>

See accompanying report of independent certified public accountants, summary of accounting policies and notes to consolidated financial statements.

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KAIRE INTERNATIONAL, INC.

CONSOLIDATED STATEMENTS OF OPERATIONS AND COMPREHENSIVE LOSS

<TABLE>
<CAPTION>

YEARS ENDED DECEMBER 31,

-----	-----	-----
1998	1997	1996
-----	-----	-----

<S>

<C>	<C>	<C>
-----	-----	-----

NET SALES (Note 11).....	\$ 26,175,710	\$ 35,681,512	\$ 51,498,562
COST OF SALES (Notes 2 and 10).....	6,250,433	8,387,963	13,321,062
<hr/>			
GROSS PROFIT.....	19,925,277	27,293,549	38,177,500
<hr/>			
OPERATING EXPENSES:			
Distributor commissions.....	13,537,777	19,968,230	27,965,416
Selling general and administrative expenses.....	9,291,933	13,008,859	12,975,915
<hr/>			
Total operating expenses.....	22,829,710	32,977,089	40,941,331
<hr/>			
Loss from operations.....	(2,904,433)	(5,683,540)	(2,763,831)
<hr/>			
OTHER INCOME (EXPENSES):			
Other income.....	56,216	195,899	40,432
Interest income.....	31,446	54,573	79,029
Interest expense.....	(971,376)	(726,392)	(126,663)
Abandoned offering costs.....	(357,770)	--	--
Loss on foreign exchange.....	(568,424)	(29,202)	(17,335)
Other expense.....	(57,253)	(56,430)	(2,775)
<hr/>			
Total other income (expenses).....	(1,867,161)	(561,552)	(27,312)
<hr/>			
Loss before income taxes and minority interest.....	(4,771,594)	(6,245,092)	(2,791,143)
Benefit from income taxes (Note 8).....	--	12,973	1,103,000
Minority interest in (income) loss of subsidiaries.....	63,973	133,590	(114,643)
<hr/>			
NET LOSS.....	(4,707,621)	(6,098,529)	(1,802,786)
Other comprehensive income (loss):			
Foreign currency translation adjustment.....	407,827	(430,117)	11,137
<hr/>			
COMPREHENSIVE INCOME (LOSS).....	\$ (4,299,794)	\$ (6,528,646)	\$ (1,791,649)
<hr/>			

</TABLE>

See accompanying report of independent certified public accountants, summary of accounting policies and notes to consolidated financial statements.

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KAIRE INTERNATIONAL, INC.

CONSOLIDATED STATEMENTS OF STOCKHOLDERS' DEFICIT

YEARS ENDED DECEMBER 31, 1996, 1997 AND 1998

<TABLE>

<CAPTION>

	COMMON STOCK					TOTAL		STOCKHOLDERS' EQUITY (DEFICIT)
	SHARES (NOTE 7)	AMOUNT	PAID-IN CAPITAL	ACCUMULATED INCOME/(LOSS)	RETAINED EARNINGS (DEFICIT)	COMPREHENSIVE INCOME/(LOSS)		
<S>	<C>	<C>	<C>	<C>	<C>	<C>	<C>	
Balance, January 1, 1996.....	1,470,000	\$14,700	\$ (6,604)	\$ --	\$ 1,908,044	[\$ 1,186,351]	\$ 1,916,140	
<hr/>								
Comprehensive income/(loss):								
Net loss.....	--	--	--	(1,802,786)	[\$(1,802,786)]	(1,802,786)		
Foreign currency translation adjustment.....	--	--	11,137	--	[11,137]	11,137		
<hr/>								
Balance, December 31, 1996.....	1,470,000	14,700	(6,604)	11,137	105,258	[\$(1,791,649)]	124,491	
<hr/>								
Issuance of common stock for services.....								
	316,676	3,167	61,769	--	--	--	64,936	
Issuance of common stock for cash net of offering costs of \$78,543 (Note 7).....								
	250,000	2,500	168,957	--	--	--	171,457	
Issuance of common stock in connection with debt net of offering costs of \$29,580 (Note 5).....								
	172,500	1,725	141,195	--	--	--	142,920	
Conversion of debt to additional paid-in capital (Note 7).....								
	--	--	1,000,000	--	--	--	1,000,000	

Comprehensive income/(loss):							
Net loss.....	--	--	--	--	(6,098,529)	[\$(6,098,529)]	(6,098,529)
Foreign currency translation adjustment.....	--	--	--	(430,117)	--	[(430,117)]	(430,117)
Balance, December 31, 1997.....	2,209,176	22,092	1,365,317	(418,980)	(5,993,271)	[\$(6,528,646)]	(5,024,842)
Issuance of common stock from exercise of stock options.....							
	87,050	870	871	--	--	--	1,741
Comprehensive income/(loss):							
Net loss.....	--	--	--	--	(4,707,621)	[\$(4,707,621)]	(4,707,621)
Foreign currency translation adjustment, includes \$381,429 transfer of loss on foreign exchange from writedown of investment in foreign subsidiary.....	--	--	--	407,827	--	[407,827]	407,827
Balance, December 31, 1998.....	2,296,226	\$22,962	\$1,366,188	\$ (11,153)	\$ (10,700,892)	[\$(4,299,794)]	\$(9,322,895)

</TABLE>

See accompanying report of independent certified public accountants, summary of accounting policies and notes to consolidated financial statements.

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KAIRE INTERNATIONAL, INC.

CONSOLIDATED STATEMENTS OF CASH FLOWS

INCREASE (DECREASE) IN CASH AND CASH EQUIVALENTS

<TABLE>

<CAPTION>

	YEARS ENDED DECEMBER 31,		
	1998	1997	1996
	<C>	<C>	<C>
OPERATING ACTIVITIES:			
Net loss.....	\$(4,707,621)	\$(6,098,529)	\$(1,802,786)
Adjustments to reconcile net loss to net cash used in operating activities:			
Depreciation and amortization.....	873,003	876,836	440,873
Minority interest.....	(63,973)	(133,590)	114,643
Loss on disposal of fixed assets.....	--	17,217	--
Common stock issued for services.....	--	17,500	--
Deferred income taxes.....	--	--	(84,000)
Provision for doubtful accounts.....	148,119	259,369	41,210
Write off of inventories.....	276,871	--	--
Loss on foreign exchange.....	562,128	--	--
Changes in operating assets and liabilities:			
Accounts receivable.....	(102,117)	(435,517)	317,451
Related party receivable.....	--	--	238,638
Inventories.....	371,272	293,087	123,341
Prepaid expenses and other.....	386,288	(315,748)	(55,909)
Refundable income taxes.....	--	1,025,000	(725,000)
Accounts payable.....	412,982	1,218,959	157,490
Accounts payable, related party.....	(26,255)	26,254	--
Accrued liabilities and other.....	432,693	(184,223)	(322,349)
Income taxes payable.....	--	--	(65,755)
Net cash used in operating activities.....	(1,436,610)	(3,433,385)	(1,622,153)
INVESTING ACTIVITIES:			
Restricted cash.....	(125,000)	--	--
Deposits and other.....	283,094	(289,238)	--
Purchases of intangibles.....	--	(20,106)	(172,488)
Purchases of property and equipment.....	(74,891)	(274,679)	(243,415)
Advances--other.....	--	226,855	(224,804)
Proceeds from sale of investment.....	--	250,000	--
Purchase of investment.....	--	--	(250,000)

Net cash provided by (used in) investing activities.....	83,203	(107,168)	(890,707)

FINANCING ACTIVITIES:			
Checks written in excess of deposits.....	(287,715)	(53,155)	1,376,065
Proceeds from note payable to bank.....	--	--	250,000
Payments on note payable to bank.....	(60,000)	(10,000)	--
Proceeds from notes payable.....	150,000	4,217,463	200,000
Payments on notes payable.....	--	(1,017,463)	--
Proceeds from notes payable--related party.....	1,760,470	1,165,531	75,000
Payments on notes payable--related party.....	(382,890)	(561,192)	(228,738)
Payments on capital lease obligations.....	(103,040)	(241,610)	(223,902)
Issuance of common stock.....	1,741	171,457	--
Offering costs paid.....	--	(29,580)	--
Payments for debt issue costs.....	--	(300,794)	--

Net cash provided by financing activities.....	1,078,566	3,340,657	1,448,425

Effect of foreign exchange rates changes on cash.....	186,811	(78,708)	33,570

Net decrease in cash and cash equivalents.....	(88,030)	(278,604)	(1,030,865)
Cash and cash equivalents, beginning of year.....	460,663	739,267	1,770,132

Cash and cash equivalents, end of year.....	\$ 372,633	\$ 460,663	\$ 739,267

</TABLE>

See accompanying report of independent certified public accountants, summary of accounting policies and notes to consolidated financial statements.

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KAIRE INTERNATIONAL, INC.
SUMMARY OF ACCOUNTING POLICIES

ORGANIZATION AND BUSINESS

Kaire International, Inc. (the "Company"), was incorporated in Nevada in October 1992. The Company is engaged in the distribution of health and personal care products through network marketers throughout the United States, Canada, New Zealand, Australia, Trinidad and Tobago, and the United Kingdom.

On March 18, 1997, the Company merged into a newly formed Delaware corporation of the same name with the Nevada corporation ceasing to exist. The transaction was accounted for on a basis similar to a pooling of interest with no change in the historical financial statements of the Company. The newly formed corporation had no operations prior to the merger.

The Company expanded its markets in 1995 by entering New Zealand and Australia with its health and personal care products. Kaire New Zealand Ltd. ("Kaire New Zealand") and Kaire Australia Pty. Ltd. ("Kaire Australia") were incorporated in August 1995 and began operations on November 1, 1995. The Company acquired a 51% interest in these two subsidiaries on the date of incorporation.

During 1997, the Company expanded its markets into South Korea, Trinidad and Tobago, and the United Kingdom. Kaire Korea, Ltd. ("Kaire Korea") was incorporated on March 19, 1997 in South Korea as a wholly owned subsidiary of the Company through November 15, 1997. On November 15, 1997, the Company sold 15% of Kaire Korea, in consideration of \$143,375 of interest expense due on a note payable. Operations and sales began during July 1997. During October 1998, the Company began trying to sell its South Korean subsidiary, and as of December 31, 1998, the Company wrote off all of its assets in its South Korean subsidiary as the Company does not anticipate recovering its investment. The Company recorded a \$884,600 writedown of its assets in its South Korean subsidiary, which included a writedown of \$132,863 in property and equipment and \$210,736 in inventories. Kaire Europe Limited ("Kaire Europe") was incorporated as a wholly owned subsidiary, of the Company on July 24, 1997 in the United Kingdom, commencing sales during November 1997. Kaire Trinidad Limited ("Kaire Trinidad"), a wholly owned subsidiary of the Company, was incorporated on May 21, 1997 in the Republic of Trinidad and Tobago and began operations during June 1997.

PRINCIPLES OF CONSOLIDATION

The accompanying consolidated financial statements include the accounts of

the Company, its majority owned subsidiaries Kaire New Zealand, Kaire Australia and Kaire Korea, and its wholly owned subsidiaries Kaire Europe, and Kaire Trinidad. All significant intercompany accounts and transactions have been eliminated in consolidation.

CONCENTRATION OF RISK

The Company maintains its cash accounts in several bank accounts. Accounts in the United States are insured by the Federal Deposit Insurance Corporation (FDIC) up to \$100,000. The Company's cash balance in some of its bank accounts generally exceeds the insured limits.

The Company sells its products through network marketers throughout the United States, Canada, New Zealand, Australia, Trinidad and Tobago, and the United Kingdom. Credit is extended for returned checks and or until credit card purchases have cleared the bank.

Credit losses, if any, have been provided for in the financial statements and are based on management's expectations. The Company's accounts receivable are subject to potential concentrations of credit

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risk. The Company does not believe that it is subject to any unusual or significant risks, in the normal course of business.

CASH AND CHECKS WRITTEN IN EXCESS OF DEPOSITS

The cash balance on the accompanying balance sheet represents cash from the Company's subsidiaries which are not overdrawn. The checks in excess of deposits represents bank overdrafts on the parent company's financial statements. The cash held in the Company's subsidiary accounts is not available to cover the Company's bank overdrafts.

CASH AND CASH EQUIVALENTS

For purposes of the statements of cash flows, the Company considers all highly liquid investments purchased with original maturities of three months or less to be cash equivalents.

RESTRICTIVE CASH

The Company has a restricted cash account with a credit card processing company. The primary purpose of this account is to provide a reserve for potential uncollectible amounts and chargebacks by the Company's credit card customers. The credit card processing company may periodically increase the restricted cash account. However, the Company's restricted cash account will not go below \$125,000. Subsequent to December 31, 1998, the credit card processing company increased the restricted cash account to \$200,000.

INVENTORIES

Inventories consist mainly of health and personal care products and are stated at lower of cost (first-in, first-out) or market.

PROPERTY, EQUIPMENT, DEPRECIATION AND AMORTIZATION

Property and equipment are stated at cost. Depreciation and amortization are computed, using primarily the straight-line method, over the estimated useful lives of the assets which range from three to seven years. Maintenance and repair costs are expensed as incurred.

LONG-LIVED ASSETS

Long-lived assets and identifiable intangibles are reviewed for impairment whenever events or changes in circumstances indicate that the carrying amount may not be recoverable. If the expected undiscounted future cash flow from the use of the assets and its eventual disposition is less than the carrying amount of the assets, an impairment loss is recognized and measured using the asset's fair value.

DEBT ISSUE COSTS

Debt issue costs are being amortized using the straight-line method over the term of the notes payable.

REVENUE RECOGNITION

The Company sells its products directly to independent distributors. Sales are recorded when products are shipped.

Under the Kaire Direct program the Company provides a 100% refund (less shipping and handling), to all end users, for any unopened product that is returned within 30 days from the date of purchase in resalable condition. The Company provides a 100% product exchange for any product that does not meet

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customer satisfaction if returned within 30 days under the Kaire Direct program. An Associate is allowed 90 days from order date for exchange or refund only if product bottles (empty, partial or full) are returned. Statement of Financial Accounting Standards No. 48 "Revenue Recognition When Right of Return Exists" requires the Company to accrue losses that may be expected from sales returns. The Company recorded sales returns of \$458,337, \$869,305 and \$861,213 for the years ended December 31, 1998, 1997 and 1996. The Company monitors its historical sales returns and will accrue a liability for sales returns when and if sales returns become significant.

INCOME TAXES

The Company accounts for income taxes in accordance with Statement of Financial Accounting Standards No. 109, "Accounting for Income Taxes" which requires the use of the "liability method". Accordingly, deferred tax liabilities and assets are determined based on the temporary differences between the financial statement and tax basis of assets and liabilities, using enacted tax rates in effect for the year in which the differences are expected to reverse.

FINANCIAL INSTRUMENTS

The following methods and assumptions were used to estimate the fair value of each class of financial instruments for which it is practicable to estimate that value:

ACCOUNTS RECEIVABLE, ACCOUNTS PAYABLE AND ACCRUED LIABILITIES

Fair values of accounts receivable, accounts payable, and accrued liabilities are assumed to approximate carrying values for these financial instruments since they are short term in nature and their carrying amounts approximate fair value or they are receivable or payable on demand.

NOTES PAYABLE TO RELATED PARTIES

Due to its related party nature and terms of the notes payables to related parties, the Company cannot estimate the fair market value of such financial instruments.

NOTES PAYABLE

Substantially all of these notes bear interest at fixed rates of interest based upon the terms of the Agreements. The fair value of these notes are not materially different than their reported carrying amounts at December 31, 1998 and 1997.

FOREIGN CURRENCY TRANSLATIONS

Assets and liabilities of subsidiaries are translated at the rate of exchange in effect on the balance sheet date; income and expenses of subsidiaries are translated at the average rates of exchange prevailing during the year. The related translation adjustments are reflected as a cumulative translation adjustment in consolidated stockholders' equity. Foreign currency gains and losses resulting from transactions are included in results of operations in the period in which the transactions occurred.

USE OF ESTIMATES

The preparation of financial statements in conformity with generally accepted accounting principles necessarily requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities, the disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of revenue and expenses during the reporting periods. Actual results could differ from those estimates.

STOCK OPTIONS

The Company applies Accounting Pronouncements Bulletin Opinion 25, "Accounting for Stock Issued to Employee", ("APB 25") and related interpretations in accounting for all stock option plans. Under APB 25, no compensation cost has been recognized for stock options granted as the option price equals or exceeds the market price of the underlying common stock on the date of grant.

Statement of Financial Accounting Standards No. 123, "Accounting for Stock-Based Compensation" ("SFAS No. 123"), requires the Company to provide pro forma information regarding net loss as if compensation cost for the Company's stock option plans had been determined in accordance with the fair value based method prescribed in SFAS No. 123. To provide the required pro forma information, the Company estimates the fair value of each stock option at the grant date by using the Black-Scholes option-pricing model.

COMPREHENSIVE INCOME

During 1998, the Company adopted Statement of Financial Accounting Standards No. 130, "Reporting Comprehensive Income" ("SFAS No. 130"). The implementation of SFAS No. 130 required comparative information for earlier years to be presented. The Company has elected to report comprehensive income on the consolidated statements of operations and the consolidated statements of stockholders' deficit. Comprehensive income is comprised of net loss and all changes to the consolidated statements of stockholders' deficit, except those due to investments by stockholders, changes in paid in capital and distributions to stockholders.

SEGMENT REPORTING

During 1998, the Company implemented Statement of Financial Accounting Standards No. 131, "Disclosures about Segments of an Enterprise and Related Information" ("SFAS No. 131"). This standard establishes standards for the way that public business enterprises report information about operating segments in annual financial statements. The adoption of SFAS No. 131 did not have a material impact on the Company's consolidated financial statements.

KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS

1. GOING CONCERN

The Company incurred significant losses during the years ended December 31, 1998 and 1997 and, at December 31, 1998, has a negative working capital of \$9,862,931 and a capital deficit of \$9,322,895. Additionally, the Company has not made its payroll tax and sales tax deposits on a timely basis. These conditions raise substantial doubt about the Company's ability to continue as a going concern.

Subsequent to December 31, 1998 (see Note 13), the Company sold substantially all of its assets and certain liabilities to Natural Health Trends Corporation ("NHTC") and NHTC Acquisition Corp. As part of the purchase price, commencing December 31, 1999 and each year for a period of five years thereafter, NHTC will pay certain amounts to the Company based upon NHTC Acquisition Corp.'s net income and sales levels. The Company believes that this amount will be sufficient to pay its existing, outstanding indebtedness. There are no assurances that the Company will receive the payments from NHTC or that the payments will be sufficient to pay its existing indebtedness. The accompanying consolidated financial statements do not include any adjustments that might result from the outcome of these uncertainties.

2. RELATED PARTY TRANSACTIONS

ACCOUNTS PAYABLE, OFFICERS AND DIRECTORS

As of December 31, 1997, the Company owed \$26,255 in accounts payable to officers and directors. The amounts were paid during 1998.

NOTES PAYABLE, RELATED PARTIES

During 1997, three officers of the Company advanced funds to the Company for working capital requirements. The Company recorded these advances as current liabilities. On November 28, 1997, the Company issued 10% promissory notes payable to the officers. The notes are uncollateralized and due on demand. As of December 31, 1998 and 1997, the Company owed \$258,337 and \$262,037 to the officers.

During 1997 and 1998, two individual directors advanced funds to the Company for working capital requirements. The advances are evidenced by note agreements. The notes bear interest at 10%, are uncollateralized, and due upon demand. As of December 31, 1998 and 1997, the Company owed \$242,410 under these notes to the directors. In addition, during 1997, the two directors advanced an additional \$113,000 to the Company which was repaid by the Company during 1997.

In December 1997, the directors and officers entered into an agreement with the Company to which they agreed that the Company not make repayments on the notes issued to them until after the end of the first calendar quarter in which the Company has achieved positive cash flow. The agreement requires payments only after calendar quarters during which the Company has received positive cash flow and that the Company is only required to pay the officers and directors on a pro rata basis as to their indebtedness in an aggregate amount equal to 50% of the positive net cash flow for each such quarter.

During 1998, the Company borrowed \$443,000 from directors of the Company for notes payable. The notes bear interest at 10%. The notes are collateralized by all the assets of the Company and are due on demand. As of December 31, 1998, the Company owed \$136,500 under these notes to the directors.

Kaire Korea, pursuant to a demand promissory note guaranteed by the Company and personally guaranteed by certain officers of the Company, borrowed \$500,000 from a corporation during May 1997 pursuant to the terms of a note payable at an annual interest rate of 9.5%. The note was due in principal installments of: \$25,000 due August 31, 1997, \$125,000 due September 30, 1997, \$175,000 due October 31,

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

2. RELATED PARTY TRANSACTIONS (CONTINUED)

1997 and \$175,000 due November 30, 1997. An option to acquire 15% of the capital stock of Kaire Korea Ltd. at the par value of Kaire Korea's capital stock expiring May 2000 was granted to the lender. During 1997, Kaire Korea defaulted under the note agreement. On November 15, 1997, the Corporation exercised its option to acquire 15% of Kaire Korea from the Company in consideration of \$143,375 in interest expense due by Kaire Korea under the note agreement. The Company renegotiated the terms of the original note agreement on January 1, 1998. The January 1, 1998 agreement modifies the repayment provisions of principal and interest, stipulating that the Company make monthly interest only payments until the note is paid in full. The note was due on September 15, 1998. The Company is currently in default on its note payable. The Company has classified this liability as a current liability. The Company also pledged its stock in Kaire Korea as collateral on this note. As of December 31, 1998 and 1997, Kaire Korea owes \$475,000 to its minority stockholder.

During November 1997, Interactive Medical Technologies, Ltd. ("IMT") loaned the Company \$700,000. Pursuant to an Agreement and Plan of Reorganization, IMT agreed to convert its \$700,000 of debt to equity in the Company (see Note 7).

During March and April 1998, Global Marketing, LLC, a stockholder of the Company, advanced a total of \$1,000,000 to the Company for working capital requirements. On April 16, 1998, the Company entered into a \$1,000,000 note payable with the stockholder. The note bears interest at 10% per annum, is uncollateralized and is payable upon demand.

During December 1998, the Company borrowed \$250,000 from Natural Health Trends Corporation ("NHTC") (see Note 13). The note bears interest at 10% per annum, is collateralized by the Company's supplier agreement (see Note 9) and is payable on demand. The note is personally guaranteed by certain officers of the Company.

3. CAPITAL LEASE OBLIGATIONS

The Company has various capital lease obligations which are collateralized

by equipment. Interest rates under the agreements range from 7.1% to 31.9%, with monthly principal and interest payments ranging from \$51 to \$11,349.

Future minimum lease payments and the present value of the minimum lease payments under the noncancelable capital lease obligations as of December 31, 1998 are as follows:

<TABLE>	
<CAPTION>	
DECEMBER 31,	1998

<S>	<C>
1999.....	\$ 15,694
2000.....	15,347

Total future minimum lease payments.....	31,041
Less amounts representing interest.....	3,289

Present value of minimum lease payments.....	27,752
Less current maturities.....	19,606

Total long-term obligations.....	\$ 8,146

</TABLE>

At December 31, 1998 and 1997, property and equipment includes equipment under capital lease obligations with a total cost of \$757,689 and accumulated amortization of \$560,794 and \$489,056.

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

4. NOTE PAYABLE TO BANK

The term loan bears interest at 10.5% per annum and is collateralized by inventories, accounts receivable, certain other assets, and the personal guarantees of certain officers and directors of the Company. The term loan is payable in monthly principal payments of \$5,000 plus accrued interest and is due January 1999. As of December 31, 1998 and 1997, the balance was \$180,000 and \$240,000. As of December 31, 1998 and 1997, the term loan is classified as a current liability. In accordance with the Asset Purchase Agreement, NHTC assumed the term loan subsequent to year end (see Note 13).

5. NOTES PAYABLE

Notes payable consists of the following:

<TABLE>		
<CAPTION>		
December 31,		

	1998	1997
	-----	-----
<S>	<C>	<C>
Note payable to a corporation (1).....	\$ 200,000	\$ 200,000
Notes payable to individuals (2).....	1,725,000	1,587,166
Note payable to a corporation (3).....	150,000	--
-----		-----
Total notes payable.....	\$ 2,075,000	\$ 1,787,166
-----		-----

</TABLE>

(1) During January 1997, the Company borrowed \$200,000 from a corporation for a note payable at an interest rate of 10% per month, with interest payments due monthly. The note is guaranteed by certain officers and directors and is due upon demand. The Company renegotiated the terms of the original agreement on August 25, 1997, as the Company had not met the interest payment requirements of the agreement. The August 25, 1997 agreement modifies the repayment provisions of principal and interest, stipulating

that the Company repay all interest and principal due under the original agreement by December 31, 1997. Also, the interest rate was reduced from 10% per month to 2% per month payable monthly, retroactive to March 5, 1997. On January 15, 1998, the note was amended and changed to a demand note as the Company was unable to repay the note by December 31, 1997 as stated in the August 25, 1997 amendment. The Company is required to make monthly interest only payments of \$4,000 per month. In connection with the original terms of this borrowing, the lender was issued warrants to purchase 12,500 shares of the Company's common stock at \$6.60 per share. The warrants expire six years after the effective date of the initial public offering. As of December 31, 1998, the warrants had not been exercised. On October 1, 1998, the lender was issued additional warrants to purchase 12,500 shares of the Company's common stock at \$6.60 per share as a result of the reverse stock split (see Note 7). Subsequent to December 31, 1998, the note was paid in full (see Note 13).

- (2) During 1997, the Company borrowed \$1,725,000 pursuant to a private placement offering consisting of the issuance of promissory notes and common stock of the Company. In connection with this private placement offering, the Company incurred \$348,230 in debt issue costs. The debt issue costs are being amortized using the straight line method over the term of the promissory notes. The promissory notes are due the earlier of eighteen months from the date of issue, the completion date of an equity financing of the Company pursuant to which it receives gross proceeds of not less than \$3,000,000, or the Company's receipt of at least \$1,000,000 in proceeds from the "Key Man" life insurance policies on any of its executive officers and/or directors. The promissory notes bear interest at 10% per annum. In connection with the private placement offering, debt holders were issued

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

5. NOTES PAYABLE (CONTINUED)

172,500 shares of the Company's common stock. Original issue discount of \$172,500 was recorded as part of the private offering financing and is being charged to interest over the life of the promissory notes under the effective interest method. The shares issued were valued based upon their estimated fair market value at date of issuance. As of December 31, 1998 and 1997, the notes payable are disclosed net of unamortized original issue discount of \$0 and \$137,834. Subsequent to December 31, 1998, the notes were paid in full (see Note 13).

- (3) During January 1998, the Company borrowed \$150,000 from a corporation for a note payable at an annual interest rate of 24%. Interest and principal are due on demand. The note is uncollateralized and is personally guaranteed by certain officers and directors of the Company. Subsequent to December 31, 1998, the note was paid in full (see Note 13).

All warrants issued in connection with the above financing transactions have been valued using the Black-Scholes Model and are considered to be nominal in value.

6. PAYROLL TAX AND SALES TAX LIABILITIES

During 1998 and 1997, the Company has not made its payroll tax deposits with the Internal Revenue Service ("IRS") and the various state taxing authorities on a timely basis. The Company has filed all required payroll tax returns and is currently negotiating a payment plan with the IRS. As of December 31, 1998 and 1997, the Company owes approximately \$312,800 and \$51,096 of delinquent payroll tax liabilities including interest and penalties. The Company's failure to pay its delinquent payroll tax liabilities could result in tax liens being filed by various taxing authorities.

During 1998 and 1997, the Company did not make its sales tax deposits with the various sales tax authorities on a timely basis. The Company has filed all required sales tax returns. As of December 31, 1998 and 1997, the Company owed approximately \$603,995 and \$268,299 in current and delinquent sales taxes. The Company's failure to pay its delinquent sales taxes could result in tax liens being filed by various taxing authorities.

7. STOCKHOLDERS' EQUITY

STOCK SPLIT AND AUTHORIZATION OF SHARES

On October 1, 1998, the Board of Directors authorized a 1 for 2 reverse stock split for shareholders of record on October 1, 1998. All references to common share and per share amounts in the accompanying financial statements have been restated to reflect the effect of this reverse stock split. As a result of the 1 for 2 reverse stock split, certain warrant holders received an additional 712,500 warrants to purchase common stock of the Company at \$6.60 per share. The warrants expire six years after the effective date of the initial public offering. These warrants granted on October 1, 1998 were considered nominal value.

On February 1, 1997, the Board of Directors authorized a stock split, effected in the form of a dividend of 2,800 shares of common stock for each common share held by shareholders of record on February 1, 1997. All references to common share and per share amounts in the accompanying financial statements have been restated to reflect the effect of this stock dividend.

During March 1997, the Board of Directors adopted certain resolutions which were approved by the Company's stockholders to increase the number of authorized shares of common stock from 1,000,000 to 25,000,000 shares. The stockholders also approved the authorization of the issuance of a new class of

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

7. STOCKHOLDERS' EQUITY (CONTINUED)

5,000,000 shares of preferred stock. The preferred stock of the Company can be issued in series. With respect to each series issued, the Board of Directors of the Company will determine, among other things, the number of shares in the series, voting rights and terms, dividend rates and terms, liquidation preferences and redemption and conversion privileges. No preferred stock has been issued as of December 31, 1998.

ISSUANCE OF COMMON STOCK

On March 20, 1997, the Company sold 250,000 shares of common stock pursuant to a private placement offering for \$171,457, net of \$78,543 in offering costs, and warrants to purchase an additional 250,000 shares of common stock at a purchase price of \$6.60 per share. On October 1, 1998, the investors were issued additional warrants to purchase 250,000 shares of the Company's common stock at a purchase price of \$6.60 per share as a result of the reverse stock split. The warrants are exercisable for a period of four years commencing two years from the date the Securities and Exchange Commission declares the Company's registration statement effective. The effective date is the first date the Company may offer the sale of its common stock in an initial public offering. The Company may redeem the warrants commencing one year from the effective date at a redemption price of \$.05 per warrant if: (1) the closing bid price of the common stock for twenty (20) consecutive trading days exceeds \$10.00, (2) the redemption occurs during the first two years following the effective date and the Company receives the prior written consent of the underwriter for such redemption, and (3) the warrants are exercisable. The warrants issued in connection with this transaction are considered nominal in value. As discussed in Note 14, the Company finalized the Asset Purchase Agreement with NHTC during February 1999. These warrants remained with the Company.

During 1997, the Company borrowed \$700,000 from IMT. On December 9, 1997, the Company entered into an Agreement and Plan of Reorganization (the "Agreement") with IMT whereby IMT agreed to convert its \$700,000 of debt previously borrowed by the Company to equity in the Company, and invest an additional \$300,000 in equity in the Company at closing. The Agreement for reorganization of the Company contemplated an exchange between the shareholders of Kaire International, Inc. for IMT shares whereby IMT issued, in total, shares equal to forty-five percent (45%) of its common stock outstanding (as defined in the agreement) immediately prior to the closing date of the Agreement in exchange for not less than 80% of the issued and outstanding common stock of the Company. During March 1998, IMT exchanged 57% of the common stock of the Company to Global Marketing, LLC. IMT's controlling interest in the Company was deemed temporary and as such did not result in any adjustment to the Company's consolidated financial statements as of the date of the Agreement.

STOCK OPTIONS AND WARRANTS

During 1997, the Company adopted a stock option plan. No options have been

granted under this Plan as of December 31, 1998. The Company has reserved 500,000 shares of its common stock for future grants under this Plan.

SFAS No. 123 requires the Company to provide pro forma information regarding net loss and net loss per share as if compensation costs for the Company's stock option plans and other stock awards had been determined in accordance with the fair value based method prescribed in SFAS No. 123. No stock awards were issued to employees during the years ended 1998, 1997 and 1996. For stock awards issued to non-employees, the Company estimates the fair value of each stock award at the grant date by using the Black-

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

7. STOCKHOLDERS' EQUITY (CONTINUED)

Scholes option-pricing model with the following weighted-average assumptions used for grants in 1997 and 1996. The options and warrants granted during 1997 and 1996 to non-employees were considered nominal in value. No stock awards were issued to non-employees during the year ended 1998.

<TABLE>
<CAPTION>

	1997	1996
<S>	<C>	<C>
Dividend yield.....	0%	0%
Expected volatility.....	0%	0%
Risk-free interest rates.....	5.85% to 6.6%	6%
Expected lives in years.....	3 to 6 years	3 years

</TABLE>

A summary of the status of the Company's stock option and warrant plan as of December 31, 1998, 1997 and 1996 is presented below. As discussed in Note 14, the Company finalized the Asset Purchase Agreement with NHTC during February 1999. The Company's stock options and warrants remained with the Company.

<TABLE>
<CAPTION>

	OPTIONS		WARRANTS	
	WEIGHTED AVERAGE EXERCISE SHARES	PRICE	WEIGHTED AVERAGE EXERCISE SHARES	PRICE
<S>	<C>	<C>	<C>	<C>
Outstanding, January 1, 1996.....	--	\$ --	--	\$ --
Granted.....	--	--	14,700	0.02
Outstanding, December 31, 1996.....	--	--	14,700	0.02
Granted.....	65,000	0.02	719,850	6.53
Outstanding, December 31, 1997.....	65,000	0.02	734,550	6.40
Granted.....	--	--	--	--
Exercised.....	(65,000)	0.02	(22,050)	0.02
Outstanding, December 31, 1998.....	--	--	712,500	6.60
Exercisable, December 31, 1996.....	--	--	14,700	0.02
Exercisable, December 31, 1997.....	65,000	0.02	22,050	0.02
Exercisable, December 31, 1998.....	--	\$ --	--	\$ --

</TABLE>

<TABLE>
<CAPTION>

OPTIONS WARRANTS

<S>	<C>	<C>	
Weighted average fair value of options and warrants granted during 1996.....	None	\$	0.48
Weighted average fair value of options and warrants granted during 1997.....	\$	0.49	None
Weighted average fair value of options and warrants granted during 1998.....	None		None

The following table summarizes information about exercisable stock options and warrants at December 31, 1998:

<TABLE>
<CAPTION>

DECEMBER 31, 1998						
OUTSTANDING				EXERCISABLE		
RANGE OF EXERCISE PRICES	NUMBER OUTSTANDING	REMAINING CONTRACTUAL LIFE	AVERAGE EXERCISE PRICE	AVERAGE EXERCISE PRICE	NUMBER EXERCISABLE	AVERAGE EXERCISE PRICE
<S>	<C>	<C>	<C>	<C>	<C>	<C>
Warrants.....	\$ 6.60	712,500	\$ 6.60	--	\$ --	--

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

8. INCOME TAXES

<TABLE>
<CAPTION>

	YEARS ENDED DECEMBER 31,			
	1998	1997	1996	
<S>	<C>	<C>	<C>	
INCOME TAXES CONSIST OF THE FOLLOWING:				
Current benefit:				
Federal.....	\$ --	\$ 12,973	\$ 1,017,000	
Foreign.....	--	--	--	
State.....	--	--	2,000	
	--	12,973	1,019,000	
Deferred benefit:				
Federal.....	1,188,000	1,440,000	68,000	
Foreign.....	175,000	205,000	--	
State.....	51,000	62,000	100,000	
	1,414,000	1,707,000	168,000	
	1,414,000	1,719,973	1,187,000	
Change in valuation allowance.....		(1,414,000)	(1,707,000)	(84,000)
Income tax benefit.....	\$ --	\$ 12,973	\$ 1,103,000	

</TABLE>

At December 31, 1998, the Company had available net operating loss carryforwards as follows:

<TABLE>
<CAPTION>

	AMOUNT	EXPIRE
<S>	<C>	<C>
Federal net operating loss carryforwards.....	\$ 8,004,000	2018
State net operating loss carryforwards.....	8,984,000	2010 to 2018
Foreign net operating loss carryforwards.....	242,000	2003 to 2005
Foreign net operating loss carryforwards.....	243,000	Indefinite

The utilization of certain of the loss carryforwards are limited under

Section 382 of the Internal Revenue Code of approximately \$233,000 per year. The types of temporary differences between the tax basis of assets and liabilities that give rise to a significant portion of the net deferred tax liability and their approximate tax effects are as follows:

<TABLE>
<CAPTION>

	DECEMBER 31,	
	1998	1997
<S>	<C>	<C>
Net operating loss carryforwards.....	\$ 3,036,000	\$ 1,436,000
Foreign operating loss carryforwards.....	127,000	205,000
Property and equipment.....	(64,000)	(90,000)
Inventories.....	93,000	216,000
Accounts receivable allowance.....	--	11,000
Contribution carryforwards.....	13,000	13,000
Net deferred tax assets.....	3,205,000	1,791,000
Less valuation allowance.....	(3,205,000)	(1,791,000)
Net deferred taxes.....	\$ --	\$ --

</TABLE>

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

8. INCOME TAXES (CONTINUED)

A valuation allowance equal to the net deferred tax assets has been recorded, as management of the Company has not been able to determine that it is more likely than not that the net deferred tax assets will be realized. A reconciliation of the income taxes at the federal statutory rate to the effective tax rate is as follows:

<TABLE>
<CAPTION>

	YEARS ENDED DECEMBER 31,		
	1998	1997	1996
<S>	<C>	<C>	<C>
Federal income tax benefit computed at the federal statutory rate.....	\$ (1,188,000)	\$ (1,452,973)	\$ (1,085,000)
State income tax benefit, net of federal benefit.....	(51,000)	(62,000)	(102,000)
Foreign tax benefit at statutory rates.....	(175,000)	(205,000)	--
Increase in valuation allowance.....	1,414,000	1,707,000	84,000
Income tax benefit.....	\$ --	\$ (12,973)	\$ (1,103,000)

</TABLE>

9. COMMITMENTS AND CONTINGENCIES

OPERATING LEASES

The Company is obligated under operating leases for office space, office equipment and vehicles. Seven leases are on a month-to-month basis and seven require future minimum lease payments as follows:

<TABLE>
<CAPTION>
YEAR ENDED DECEMBER 31,

<S>	<C>
1999.....	\$ 216,000
2000.....	110,000
2001.....	69,000
2002.....	69,000
2003.....	50,000

Thereafter.....	298,000

Total.....	\$ 812,000

</TABLE>

Lease expense for all operating leases was \$744,000, \$605,000 and \$291,000 for the years ended December 31, 1998, 1997 and 1996.

COMMITMENT WITH SUPPLIER

During August 1998, the Company entered into an agreement with a supplier where the supplier will be the exclusive manufacturer of the product for the Company. For a period of five years, the Company must purchase no less than \$22,500 per month for the first three months, no less than \$45,000 per month for months four through six, and no less than \$73,750 per month thereafter.

CONSULTING AGREEMENT

On February 4, 1997, the Company entered into a consulting agreement with Magic Consulting Group, Inc. ("Consultant"). Consultant is to receive the following compensation for services: (i) an option to purchase 50,000 shares of common stock of the Company for \$.02 per share; (ii) 50,000 warrants to purchase an aggregate of 50,000 shares of common stock of the Company at \$6.60 per share and; (iii)

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

9. COMMITMENTS AND CONTINGENCIES (CONTINUED)

\$2,500 per month for a period of 60 months. As of December 31, 1998, no warrants were exercised. On October 1, 1998, Consultant was issued additional warrants to purchase 50,000 shares of the Company's common stock at \$6.60 per share as a result of the reverse stock split (see Note 7). During October 1998, Consultant exercised its \$.02 per share option to purchase 50,000 shares of common stock of the Company.

401(K) PROFIT SHARING PLAN

On January 1, 1996, the Company established a 401(k) profit sharing retirement plan. The plan requires one year of service and attainment of age 21 to become eligible. Employer contributions vest over a five year period. The Company's contributions to the plan for the years ended December 31, 1998, 1997 and 1996 were approximately \$0, \$53,000 and \$67,000. As discussed in Note 13, the Company finalized the Asset Purchase Agreement with NHTC during February 1999. The Company anticipates that the plan will be transferred into NHTC's 401(k) profit sharing retirement plan.

LEGAL PROCEEDINGS

As part of its ordinary course of business, the Company is involved in certain litigious activities from time to time. No litigation exists at December 31, 1998 or to the date of this report that management or legal counsel believe will have a material impact on the financial position or operations of the Company.

The Company is the subject of an investigation by the United States Department of Justice, Office of Consumer Litigation, into the actions by certain specifically named individuals active in the dietary supplement industry. The Company was initially contacted in January 1997 and was advised, in writing, that it is not a "target" of the Department's investigation, but that it is a "subject" (meaning that its conduct is deemed to be within the scope of the investigation) thereof. The Company has completed all obligations and requests pertaining to this matter.

The Company has also received a voluntary request for information from the FTC regarding a separate investigation into dietary supplement interactions with certain disorders. The Company voluntarily produced information to the FTC with regards to the initial request, and has received a subsequent request for additional information. The Company is currently responding with clarifications to previous inquiries.

10. MAJOR SUPPLIERS

During the years ended December 31, 1998, 1997 and 1996, the Company purchased amounts of its products from a limited number of vendors, including significant amounts from MW International of 44%, 48% and 57%. During 1996, the Company also purchased 22% of its products from Manhattan Drug. The Company currently buys all of its Pycnogenol, an important component of its products, from one supplier. Although there are a limited number of manufacturers of this component, management believes that other suppliers could provide similar components on comparable terms. A change in suppliers, however, could cause a delay in manufacturing and a possible loss of sales, which would affect operating results adversely.

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

11. FOREIGN SALES

The Company sells its product in the United States and internationally. Net sales and long-lived assets by country are as follows:

<TABLE>
<CAPTION>

YEAR ENDED	UNITED STATES		NEW ZEALAND	KOREA	OTHER	ELIMINATIONS	CONSOLIDATED
	DECEMBER 31, 1998						
<S>	<C>	<C>	<C>	<C>	<C>	<C>	
Sales to unaffiliated customers.....	\$19,605,047	\$3,586,561	\$1,825,382	\$1,158,720	\$	--	\$26,175,710
Transfers between geographic areas.....	1,660,926	--	--	(1,660,926)	--		
Net sales.....	\$21,265,973	\$3,586,561	\$1,825,382	\$1,158,720	\$(1,660,926)		\$26,175,710
Long-lived assets at December 31, 1998.....	\$ 546,122	\$ 18,122	\$ --	\$ 83,100	\$ --		\$ 647,344

</TABLE>

<TABLE>
<CAPTION>

YEAR ENDED	UNITED STATES		NEW ZEALAND	KOREA	OTHER	ELIMINATIONS	CONSOLIDATED
	DECEMBER 31, 1997						
<S>	<C>	<C>	<C>	<C>	<C>	<C>	
Sales to unaffiliated customers.....	\$29,278,545	\$4,527,170	\$ 808,117	\$1,067,680	\$	--	\$35,681,512
Transfers between geographic areas.....	2,211,101	--	--	(2,211,101)	--		
Net sales.....	\$31,489,646	\$4,527,170	\$ 808,117	\$1,067,680	\$(2,211,101)		\$35,681,512
Long-lived assets at December 31, 1997.....	\$ 852,593	\$ 32,889	\$ 233,468	\$ 85,118	\$ --		\$1,204,068

</TABLE>

<TABLE>
<CAPTION>

YEAR ENDED	UNITED STATES		NEW ZEALAND	KOREA	OTHER	ELIMINATIONS	CONSOLIDATED
	DECEMBER 31, 1996						
<S>	<C>	<C>	<C>	<C>	<C>	<C>	
Sales to unaffiliated customers.....	\$44,122,950	\$6,183,359	\$ --	\$1,192,253	\$ --		\$51,498,562
Transfers between geographic areas.....	1,784,815	--	--	(1,784,815)	--		
Net sales.....	\$45,907,765	\$6,183,359	\$ --	\$1,192,253	\$(1,784,815)		\$51,498,562

Long-lived assets at December 31, 1996	\$1,344,889	\$ 39,049	\$ --	\$ 66,710	\$ --	\$1,450,648
---	-------------	-----------	-------	-----------	-------	-------------

</TABLE>

12. SUPPLEMENTAL DATA TO STATEMENTS OF CASH FLOWS

<TABLE>

<CAPTION>

	YEARS ENDED DECEMBER 31,		
	1998	1997	1996
<S>	<C>	<C>	<C>
Cash paid during the period for:			
Interest.....	\$ 169,257	\$ 278,139	\$ 120,839
Non-cash investing and financing transactions:			
Note payable converted to capital.....	\$ --	\$ 1,000,000	\$ --
Note receivable--related party offset to notes payable--related parties.....	\$ --	\$ 94,670	\$ --
Equipment acquired under capital lease obligations.....	\$ --	\$ --	\$ 79,374
Issuance of common stock in connection with long-term debt.....	\$ --	\$ 172,500	\$ --
Increase in minority interest from sale of 15% interest in subsidiary.....	\$ --	\$ 143,375	\$ --
Common stock issued for debt issue costs.....	\$ --	\$ 47,436	\$ --
Common stock issued for services.....	\$ --	\$ 17,500	\$ --

</TABLE>

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KAIRE INTERNATIONAL, INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS (CONTINUED)

13. SUBSEQUENT EVENTS

ASSET PURCHASE AGREEMENT WITH NATURAL HEALTH TRENDS CORPORATION AND NHTC ACQUISITION CORP.

On November 24, 1998, the Company entered into an Asset Purchase Agreement with Natural Health Trends Corporation ("NHTC"), a publicly traded company, and NHTC Acquisition Corporation, where NHTC, in exchange for the Company assets and assumption of certain liabilities, issued to the Company \$2,800,000 of its Series F Preferred stock, to two creditors of the Company \$350,000 of its Series G Preferred stock and to the Company warrants to purchase 200,000 shares of common stock. Furthermore, based upon NHTC Acquisition Corporation's net income and sales levels, NHTC has agreed to pay certain amounts to the Company each year for a period of five years, commencing with the year ended December 31, 1999. This transaction was approved by the stockholders of NHTC and closed on February 19, 1999.

In connection with the Asset Purchase Agreement, the Company transferred \$2,000,000 of its Series F Preferred stock in NHTC in payment in full on its \$1,725,000 notes payable due to individuals including accrued interest (see Note 5). In addition, the Company's corporate noteholders received \$350,000 of NHTC's Series G Preferred stock in payment on their \$350,000 notes payable (see Note 5).

14. VALUATION AND QUALIFYING ACCOUNTS

<TABLE>

<CAPTION>

	BALANCE AT	ADDITIONS	BALANCE AT
	BEGINNING	CHARGED TO	END OF
	OF YEAR	EXPENSES	DEDUCTIONS
	YEAR	YEAR	YEAR
<S>	<C>	<C>	<C>
Allowance for doubtful accounts:			
Year ended December 31, 1998.....	\$ 168,805	\$ 148,119	\$ 316,924
Year ended December 31, 1997.....	\$ 30,000	\$ 259,369	\$ 120,564
Year ended December 31, 1996.....	\$ 56,000	\$ 41,210	\$ 67,210

</TABLE>

YOU SHOULD RELY ON THE INFORMATION CONTAINED IN THIS PROSPECTUS. WE HAVE NOT AUTHORIZED ANYONE TO PROVIDE YOU WITH INFORMATION DIFFERENT FROM THAT CONTAINED IN THIS PROSPECTUS. WE ARE OFFERING TO SELL, AND SEEKING OFFERS TO BUY, SHARES OF COMMON STOCK ONLY IN JURISDICTIONS WHERE OFFERS AND SALES ARE PERMITTED. THE INFORMATION CONTAINED IN THIS PROSPECTUS IS ACCURATE ONLY AS OF THE DATE OF THIS PROSPECTUS, REGARDLESS OF THE TIME OF DELIVERY OF THIS PROSPECTUS OR OF ANY SALE OF THE COMMON STOCK.

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UNTIL , 1999, ALL DEALERS EFFECTING TRANSACTIONS IN THESE SECURITIES, WHETHER OR NOT PARTICIPATING IN THIS OFFERING, MAY BE REQUIRED TO DELIVER A PROSPECTUS. THIS IS IN ADDITION TO THE DEALER'S OBLIGATION TO DELIVER A PROSPECTUS WHEN ACTING AS UNDERWRITERS AND WITH RESPECT TO THEIR UNSOLD ALLOTMENTS OR SUBSCRIPTIONS.

1,231,708 SHARES

OF COMMON STOCK

1,231,708 COMMON STOCK
PURCHASE WARRANTS

NATURAL HEALTH TRENDS CORP.

PROSPECTUS

MAY DAVIS GROUP, INC.

, 1999

[Alternate Cover Page--- The Offering]

THE INFORMATION IN THIS PROSPECTUS IS NOT COMPLETE AND MAY BE CHANGED. WE MAY NOT SELL THESE SECURITIES UNTIL THE REGISTRATION STATEMENT FILED WITH THE SECURITIES AND EXCHANGE COMMISSION IS EFFECTIVE. THIS PROSPECTUS IS NOT AN OFFER TO SELL THESE SECURITIES AND IT IS NOT SOLICITING AN OFFER TO BUY THESE SECURITIES IN ANY STATE WHERE THE OFFER OR SALE IS NOT PERMITTED.

SUBJECT TO COMPLETION, DATED JUNE 11, 1999

PROSPECTUS

3,179,848 Shares of Common stock*

NATURAL HEALTH TRENDS CORP.

Selling securityholders are offering 3,179,848 shares of common stock of Natural Health Trends Corp.

The selling securityholders may sell the shares of common stock from time to time. They have no underwriting arrangements. The selling securityholders and intermediaries through whom such securities may be sold may be "underwriters" under the Securities Act, and any profits or commissions may be underwriting compensation. Natural Health Trends Corp. has agreed to indemnify the selling securityholders against certain liabilities, including liabilities under the Securities Act.

On the date hereof, Natural Health Trends Corp. commenced a public offering of 1,231,708 shares of common stock and 1,231,708 warrants through a registration statement of which this prospectus is a part.

THESE ARE SPECULATIVE SECURITIES AND THIS INVESTMENT INVOLVES A HIGH DEGREE OF RISK. SEE "RISK FACTORS" ON PAGE 8.

Neither the Securities and Exchange Commission nor any state securities commission has approved or disapproved these securities or passed upon the adequacy of the prospectus. Any representation to the contrary is a criminal offense.

*The shares of common stock being sold by the selling securityholders include the resale of an aggregate of 500,000 shares of common stock issuable upon the exercise of certain common stock purchase warrants and of such presently indeterminate number of shares of common stock as shall be issued in respect of all shares of common stock issuable upon (i) conversion of, or as dividends on, 1,650 shares of the Series E Preferred Stock having a face amount of \$1,650,000 issued in a private placement in August 1998 (ii) conversion of, or as dividends on, 1,400 shares of the Series H Preferred Stock having a face amount of \$1,400,000 issued in a private placement in March and April 1999 (iii) conversion of, or as dividends on, 350 shares of the Series G Preferred Stock having a face amount of \$350,000 issued in February 1999 (iv) conversion of, or as dividends on 516 shares of Series I Preferred Stock having a face amount of \$1,000 per share to be issued in June, 1999 and (v) the payment of a 2%-per-month penalty payable in shares of common stock at the option of the holders of Series E Preferred Stock and Series H Preferred Stock pursuant to registration rights agreements, between the company and the holders. The number of shares of common stock indicated to be issuable in connection with such transactions and offered for resale hereby is an estimate determined in accordance with a formula based on the market prices of the common stock, as described in this prospectus, and is subject to adjustment and could be materially less or more than such estimated amount depending upon factors which cannot be predicted by the company at this time. If, however, all shares of Series E, G, H and I Preferred Stock and the dividends thereon and the applicable penalty were converted, the company would be obligated to issue a total of approximately 3,179,848 shares of common stock. This presentation is not intended to constitute a prediction as to the future market price of the common stock or as to the number of shares of common stock into which such shares of preferred stock which will be converted.

The date of this Prospectus , 1999
THE OFFERING

<TABLE>

<S>

<C>

Shares offered by selling securityholders: 3,179,848 shares

Total Shares Outstanding Prior to Offering: 6,220,331 shares

Total Shares Outstanding After Offering: 10,631,887 shares (assuming no exercise of outstanding options, warrants or conversion rights except for the shares of Common Stock issuable to the selling securityholders).

Offering Price: The market price at the time of sale by the selling securityholders.

Use of Proceeds: The company will not receive any proceeds from the sale of securities by selling securityholders..

Risk Factors: The securities offered hereby involve a high degree of risk and immediate and substantial dilution. See "Risk Factors" and "Dilution."

</TABLE>

USE OF PROCEEDS

Since this Prospectus relates to the offering of shares by the selling securityholders, the company will not receive any proceeds from the sale of the shares of common stock offered hereby. See "Selling Securityholders."

SELLING SECURITYHOLDERS

The following table sets forth the name and the number of shares of common stock beneficially owned by each selling securityholder as of May 31, 1999, the number of shares of common stock to be offered by each selling securityholder pursuant to this prospectus and the number of shares to be beneficially owned by each selling securityholder after the offering if all of the shares of common stock offered hereby by such selling securityholder are sold as described herein. The selling securityholders do not presently own any of such shares of common stock, but will acquire the shares of common stock upon the conversion or exercise of their securities. Except as noted below, the selling securityholders have not held any position or office with, been employed by, or otherwise had a material relationship with, the company, other than as securityholders of the company subsequent to their respective acquisition of shares of common stock. The shares of common stock are being registered to permit public secondary trading of the shares of common stock, and the securityholders may offer the shares of common stock for resale from time to time. See "Plan of Distribution."

The shares of common stock being sold by the selling securityholders include the resale of an aggregate of 500,000 shares of common stock issuable upon the exercise of certain common stock purchase warrants and of such presently indeterminate number of shares of common stock as shall be issued in respect of all shares of common stock issuable upon (i) conversion of, or as dividends on, 1,650 shares of the Series E Preferred Stock having a face amount of \$1,650,000 issued in a private placement in August 1998 (ii) conversion of, or as dividends on, 1,400 shares of the Series H Preferred Stock having a face amount of \$1,400,000 issued in a private placement in March and April 1999 (iii) conversion of, or as dividends on, 350 shares of the Series G Preferred Stock having a face amount of \$350,000 issued in February 1999, (iv) conversion of, or as dividends on 516 shares of Series I Preferred Stock having a face amount of \$1,000 per share to be issued in June, 1999 and (v) the payment of a 2%-per-month penalty payable in shares of common stock at the option of the holders of Series E Preferred Stock and Series H Preferred Stock pursuant to registration rights agreements, between the company and the holders. The number of shares of common stock indicated to be issuable in connection with such transactions and offered for resale hereby is an estimate determined in accordance with a formula based on the market prices of the common stock, as described in this prospectus, and is subject to adjustment and could be materially less or more than such estimated amount depending upon factors which cannot be predicted by the company at this time. If, however, all shares of Series E, G, H and I Preferred Stock and the dividends thereon and the applicable penalty were converted, the company would be obligated to issue a total of approximately 3,179,848 shares of common stock. This presentation is not intended to constitute a prediction as to the future market price of the common stock or as to the number of shares of common stock into which such shares of preferred stock which will be converted. Pursuant to the terms of the Series E, G, H and I Preferred Stock, no holder can convert any portion of such holder's Preferred Stock if such conversion would increase such holder's beneficial ownership of the common stock (other than shares so owned through ownership of the Series E, G, H and I Preferred Stock) to in excess of 4.9%.

In recognition of the fact that selling securityholders may wish to be

legally permitted to sell their shares of common stock when they deem appropriate, the company has filed with the Commission, under the Securities Act, a Registration Statement, of which this prospectus forms a part, with respect to the resale of the shares from time to time on the Nasdaq SmallCap Market or in privately-negotiated transactions and has agreed to prepare and file such amendments and supplements to the Registration Statement as may be necessary to keep the Registration Statement effective until the shares of common stock are no longer required to be registered for the sale thereof by the selling securityholders.

The company has agreed to pay for all costs and expenses incident to the issuance, offer, sale and delivery of the shares of common stock, including, but not limited to, all expenses and fees of preparing, filing and printing the Registration Statement and prospectus and related exhibits, amendments and supplements thereto and mailing of such items. The company will not pay selling commissions and expenses associated with any such sales by the selling securityholders. The company has agreed to indemnify the selling securityholders against civil liabilities including liabilities under the Securities Act.

Except as otherwise indicated, to the knowledge of the company, all persons listed below have sole voting and investment power with respect to their securities. The information in the table concerning the selling securityholders who may offer shares of common stock hereunder from time to time is based on information provided to the company by such security holders, except for the assumed conversion price of the securities, which is based solely on the assumptions discussed or referenced in the footnotes to the table. Information concerning such selling securityholders may change from time to time and any changes of which the company is advised will be set forth in a prospectus supplement to the extent required. See "Plan of Distribution."

<TABLE>
<CAPTION>

NAME OF SELLING SECURITYHOLDERS	NUMBER OF SHARES OF COMMON STOCK BENEFICIALLY OWNED	NUMBER OF SHARES OF COMMON STOCK OFFERED HEREBY	NUMBER OF SHARES BENEFICIALLY OWNED AFTER OFFERING
<S>	<C>	<C>	<C>
The Endeavour Capital Fund, S.A.(1)(2).....	392,858	392,858	--
BLH, Inc.(1)(3).....	425,806	425,806	--
Dominion Capital Fund, Ltd.(1)(4).....	1,136,060	1,136,060	--
Sovereign Partners, L.P.(1)(5).....	921,333	921,333	--
Magic Consulting Group, Inc.(6).....	100,000	100,000	--
Global MLM Market Research, Inc.(6)....	100,000	100,000	--
Magco, Inc.(7).....	61,081	61,081	--
Marden Rehabilitation Associates, Inc.(8).....	42,710	42,710	--
Total.....	3,179,848	3,179,848	--

(1) Such beneficial ownership represents the aggregate of (a) the number of shares of common stock beneficially owned by each such person and (b) an estimate of the number of the shares of common stock issuable upon the conversion of the shares of convertible preferred stock beneficially owned by such person, assuming a conversion price of \$1.00 for the shares of Series E Preferred Stock, \$3.44 for the shares of the Series G Preferred Stock, \$2.58 for the Series H Preferred Stock and \$3.44 for the shares of Series I Preferred Stock. The actual number of shares of common stock offered hereby is subject to adjustment based on the market price of the common stock and could be materially less or more than the estimated amount indicated depending upon factors which cannot be predicted by the company at this time. This presentation is not intended to constitute a prediction as to the future market price of common stock.

(2) Includes the shares of common stock issuable upon the conversion of 1,000 shares of Series H Preferred Stock.

(3) Includes the shares of common stock issuable upon the conversion of 516 shares of Series I Preferred Stock and warrants to purchase 300,000 shares of common stock. BLH, Inc. has acted as a placement agent and a consultant for the Company.

- (4) Includes the shares of common stock issuable upon the conversion of 850 shares of Series E Preferred Stock and 400 shares of Series H Preferred Stock.
- (5) Includes the shares of common stock issuable upon the conversion of 800 shares of Series E Preferred Stock.
- (6) Includes the shares of common stock issuable upon the exercise of warrants.
- (7) Includes the shares of common stock issuable upon the conversion of 206 shares of Series G Preferred Stock.
- (8) Includes the shares of common stock issuable upon the conversion of 144 shares of Series G Preferred Stock.

The selling securityholders are offering the shares of common stock for their own account, and not for the account of the company. The company will not receive any proceeds from the sale of the shares of common stock by the selling securityholders.

PLAN OF DISTRIBUTION

The shares of common stock may be sold from time to time by the selling securityholders. Such sales may be made through ordinary brokerage transactions, the over-the-counter market, or otherwise at prices and at terms then prevailing, at prices related to the then current market price or at negotiated prices. The shares of common stock may be sold by any one or more of the following methods: (a) a block trade in which the broker or dealer so engaged will attempt to sell the securities as agent but may position and resell a portion of the block as principal to facilitate the transaction; (b) purchases by a broker as principal and resale by such broker or dealer for its account, (c) ordinary brokerage transactions and transactions in which the broker solicits purchasers; and (d) privately negotiated transactions. In addition, any shares of common stock that qualify for sale pursuant to Rule 144 may be sold under Rule 144 rather than pursuant to this prospectus.

The selling securityholders and any broker-dealers, agents or underwriters that participate with the selling securityholders in the distribution of the shares may be deemed to be "underwriters" within the meaning of the Securities Act and any commissions received by such broker-dealer, agent or underwriter and any profit on the resale of the shares of common stock purchased by them may be deemed to be underwriting commissions or discounts under the Securities Act.

Under the Exchange Act and the regulations thereunder, any person engaged in a distribution of the shares offered by this prospectus may simultaneously engage in market making activities with respect to the common stock during any applicable "Cooling off" periods prior to the commencement of such distribution. In addition, and without limiting the foregoing, the selling securityholders will be subject to applicable provisions of the Exchange Act and the rules and regulations thereunder.

The company has agreed to indemnify the selling securityholders against liabilities incurred by the selling securityholders by reason of misstatements or omissions to state material facts in connection with the statements made in this prospectus and the Registration Statement of which it forms a part. The selling securityholders, in turn, have agreed to indemnify the company against liabilities incurred by the company by reason of misstatements or omissions to state material facts in connection with statements made in the Registration Statement and prospectus based on information furnished in writing by the selling securityholders. To the extent that such section of the Registration Rights Agreement may purport to provide exculpation from possible liabilities arising under the Federal securities laws, it is the opinion of the Commission that such indemnification is contrary to public policy and unenforceable.

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UNTIL , 1999, ALL DEALERS EFFECTING TRANSACTIONS IN THESE SECURITIES, WHETHER OR NOT PARTICIPATING IN THIS OFFERING, MAY BE REQUIRED TO DELIVER A PROSPECTUS. THIS IS IN ADDITION TO THE DEALER'S OBLIGATION TO DELIVER A PROSPECTUS WHEN ACTING AS UNDERWRITERS AND WITH RESPECT TO THEIR UNSOLD ALLOTMENTS OR SUBSCRIPTIONS.

3,179,848 SHARES OF
COMMON STOCK

NATURAL HEALTH TRENDS CORP.

PROSPECTUS

, 1999

INFORMATION NOT REQUIRED IN PROSPECTUS

ITEM 13. OTHER EXPENSES OF ISSUANCE AND DISTRIBUTION

The following table sets forth all estimated costs and expenses in connection with the issuance and distribution of the securities being registered, other than underwriting discounts. All such expenses will be paid by the company; none will be paid by the company's stockholders.

<TABLE>	
<S>	<C>
SEC Registration fee.....	\$ 8,044
NASD filing fee.....	2,493
*Blue sky fee and expenses (including legal fees).....	35,000
*Printing and engraving expenses.....	75,000
*Legal fees and expenses.....	75,000
*Accounting fees and expenses.....	75,000
Consulting Fees.....	90,000
*Transfer Agent Fees.....	10,000
*Miscellaneous.....	23,463

*TOTAL.....	\$ 394,000

</TABLE>

* Estimated

ITEM 14. INDEMNIFICATION OF DIRECTORS AND OFFICERS

Section 607.0850 of the Florida Business Corporation Act (the "FBCA") permits, in general, a Florida corporation to indemnify any person who was or is a party to an action or proceeding by reason of the fact that he or she was a director or officer of the corporation, or served another entity in any capacity at the request of the corporation, against liability incurred in connection with such proceeding including the estimated expenses of litigating the proceeding to conclusion and the expenses, actually and reasonably incurred in connection with the defense or settlement of such proceeding, including any appeal thereof, if such person acted in good faith, for a purpose he or she reasonably believed to be in, or not opposed to, the best interests of the corporation and, in criminal actions or proceedings, in addition had no reasonable cause to believe that his or her conduct was unlawful. Section 607.0850(6) of the FBCA permits the corporation to pay in advance of a final disposition of such action or proceeding the expenses incurred in defending such action or proceeding upon receipt of an undertaking by or on behalf of the director or officer to repay such amount as, and to the extent, required by statute. Section 607.0850 of the FBCA provides that the indemnification and advancement of expense provisions contained in the FBCA shall not be deemed exclusive of any rights to which a director or officer seeking indemnification or advancement of expenses may be entitled.

The company's Certificate of Incorporation provides, in general, that the company shall indemnify, to the fullest extent permitted by Section 607.0850 of the FBCA, any and all persons whom it shall have power to indemnify under said section from and against any and all of the expenses, liabilities or other matters referred to in, or covered by, said section. The Certificate of Incorporation also provides that the indemnification provided for therein shall not be deemed exclusive of any other rights to which those indemnified may be entitled under any By-Law, agreement, vote of stockholders or disinterested directors or otherwise, both as to actions taken in his or her official capacity and as to acts in another capacity while holding such office.

In accordance with that provision of the Certificate of Incorporation, the company shall indemnify any officer or director (including officers and directors serving another corporation, partnership, joint venture, trust, or other enterprise in any capacity at the company's request) made, or threatened to be made, a party to an action or proceeding (whether civil, criminal, administrative or investigative) by reason of the fact that he or she was serving in any of those capacities against judgments, fines, amounts paid in

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settlement and reasonable expenses (including attorney's fees) incurred as a result of such action or proceeding. Indemnification would not be available if a judgment or other final adjudication adverse to such director or officer establishes that (i) his or her acts were committed in bad faith or were the result of active and deliberate dishonesty or (ii) he or she personally gained in fact a financial profit or other advantage to which he or she was not legally entitled.

The registration rights agreements contain, among other things, provisions whereby the selling securityholders agree to indemnify the company, each officer and director of the company who has signed the Registration Statement, and each person who controls the company within the meaning of Section 15 of the Securities Act, against any losses, liabilities, claims or damages arising out of alleged untrue statements or alleged omissions of material facts with respect to information furnished to the company by the selling securityholders for use in the Registration Statement or Prospectus. See Item 17, "Undertakings."

ITEM 15. RECENT SALES OF UNREGISTERED SECURITIES

Unless otherwise noted, the sale of the securities were exempt from registration under the Securities Act under Section 4(2) and/or Regulation D promulgated thereunder. All such sales being made to sophisticated investors and/or accredited investors who had access to information about the Company and were able to bear the risk of loss of their investment.

1. In January 1996, the Company issued 9,500 shares of Common Stock to Sam Lily, Inc. in connection with the acquisition of a natural health center in Boca Raton, Florida.

2. In February 1996, the Company issued 2,500 shares of Common Stock to Richard Schuman pursuant to a consulting agreement.

3. In February 1996, the Company issued an aggregate of 150 shares of Common Stock to 26 employees.

4. In December 1996, pursuant to the exemption from the registration requirements under Regulation S promulgated under the Securities Act, the Company issued \$900,000 of the Company's 10% convertible debentures to Kingsbridge Capital Ltd. (\$300,000), Dominion Capital Fund, Ltd. (\$300,000) and Canadian Advantage, L.P. (\$300,000). The placement agent for the private placement was Meridian Equities, Inc. and a placement agent fee of \$90,000 was paid. Upon the conversion of the debentures, the Company issued 28,522 shares of Common Stock.

5. In December 1996, the Company issued 250 shares of Common Stock to Russell Newman, an employee.

6. In January 1997, pursuant to the exemption from the registration requirements under Regulation S promulgated under the Securities Act, the Company issued \$100,000 of convertible debentures to FT Trading Company. The placement agent for the private placement was Meridian Equities, Inc. and a placement agent fee of \$10,000 was paid. Upon the conversion of the debentures, the Company issued 2,866 shares of Common Stock.

7. In February 1997, pursuant to the exemption from the registration requirements under Regulation S promulgated under the Securities Act, the Company issued \$300,000 of convertible debentures to Canadian Advantage L.P. (\$150,000) and Dominion Capital Fund Ltd. (\$150,000) In connection with the issuance of the debentures, the Company paid a placement agent fee of \$30,000 to Meridian Equities, Inc. The debentures were subsequently converted into 8,265 shares of Common Stock.

8. On March 18, 1997, the Company issued 500 shares of common stock to Samantha Haimes in connection with the acquisition of the natural health care center in Boca Raton, Florida.

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9. In April 1997, the Company sold \$1,300,000 of its convertible debentures to the Endeavour Capital Fund, S.A. (\$1,000,000) and The Gross Foundation, Inc. (\$300,000). In connection with the issuance of the debentures, the Company paid a placement agent fee of \$97,500 to J.W. Charles Securities, Inc. In connection with the issuance of the debentures the Company issued warrants to purchase 2,500 shares of Common Stock to each of Windward, Island, Ltd. and J.W. Charles Securities, Inc. Of such debentures \$300,000 was repaid and the balance were converted into 499,458 shares of Common Stock.

10. In June 1997, the Company sold 2,200 shares of its convertible Series A preferred stock to Sovereign Partners, L.P. (950 shares), FT Trading Company (250 shares), Canadian Advantage, L.P. (500 shares) and Dominion Capital Fund (500 shares). In connection with the issuance of the Series A preferred stock, the Company paid a placement agent fee of \$264,000 to Meridian Equities Inc.. The shares of Series A preferred stock were subsequently redeemed.

11. In July 1997, the Company's President, Neal R. Heller and the Company's secretary, Elizabeth S. Heller were issued an aggregate of 20,000, options, which were cancelled in August 1998.

12. In July 1997, in connection with the acquisition of all of the capital stock of Global Health Alternatives, Inc., the Company issued an aggregate of 145,000 shares of Common Stock to the following individuals:

<TABLE>

<S>	<C>
Azure Limited Partnership I.....	41,569
Capital Development S.A.....	20,516
Cosmo Finance & Investments, S.A.....	162
William Nelson.....	1,501
Carl F. Berner.....	1,051
Tom Farmer.....	4,082

Alfred S. Ross.....	2,689
Golden Union International.....	3,067
N. K. Verwaltungs, Inc.....	3,434
N. Foss & Co. A/S.....	1,080
Benjamin B. Tregoe Ttee u/a 07/20/79.....	540
Benjamin B. Tregoe.....	108
Didgemere Consultants Limited.....	540
Z & M Capital Corporation.....	540
Robert A. Seibel.....	210
International Marketing Group Ltd.....	210
Robert E. Cleaves IV.....	7,256
Stephen W. Batzell.....	2,841
Thomas P. Pinansky.....	3,843
John M. Eldredge.....	2,030
H. Newcomb Eldredge.....	216
Robert C. Bruce.....	1,929
Virginia M. King.....	243
Clarissa Rowe.....	121
Arthur B. Page.....	121
Douglas M. Costle.....	121
Kimball C. Chen.....	97
Westminster Associates.....	540
Peter Thompson.....	648
Stuart Ungar.....	150
Bradford S. Weeks.....	901
Complimentary Medical Associates Inc.....	300

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<S>	<C>
Patrick Killorin.....	11,475
Kevin Underwood.....	11,475
Joe Grace.....	11,475
David Cohen.....	162
H. Edward Troy.....	1,221
Mark Colosi.....	732
William Deehan.....	488
Alexandra W. Hopkins.....	108
Carol B. A. Lee.....	43
Promenade Investments Limited.....	1,080
Leslie J. Kaslof.....	2,792
Ralph Kaslof.....	991
Dennis Bookshester.....	300

</TABLE>

13. In February 1998, pursuant to the exemption from the registration requirements under Regulation S promulgated under the Securities Act, the Company issued 300 shares of Series B preferred stock to Investquest, Inc. In connection with the issuance of the Series B Preferred stock, the Company paid a placement agent fee of \$30,000 to Domain Investments, Inc. and issued warrants to purchase 7,500 shares of common stock to Domain Investments, Inc. The shares of Series B Preferred Stock have been converted into 541,330 shares of Common Stock.

14. In April 1998, pursuant to the exemption from the registration requirements under Regulation S promulgated under the Securities Act, the Company issued 4,000 shares of Series C preferred stock to Canadian Advantage Limited Partnership (1,250 shares) and Dominion Capital Fund, Ltd. (2,750 shares). In connection with the issuance of the Series A preferred stock, the Company paid a placement agent fee in the aggregate amount of \$480,000 to Meridian Equities, Inc. and BLH, Inc. The shares of Series C Preferred Stock have been converted into a total of 3,608,296 shares of Common Stock.

15. In July 1998, the Company issued 75 shares of Series D preferred stock at a purchase price of \$1,000 per share to H. Newcombe Eldredge (50 shares) and Carol Lee (25 shares). The shares of Series D preferred stock were redeemed in August 1998.

16. In August 1998, the Company issued 1,650 shares of Series E Preferred Stock to Dominion Capital Fund, Ltd. (850 shares) and Sovereign Partners, LP. (800 shares). In connection with the issuance of the Series E Preferred Stock, the Company paid a placement agent fee of \$198,000 to BLH, Inc., and issued BLH, Inc. warrants to purchase 300,000 shares of common stock,

17. In August 1998, the Company converted \$595,000 of its 12.5% promissory notes into 1,195,473 shares of common stock as follows: N.K. Verwaltungs, Inc. (404,140 shares), Golden Union International, S.A. (451,986 shares), Alfred Ross (101,926 shares), Sir Peter Thompson (99,580 shares), Benjamin B. Tregoe (98,022 shares), and Carol Lee (39,818 shares).

18. In connection with the acquisition of substantially all of the assets of Kaire International, Inc., the Company issued to Kaire International, Inc. (i) 2,800 shares of Series F Preferred Stock, (ii) 350 shares of Series G Preferred Stock and (iii) warrants to purchase 200,000 shares of Common Stock.

19. In March and April 1999, the Company issued 1,400 shares of Series H preferred stock with a face amount of \$1,000 per share to Endeavour Capital Fund, S.A. (1,000 shares) and Dominion Capital Fund, Ltd. (400 shares). In connection with the issuance of the Series H preferred stock the Company paid a placement fee of \$168,000 to BLH, Inc.

20. In June, 1999, the Company intends to issue 516 shares of Series I Preferred Stock to BLH, Inc. in connection with the Kaire Acquisition.

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ITEM 16. EXHIBITS AND FINANCIAL STATEMENT SCHEDULES

(a) Exhibits

<TABLE>

<CAPTION>

NUMBER DESCRIPTION OF EXHIBIT

<C> <S>

- 1.1 Form of Underwriting Agreement.(1)
- 2.1 Asset Purchase Agreement dated April 29, 1998 by and among Natural Health Trends Corp., Neal Heller & Elizabeth S. Heller and Florida College of Natural Health, Inc. (2)
- 2.2 Acquisition Agreement among the Company, NHTC Acquisition Corp. and Kaire International, Inc. (the "Acquisition Agreement").(3)
- 3.1 Amended and Restated Certificate of Incorporation of the Company.(4)
- 3.2 Amended and Restated By-Laws of the Company.(4)
- 4.1 Specimen Certificate of the Company's Common Stock.(4)
- 4.2 Form of Class A Warrant.(4)
- 4.3 Form of Class B Warrant.(4)
- 4.4 Form of Class C Warrant.(1)
- 4.5 Form of Warrant Agreement between the Company and Continental Stock Transfer & Trust Company for Class A and B Warrants.(4)
- 4.6 Form of Warrant Agreement between the Company and Continental Stock Transfer & Trust Company for Class C Warrants.(1)
- 4.7 Form of Representatives Warrant Agreement including form of Representative's Warrant.(1)
- 4.8 1994 Stock Option Plan.(4)
- 4.9 1997 Stock Option Plan.
- 4.10 1998 Stock Option Plan.
- 4.11 Registration Rights Agreement dated July 23, 1997 by and among the Company, Global and the Global Stockholders.(5)
- 4.12 Agreement as to Transfers dated July 23, 1997 by and between Capital Development, S.A. and the Company.(5)
- 4.13 Articles of Amendment of Articles of Incorporation of the Company.(6)
- 4.14 Articles of Amendment of Articles of Incorporation- Series C Preferred Stock.(7)
- 4.15 Articles of Amendment of Articles of Incorporation- Series E Preferred Stock.(3)
- 4.16 Articles of Amendment of Articles of Incorporation- Series F Preferred Stock.(3)
- 4.17 Articles of Amendment of Articles of Incorporation- Series G Preferred Stock.(3)
- 4.18 Articles of Amendment of Articles of Incorporation- Series H Preferred Stock.(3)
- 4.19 Articles of Amendment of Articles of Incorporation--Series I Preferred Stock.(1)
- 4.20 Form of Warrant in connection with the Acquisition Agreement.(3)
- 4.21 Form of Warrant issued to BLH, Inc.
- 5.1 Opinion of Martin C. Licht, Esq., counsel to the Company.(1)
- 10.1 Agreement among Natural Health Trends Corp. Health Wellness Nationwide Corp., Samantha Haimes and Leonard Haimes.(8)
- 10.2 Agreement dated September 2, 1998 by and between the Company and BLH, Inc.(1)
- 10.3 Form of Financial Consulting Agreement to be entered into by and between the Registrant and the Underwriter.(1)
- 10.4 Leases (Two) for Registrant's Denver, Colorado facilities.
- 10.5 Registrant's Manufacturing and Distribution Agreement with ENZO Nutraceuticals, Ltd.(1)
- 10.6 Assignment of Patents Agreement dated May 23, 1997 between MikeCo., Inc. and Troy Laboratories, Inc. and H. Edward Troy.
- 10.7 Agreement dated April 8, 1998 among Global Health Alternatives, Inc. and MikeCo., Inc., Troy Laboratories, Inc., H. Edward Troy, Kevin Underwood and Patrick Killorin.

- 21.1 List of Subsidiaries.(9)
23.1 Consent of Feldman Sherb Ehrlich, PCC.
</TABLE>

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<TABLE>

<CAPTION>

NUMBER DESCRIPTION OF EXHIBIT

<C> <S>

- 23.2 Consent of Martin C. Licht, Esq., (included in Exhibit 5.1)
23.3 Consent of BDO Seidman, LLP
27.1 Financial Data Schedule.

</TABLE>

-
- (1) To be filed by Amendment.
 - (2) Previously filed with the Company's Proxy Statement on Schedule 14A, dated May 14, 1998.
 - (3) Previously filed with the Company's Proxy Statement on Schedule 14A, dated January 25, 1999.
 - (4) Previously filed with Registration Statement No. 33-91184.
 - (5) Previously filed with the Company's Form 8-K dated August 7, 1997.
 - (6) Previously filed with the Company's Form 10-QSB dated June 30, 1997.
 - (7) Previously filed with the Company's Form 10-QSB dated September 30, 1998.
 - (8) Previously filed with the Company's Form 10-KSB for the year ended December 31, 1996.
 - (9) Previously filed with the Company's Form 10K-SB for the year ended December 31, 1998.

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ITEM 17. UNDERTAKINGS

The Registrant hereby undertakes:

1. The Registrant will:

(a) for determining any liability under the Securities Act of 1933, as amended (the "Securities Act"), treat the information omitted from the form of prospectus filed as part of this registration statement in reliance upon Rule 430A and contained in a form of prospectus filed by the Registrant pursuant to Rule 424(b)(1) or (4) or 497(h) under the Securities Act as part of this registration statement as of the time the Commission declared it effective;

(b) for determining any liability under the Securities Act, treat each post-effective amendment that contains a form of prospectus as a new registration statement for the securities offered in the registration statement, and that offering of the securities at that time as the initial bona fide offering of those securities.

2. Insofar as indemnification for liabilities arising under the Securities Act may be permitted to directors, officers and controlling persons of the Registrant pursuant to the foregoing provisions, or otherwise, the Registrant has been advised that in the opinion of the Securities and Exchange Commission such indemnification is against public policy as expressed in the Securities Act and is, therefore, unenforceable.

In the event that a claim for indemnification against such liabilities (other than the payment by the Registrant of expenses incurred or paid by a director, officer or controlling person of the Registrant in the successful defense of any action, suit or proceeding) is asserted by such director, officer or controlling person in connection with the securities being registered, the Registrant will, unless in the opinion of its counsel the matter has been settled by controlling precedent, submit to a court of appropriate jurisdiction the question whether such indemnification by it is against public policy as

expressed in the Securities Act and will be governed by the final adjudication of such issue.

3. If the company relies on Rule 430A under the Securities Act, the company will:

(a) For determining any liability under the Securities Act, treat the information omitted from the form of Prospectus filed as part of this Registration Statement in reliance upon Rule 430A and contained in a form of Prospectus filed by the company under rule 424(b)(1), or (4), or 497(h) under the Securities Act as part of this Registration Statement as of the time the Commission declared it effective; and

(b) For determining any liability under the Securities Act, treat each post-effective amendment that contains a form of prospectus as a new registration statement for the securities offered in the Registration Statement and treat the offering of such securities at that time as the initial bona fide offering of those securities.

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SIGNATURES

In accordance with the requirements of the Securities Act of 1933, the registrant certifies that it has reasonable grounds to believe that it meets all of the requirements of filing on Form S-1 and authorized this registration statement to be signed on its behalf by the undersigned, in the County of New York, State of New York, on the 10th day of June 1999.

NATURAL HEALTH TRENDS CORP.

BY: /S/ JOSEPH P. GRACE

Joseph P. Grace, President And
Chief Executive Officer

KNOW ALL MEN BY THESE PRESENTS, that each person whose signature appears below constitutes and appoints Joseph P. Grace his true and lawful attorney-in-fact and agent, with full power of substitution and resubstitution, for him and in his name, place and stead, in any and all capacities, to sign any and all amendments (including post-effective amendments) to this Registration Statement, and to file the same, with all exhibits thereto and other documents in connection therewith, with the Securities and Exchange Commission, granting unto said attorney-in-fact and agent, full power and authority to do and perform each and every act and thing requisite or necessary to be done in and about the premises, as fully to all intents and purposes as he might or could do in person, hereby ratifying and confirming all that said attorney-in-fact and agent or either of them or their or his substitute or substitutes, may lawfully do or cause to be done by virtue hereof.

In accordance with the requirements of the Securities Act of 1933, this registration statement was signed by the following persons in the capacities and on the dates stated:

<TABLE>

<CAPTION>

SIGNATURE	TITLE	DATE
----- <S>	----- <C>	----- <C>
/s/ SIR BRIAN WOLFSON ----- Sir Brian Wolfson	Chairman of the Board and Director	June 10, 1999
/s/ MARTIN C. LICHT ----- Martin C. Licht	Director	June 10, 1999
/s/ DIRK D. GOLDWASSER ----- Dirk D. Goldwasser	Director	June 10, 1999
/s/ RALPH ELLISON ----- Ralph Ellison	Director	June 10, 1999

</TABLE>

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<TABLE>

<CAPTION>

SIGNATURE	TITLE	DATE
/s/ ROBERT L. RICHARDS	Director	June 10, 1999
/s/ MARK D. WOODBURN	Chief Financial Officer and Treasurer (principal accounting officer)	June 10, 1999

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INDEPENDENT AUDITORS' REPORT

Board of Directors
 Natural Health Trends Corp. and Subsidiaries
 New York, New York

We have audited in accordance with generally accepted auditing standards, the consolidated financial statements of Natural Health Trends Corp. and Subsidiaries included in this Registration Statement and issued our report thereon dated February 26, 1999 and April 14, 1999 as to Note 17. Our audit was made for the purpose of forming an opinion on the basic consolidated financial statements taken as whole. The schedule listed in the exhibit index is the responsibility of the Company's management and is presented for purposes of complying with the Securities and Exchange Commission's rules and is not part of the basic consolidated financial statements, and, in our opinion, fairly states, in all material respects, the financial data required to be set forth therein in relation to the basic consolidated financial statements taken as a whole.

/s/ FELDMAN SHERB EHRLICH & CO.,
 P.C.
 Feldman Sherb Ehrlich & Co., P.C.

New York, New York
 June 11, 1999

NATURAL HEALTH TRENDS CORP. AND SUBSIDIARIES
 SCHEDULE II--VALUATION AND QUALIFYING ACCOUNTS

<TABLE>

<CAPTION>

COLUMN A	COLUMN B	COLUMN C	COLUMN D	COLUMN E
ADDITIONS				

<CAPTION>

DESCRIPTION	BALANCE AT BEGINNING OF PERIOD	CHARGED TO COSTS AND EXPENSES	CHARGED TO OTHER ACCOUNTS	BALANCE AT END OF PERIOD
YEAR ENDED DECEMBER 31, 1998				
Allowance for doubtful accounts.....	\$ 82,138	\$ 12,000	\$ --	\$ 92,151 \$ 1,987
YEAR ENDED DECEMBER 31, 1997				
Allowance for doubtful accounts.....	\$ --	\$ 89,520	\$ --	\$ 7,382 \$ 82,138

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- (7) Previously filed with the Company's Form 10-QSB dated September 30, 1998.
- (8) Previously filed with the Company's Form 10-KSB for the year ended December 31, 1996.
- (9) Previously filed with the Company's Form 10K-SB for the year ended December 31, 1998.

Exhibit 4.9

NATURAL HEALTH TRENDS CORP.
1997 STOCK OPTION PLAN

1. PURPOSE. The purpose of this Natural Health Trends Corp. 1997 Stock Option Plan (the "Plan") is to provide a means whereby Natural Health Trends Corp. and any present or future subsidiaries (collectively referred to as the "Company") may, through the grant of options to purchase shares of the Company's common stock, \$.001 par value per share (the "Common Stock"), attract and retain persons of ability as key employees, members of the Board of Directors and consultants and motivate such individuals to exert their best efforts on behalf of the Company.

2. SHARES SUBJECT TO THE PLAN. Options may be granted by the Company from time to time to eligible individuals to purchase an aggregate of 75,000 shares of Common Stock and 75,000 of such shares shall be reserved for options granted under the Plan (subject to adjustment as provided in Section 5(h) hereof). The shares issued upon exercise of options issued under the Plan may be authorized and unissued shares or shares held by the Company in its treasury. If any option granted under the Plan shall terminate or expire, new options covering such shares may thereafter be granted to other eligible individuals.

3. ELIGIBILITY. Options may be granted under the Plan to employees of the Company, including officers, who are designated as key employees by the Committee (as defined in Section 4 hereof). Members of the Board of Directors and consultants of the Company selected by the Committee shall also be eligible to receive options under the Plan.

4. ADMINISTRATION OF THE PLAN. The Plan shall be administered by a committee of disinterested persons appointed by the Board of Directors of the Company as constituted from time to time (the "Committee"). The Committee shall consist of at least two members of the Board of

Directors chosen by the Board. During the one year prior to commencement of service on the Committee, the Committee members will not have participated in, and while serving, such members shall not be eligible for selection as a person to whom shares of stock may be allocated or to whom stock options or stock appreciation rights may be granted under the Plan or any other discretionary plan of the Company under which participants are entitled to acquire stock, stock options or stock appreciation rights of the Company.

Subject to the provisions of the Plan, the Committee shall have the authority to:

(a) determine and designate from time to time those eligible individuals to whom options are to be granted and the number of shares to be optioned to each individual; provided, however, that no option shall be granted after the expiration of the period of ten years from the effective date of the Plan specified in Section 10 hereof;

(b) determine the time or times and the manner in which each option shall be exercisable and the duration of the exercise period;

(c) extend the term of any option (including extension by reason of any optionee's death, permanent disability or retirement); and

(d) issue options under the Plan either as incentive stock options in accordance with the requirements of Section 422 of the Internal Revenue Code of 1986, as amended (the "Code"), or as nonstatutory options.

The Committee may interpret the Plan, prescribe, amend and rescind any rules and regulations necessary or appropriate for the administration of the Plan, and make such other determinations to take such other action as it deems necessary or advisable. Any interpretation, determination or other action made or taken by the Committee shall be final, binding and conclusive.

5. TERMS AND CONDITIONS OF OPTIONS. Each option granted under the Plan shall be evidenced by an agreement, in form and substance approved by the Committee from time to time, which shall be subject to the following express terms and conditions and to such other terms and conditions as the Committee may deem appropriate:

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(a) OPTION PERIOD. Each option agreement shall specify the period for which the option thereunder is granted and shall provide that the option shall expire at the end of such period. No option granted under this Plan may be exercisable after the expiration of ten years from the date the option is granted; provided, however, that any incentive option granted to any person owning more than 10 percent of the voting power of all classes of any member of the Company's stock shall not be exercisable after the expiration of five years from the date such option is granted.

(b) OPTION PRICE. The option price per share shall be determined by the Committee at the time any option is granted, PROVIDED THAT, to the extent that any options are intended to qualify as incentive stock options, the option price per share shall not be less than the fair market value of a share of Common Stock on the date the option is granted, as determined by the Committee.

(c) EXERCISE OF OPTION.

(1) In the case of an optionee who is an employee, no part of any option may be exercised until the optionee shall have remained in the employ of the Company for such period after the date on which the option is granted as the Committee may specify in the option agreement, and until such other conditions as specified in the option agreement shall have been satisfied. Subject in each case to the provisions of paragraphs (a) through (c) and (e) of this Section 5, any option may be exercised, to the extent exercisable by its terms, at such time or times as may be determined by the Committee at the time of grant.

(2) In the case of an optionee who is a Member of the Board of Directors or a consultant, the Committee may specify in the option agreement any requirement as to the period of time after the grant of the option that the optionee is required to be a member of the Board of Directors or a consultant to the Company or other conditions which shall be satisfied before the option is exercisable, in whole or in part. Any option may be exercised, to the extent exercisable by its terms, at such time or times as

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may be determined by the Committee at the time of grant. The option agreement may also specify the extent to which the option is exercisable in the event of the death or disability of the optionee, by whom the option is exercisable, and the requirements for exercise of the option in either of such events.

(d) PAYMENT OF PURCHASE PRICE UPON EXERCISE. The purchase price of the shares as to which an option shall be exercised shall be paid to the Company in full at the time of exercise.

(e) TERMINATION OF EMPLOYMENT. Any option agreement with an employee under this Plan shall provide that:

(1) If prior to the expiration date of the option (the "expiration date") the employee shall for any reason whatsoever, other than (i) his authorized retirement as defined in (2) below, (ii) his permanent and total disability as defined in (3) below, or (iii) his death, cease to be employed by the Company, any unexercised portion of the option granted shall automatically terminate;

(2) If prior to the expiration date, the employee shall (i) retire upon or after reaching the age which at the time of retirement is established as the normal retirement age for employees of the Company (such normal retirement age now being 65 years) or (ii) with the written consent of the Company retire prior to such age on account of physical or mental disability (such retirement pursuant to (i) or (ii) hereof being deemed an "authorized retirement") any unexercised portion of the option shall expire at the end of three months after such authorized retirement, and during such three month period the employee may exercise all or any part of the then unexercised portion of the option;

(3) If prior to the expiration date, the employee shall become permanently and totally disabled (within the meaning of Section 22 (e)(3) of the Code) any unexercised portion of the option shall expire at the end of twelve months after termination of employment from the Company due to such permanent and total disability; and

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(4) If prior to the expiration date, the employee shall die (at a time when he is an employee of the Company or within three months after his (i) authorized retirement or (ii) termination due to permanent and total disability), the legal representatives of his estate or a legatee or legatees shall have the privilege, for a period of six months after his death, of exercising all or any part of the then unexercised portion of the option. Nothing in (2), (3) or (4) shall extend the time for exercising any option granted pursuant to the Plan beyond the expiration date.

(f) TRANSFERABILITY OF OPTIONS. No option granted under the Plan and no right arising under any such option shall be transferable other than by will or by the laws of descent and distribution. During the lifetime of the optionee an option shall be exercisable only by him.

(g) INVESTMENT REPRESENTATION. Each option agreement may contain an undertaking that, upon demand by the Committee for such a representation, the optionee (or any person acting under Section 5(e) hereof) shall deliver to the Committee at the time of any exercise of an option a written representation that the shares to be acquired upon such exercise are to be acquired for investment and not for resale or with a view to the distribution thereof. Upon such demand, delivery of such representation prior to the delivery of any shares issued upon exercise of an option and prior to the expiration of the option period shall be a condition precedent to the right of the optionee or such other person to purchase any shares.

(h) ADJUSTMENTS IN EVENT OF CHANGE IN COMMON STOCK. In the event of any change in the Common Stock by reason of any stock dividend, recapitalization, reorganization, merger, consolidation, split-up, combination or exchange of shares, or rights offering to purchase Common Stock at a price substantially below fair market value, or of any similar change affecting the Common Stock, the number and kind of shares which thereafter may be optioned and sold under the Plan and the number and kind of shares subject to option in outstanding option agreements and the purchase price per share thereof shall be appropriately adjusted consistent with such change in such manner as the Committee may deem equitable to

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prevent substantial dilution or enlargement of the rights granted to, or available for, participants in the Plan.

(i) OPTIONEES TO HAVE NO RIGHTS AS A STOCKHOLDER. No optionee

shall have any rights as a stockholder with respect to any shares subject to his option prior to the date on which he is recorded as the holder of such shares on the records of the Company.

(j) PLAN AND OPTION NOT TO CONFER RIGHTS WITH RESPECT TO CONTINUANCE OF EMPLOYMENT. The Plan and any option granted under the Plan shall not confer upon any optionee any right with respect to continuance of employment by the Company, nor shall they interfere in any way with the right of the Company to terminate his employment at any time.

6. LIMITATION. Incentive stock options shall not be granted under the Plan, which first become exercisable in any calendar year and which permit the optionee to purchase shares of the Company having an aggregate value in excess of \$100,000, determined at the time of the grant of the options. No optionee may exercise incentive stock options during a calendar year for the purchase of shares having an aggregate fair market value (determined at the time of the grant of the options) exceeding \$100,000, except and to the extent that such options were first exercisable in preceding calendar years.

7. PURCHASE PRICE. The purchase price for a share of the stock subject to any option granted hereunder shall be determined by the Committee at the time the option is granted, PROVIDED THAT, to the extent that any options are intended to qualify as incentive stock options, the option price per share shall not be less than the fair market value of the stock on the date of grant of the option, said fair market value to be determined in good faith at the time of grant of such option by decision of the Committee; and, FURTHER PROVIDED, that in the case of an incentive option granted to any person then owning more than 10 percent of the voting power of all classes of the Company's stock, the purchase price per share of the stock subject to option shall be not less than 110 percent of the fair market value of the stock on the date of grant of the option, determined in good faith as aforesaid.

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8. COMPLIANCE WITH LAWS AND REGULATIONS. The Plan, the grant and exercise of options thereunder, and the obligation of the Company to sell and deliver shares under such options, shall be subject to all applicable federal and state laws, including any withholding tax requirements, rules and regulations and to such approvals by any government or regulatory agency as may be required. The Company shall not be required to issue or deliver any certificates for shares of Common Stock prior to (i) the collection of an amount from the optionee sufficient to satisfy any withholding tax requirements; (ii) the listing of such shares on any stock exchange on which the Common Stock may then be listed; and (iii) the completion of any registration or qualification of such shares under any federal or state law, or any ruling or regulation of any government body which the Company shall, in its sole discretion, determine to be necessary or advisable.

9. AMENDMENT OR DISCONTINUANCE OF THE PLAN. The Board of Directors of the Company may at any time amend, suspend or terminate the Plan; provided however, that, subject to the provisions of Section 5(h) hereof, no action of the Board may (i) increase the number of shares reserved for options pursuant to Section 2 hereof, and (ii) permit the granting of any option at an option price less than that determined in accordance with Section 5(b) hereof. Without the written consent of an optionee, no amendment, discontinuance or termination of the Plan shall alter or impair any option previously granted to him under the Plan.

10. EFFECTIVE DATE OF THE PLAN AND JURISDICTION. The effective date of the Plan shall be the date of its adoption by the Board of Directors, subject to its approval by the shareholders within twelve months of the date of its adoption. Notwithstanding the foregoing, if the Plan shall have been approved by the Board prior to such stockholder approval, options may be granted by the Committee as provided herein subject to such subsequent stockholder approval. The Plan shall be governed by the laws of the State of Florida.

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11. NAME. The Plan shall be known as the "Natural Health Trends Corp. 1997 Stock Option Plan."

Exhibit 4.10

NATURAL HEALTH TRENDS CORP.
1998 STOCK OPTION PLAN

1. PURPOSE. The purpose of this Natural Health Trends Corp. 1998 Stock Option Plan (the "Plan") is to provide a means whereby Natural Health Trends Corp. and any present or future subsidiaries (collectively referred to as the "Company") may, through the grant of options to purchase shares of the Company's common stock, \$.001 par value per share (the "Common Stock"), attract and retain persons of ability as key employees, members of the Board of Directors and consultants and motivate such individuals to exert their best efforts on behalf of the Company.

2. SHARES SUBJECT TO THE PLAN. Options may be granted by the Company from time to time to eligible individuals to purchase an aggregate of 200,000 shares of Common Stock and 200,000 of such shares shall be reserved for options granted under the Plan (subject to adjustment as provided in Section 5(h) hereof). The shares issued upon exercise of options issued under the Plan may be authorized and unissued shares or shares held by the Company in its treasury. If any option granted under the Plan shall terminate or expire, new options covering such shares may thereafter be granted to other eligible individuals.

3. ELIGIBILITY. Options may be granted under the Plan to employees of the Company, including officers, who are designated as key employees by the Committee (as defined in Section 4 hereof). Members of the Board of Directors and consultants of the Company selected by the Committee shall also be eligible to receive options under the Plan.

4. ADMINISTRATION OF THE PLAN. The Plan shall be administered by a committee of disinterested persons appointed by the Board of Directors of the Company as constituted from time to time (the "Committee"). The Committee shall consist of at least two members of the Board of

1

Directors chosen by the Board. During the one year prior to commencement of service on the Committee, the Committee members will not have participated in, and while serving, such members shall not be eligible for selection as a person to whom shares of stock may be allocated or to whom stock options or stock appreciation rights may be granted under the Plan or any other discretionary plan of the Company under which participants are entitled to acquire stock, stock options or stock appreciation rights of the Company.

Subject to the provisions of the Plan, the Committee shall have the authority to:

(a) determine and designate from time to time those eligible individuals to whom options are to be granted and the number of shares to be optioned to each individual; provided, however, that no option shall be granted after the expiration of the period of ten years from the effective date of the Plan specified in Section 10 hereof;

(b) determine the time or times and the manner in which each option shall be exercisable and the duration of the exercise period;

(c) extend the term of any option (including extension by reason of any optionee's death, permanent disability or retirement); and

(d) issue options under the Plan either as incentive stock options in accordance with the requirements of Section 422 of the Internal Revenue Code of 1986, as amended (the "Code"), or as nonstatutory options.

The Committee may interpret the Plan, prescribe, amend and rescind any rules and regulations necessary or appropriate for the administration of the Plan, and make such other determinations to take such other action as it deems necessary or advisable. Any interpretation, determination or other action made or taken by the Committee shall be final, binding and conclusive.

5. TERMS AND CONDITIONS OF OPTIONS. Each option granted under the Plan shall be evidenced by an agreement, in form and substance approved by the Committee from time to time, which shall be subject to the following express terms and conditions and to such other terms and conditions as the Committee may deem appropriate:

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(a) OPTION PERIOD. Each option agreement shall specify the period for which the option thereunder is granted and shall provide that the option shall expire at the end of such period. No option granted under this Plan may be exercisable after the expiration of ten years from the date the option is granted; provided, however, that any incentive option granted to any person owning more than 10 percent of the voting power of all classes of any member of the Company's stock shall not be exercisable after the expiration of five years from the date such option is granted.

(b) OPTION PRICE. The option price per share shall be determined by the Committee at the time any option is granted, PROVIDED THAT, to the extent that any options are intended to qualify as incentive stock options, the option price per share shall not be less than the fair market value of a share of Common Stock on the date the option is granted, as determined by the Committee.

(c) EXERCISE OF OPTION.

(1) In the case of an optionee who is an employee, no part of any option may be exercised until the optionee shall have remained in the employ of the Company for such period after the date on which the option is granted as the Committee may specify in the option agreement, and until such other conditions as specified in the option agreement shall have been satisfied. Subject in each case to the provisions of paragraphs (a) through (c) and (e) of this Section 5, any option may be exercised, to the extent exercisable by its terms, at such time or times as may be determined by the Committee at the time of grant.

(2) In the case of an optionee who is a Member of the Board of Directors or a consultant, the Committee may specify in the option agreement any requirement as to the period of time after the grant of the option that the optionee is required to be a member of the Board of Directors or a consultant to the Company or other conditions which shall be satisfied before the option is exercisable, in whole or in part. Any option may be exercised, to the extent exercisable by its terms, at such time or times as

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may be determined by the Committee at the time of grant. The option agreement may also specify the extent to which the option is exercisable in the event of the death or disability of the optionee, by whom the option is exercisable, and the requirements for exercise of the option in either of such events.

(d) PAYMENT OF PURCHASE PRICE UPON EXERCISE. The purchase price of the shares as to which an option shall be exercised shall be paid to the Company in full at the time of exercise.

(e) TERMINATION OF EMPLOYMENT. Any option agreement with an employee under this Plan shall provide that:

(1) If prior to the expiration date of the option (the "expiration date") the employee shall for any reason whatsoever, other than (i) his authorized retirement as defined in (2) below, (ii) his permanent and total disability as defined in (3) below, or (iii) his death, cease to be employed by the Company, any unexercised portion of the option granted shall automatically terminate;

(2) If prior to the expiration date, the employee shall (i) retire upon or after reaching the age which at the time of retirement is established as the normal retirement age for employees of the Company (such normal retirement age now being 65 years) or (ii) with the written consent of the Company retire prior to such age on account of physical or mental disability (such retirement pursuant to (i) or (ii) hereof being deemed an "authorized retirement") any unexercised portion of the option shall expire at the end of three months after such authorized retirement, and during such three month period the employee may exercise all or any part of the then unexercised portion of the option;

(3) If prior to the expiration date, the employee shall become permanently and totally disabled (within the meaning of Section 22 (e)(3) of the Code) any unexercised portion of the option shall expire at the end of twelve months after termination of employment from the Company due to such permanent and total disability; and

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(4) If prior to the expiration date, the employee shall die (at a time when he is an employee of the Company or within three months after his (i) authorized retirement or (ii) termination due to permanent and total disability), the legal representatives of his estate or a legatee or legatees shall have the privilege, for a period of six months after his death, of exercising all or any part of the then unexercised portion of the option. Nothing in (2), (3) or (4) shall extend the time for exercising any option granted pursuant to the Plan beyond the expiration date.

(f) TRANSFERABILITY OF OPTIONS. No option granted under the Plan and no right arising under any such option shall be transferable other than by will or by the laws of descent and distribution. During the lifetime of the optionee an option shall be exercisable only by him.

(g) INVESTMENT REPRESENTATION. Each option agreement may contain an undertaking that, upon demand by the Committee for such a representation, the optionee (or any person acting under Section 5(e) hereof) shall deliver to the Committee at the time of any exercise of an option a written representation that the shares to be acquired upon such exercise are to be acquired for investment and not for resale or with a view to the distribution thereof. Upon such demand, delivery of such representation prior to the delivery of any shares issued upon exercise of an option and prior to the expiration of the option period shall be a condition precedent to the right of the optionee or such other person to purchase any shares.

(h) ADJUSTMENTS IN EVENT OF CHANGE IN COMMON STOCK. In the event of any change in the Common Stock by reason of any stock dividend, recapitalization, reorganization, merger, consolidation, split-up, combination or exchange of shares, or rights offering to purchase Common Stock at a price substantially below fair market value, or of any similar change affecting the Common Stock, the number and kind of shares which thereafter may be optioned and sold under the Plan and the number and kind of shares subject to option in outstanding option agreements and the purchase price per share thereof shall be appropriately adjusted consistent with such change in such manner as the Committee may deem equitable to

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prevent substantial dilution or enlargement of the rights granted to, or available for, participants in the Plan.

(i) OPTIONEES TO HAVE NO RIGHTS AS A STOCKHOLDER. No optionee shall have any rights as a stockholder with respect to any shares subject to his option prior to the date on which he is recorded as the

holder of such shares on the records of the Company.

(j) PLAN AND OPTION NOT TO CONFER RIGHTS WITH RESPECT TO CONTINUANCE OF EMPLOYMENT. The Plan and any option granted under the Plan shall not confer upon any optionee any right with respect to continuance of employment by the Company, nor shall they interfere in any way with the right of the Company to terminate his employment at any time.

6. LIMITATION. Incentive stock options shall not be granted under the Plan, which first become exercisable in any calendar year and which permit the optionee to purchase shares of the Company having an aggregate value in excess of \$100,000, determined at the time of the grant of the options. No optionee may exercise incentive stock options during a calendar year for the purchase of shares having an aggregate fair market value (determined at the time of the grant of the options) exceeding \$100,000, except and to the extent that such options were first exercisable in preceding calendar years.

7. PURCHASE PRICE. The purchase price for a share of the stock subject to any option granted hereunder shall be determined by the Committee at the time the option is granted, PROVIDED THAT, to the extent that any options are intended to qualify as incentive stock options, the option price per share shall not be less than the fair market value of the stock on the date of grant of the option, said fair market value to be determined in good faith at the time of grant of such option by decision of the Committee; and, FURTHER PROVIDED, that in the case of an incentive option granted to any person then owning more than 10 percent of the voting power of all classes of the Company's stock, the purchase price per share of the stock subject to option shall be not less than 110 percent of the fair market value of the stock on the date of grant of the option, determined in good faith as aforesaid.

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8. COMPLIANCE WITH LAWS AND REGULATIONS. The Plan, the grant and exercise of options thereunder, and the obligation of the Company to sell and deliver shares under such options, shall be subject to all applicable federal and state laws, including any withholding tax requirements, rules and regulations and to such approvals by any government or regulatory agency as may be required. The Company shall not be required to issue or deliver any certificates for shares of Common Stock prior to (i) the collection of an amount from the optionee sufficient to satisfy any withholding tax requirements; (ii) the listing of such shares on any stock exchange on which the Common Stock may then be listed; and (iii) the completion of any registration or qualification of such shares under any federal or state law, or any ruling or regulation of any government body which the Company shall, in its sole discretion, determine to be necessary or advisable.

9. AMENDMENT OR DISCONTINUANCE OF THE PLAN. The Board of Directors of the Company may at any time amend, suspend or terminate the Plan; provided however, that, subject to the provisions of Section 5(h) hereof, no action of the Board may (i) increase the number of shares reserved for options pursuant to Section 2 hereof, and (ii) permit the granting of any option at an option price less than that determined in accordance with Section 5(b) hereof. Without the written consent of an optionee, no amendment, discontinuance or termination of the Plan shall alter or impair any option previously granted to him under the Plan.

10. EFFECTIVE DATE OF THE PLAN AND JURISDICTION. The effective date of the Plan shall be the date of its adoption by the Board of Directors, subject to its approval by the shareholders within twelve months of the date of its adoption. Notwithstanding the foregoing, if the Plan shall have been approved by the Board prior to such stockholder approval, options may be granted by the Committee as provided herein subject to such subsequent stockholder approval. The Plan shall be governed by the laws of the State of Florida.

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11. NAME. The Plan shall be known as the "Natural Health Trends Corp. 1998 Stock Option Plan."

Exhibit 4.21

NEITHER THE SECURITIES REPRESENTED HEREBY NOR THE SECURITIES ISSUABLE UPON THE EXERCISE HEREOF HAVE BEEN REGISTERED UNDER THE SECURITIES ACT OF 1933, AS AMENDED (THE "SECURITIES ACT"), OR ANY STATE SECURITIES LAWS AND MAY NOT BE OFFERED, SOLD, PLEDGED, ASSIGNED, OR OTHERWISE TRANSFERRED UNLESS (1) A REGISTRATION STATEMENT WITH RESPECT THERETO IS EFFECTIVE UNDER THE SECURITIES ACT AND ANY APPLICABLE STATE SECURITIES LAWS, OR (2) THE COMPANY RECEIVES AN OPINION OF COUNSEL TO THE HOLDER OF THIS WARRANT OR SUCH SECURITIES, WHICH COUNSEL AND OPINION ARE REASONABLY SATISFACTORY TO THE COMPANY, THAT THIS WARRANT OR SUCH SECURITIES, AS APPLICABLE, MAY BE OFFERED, SOLD, PLEDGED, ASSIGNED, OR OTHERWISE TRANSFERRED IN THE MANNER CONTEMPLATED WITHOUT AN EFFECTIVE REGISTRATION STATEMENT UNDER THE SECURITIES ACT OR APPLICABLE STATE SECURITIES LAWS.

THE TRANSFER OF THIS WARRANT IS RESTRICTED AS DESCRIBED HEREIN.

NATURAL HEALTH TRENDS CORP.

WARRANTS FOR THE PURCHASE OF 300,000 SHARES
OF COMMON STOCK, PAR VALUE \$ 0.001 PER SHARE

NO. _____

AUGUST 17, 1998

THIS CERTIFIES that, for value received, BLH, INC. (together with all permitted assigns, the "Holder") is entitled to subscribe for, and purchase from, NATURAL HEALTH TRENDS CORP., a Florida corporation (the "Company"), upon the terms and conditions set forth herein, 300,000 shares of common stock of the Company, par value \$.001 per share ("Common Stock"). This Warrant shall become exercisable on the date hereof (the "Initial Exercise Date.") The rights to subscribe for and purchase shares of Common Stock pursuant to this Warrant shall terminate at 5:00 p.m., New York City local time, on the date which is the fifth anniversary of the Initial Exercise Date (such five year term, the "Exercise Period").

During the Exercise Period, this Warrant is exercisable at an exercise price of \$1.2375 per share (the "Exercise Price"); provided, however, that upon the occurrence of any of the events specified in Section 5 hereof, the rights granted by this Warrant, including the number of shares of Common Stock to be received upon such exercise, shall be adjusted as therein specified.

SECTION 1 EXERCISE OF WARRANT.

(a) This Warrant may be exercised during the Exercise Period, either in whole or in part, by the surrender of this Warrant (with the election at the end hereof duly executed) to the Company, Natural Health Trends Corp., 193 Middle Street, Suite 201, Portland, ME 04101,

Attention: President, or at such other place as is designated in writing by the Company, together with a certified or bank cashier's check payable to the order of the Company in an amount equal to the product of the Exercise Price and the number of Warrant Shares for which this Warrant is being exercised.

(b) At any time during the term, the Holder may, at its election, exchange these Warrants, in whole or in part (an "Warrant Exchange"), into the number of shares determined in accordance with this paragraph 1(b) by surrendering these Warrants at the principal office of the Company, accompanied by a notice stating the Holder's intent to effect such exchange, the number of shares to be exchanged and the date on which the Holder requests that such Warrant Exchange occur (the "Notice of Exchange"). The Warrant Exchange shall take place on the date specified in the Notice of Exchange or, if later, the date the Notice of Exchange is received by the Company (the "Exchange Date"). Certificates for the shares issuable upon such Warrant Exchange and, if applicable, a new Warrant of like tenor evidencing the balance of the shares remaining subject to this Warrant, shall be issued as of the Exchange Date and delivered to the Holder within five (5) business days following the Exchange Date. In connection with any Warrant Exchange, this Warrant shall represent the right to subscribe for and acquire the number of shares (rounded to the next

highest integer) equal to (i) the number of shares specified by the Holder in its Notice of Exchange (the "Total Number") less (ii) the number of shares equal to the quotient obtained by dividing (A) the product of the Total Number and the then existing exercise price by (B) the closing bid price of a share of the Company's Common Stock.

(c) In no event shall the Holder be entitled to exercise this Warrant in excess of the sum of (1) the number of shares of Common Stock beneficially owned by the Holder and its affiliates (other than shares of Common Stock which may be deemed beneficially owned through the ownership of the unexercised portion of this Warrant), and (2) the number of shares of Common Stock issuable upon the exercise of this Warrant with respect to which the determination of this provision is being made, would result in beneficial ownership by the Holder and its affiliates of more than 4.9% of the outstanding shares of Common Stock of the Corporation. For purposes of this provision, beneficial ownership shall be determined in accordance with Section 13(d) of the Securities Exchange Act of 1934, as amended, and Regulation 13 D-G thereunder, except as otherwise provided in clause (1) above.

SECTION 2 RIGHTS UPON EXERCISE; DELIVERY OF SECURITIES.

Upon each exercise of the Holder's rights to purchase Warrant Shares, the Holder shall be deemed to be the holder of record of the Warrant Shares, notwithstanding that the transfer books of the Company shall then be closed or certificates representing the Warrant Shares with respect to which this Warrant was exercised shall not then have been actually delivered to the Holder. As soon as practicable after each such exercise of this Warrant, the Company shall issue and deliver to the Holder a certificate or certificates representing the Warrant Shares issuable upon such exercise, registered in the name of the Holder or its designee. If this Warrant should be exercised in part only, the Company shall, upon surrender of this Warrant for cancellation, execute and deliver a Warrant evidencing the right of the Holder to purchase the balance of the aggregate number of Warrant Shares purchasable hereunder as to which this Warrant has not been exercised or assigned.

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SECTION 3 REGISTRATION OF TRANSFER AND EXCHANGE.

Any Warrants issued upon the transfer or exercise in part of this Warrant shall be numbered and shall be registered in a warrant register (the "Warrant Register") as they are issued. The Company shall be entitled to treat the registered holder of any Warrant on the Warrant Register as the owner in fact thereof for all purposes, and shall not be bound to recognize any equitable or other claim to, or interest in, such Warrant on the part of any other person, and shall not be liable for any registration or transfer of Warrants which are registered or to be registered in the name of a fiduciary or the nominee of a fiduciary unless made with the actual knowledge that a fiduciary or nominee is committing a breach of trust in requesting such registration of transfer, or with the knowledge of such facts that its participation therein amounts to bad faith. This Warrant shall be transferable on the books of the Company only upon delivery thereof duly endorsed by the Holder or by his duly authorized attorney or representative, or accompanied by proper evidence of succession, assignment, or authority to transfer. In all cases of transfer by an attorney, executor, administrator, guardian, or other legal representative, duly authenticated evidence of his, her, or its authority shall be produced. Upon any registration of transfer, the Company shall deliver a new Warrant or Warrants to the person entitled thereto. This Warrant may be exchanged, at the option of the Holder thereof, for another Warrant, or other Warrants of different denominations, of like tenor and representing in the aggregate the right to purchase a like number of Warrant Shares (or portions thereof), upon surrender to the Company or its duly authorized agent. Notwithstanding the foregoing, the Company shall have no obligation to cause Warrants to be transferred on its books to any person if, in the opinion of counsel to the Company, such transfer does not comply with the provisions of the Securities Act and the rules and regulations thereunder.

SECTION 4 RESERVATION OF SHARES.

The Company shall at all times reserve and keep available out of its authorized and unissued Common Stock, solely for the purpose of providing for the exercise of the Warrants, such number of shares of Common Stock as shall, from time to time, be sufficient therefor. The Company represents that all

shares of Common Stock issuable upon exercise of this Warrant are duly authorized and, upon receipt by the Company of the full payment for such Warrant Shares, will be validly issued, fully paid, and nonassessable, without any personal liability attaching to the ownership thereof and will not be issued in violation of any preemptive or similar rights of stockholders.

SECTION 5 ANTIDILUTION.

(a) In the event that the Company shall at any time after the Initial Exercise Date: (i) declare a dividend on the outstanding Common Stock payable in shares of its capital stock; (ii) subdivide the outstanding Common Stock; (iii) combine the outstanding Common Stock into a smaller number of shares; or (iv) issue any shares of its capital stock by reclassification of the

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Common Stock (including any such reclassification in connection with a consolidation or merger in which the Company is the continuing corporation), then, in each case, the Exercise Price per Warrant Share in effect at the time of the record date for the determination of stockholders entitled to receive such dividend or distribution or of the effective date of such subdivision, combination, or reclassification shall be adjusted so that it shall equal the price determined by multiplying such Exercise Price by a fraction, the numerator of which shall be the number of shares of Common Stock outstanding immediately prior to such action, and the denominator of which shall be the number of shares of Common Stock outstanding after giving effect to such action. Such adjustment shall be made successively whenever any event listed above shall occur and shall become effective at the close of business on such record date or at the close of business on the date immediately preceding such effective date, as applicable.

(b) All calculations under this Section 5 shall be made to the nearest cent or to the nearest one-hundredth of a share, as the case may be.

(c) In any case in which this Section 5 shall require that an adjustment in the number of Warrant Shares be made effective as of a record date for a specified event, the Company may elect to defer, until the occurrence of such event, issuing to the Holder, if the Holder exercised this Warrant after such record date, the Warrant Shares, if any, issuable upon such exercise over and above the number of Warrant Shares issuable upon such exercise on the basis of the number of shares of Common Stock in effect prior to such adjustment; provided, however, that the Company shall deliver to the Holder a due bill or other appropriate instrument evidencing the Holder's right to receive such additional shares of Common Stock upon the occurrence of the event requiring such adjustment.

(d) Whenever there shall be an adjustment as provided in this Section 5, the Company shall within 15 days thereafter cause written notice thereof to be sent by registered mail, postage prepaid, to the Holder, at its address as it shall appear in the Warrant Register, which notice shall be accompanied by an officer's certificate setting forth the number of Warrant Shares issuable and the Exercise Price thereof after such adjustment and setting forth a brief statement of the facts requiring such adjustment and the computation thereof, which officer's certificate shall be conclusive evidence of the correctness of any such adjustment absent manifest error.

(e) The Company shall not be required to issue fractions of shares of Common Stock or other capital stock of the Company upon the exercise of this Warrant. If any fraction of a share of Common Stock would be issuable on the exercise of this Warrant (or specified portions thereof), the Company shall pay lieu of such fraction an amount in cash equal to the same fraction of the average closing sale price (or average of the closing bid and asked prices, if closing sale price is not available) of Common Stock for the 10 trading days ending on and including the date of exercise of this Warrant.

(f) No adjustment in the Exercise Price per Warrant Share shall be required if such

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adjustment is less than \$.01; provided, however, that any adjustments which by reason of this Section 5 are not required to be made shall be carried forward

and taken into account in any subsequent adjustment.

(g) Whenever the Exercise Price payable upon exercise of this Warrant is adjusted pursuant to subsection (a) above, the number of Warrant Shares issuable upon exercise of this Warrant shall simultaneously be adjusted by multiplying the number of Warrant Shares issuable upon exercise of this Warrant on the date hereof by the Exercise Price in effect on the date hereof and dividing the product so obtained by the Exercise Price, as adjusted.

SECTION 6 RECLASSIFICATION; REORGANIZATION; MERGER.

(a) In case of any capital reorganization, other than in the cases referred to in Section 5(a) hereof, or the consolidation or merger of the Company with or into another corporation (other than a merger or consolidation in which the Company is the continuing corporation and which does not result in any reclassification of the outstanding shares of Common Stock or the conversion of such outstanding shares of Common Stock into shares of other stock or other securities or property), or in the case of any sale, lease, or conveyance to another corporation of the property and assets of any nature of the Company as an entirety or substantially as an entirety (such actions being hereinafter collectively referred to as "Reorganizations"), there shall thereafter be deliverable upon exercise of this Warrant (in lieu of the number of Warrant Shares theretofore deliverable) the number of shares of stock or other securities or property to which a holder of the respective number of Warrant Shares which would otherwise have been deliverable upon the exercise of this Warrant would have been entitled upon such Reorganization if this Warrant had been exercised in full immediately prior to such Reorganization. In case of any Reorganization, appropriate adjustment, as determined in good faith by the Board of Directors of the Company, shall be made in the application of the provisions herein set forth with respect to the rights and interests of the Holder so that the provisions set forth herein shall thereafter be applicable, as nearly as possible, in relation to any shares or other property thereafter deliverable upon exercise of this Warrant. Any such adjustment shall be made by, and set forth in, a supplemental agreement between the Company, or any successor thereto, and the Holder, with respect to this Warrant, and shall for all purposes hereof conclusively be deemed to be an appropriate adjustment. The Company shall not effect any such Reorganization unless, upon or prior to the consummation thereof, the successor corporation, or if the Company shall be the surviving corporation in any such Reorganization and is not the issuer of the shares of stock or other securities or property to be delivered to holders of shares of the Common Stock outstanding at the effective time thereof, then such issuer, shall assume by written instrument the obligation to deliver to the Holder such shares of stock, securities, cash, or other property as such Holder shall be entitled to purchase in accordance with the foregoing provisions. In the event of sale, lease, or conveyance or other transfer of all or substantially all of the assets of the Company as part of a plan for liquidation

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of the Company, all rights to exercise this Warrant shall terminate 30 days after the Company gives written notice to the Holder that such sale or conveyance or other transfer has been consummated.

(b) In case of any reclassification or change of the shares of Common Stock issuable upon exercise of this Warrant (other than a change in par value or from a specified par value to no par value, or as a result of a subdivision or combination, but including any change in the shares into two or more classes or series of shares), or in case of any consolidation or merger of another corporation into the Company in which the Company is the continuing corporation and in which there is a reclassification or change (including a change to the right to receive cash or other property) of the shares of Common Stock (other than a change in par value, or from no par value to a specified par value, or as a result of a subdivision or combination, but including any change in the shares into two or more classes or series of shares), the Holder or holders of this Warrant shall have the right thereafter to receive upon exercise of this Warrant solely the kind and amount of shares of stock and other securities, property, cash, or any combination thereof receivable upon such reclassification, change, consolidation, or merger by a holder of the number of Warrant Shares for which this Warrant might have been exercised immediately prior to such reclassification, change, consolidation, or merger. Thereafter, appropriate provision shall be made for adjustments which shall be as nearly equivalent as practicable to the adjustments in Section 5.

(c) The above provisions of this Section 6 shall similarly apply to successive reclassifications and changes of shares of Common Stock and to successive consolidations, mergers, sales, leases, or conveyances.

SECTION 7 NOTICE OF CERTAIN EVENTS.

Except in connection with the Company's June 1998 reverse stock split or the Company's reincorporation in Nevada, in case at any time the Company shall propose:

(a) to pay any dividend or make any distribution on shares of Common Stock in shares of Common Stock or make any other distribution (other than regularly scheduled cash dividends which are not in a greater amount per share than the most recent such cash dividend) to all holders of Common Stock; or

(b) to issue any rights, warrants, or other securities to all holders of Common Stock entitling them to purchase any additional shares of Common Stock or any other rights, warrants, or other securities; or

(c) to effect any reclassification or change of outstanding shares of Common Stock or any consolidation, merger, sale, lease, or conveyance of property, as described in Section 6; or

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(d) to effect any liquidation, dissolution, or winding-up of the Company; or

(e) to take any other action which would cause an adjustment to the Exercise Price per Warrant Share;

then, and in any one or more of such cases, the Company shall give written notice thereof by registered mail, postage prepaid, to the Holder at the Holder's address as it shall appear in the Warrant Register, mailed at least 15 days prior to: (i) the date as of which the holders of record of shares of Common Stock to be entitled to receive any such dividend, distribution, rights, warrants, or other securities are to be determined; (ii) the date on which any such reclassification, change of outstanding shares of Common Stock, consolidation, merger, sale, lease, conveyance of property, liquidation, dissolution, or winding-up is expected to become effective and the date as of which it is expected that holders of record of shares of Common Stock shall be entitled to exchange their shares for securities or other property, if any, deliverable upon such reclassification, change of outstanding shares, consolidation, merger, sale, lease, conveyance of property, liquidation, dissolution, or winding-up; or (iii) the date of such action which would require an adjustment to the Exercise Price per Warrant Share.

SECTION 8 CHARGES AND TAXES.

The issuance of any shares or other securities upon the exercise of this Warrant and the delivery of certificates or other instruments representing such shares or other securities shall be made without charge to the Holder for any tax or other charge in respect of such issuance. The Company shall not, however, be required to pay any tax which may be payable in respect of any transfer involved in the issue and delivery of any certificate in a name other than that of the Holder and the Company shall not be required to issue or deliver any such certificate unless and until the person or persons requesting the issue thereof shall have paid to the Company the amount of such tax or shall have established to the satisfaction of the Company that such tax has been paid.

SECTION 9 PERIODIC REPORTS.

The Company agrees that until all the Warrant Shares shall have been sold pursuant to Rule 144 under the Securities Act or a Registration Statement under the Securities Act, it shall keep current in filing all reports, statements, and other materials required to be filed with the Commission to permit holders of the Warrant Shares to sell such securities under Rule 144 under the Securities Act.

SECTION 10 LEGEND.

Until sold pursuant to the provisions of Rule 144 or otherwise registered under the Securities Act, the Warrant Shares issued on exercise of the Warrants shall be subject to a stop transfer order and the certificate or certificates representing the Warrant Shares shall bear the

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following legend:

THE SECURITIES REPRESENTED HEREBY HAVE NOT BEEN REGISTERED UNDER THE SECURITIES ACT OF 1933, AS AMENDED (THE "SECURITIES ACT"), OR ANY STATE SECURITIES LAWS AND MAY NOT BE OFFERED, SOLD, PLEDGED, ASSIGNED, OR OTHERWISE TRANSFERRED UNLESS (1) A REGISTRATION STATEMENT WITH RESPECT THERETO IS EFFECTIVE UNDER THE SECURITIES ACT AND ANY APPLICABLE STATE SECURITIES LAWS, OR (2) THE COMPANY RECEIVES AN OPINION OF COUNSEL TO THE HOLDER OF THE SECURITIES, WHICH COUNSEL AND OPINION ARE REASONABLY SATISFACTORY TO THE COMPANY, THAT SUCH SECURITIES MAY BE OFFERED, SOLD, PLEDGED, ASSIGNED, OR OTHERWISE TRANSFERRED IN THE MANNER CONTEMPLATED WITHOUT AN EFFECTIVE REGISTRATION STATEMENT UNDER THE SECURITIES ACT OR APPLICABLE STATE SECURITIES LAWS.

SECTION 11 LOSS; THEFT; DESTRUCTION; MUTILATION.

Upon receipt of evidence satisfactory to the Company of the loss, theft, destruction, or mutilation of any Warrant (and upon surrender of any Warrant if mutilated), and upon receipt by the Company of reasonably satisfactory indemnification, the Company shall execute and deliver to the Holder thereof a new Warrant of like date, tenor, and denomination.

SECTION 12 STOCKHOLDER RIGHTS.

The Holder of any Warrant shall not have, solely on account of such status, any rights of a stockholder of the Company, either at law or in equity, or to any notice of meetings of stockholders or of any other proceedings of the Company, except as provided in this Warrant.

SECTION 13 GOVERNING LAW.

This Warrant shall be construed in accordance with the laws of the State of New York applicable to contracts made and performed within such State, without regard to principles of conflicts of law.

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IN WITNESS WHEREOF, the Company has executed this Warrant as of the date first above written.

NATURAL HEALTH TRENDS CORP.

BY:

NAME:

TITLE:

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(To be executed by the registered holder if such holder desires to transfer the attached Warrant.)

FOR VALUE RECEIVED, _____ hereby sells, assigns, and transfers unto _____ a Warrant to purchase _____ shares of Common Stock, par value \$.001 per share, of Natural Health Trends Corp., a Florida corporation (the "Company"), and does hereby irrevocably constitute and appoint _____ attorney to transfer such Warrant on the books of the Company, with full power of substitution.

Dated:

Signature

NOTICE

The signature on the foregoing Assignment must correspond to the name as written upon the face of this Warrant in every particular, without alteration or enlargement or any change whatsoever.

ELECTION TO EXERCISE

To: Natural Health Trends Corp.

The undersigned hereby exercises his, her, or its rights to purchase shares of common stock, par value \$.001 per share ("the Common Stock"), of Natural Health Trends Corp., a Florida corporation (the "Company"), covered by the within Warrant and tenders payment herewith in the amount of \$ _____ in accordance with the terms thereof, and requests that certificates for the securities constituting such shares of Common Stock be issued in the name of, and delivered to:

(Print Name, Address, and Social Security or Tax Identification Number)

and, if such number of shares of Common Stock shall not constitute all such shares of Common Stock covered by the within Warrant, that a new Warrant for the balance of the shares of Common Stock covered by the within Warrant shall be registered in the name of, and delivered to, the undersigned at the address stated below.

Dated:

Name

(Print)

Address:

(Signature)

EXHIBIT 10.4

LEASE AGREEMENT

1. This agreement is made this 20th day of November, 1995 effective November 14, 1995.

2. PARTIES: The parties to this Lease are the owners of property, George J. Walck and Joseph C. Walck, individuals (herein "Landlord"), and the lessee of property, Kaire International, Inc. a Nevada corporation (herein "Tenant").

3. PURPOSE: The purpose of this Lease Agreement (herein "Lease") is to provide for the lease of commercial office space and use of existing common areas.

4. AGREEMENT: In consideration of the promises and agreements contained herein, Landlord leases to Tenant and Tenant rents from Landlord certain office space as described herein, for the terms stated herein.

5. PREMISES: The property herein leased by Landlord to Tenant is the exclusive use of six thousand four hundred (6,400) square feet of unfinished commercial office space being the first floor of the structure located at and commonly known as 400 Lashley Street, Building D2, Longmont Boulder County, Colorado, plus exclusive use of the parking area north and west of such structure and non-exclusive use of two parking spaces behind the convenience store adjacent to the structure to be occupied by Tenant (herein "Premises"). Every reference herein to "Exclusive Premises" or "Premises" shall be a reference only to the 6,400 square feet of actual office space rented. Landlord may at its option construct a new parking area west of the structure in which the Premises are situated with such parking lot to be of an equivalent condition and of an equivalent size to that now existing on the north side of the Premises.

6. TERM: (A) The term of this lease shall be from the Effective Date of this agreement set forth above and terminating at 11:59 p.m. on the last day of February, 1996.

(B) The parties have agreed that Tenant shall have two options to extend this Lease for a period of one additional one year from March 1, 1996 on the same terms contained herein, and for a second year, with rent to be adjusted for the second option year based on the increase or decrease in the Consumer Price Index from the base period until February 1, 1996. The CPI to be utilized will be the "All Urban Consumers, Western States Average" most recently published before the base period date and any adjustment date. The base period for the purpose of adjustment shall be November 1, 1995. Tenant shall give Landlord 45 days prior notice of Tenant's election to exercise an option granted herein.

(C) If Landlord and Tenant agree to enter into a new lease of the Premises after the expiration of the term of this lease agreement as set forth in Paragraph 6(A) and (B) above, the parties recognize that the lease rental payments shall be adjusted to the then current market conditions and may also be adjusted to account for the then current real property tax liabilities of Landlord.

7. OCCUPANCY: (A) Tenant will receive possession of the Premises upon the first day of the term of his lease.

8. RENT: (A) Beginning on the Effective Date of this agreement as set forth above and continuing during the period of this lease while Tenant's employees are not occupying the Premises as office space but not to extend beyond August 1, 1996, Tenant shall pay to Landlord a monthly rental amount of \$2,560.00. Rental amounts due shall be prorated for any partial calendar month period.

(B) Beginning on the earlier of (i) the date Tenant's employees occupy the Premises (ii) August 1, 1996, Tenant shall pay to Landlord a monthly

rental of \$2,827.00. Rental amounts due shall be prorated for any partial calendar month.

(C) The rental amounts due from Tenant shall be paid on the first day of each month with any adjustment to the monthly rental amount owing in the month Tenant occupies the Premises pursuant to (B) above being paid on the first day of month following Tenant's occupation of the Premises pursuant to (B).

(D) The rental amounts payable by Tenant hereunder shall be paid directly to First National Bank of Longmont, to be credited to the account of Landlord according the terms of the certain deed of trust dated October 15, 1991 between Landlord and Bank. Tenant's checks to Landlord shall be joint checks made payable to Landlord and First National Bank of Longmont.

9. SECURITY DEPOSIT: Tenant shall deposit with Landlord prior to the beginning of the term of this Lease the amount of \$2,500.00 to be held by Landlord for the faithful performance of all of the terms, conditions and covenants of this Lease. The Landlord may apply such deposit to cure any default under the term of this Lease and shall account to the Tenant for the balance. Landlord shall account to Tenant within sixty days after the end of this Lease or other termination of this Lease for the application of any amounts of the deposit to obligations of the Tenant, and shall return the balance. Tenant is given the right to use such security deposit as payment of the last month's rent for the last month Tenant occupies the Premises under the terms of this lease agreement.

10. USE:

10.1 USE: Tenant shall use the Premises as commercial office space and a parking area to conduct only such activities as are consistent with Tenant's normal course of business.

10.2 SUITABILITY. (A) Tenant acknowledges that neither Landlord nor any agent of Landlord has made any representation or warranty with respect to the Premises or with respect to the suitability of the Premises for the conduct of Tenant's business. Any costs related to Tenant's modification of the Premises shall be paid by Tenant, except that Landlord may remove the following items in a timely manner deemed to be within 10 days of Tenant's written notice to Landlord of Tenant's request that they be removed: rollup doors and openers, infrared heaters and thermostats, plumbing items as o requested by Tenant, electrical items or fixtures as requested by Tenant. Landlord shall have the first right of refusal to salvage materials to be removed or salvaged by Tenant in the process of Tenant's renovation on alteration of the Premises.

Tenant acknowledges the existence of a service pit in the Premises. Tenant accepts such automotive pit in "as is" condition except Tenant shall not be liable for any environmental contamination existing due to the prior use of the service pit and Landlord shall indemnify, defend and hold Tenant harmless from any liability for any environmental condition existing prior to the effective date of this agreement.

(B) The taking of possession of the Premises by Tenant shall conclusively establish that the Premises were at such time in satisfactory and suitable condition for Tenant's intended uses. The parties will perform a walk-through of the Premises in advance of Tenant taking possession, and will note any deficiencies in writing, which shall be cured by Landlord within a reasonable time. It is understood by the parties that the Premises are presently unfinished and that Tenant intends at its option to renovate the Premises into a commercial office use.

10.3 USES PERMITTED: (A) Tenant shall not use the Premises or permit anything to be done in or about the Premises which will in any way conflict with any law, statute, ordinance or governmental rule or regulation or requirement of duly constituted public authorities now in force or which may hereafter be enacted or promulgated. Landlord shall be responsible for compliance of the structure, as well as exterior walls, interior walls, and water, plumbing, gas, electricity, heating, air conditioning and other utility delivery systems, with any law, statute, ordinance or governmental rule or regulation of requirement which applies to or controls such structure or utility delivery system except for renovations performed by Tenant. In the event any changing, adjusting, or retrofitting of any portion of the Premises is required in order to comply with

the Americans with Disabilities Act, or any legislation, rules or regulations with a similar purpose during the term of this lease agreement, the parties shall discuss the responsibility of the parties' responsibility of bearing the cost of such compliance. If the parties cannot agree on a sharing arrangement of such costs, Tenant shall have the following options: (i) Tenant may elect to terminate its tenancy with all sums due hereunder being prorated to the date of Tenant vacating the Premises, or (ii) Tenant bearing the expense of ADA compliance and thereafter Tenant may offset future rental payments due hereunder against the expense incurred by Tenant.

(B) Tenant shall at its sole cost and expense promptly comply with all laws, statutes, ordinances and governmental rules, regulations or requirements now in force or which may hereafter be enforced and with the requirements of any board of fire underwriters or other similar body now or hereafter constituted relating to the commercial office space use and occupancy of the Premises by Tenant, except Landlord shall have the responsibility of complying with any requirements regarding its liability under paragraph 10.3 (A) hereof upon the structure in which the Premises are located and the utility delivery systems of such structure except for the renovations performed by Tenant.

11. UTILITY SERVICES: Tenant agrees, at its own expense, to establish in its name, and to pay for, all water, gas, power and electric current and all other similar utilities used by Tenant on the Exclusive Premises from and after the delivery of possession to Tenant by Landlord. Landlord and Tenant acknowledge separate meters exist for all such utility services to the Exclusive Premises. If any such charges are not paid when due, Landlord may pay the same, and any amount so paid by Landlord shall thereupon become due to Landlord from Tenant as additional rent. Landlord shall not be liable in damages or otherwise for any failure or interruption of any utility service being furnished to the Premises, and no such failure or interruption shall entitle Tenant to terminate this Lease.

12. MAINTENANCE AND REPAIRS; ALTERATIONS AND ADDITIONS:

12.1 MAINTENANCE AND REPAIRS:

12.11. Landlord shall keep in good order, condition and repair the foundations, exterior walls, and the roof of the Premises and the parking lot, and as necessary, or when required by governmental authority (except for ADA compliance as set forth in Paragraph 10.3 above) make modifications or replacements thereof, and further, Landlord shall keep in good order, condition and repair the interior surface of exterior walls and all doors, and as necessary, or when required by governmental authority, make modifications or replacements thereof.

12.12. Landlord shall maintain and keep in good order, conditions and repair the Premises, including all utility service delivery systems installed therein including HYAC units and shall replace all broken glass with glass of the same or similar quality. Tenant will give Landlord timely notice of any damage to the Premises or repair needed in the Premises. Except in an emergency situation, or in order to prevent significant loss to the Premises, Landlord shall give Tenant twenty-four hours advance notice of its intent to undertake any repair upon the Premises. If Landlord believes Tenant shall be responsible for the cost of any such repair under paragraph 12.13 hereof, Landlord shall give Tenant twenty-four hours notice of Landlord's position. Such twenty-four hour notice requirements are intended to allow Landlord and Tenant to coordinate repair activity and to resolve any repair cost liability issue between them in advance of undertaking repair work. Landlord shall make all repairs in a timely manner.

12.13. Notwithstanding the obligation of Landlord to maintain and repair the Premises as established in this section 12, Tenant shall be obligated to reimburse to Landlord the cost and expense of all repair or maintenance of the Premises caused or occasioned by the actions or inactions of its officers, agents, employees, licensees and invitees, whether or not a result of negligence. Upon the repair or maintenance of any portion of the Premises, Landlord shall notify Tenant in writing of its obligation for the cost of repair or maintenance, and Tenant will reimburse Landlord its full liability within ten days of such written notice. Tenant shall not be responsible for the cost of maintenance which is the result of normal wear and tear upon the Premises by

Tenant.

12.14. Landlord shall have no liability to Tenant for any damage, inconvenience or interference with the use of the Premises by Tenant as a result of Landlord conducting any repair or maintenance upon the Premises, provided, however, Landlord will undertake such repairs or maintenance in a manner so as to cause minimal disruption of Tenant's business.

12.15. Tenant shall on the expiration or the sooner termination of its right to possession surrender to Landlord the Premises, including all modifications, changes, additions and improvements constructed or placed by Tenant herein, with all equipment in or appurtenant thereto, except all movable non-fixtures owned by Tenant and all non-permanently attached additions or improvements, broom-clean, free of sub-tenancies, and in good condition and repair, reasonable wear and tear excepted. Any non-fixtures or personal property belonging to Tenant or any subtenant, if not removed at such termination and if Landlord shall so elect, shall be deemed abandoned and become the property of Landlord without any payment or offset therefor.

12.2. ALTERATIONS AND ADDITIONS: (A) Tenant shall not make any alterations or additions to the Premises nor make any contract therefor without prior written consent of Landlord. Landlord shall have the right to approve all proposed alterations or additions which approval shall not be unreasonably withheld. Tenant shall submit any

proposed modifications or changes to Landlord and in the event Landlord has failed to respond in writing within 15 days, such changes or modifications shall be deemed approved. Any permanently attached alterations, additions and improvements made by Tenant to or upon the premises shall at once when made and installed be deemed to have become the property of Landlord.

(B) At the expiration of the lease term or extended term, Tenant shall promptly remove any non-permanent attached additions or improvements placed in the Premises by Tenant unless otherwise agreed, and shall repair any damage occasioned by such removal, and in default thereof, Landlord may effect such removal and repair at Tenant's expense.

13. ENTRY BY LANDLORD: (A) Landlord and the authorized representatives of Landlord may enter the Premises at any time, without notice, pursuant to a perceived emergency involving the Premises or to avoid damage or loss to the Premises. Landlord shall thereafter timely advise Tenant of any such entry.

(B) Landlord and the authorized representatives of Landlord may enter the Premises at any time for any appropriate reason, including but not limited to, verifying the need for repair of the Premises, showing the Premises to any prospective purchaser from Landlord, or, during the final month of the term of this Lease, to show the Premises to any prospective tenant, only after twenty-four hours advance notice to Tenant. Landlord and Tenant agree Landlord or its representatives may be guided through the Premises by an agent of Tenant, and that Landlord shall have access to view all of the Premises. Any viewing of the Premises will be in such a manner as to not unreasonably interfere with Tenant's business.

14. LIENS: (A) Tenant will keep the Premises free and clear of all mechanic's liens on account of work done by Tenant or persons claiming under Tenant. Tenant agrees to and shall indemnify and save Landlord free and harmless against liability, loss, damage, cost, attorney's fees and all other expense on account of claims of lien of laborers or materialmen or others for work performed or materials or supplies furnished for Tenant or persons claiming under Tenant.

(B) In the event any lien is filed upon the Premises as the result of any claim or demand against Tenant, Tenant agrees to immediately undertake removal of the lien filing upon the Premises, and shall, within ninety (90) days of the filing of such lien upon the Premises, either pay the claim and lien in full, or obtain judicial resolution of the claim and lien, or deposit the full amount necessary to resolve the claim and lien with the registry of the court having jurisdiction over the claim and lien, or obtain a bond to obtain release of the lien. If Tenant shall fail to remove such lien within such ninety (90) day period, Landlord may give Tenant notice of Landlord's intent to pay such

claim and lien in an amount necessary to remove such lien. If Tenant shall thereafter fail to remove such lien within fifteen (15) days of Landlord's notice to Tenant of intent to pay the claim and lien, Landlord may then pay the claim and lien. Any amount so paid, together with reasonable attorney's fees incurred in connection therewith, and interest at the rate of eighteen (18) percent per annum, from the date of payment by Landlord, shall be immediately due and owing from Tenant to Landlord, and Tenant agrees to and shall pay the same.

(C) Should any claim of lien be filed against the Premises or any action affecting the title to such property be commenced, the party receiving notice of such lien or action shall forthwith give the other party written notice thereof.

15. INDEMNITY: (A) Tenant shall indemnify and hold harmless Landlord from and against any and all claims arising from Tenant's use of the Premises or the conduct of its business or from any activity, work or thing done, permitted or suffered by Tenant in or about the Premises.

(B) Tenant shall indemnify and hold harmless Landlord from and against any and all claims arising from any act or negligence of Tenant or any of its agents, contractors or employees, and from and against all costs, attorney's fees, expenses and liabilities incurred in or about any such claim or any action or proceeding brought thereon.

(C) Landlord shall indemnify and hold harmless Tenant from and against any and all claims arising from any act or negligence of Landlord or any of its agents, contractors or employees, and from and against all costs, attorney's fees, expenses and liabilities incurred in or about any such claim or any action or proceeding brought thereon.

16. INSURANCE: (A) Landlord shall maintain standard general liability and property damage insurance insuring the Premises, in reasonable amounts to provide full replacement coverage and shall provide to Tenant a copy of a certificate indicating such coverages.

(B) Tenant shall at all times during the term hereof, and at its own cost and expense, procure and continue in force general liability insurance coverage upon Tenant, its officers, agents, employees, licensees, and invitees, regarding Tenant's utilization of commercial office space upon the Premises, with a limit of liability of not less than \$1,000,000.00 per occurrence. The policy or policies shall name Landlord as an additional insured, shall insure Landlord's contingent liability, if any, under this Lease, shall be issued by an insurance company which is acceptable to Landlord and licensed to do business in the State of Colorado, and shall provide that the insurance shall not be canceled unless thirty-days' prior written notice shall be given to Landlord. The policy or policies or certificate thereof shall be delivered to Landlord by Tenant upon commencement of the Lease term or within 10 days of execution of this Lease, whichever event last occurs.

(C) Tenant may maintain such property damage insurance as it wishes upon the equipment, and non-fixtures it may maintain upon the Premises. Tenant acknowledges Landlord does not provide any property damage insurance upon the property of Tenant upon the Premises.

17. RECONSTRUCTION: (A) In the event the Premises are damaged by fire or other peril, Landlord shall (1) diligently commence repair, reconstruction and restoration of the Premises and pursue completion thereof, in which event this Lease shall continue in full force and effect; or (2) within 30 days of the damage occurring, give notice to Tenant of its election to terminate this Lease. Upon any termination of the Lease, the parties shall be released thereby without further obligations to the other coincident with the surrender of possession of the Premises to Landlord, except for items which have theretofore accrued and be then unpaid except that the rental amounts owing hereunder shall abate as of the date of the occurrence of the damage.

(B) In the event such damage to the Premise results in more than twenty-five (25) percent of loss of use of the premises, and it is reasonably determined that repair, construction and restoration can not be completed within sixty (60) days of the damage occurring, Tenant may terminate this Lease by written notice to Landlord, effective not later than the sixtieth day after such

damage occurred with the rental amounts owing hereunder being abated as of the date of occurrence of the damage.

(C) In the event of repair, reconstruction and restoration as herein provided, the rent paid shall be abated proportionately with the degree in which Tenant's use of the Premises is impaired commencing from the date of destruction and continuing during the period of such repair, reconstruction or restoration.

18. CONDEMNATION: If the entire Premises or so much thereof as to make the balance not reasonably adequate for the conduct of Tenant's business shall be taken under a power of eminent domain, this Lease shall automatically terminate as of the date on which the condemning authority takes title or possession, whichever first occurs. Any award for any taking of all or any part of Premises under the power of eminent domain shall be the property of Landlord, and a sale by Landlord to any authority having the power of eminent domain, either under threat of condemnation or while condemnation proceedings are pending, shall be deemed a taking under the power of eminent domain for all purposes under this paragraph.

19. ASSIGNMENT AND SUBLEASE: Tenant shall not voluntarily or by operation of law assign, license, transfer, mortgage or otherwise encumber all or any part of Tenant's interest in this Lease or in the Premises, without the prior written consent of Landlord in each instance, which such consent Landlord shall not unreasonably withhold. Such reasonable determination of consent to assignment or other transfer listed shall include determinations upon the nature of the business of the assignee and its then existing financial circumstances. Tenant shall have the right to sublease the Premises. No subletting or assignment, even with the consent of Landlord, shall release Tenant of its obligations to pay the rent and to perform all of the other obligations to be performed by Tenant hereunder.

20. TAXES: All real property taxes and special improvement assessments shall be paid by Landlord. All property tax for personal property owned by Tenant on the Premises shall be paid by Tenant.

21. BANKRUPTCY-INSOLVENCY: (A) Tenant agrees that in the event all or substantially all of Tenant's assets be placed in the hands of a receiver or trustee other than in bankruptcy, and such receivership or trusteeship continues for a period of 30 days, or should Tenant make an assignment for the benefit of creditors, then this Lease may be terminated by Landlord upon written notice to Tenant, to be effective upon delivery of such notice.

(B) In the event any proceedings are brought for foreclosure, or in the event of the exercise of the power of sale under any mortgage or deed of trust made by Landlord covering the Premises, Tenant shall attorn to the purchaser upon any such foreclosure or sale and recognize such purchaser as the landlord under this Lease provided the mortgagee or purchaser recognizes the Tenant's right of quiet enjoyment hereunder.

22. QUIET POSSESSION: Landlord agrees that Tenant, upon paying the rent and performing the covenants and conditions of this Lease, may quietly have, hold and enjoy the Premises during the term hereof or any extension thereof.

23. DEFAULTS: The occurrence of any of the following shall constitute a material default and breach of this Lease by Tenant:

(a) any failure by Tenant to pay the rent or any other monetary sums required to be paid hereunder where such failure continues for five days after written notice by Landlord to Tenant;

(b) the abandonment of the Premises by Tenant;

(c) a failure by Tenant to observe and perform any other provision of this Lease to be observed or performed by Tenant, where such failure continues for 20 days after written notice thereof by Landlord to Tenant; provided, however, that if the nature of the default is such that the same cannot reasonably be cured within said 20 day period, Tenant shall not be deemed to be in default if Tenant shall within such period commence such cure and thereafter diligently pursue the same to completion; or

(d) the making by Tenant of any general assignment or general arrangement for the benefit of creditors, the appointment of a trustee or receiver, other than in bankruptcy, to take possession of substantially all of Tenant's assets located at the Premises or of Tenant's interest in this Lease, where possession is not restored to Tenant within 30 days, or the attachment, execution or other judicial seizure of substantially all of Tenant's assets located at the Premises or of Tenant's interest in this Lease, where such seizure is not discharged within 30 days.

24. REMEDIES: (A) (1) In the event of any such material default or breach by Tenant, Landlord shall have each and every right and remedy available to it under Colorado law, at the time of execution of this Lease or hereafter established, including but not limited to, the right to maintain this Lease in full force and effect and recover the rent and other monetary charges as they become due, without terminating Tenant's right to possession irrespective of whether Tenant shall have abandoned the Premises, or to terminate Tenant's right to possession to the Premises and to terminate this Lease.

(2) In the event of any material default or breach by Landlord, Tenant shall have each and every right and remedy available to it under Colorado law including the right to offset future rental amounts due hereunder in amounts necessary to compensate Tenant for any monetary advances made by Tenant on Landlord's behalf for obligations of Landlord hereunder.

(B) Landlord and Tenant understand and agree that after default by Tenant, as established in this Lease, Landlord has the opportunity to, and to the extent established by law, the obligation to, attempt to relet the Premises at such rent and upon such conditions and for such a term and to do all acts necessary to maintain or preserve the Premises as are reasonable and necessary.

(C) in addition to all remedies stated hereinabove, each party shall have the remedy to seek damages from the other party for any and all losses resulting from the default of the other party under this Lease.

(D) Upon Landlord advancing or otherwise directly paying for Tenant any sum of money as the result of the failure of Tenant to pay or to timely pay any obligation under this Lease, such advancement or payment by Landlord shall accrue interest at the rate of eighteen (18) percent per annum from the date of advancement or payment by Landlord until the date of repayment by Tenant to Landlord.

25. SIGNS: Tenant shall not erect or install any exterior signs or window or door signs, advertising media or window or door lettering or placards without Landlord's prior written consent.

26. MISCELLANEOUS:

26.1. NO RESTRICTIVE COVENANT: It is agreed that this Lease contains no restrictive covenants in favor of Tenant.

26.2. SUBORDINATION: Upon written request of Landlord, or any first mortgagee or beneficiary of a first deed of trust of Landlord, Tenant will in writing subordinate its rights hereunder to the interest of any ground lessor of the land upon which the premises are situated, as well as to the lien or any first mortgage or first deed of trust, now or hereafter in force against the land and buildings of which the Premises are in part, and upon any building hereafter placed upon the land of which the Premises are a part, and to all advances made or hereafter to be made upon the security thereof provided the mortgage agrees to recognize Tenant's right of quiet enjoyment.

26.3 NON-SMOKING: The parties agree that all smoking shall be prohibited in the building during the term of this lease and any extensions thereof.

26.4 USE OF MAIL DROP: Landlord may have mail delivered to the Premises utilizing the mailbox in the entry way. Landlord shall not access the Premises to obtain such mail except during normal business hours of Tenant. Tenant shall have no liability for protecting Landlord's mail delivered to the mailbox.

26.5 SECURITY SYSTEM: Tenant may at its option, install a security

system in the Premises to protect its operations. In the event such a system is installed, Tenant shall provide Landlord with emergency number to reach the Tenant's employee authorized to disable the security system after business hours, to permit Landlord to enter the Premises in case of an emergency. Landlord shall provide Tenant with telephone numbers where Landlord may be reached after business hours in case of emergency.

26.6. ENTIRE AGREEMENT: This Lease, along with the Addendum hereto, constitutes the entire agreement between Landlord and Tenant relative to the Premises demised, and this Lease and the Addendum may be altered, amended or revoked only by an instrument in writing signed by both Landlord and Tenant.

26.7. SEVERABILITY: If any term or provision of this Lease shall, to any extent, be determined by a court of competent jurisdiction to be invalid or unenforceable, the remainder of this Lease shall not be affected thereby, and each term and provision of this Lease shall be valid and be enforceable to the fullest extent permitted by law, and it is the intention of the parties hereto that if any provision of this Lease is capable of two constructions, one of which would render the provision void and the other of which would render the provision valid, then the provision shall have the meaning which renders it valid.

26.8. COSTS OF SUIT. (A) Should Landlord, without fault on Landlord's part, be a party to any litigation instituted by any third party against the Tenant, or by or against any person holding under or using the Premises by license of Tenant, or for the foreclosure of any lien for labor or material furnished to or for Tenant or any such other person or otherwise arising out of or resulting from any act or transaction of Tenant or of any such other person, Tenant covenants to save and hold Landlord harmless from any judgment rendered against Landlord or the premises or any part thereof, and costs and expenses, including reasonable attorney's fees, incurred by Landlord in or in connection with such litigation.

(B) Should Tenant, without fault on Tenant's part, be a party to any litigation instituted by any third party against the Landlord, or by or against any person claiming an interest in the Premises through Landlord, or for the foreclosure of any lien for labor or material furnished to or for Landlord or any such other person or otherwise arising out of or resulting from any act or transaction of Landlord or of any such other person, Landlord covenants to save and hold Tenant harmless from any judgment rendered against Tenant, and costs and expenses, including reasonable attorney's fees, incurred by Tenant in or in connection with such litigation.

(C) In the event any suit or litigation occurs as a result of this Lease between Landlord and Tenant, the prevailing party in any such litigation shall be entitled to an award of reasonable attorney's fees and costs. Such award of fees and costs, and the amount thereof, shall be determined by and in the discretion of the court presiding in such litigation.

26.9. TIME: Time is of the essence of this Lease and each and every hereof, except as to the conditions relating to the delivery of possession of the Premises to Tenant.

26.10. WAIVER: No covenant, term or condition or other breach thereof shall be deemed waived, except by written consent of the party against whom the waiver is claimed, and any waiver or the breach of any covenant, term or condition shall not be deemed to be a waiver of any other covenant, term or condition.

26.11. LANDLORD ACCESS TO PERFORM SPECIFIC MAINTENANCE: Landlord shall have access to the electrical and telephone panels at mutually agreeable times for Landlord to perform its maintenance obligations as necessary.

26.12. INSTALLATION OF ADDITIONAL WIRES: Landlord and Tenant agree that Tenant may, upon approval of the City, erect additional outside wires extending from the premises to any other structure occupied by Tenant. Any such additional installation shall be at Tenant's own expense. Landlord agrees that Tenant may erect such additional wires or utility service as is reasonably necessary for the conduct of Tenant's business, provided that the premises shall be restored to their original condition, fair wear and tear excepted, upon termination of the tenancy. At the option of Landlord, any modifications for

utility service installed by Tenant, which are fixtures to the building, may be left intact and turned over to Landlord in "as is" condition. Landlord shall notify Tenant of its intention with respect to such installations not later than 30 days prior to expiration of the term of this agreement.

26.13. MEMORANDUM OF LEASE: Tenant may at its option and expense, record a memorandum setting forth the existence of this Lease.

26.14. SIGNS: Tenant shall place no signs on the Leased Premises without prior written consent of Landlord, which consent shall not be unreasonably withheld. All signs shall comply with applicable sign codes and shall be a Tenant's expense. Landlord makes no representation as to the availability of single rights under applicable codes and Tenant shall make its own determination of applicable codes.

IN WITNESS WHEREOF the parties have signed this Lease on the respective dates below, and agreed as of the effective date above.

"Landlord"

"Tenant"

/s/ G Walck

George J. Walck

KAIRE INTERNATIONAL, INC., A
COLORADO CORPORATION

By: /s/ Robert L. Richards

Robert L. Richards
Executive Vice-President and CFO

/s/ J Walck

Joseph C. Walck

Revision to lease.

Paragraph 8.D. is deleted and replaced with the following:

The parties recognize that landlord is a debtor in possession while under the protection of chapter 13 Bankruptcy. The provisions of the bankruptcy are such that with consent of the First National Bank, the monies paid under this lease for 6400 square feet of ground floor space will be paid to George or Joe Walck personally. In the event that the bank's consent is not forthcoming, checks will be issued jointly payable to the Landlord and the First National Bank of Longmont.

Landlord at Landlords' sole expense shall receive First National Bank's consent or court order consenting to issuance of checks to George or Joe Walck personally.

It is understood that the lease payments for the upstairs 6400 square foot space as covered under a separate lease shall continue to be joint checked to the Landlord and the First National Bank.

Approved:

Approved:

Approved:

/s/ Robert L. Richards
Bob Richards
Kaire International

/s/ J Walck
Joe Walck
Landlord

/s/ G Walck
George Walck
Landlord

LEASE AGREEMENT

1. The EFFECTIVE DATE of this lease is [Illegible]
2. PARTIES: The parties to this lease are [Illegible] J. Walck, and Joseph C. Walck, individuals [Illegible] lessee of property, Kaire International, Inc, a [Illegible] "Tenant").

3. PURPOSE: The purpose of this lease [Illegible] "Lease") is to provide for the lease of commercial office space and use of existing common areas.

4. AGREEMENT: In consideration of the promises and agreements contained herein, Landlord leases to Tenant and Tenant rents from Landlord certain office space as described herein, for the terms stated herein.

5. PREMISES: The property herein leased by Landlord to Tenant is the exclusive use of thirty-five hundred seventy-six (3,576) square feet of commercial office space in the northern one-half of the second floor of the structure located at and commonly known as 400 Lashley Street, Building D2, Longmont, Boulder County, Colorado, plus non-exclusive use of six hundred twelve (612) square feet of access halls, stairs, and restrooms in the structure, plus non-exclusive use of the parking area to be established north of such structure (herein "Premises"). Every reference herein to "Exclusive Premises" shall be a reference only to the 3,576 square feet of actual office space rented.

6. TERM: The term of this Lease shall be one (1) year commencing January 1, 1995 and terminating at 11:59 p.m. on the last day of December 1995.

7. OCCUPANCY: Tenant will receive possession of the Premises upon the first day of the term of this lease, or earlier upon the substantial completion (or availability for move-in) and acceptance by Tenant of the tenant finish of the Premises, as more fully stated in the Addendum to this Lease.

8. RENT: (A) Tenant shall pay as rent the sum of \$5.00 per square foot for the 3,882 square feet rented (3,576 plus one-half of 612) for a total rental for the term of this Lease of nineteen thousand four hundred ten dollars (\$19,410.00), which will be paid in full in advance contemporaneous with signing this Lease.

(B) In consideration of the advance payment by Tenant of the full annual rent for the one year term of this Lease, Landlord and Tenant agree that as of December 31, 1995, if Tenant, or a sub-lessee of Tenant, is in legal possession of the Premises under this Lease, the total rental for the one year term of this Lease is agreed to be discounted by \$920.00 to a total annual rental of \$18,490.00.

9. SECURITY DEPOSIT: Tenant shall deposit with Landlord prior to the beginning of the term of this Lease the amount of \$698.00 to be held by Landlord for the faithful performance of all of the terms, conditions and covenants of this Lease. In addition, as of December 31, 1995, upon the reduction of total annual rent as provided in paragraph 8(B) hereof, the \$920.00 difference between \$19,410.00 paid with the signing of this Lease and the total rental of \$18,490.00, shall be combined with the \$698.00 deposited by Tenant at the beginning of the term of this Lease to total a security deposit held by Landlord at the end of this Lease of \$1,618.00. The Landlord may apply such deposit to cure any default under the term of this Lease and shall account to the Tenant for the balance. The Tenant may not apply the deposit hereunder to the payment of the rent or performance of other obligations under this Lease. Landlord shall account to Tenant within sixty days after the end of this Lease or other termination of this Lease for the application of any amounts of the deposit to obligations of the Tenant, and shall return the balance.

10. USE:

10.1 USE: Tenant shall use the Premises as commercial office space and a parking area to conduct only such activities as are consistent with Tenant's normal course of business.

10.2 SUITABILITY. (A) Tenant acknowledges that neither Landlord nor any agent of Landlord has made any representation or warranty with respect to the Premises or with respect to the suitability of the Premises for the conduct of Tenant's business. Landlord and Tenant agree that tenant finish will be provided by Landlord as stated and agreed to in the Addendum to this Lease.

(B) The taking of possession of the Premises by Tenant shall conclusively establish that the Premises were at such time in satisfactory and suitable condition for Tenant's intended uses. The parties will perform a walk-through of the Premises in advance of Tenant taking possession, and will note any deficiencies in writing, which shall be cured within a reasonable time.

10.3 PARKING AREA: The Premises includes the non-exclusive parking area located

north of the structure in which the Exclusive Premises are located. Further understandings and agreements about the parking area, its use and control, are stated and agreed to in the Addendum which is attached hereto.

10.4 USES PROHIBITED: (A) Tenant shall not use the Premises or permit anything to be done in or about the Premises which will in any way conflict with any law, statute, ordinance or governmental rule or regulation or requirement of duly constituted public authorities now in force or which may hereafter be enacted or promulgated. Landlord shall be responsible for compliance of the structure, as well as exterior walls, interior walls, and water, plumbing, gas, electricity, heating, air conditioning and other utility delivery systems, with any law, statute, ordinance or governmental rule or regulation of requirement which applies to or controls such structure or utility delivery systems. Landlord shall specifically be responsible for changing, adjusting, or retrofitting any portion of the Premises required in order to comply with the Americans with Disabilities Act, or any legislation, rules or regulations with a similar purpose.

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(B) Tenant shall at its sole cost and expense promptly comply with all laws, statutes, ordinances and governmental rules, regulations or requirements now in force or which may hereafter be enforced and with the requirements of any board of fire underwriters or other similar body now or hereafter constituted relating to the commercial office space use and occupancy of the Premises by Tenant, except Landlord shall have the responsibility of complying with any requirements regarding its liability under paragraph 10.4(A) hereof upon the structure in which the Premises are located and the utility delivery systems of such structure.

11. UTILITY SERVICES: Tenant agrees, at its own expense, to establish in its name, and to pay for, all water, gas, power and electric current and all other similar utilities used by Tenant on the Exclusive Premises from and after the delivery of possession to Tenant by Landlord. Landlord and Tenant acknowledge separate meters exist for all such utility services to the Exclusive Premises. If any such charges are not paid when due, Landlord may pay the same, and any amount so paid by Landlord shall thereupon become due to Landlord from Tenant as additional rent. Landlord shall not be liable in damages or otherwise for any failure or interruption of any utility service being furnished to the Premises, and no such failure or interruption shall entitle Tenant to terminate this Lease.

12. MAINTENANCE AND REPAIRS; ALTERATIONS AND ADDITIONS; OWNERSHIP:

12.1. MAINTENANCE AND REPAIRS:

12.11. Landlord shall keep in good order, condition and repair the foundations, exterior walls, and the roof of the Premises, and as necessary, or when required by governmental authority, make modifications or replacements thereof, and further, Landlord shall keep in good order, condition and repair the interior surface of exterior walls and all doors, and as necessary, or when required by governmental authority, make modifications or replacements thereof.

12.12 Landlord shall maintain and keep in good order, condition and repair the Premises, including all utility service delivery systems installed Therein, and shall replace all broken glass with glass of the same or similar quality. Tenant will give Landlord timely notice of any damage to the Premises or repair needed in the Premises. Except in an emergency situation, or in order to prevent significant loss to the Premises, Landlord shall give Tenant twenty-four hours advance notice of its intent to undertake any repair upon the Premises. If Landlord believes Tenant shall be responsible for the cost of any such repair under paragraph 12.13 hereof, Landlord shall give Tenant twenty-four notice of Landlord's position. Such twenty-four notice requirements are intended to allow Landlord and Tenant to coordinate repair activity and to resolve any repair cost liability issue between them in advance of undertaking repair work. Landlord shall make all repairs in a timely manner.

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12.13 Notwithstanding the obligation of Landlord to maintain and repair the Premises as established in this section 12, Tenant shall be obligated to

reimburse to Landlord the cost and expense of all repair or maintenance of the Premises caused or occasioned by the actions or inactions of its officers, agents, employees, licensees and invitees, whether or not a result of negligence. Upon the repair or maintenance of any portion of the Premises, Landlord shall notify Tenant in writing of its obligation for the cost of repair or maintenance, and Tenant will reimburse Landlord its full liability within ten days of such written notice. Tenant shall not be responsible for the cost of maintenance which is the result of normal wear and tear upon the Premises by Tenant.

12.14 Landlord shall have no liability to Tenant for any damage, inconvenience or interference with the use of the Premises by Tenant as a result of Landlord conducting any repair or maintenance upon the Premises.

12.15 Tenant shall on the expiration or the sooner termination of its right to possession surrender to Landlord the Premises, including all modifications, changes, additions and improvements constructed or placed by Tenant herein, with all equipment in or appurtenant thereto, except all movable non-fixtures owned by Tenant, broom-clean, free of sub-tenancies, and in good condition and repair, reasonable wear and tear excepted. Any non-fixtures or personal property belonging to Tenant or any subtenant, if not removed at such termination and if Landlord shall so elect, shall be deemed abandoned and become the property of Landlord without any payment or offset therefor. If Landlord shall not so elect, Landlord may remove such fixtures or property from the Premises and store them at Tenant's risk and expense.

12.2 ALTERATIONS AND ADDITIONS: (A) Tenant shall not make any alterations or additions to the Premises nor make any contract therefor. Any alterations, additions and improvements made by Tenant to or upon the premises shall at once when made and installed be deemed to have become the property of Landlord; provided, however, if prior to termination of this Lease, or within 15 days thereafter, Landlord so directs by written notice to Tenant.

(B) Tenant shall promptly remove the additions or improvements placed in the Premises by Tenant and shall repair any damage occasioned by such removal, and in default thereof, Landlord may effect such removal and repairs at Tenant's expense.

12.3. OWNERSHIP: Tenant has no right to become the owner of the real property on which the Premises are located nor the owner of the Premises.

13. ENTRY BY LANDLORD: (A) Landlord and the authorized representatives of Landlord may enter the Premises at any time, without notice, pursuant to a perceived emergency involving the Premises or to avoid damage or loss to the Premises. Landlord shall thereafter timely advise Tenant of any such entry.

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(B) Landlord and the authorized representatives of Landlord may enter the Premises at any time for any appropriate reason, including but not limited to, verifying the need for repair of the Premises, showing the Premises to any prospective purchaser from Landlord, or, during the final month of the term of this Lease, to show the Premises to any prospective tenant, only after twenty-four hours advance notice to Tenant. Landlord and Tenant agree Landlord or its representatives may be guided through the Premises by an agent of Tenant, and that Landlord shall have access to view all of the Premises. Any viewing of the Premises will be in such a manner as to not unreasonably interfere with Tenant's business.

14. LIENS: (A) Tenant will keep the Premises free and clear of all mechanic's liens on account of work done by Tenant or persons claiming under Tenant. Tenant agrees to and shall indemnify and save Landlord free and harmless against liability, loss, damage, cost, attorney's fees and all other expenses on account of claims of lien of laborers or materialmen or others for work performed or materials or supplies furnished for Tenant or persons claiming under Tenant.

(B) In the event any lien is filed upon the Premises as the result of any claim or demand against Tenant, Tenant agrees to immediately undertake removal of the lien filing upon the Premises, and shall, within ninety (90) days of the filing of such lien upon the Premises, either pay the claim and lien in full, or obtain judicial resolution of the claim and lien, or deposit the full amount necessary to resolve the claim and lien with the registry of the court having jurisdiction

over the claim and lien, or obtain a bond to obtain release of the lien. If Tenant shall fail to remove such lien within such ninety (90) day period, Landlord may give Tenant notice of Landlord's intent to pay such claim and lien in an amount necessary to remove such lien. If Tenant shall thereafter fail to remove such lien within fifteen (15) days of Landlord's notice to Tenant of intent to pay the claim and lien, Landlord may then pay the claim and lien. Any amount so paid, together with reasonable attorney's fees incurred in connection therewith, and interest at the rate of eighteen (18) per cent per annum, from the date of payment by Landlord, shall be immediately due and owing from Tenant to Landlord, and Tenant agrees to and shall pay the same.

(C) Should any claims of lien be filed against the Premises or any action affecting the title to such property be commenced, the party receiving notice of such lien or action shall forthwith give the other party written notice thereof.

15. INDEMNITY: (A) Tenant shall indemnify and hold harmless Landlord from and against any and all claims arising from Tenant's use of the Premises or the conduct of its business or from any activity, work or thing done, permitted or suffered by Tenant in or about the Premises.

(B) Tenant shall indemnify and hold harmless Landlord from and against any and all claims arising from any act or negligence of Tenant or any of its agents, contractors or employees, and from and against all costs, attorney's fees, expenses and liabilities incurred in or about any such claim or any action or proceeding brought thereon.

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(C) Landlord shall indemnify and hold harmless Tenant from and against any and all claims arising from any act or negligence of Landlord or any of its agents, contractors or employees, and from and against all costs, attorney's fees, expenses and liabilities incurred in or about any such claim or any action or proceeding brought thereon.

16. INSURANCE: (A) Landlord shall maintain standard general liability and property damage insurance insuring the Premises, in reasonable amounts, and shall provide to Tenant a copy of a certificate indicating such coverages.

(B) Tenant shall at all times during the term hereof, and at its own cost and expense, procure and continue in force general liability insurance coverage upon Tenant, its officers, agents, employees, licensees, and invitees, regarding Tenant's utilization of commercial office space upon the Premises, with a limit of liability of not less than \$1,000,000.00 per occurrence. The policy or policies shall name Landlord as an additional insured, shall insure Landlord's contingent liability, if any, under this Lease, shall be issued by an insurance company which is acceptable to Landlord and licensed to do business in the state of Colorado, and shall provide that the insurance shall not be canceled unless thirty days' prior written notice shall be given to Landlord. The policy or policies or certificate thereof shall be delivered to Landlord by Tenant upon commencement of the Lease term or within 10 days of execution of this Lease, whichever event last occurs.

(C) Tenant may maintain such property damage insurance as it wishes upon the furniture, equipment, and non-fixtures it may maintain upon the Premises. Tenant acknowledges Landlord does not provide any property damage insurance upon the property of Tenant upon the Premises.

17. RECONSTRUCTION: (A) In the event the Premises are damaged by fire or other peril, Landlord shall (1) diligently commence repair, reconstruction and restoration of the Premises and pursue completion thereof, in which event this Lease shall continue in full force and effect; or (2) within 30 days of the damage occurring, give notice to Tenant of its election to terminate this Lease. Upon any termination of the Lease, the parties shall be released thereby without further obligations to the other coincident with the surrender of possession of the Premises to Landlord, except for items which have theretofore accrued and be then unpaid.

(B) In the event such damage to the Premises results in more than twenty-five (25) per cent of loss of use of the premises, and it is reasonably determined that repair, reconstruction and restoration can not be completed within sixty (60) days of the damage occurring, Tenant may terminate this Lease by written notice to Landlord, effective not later than the sixtieth day after such damage

occurred.

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(C) In the event of repair, reconstruction and restoration as herein provided, the rent paid under paragraph 8 hereof shall be abated proportionately with the degree in which Tenant's use of the Premises is impaired commencing from the date of destruction and continuing during the period of such repair, reconstruction or restoration.

18. CONDEMNATION: If the entire Premises or so much thereof as to make the balance not reasonably adequate for the conduct of Tenant's business shall be taken under a power of eminent domain, this Lease shall automatically terminate as of the date on which the condemning authority takes title or possession, whichever first occurs. Any award for any taking of all or any part of Premises under the power of eminent domain shall be the property of Landlord, and a sale by Landlord to any authority having the power of eminent domain, either under threat of condemnation or while condemnation proceedings are pending, shall be deemed a taking under the power of eminent domain for all purposes under this paragraph.

19. ASSIGNMENT AND SUBLEASE: Tenant shall not voluntarily or by operating of law assign, license, transfer, mortgage or otherwise encumber all or any part of Tenant's interest in this Lease or in the Premises, and shall not sublet or license all or any part of the Premises, without the prior written consent of Landlord in each instance, which such consent Landlord shall not unreasonably withhold. Such reasonable determination of consent to subletting shall include determinations upon the nature of the business of the sublessee and its then existing financial circumstances. No subletting or assignment, even with the consent of Landlord, shall release Tenant of its obligations to pay the rent and to perform all of the other obligations to be performed by Tenant hereunder.

20. BANKRUPTCY - INSOLVENCY: (A) Tenant agrees that in the event all or substantially all of Tenant's assets be placed in the hands of a receiver or trustee other than in bankruptcy, and such receivership or trusteeship continues for a period of 30 days, or should Tenant make an assignment for the benefit of creditors, then this Lease may be terminated by Landlord upon written notice to Tenant, to be effective upon delivery of such notice.

(B) In the event any proceedings are brought for foreclosure, or in the event of the exercise of the power of sale under any mortgage or deed of trust made by Landlord covering the Premises, Tenant shall attorn to the purchaser upon any such foreclosure or sale and recognize such purchaser as the landlord under this Lease.

21. QUIET POSSESSION: Landlord agrees that Tenant, upon paying the rent and performing the covenants and conditions of this Lease, may quietly have, hold and enjoy the Premises during the term hereof or any extension thereof.

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22. DEFAULTS: The occurrence of any of the following shall constitute a material default and breach of this Lease by Tenant:

(a) any failure by Tenant to pay the rent or any other monetary sums required to be paid hereunder where such failure continues for five days after written notice by Landlord to Tenant;

(b) the abandonment of the premises by Tenant;

(c) a failure by Tenant to observe and perform any other provision of this Lease to be observed or performed by Tenant, where such failure continues for 20 days after written notice thereof by Landlord to Tenant; provided, however, that if the nature of the default is such that the same cannot reasonably be cured within said 20 day period, Tenant shall not be deemed to be in default if Tenant shall within such period commence such cure and thereafter diligently pursue the same to completion; or

(d) the making by Tenant of any general assignment or general arrangement for the benefit of creditors, the appointment of a trustee or receiver, other than in bankruptcy, to take possession of substantially all of Tenant's assets

located at the Premises or of Tenant's interest in this Lease, where possession is not restored to Tenant within 30 days, or the attachment, execution or other judicial seizure of substantially all of Tenant's assets located at the Premises or of Tenant's interest in this Lease, where such seizure is not discharged within 30 days.

23. REMEDIES: (A)(1) In the event of any such material default or breach by Tenant, Landlord shall have each and every right and remedy available to it under Colorado law, at the time of execution of this Lease or hereafter established, including but not limited to, the right to maintain this Lease in full force and effect and recover the rent and other monetary charges as they become due, without terminating Tenant's right to possession irrespective of whether Tenant shall have abandoned the Premises, or to terminate Tenant's right to possession to the Premises and to terminate this Lease.

(2) In the event of any material default or breach by Landlord, Tenant shall have each and every right and remedy available to it under Colorado law.

(B) Landlord and Tenant understand and agree that after default by Tenant, as established in this Lease, Landlord has the opportunity to, and to the extent established by law, the obligation to, attempt to relet the Premises at such rent and upon such conditions and for such a term and to do all acts necessary to maintain or preserve the Premises as are reasonable and necessary.

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(C) In addition to all remedies stated hereinabove, each party shall have the remedy to seek damages from the other party for any and all losses resulting from the default of the other party under this Lease.

(D) Upon Landlord advancing or otherwise directly paying for Tenant any sum of money as the result of the failure of Tenant to pay or to timely pay any obligation under this Lease, such advancement or payment by Landlord shall accrue interest at the rate of eighteen (18) per cent per annum from the date of advancement or payment by Landlord until the date of repayment by Tenant to Landlord.

24. SIGNS: Tenant shall not erect or install any exterior signs or window or door signs, advertising media or window or door lettering or placards without Landlord's prior written consent.

25. MISCELLANEOUS:

25.1 NO RESTRICTIVE COVENANT: It is agreed that this Lease contains no restrictive covenants in favor of Tenant.

25.2 SUBORDINATION: Upon written request of Landlord, or any first mortgagee or beneficiary of a first deed of trust of Landlord, Tenant will in writing subordinate its rights hereunder to the interest of any ground lessor of the land upon which the premises are situated, as well as to the lien or any first mortgage or first deed of trust, now or hereafter in force against the land and buildings of which the Premises are in part, and upon any building hereafter placed upon the land of which the Premises are a part, and to all advances made or hereafter to be made upon the security thereof.

25.3 ADDENDUM: An Addendum (herein "Addendum") is entitled as such, attached hereto, and incorporated herein by reference which states the agreements of the Landlord and Tenant regarding completion of the tenant finish of the Premises, and the parking area which is part of the Premises.

25.4 ENTIRE AGREEMENT: This Lease, along with the Addendum hereto, constitutes the entire agreement between Landlord and Tenant relative to the Premises demised, and this Lease and the Addendum may be altered, amended or revoked only by an instrument in writing signed by both Landlord and Tenant.

25.5 SEVERABILITY: If any term or provision of this Lease shall, to any extent, be determined by a court of competent jurisdiction to be invalid or unenforceable, the remainder of this Lease shall not be affected thereby, and each term and provision of this Lease shall be valid and be enforceable to the fullest extent permitted by law, and it is the intention of the parties hereto that if any provision of this Lease is capable of two constructions, one of which would render the provision void and the other of which would render the

provision valid, then the provision shall have the meaning which renders it valid.

25.6 COSTS OF SUIT: (A) Should Landlord, without fault on Landlord's part, be a party to any litigation instituted by any third party against the Tenant, or by or against any person holding under or using the Premises by license of Tenant, or for the foreclosure of any lien for labor or material furnished to or for Tenant or any such other person or otherwise arising out of or resulting from any act or transaction of Tenant or of any such other person, Tenant covenants to save and hold Landlord harmless from any judgment rendered against Landlord or the premises or any part thereof, and costs and expenses, including reasonable attorney's fees, incurred by Landlord in or in connection with such litigation.

(B) Should Tenant, without fault on Tenant's part, be a party to any litigation instituted by any third party against the Landlord, or by or against any person claiming an interest in the Premises through Landlord, or for the foreclosure of any lien for labor or material furnished to or for Landlord or any such other person or otherwise arising out of or resulting from any act or transaction of Landlord or of any such other person, Landlord covenants to save and hold Tenant harmless from any judgment rendered against Tenant, and costs and expenses, including reasonable attorney's fees, incurred by Tenant in or in connection with such litigation.

(C) In the event any suit or litigation occurs as a result of this Lease between Landlord and Tenant, the prevailing party in any such litigation shall be entitled to an award of reasonable attorney's fees and costs. Such award of fees and costs, and the amount thereof, shall be determined by and in the discretion of the court presiding in such litigation.

25.7 TIME: Time is of the essence of this Lease and every provision hereof, except as to the conditions relating to the delivery of possession of the Premises to Tenant.

25.8 WAIVER: No covenant, term or condition or other breach thereof shall be deemed waived, except by written consent of the party against whom the waiver is claimed, and any waiver or the breach of any covenant, term or condition shall not be deemed to be a waiver of any other covenant, term or condition.

IN WITNESS WHEREOF the parties have signed this Lease on the respective dates below, and agreed as of the effective date above.

Dated 12/12/94

Dated 12 DECEMBER 1994

/s/ George J. Walck - Landlord Kaire International, Inc.,
----- a Colorado corporation - Tenant
George J. Walck - Landlord

Dated 12/12/94

By /s/ Robert L Richard

/s/ Joseph C. Walck Title EXEC VP & CFO

Joseph C. Walck

ADDENDUM to Lease Agreement (one page)
George J. Walck and Joseph C. Walck as Landlords and
Kaire International, Inc. as Tenant -
Dated _____, 1994

A.1. TENANT FINISH: (a) Landlord and Tenant acknowledge they have agreed to the tenant finish of the premises to be leased, including floor plan, extent of tenant finish and quality of tenant finish. Such details are stated in the letter from Landlord to Tenant dated December 2, 1994, a copy of which is attached hereto and incorporated herein by reference, plus tenant finish shall include window coverings (venetian blinds or vertical blinds, at Landlord's choice).

(b) Landlord shall complete the tenant finish by January 1, 1995. Landlord will diligently pursue completion of the tenant finish, but shall not be liable to Tenant for any delay in completing the tenant finish due to any cause beyond the control of Landlord.

A.2. PARKING AREA: (a) Landlord and Tenant have agreed to the specifications of a gravel parking area on the north side of the structure in which the Exclusive Premises are located, to be used by employees of Tenant. Such parking area has been constructed at the direction and cost of Tenant. Tenant shall hold Landlord harmless upon such cost.

(b) In order to obtain immediate use of the parking area, Landlord has represented to the City of Longmont Planning Department that it will complete, by June 30, 1995, the landscaping required by the site plan upon The property approved in 1990. Landlord agrees with the Tenant to timely complete such landscaping, at its cost.

(c) Landlord and Tenant agree the parking lot is for the non-exclusive use of Tenant, and that Landlord and employees of Landlords' electrical construction corporation may park in the parking area.

(d) Tenant shall supervise utilization of the parking area by its employees, and may mark the parking area, at its expense, if it wishes, with Landlord's prior consent to the configuration of any marking.

(e) Landlord agrees to maintain public liability insurance in a reasonable amount covering the parking area. Landlord will be solely responsible for maintenance and upkeep of the parking area, except Tenant will be responsible for any damage to the parking area caused by the negligence of its officers, agents, employees, licensees or invitees.

(f) Landlord and Tenant will jointly arrange, and equally pay one-half of the cost of, snow removal from the parking area needed during the term of this Lease.

A-3. NON-SMOKING BUILDING: Smoking of cigarettes, cigars, and pipes is not permitted within the structure in which the Exclusive Premises are located. Tenant will inform its officer, agents, employees, licensees, and invitees of such policy, and take reasonable actions to enforce such policy among such persons.

ADDENDUM TO LEASE AGREEMENT

THIS AGREEMENT entered into between George J. Walck and Joseph C. Walck, individuals (herein "Landlord") and Kaire International, Inc., a Colorado corporation (herein "Tenant") with respect to real property located at 400 Lashley Street, City of Longmont, Boulder County, Colorado. The First National Bank of Longmont (herein "the Bank") is not a party to this Agreement, but has signed below, without liability, solely as evidence of having given its consent to the terms hereof, as required by terms of a Deed of Trust between Landlord and the Bank dated October 15, 1991.

THIS ADDENDUM incorporates by reference a certain Lease Agreement between the same parties dated January 1, 1995, and includes herein as applicable all additional terms therein not expressly inconsistent with the terms of this Addendum. A copy of said Lease Agreement is attached hereto as Exhibit A.

THE PURPOSE of this Addendum is to extend the description of premises described in the January 1, 1995 Lease Agreement to include additional space, described below, and to extend the term of the tenancy of both the January 1, 1995 Lease Agreement, and of the premises described in this Addendum, to Midnight on February 28, 1996.

IN CONSIDERATION of the mutual covenants, conditions and promises contained herein, Landlord leases to Tenant and Tenant agrees to lease from Landlord that additional office space described herein in paragraph 3 below, for the period of time stated in paragraph 2 below.

1. Effective Date. The effective date of this Addendum is July 19, 1995.

2. Period of Lease. The period of the tenancy shall extend from July 19, 1995 through February 28, 1996 for all premises covered by this Addendum, which

the parties agree shall also extend the period of occupancy of the premises described in the January 1, 1995 Lease Agreement to February 28, 1996.

3. Premises. The premises covered by the January 1, 1995 lease shall remain the same as stated in the original lease. The premises included in this Addendum include the entire southern half or remainder of the second floor of the premises located at 400 Lashley Street, consisting of 2,430 square feet of available office space. Kaire International shall have exclusive possession of the entire of the second floor of the building.

4. Rental Amount. Tenant shall pay as rent for the premises the sum of \$5.50 per square foot for the 2,430 square feet of leasable space, for a total rent during the first term of this addendum of \$8,191.15, payable in monthly installments of \$1,113.75 each (the first payment for 11 days in July in the amount of \$394.90 shall be paid on Friday, July 21, 1995), commencing with the August payment.

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5. Payment of Rent. The parties agree that, pursuant to the notice by First National Bank of Longmont, dated April 25, 1995, receipt of which is acknowledged, Tenant shall make all payments of rent directly to the First National Bank of Longmont, to be credited to the account of Landlord according to terms of a certain Deed of Trust dated October 15, 1991 between Landlord and the Bank. Copies of the notice and Deed of Trust are attached hereto as Exhibits B and C respectively, and are incorporated herein by reference. Tenant's checks to Landlord shall be joint checks made payable to Landlord and the First National Bank. Landlord shall promptly endorse said rent checks upon receipt and shall transmit the same to the Bank.

Payments due to Landlord hereunder for contribution to common utilities shall be made directly to Landlord, who covenants and agrees to keep all utilities payments current during the term of this Lease and to insure that no stoppage of utility service occurs as a result of nonpayment of utilities by Landlord.

All monies and things of value received by Landlord from Tenant for payment of utilities are agreed to be received expressly in trust for payment of utilities and Landlord agrees to indemnify and hold Tenant harmless of all loss, if any, resulting from Landlord's failure to make any utilities payments when due.

6. Adjustment/Credit for Lease Payments Previously Paid. The parties agree that although the premises described in the January 1, 1995 Lease Agreement were due to be occupied on January 1, 1995, the actual date of occupancy was February 18, 1995. The parties have compromised the issue and agreed that Tenant shall receive one month's lease payment credit in the month of January, 1996, and Tenant shall commence making lease payments in February, 1996, at the rate of \$5.50 per square foot for the month of February. Payment shall be made by joint check payable to Landlord and the First National Bank according to the provisions of paragraph 5 above.

7. Option to Extend Lease. The parties have agreed that Tenant shall have the option to extend this Lease for a period of one additional one year on the same terms contained herein, and for a second year, with rent to be adjusted based on the increase or decrease in the Consumer Price Index. The CPI to be utilized will be the "All Urban Consumers, Western States Average." The base period for the purpose of adjustment shall be January, 1995. Tenant shall be afforded a right of first refusal to lease any additional space in or about the premises located at 400 Lashley Street which Landlord may offer for Lease at any time within the term hereof, including the period of any renewal option. Landlord is under no obligation to conform the term, rental, or provisions of an offer to lease any such additional space to the terms and provisions of the January 1, 1995 Lease, as originally undertaken or as amended herein.

Tenant shall notify Landlord of its election to renew the tenancy not later than 90 days before the expiration of the lease term, including any extension thereof.

8. Termination Contingency. Tenant's liability to occupy and pay rent for the premises leased pursuant to the January 1, 1995 Lease Agreement, and pursuant to this

Addendum, for the months of January and February, 1996, is expressly conditioned upon Tenant's ability to secure approval of the City of Longmont for an extension of the use of the public right of way permit allowing overhead telephone and computer wires to be erected and maintained across Fourth Avenue. The use of public right of way permit presently in effect expires on January 1, 1996. Tenant shall make reasonable efforts to secure approval of the City to extend the permit to include the termination date of this agreement (February 28, 1996).

Tenant shall make timely application for extension of the permit, and notify Landlord of the status of the application not later than October 1, 1995.

9. Installation of Additional Wires. Although not expressly a termination contingency as described in paragraph 8 above, Landlord and Tenant agree that Tenant may, upon approval of the City, erect additional outside wires extending from the premises to any other structure occupied by Tenant. Any such additional installation shall be at Tenant's own expense. Landlord agrees that Tenant may erect such additional wires or utility service as is reasonably necessary for the conduct of Tenant's business, provided that the premises shall be restored to their original condition, fair wear and tear excepted, upon termination of the tenancy. At the option of Landlord, any modifications for utility service installed by Tenant, which are fixtures to the building, may be left intact and turned over to Landlord in "as is" condition. Landlord shall notify Tenant of his intention with respect to such installations not later than 30 days prior to expiration of the term of this agreement.

10. Bankruptcy Effects. Joseph C. Walck is presently a debtor in a Chapter 13 proceeding pending in the U.S. Bankruptcy Court. With respect to his ownership of an interest in the premises, he is a "debtor in possession" with full power and authority to enter into this agreement. In Tenant's sole discretion, to promote enforceability of the lease by Tenant, Tenant may request and secure the Court's approval of the Lease Agreement and this Addendum, to insure continuity of occupancy in the event of conversion of the case from Chapter 13 to a liquidation under Chapter 7. In the event Tenant wishes to secure approval of the Court, Landlord agrees to cooperate in good faith with Tenant, as necessary, to secure the Court's approval of the agreement, and Landlord shall take no action contrary to the Tenant's request for Court approval.

11. Understanding of Parties and First National Bank of Longmont. The parties are proceeding with this Lease Addendum pursuant to a letter from Thomas L. Stover, attorney for the First National Bank of Longmont, dated July 13, 1995, which states the Bank's consent to the parties entry into a commercially reasonable lease without prior Bank approval of specific terms. Nonetheless, the parties agree that the Bank shall be provided a copy of this Lease Addendum for its records.

12. Additional Provisions.

(a) Trash Dumpster. Landlord and Tenant shall each maintain and pay for their own trash disposal facilities.

(b) Concerning Parking. For the time that Kaire has the entire second floor of the building leased, Kaire may use the six parking spaces immediately in front of the building to the north side of the glass entry doors. Walck shall have the sole use of the other parking spaces to the south of the glass doors. Kaire may use the two parallel parking spaces behind the convenience store, leaving one space for Walck at this location. All doors to the building, specifically the large delivery roll up doors, are to be kept clear at all times for deliveries.

(c) Concerning Lockup of the Building. Kaire is to lock and unlock both the back doors at the rear stairwell during business hours each day. The main glass front door is to be locked each day at 6:00 p.m. and remain locked at night if anyone from Kaire or Walck is working in the building after 6:00 p.m.

(d) Security System. For so long as Tenant occupies the entire second floor of the building, Tenant will install and maintain an electronic fire and security system to protect its operations. Tenant shall provide Landlord emergency numbers to reach the Kaire employee authorized to disable the security system after hours, to permit Landlord to enter the premises in case of emergency without setting off the security system. Routine entries by Landlord for inspection and repair shall be made during normal business hours when Kaire employees are present in the premises. Landlord shall provide Tenant emergency telephone numbers where Landlord may be reached after hours in case of emergency.

(e) Restricted Access. Due to risk of personal injury, no Kaire employee or visitor or guest is to enter Walck's warehouse area unless in the company of a Walck employee.

(f) Landlord Approval of Installations. Landlord shall be entitled to review and approve any revisions to the building contemplated by Tenant in connection with installation of communication, fire and security systems, general remodeling and any other modifications of the building or existing service systems. Landlord agrees to be reasonable and accommodating to Tenant in its review of revisions, and the parties contemplate that most requests for approval will be oral rather than in written form, due to the cost of preparing drawings for each change.

(g) Non-Smoking. The parties agree that all smoking shall be prohibited in the building during the term of this lease and any extension thereof.

(h) Cleaning of the Stairwells. Kaire shall be responsible for the cleaning and maintenance of all stairwells accessing the second floor of the building.

(i) Parties to Seek City Approval. Landlord shall promptly seek approval of the City of Longmont for extension of the non-conforming use permit to maintain the gravel parking lot, and Tenant shall promptly seek approval of the City for approval of the non-conforming use of the public right of way for its maintenance of telephone and computer cable over Fourth Avenue.

Kaire/Walck Lease Addendum
July 19, 1995
Page 5 of 5 pages

DATED this 24th day of July, 1995

/s/ George J. Walck /s/ Joseph C. Walck

George J. Walck, Landlord Joseph C. Walck, Landlord

KAIRE INTERNATIONAL, INC.,
a Colorado corporation -- Tenant

By: /s/ J.T. Whitworth

J.T. Whitworth, Vice-President
of Operations

THIS FORM HAS IMPORTANT LEGAL CONSEQUENCES AND THE PARTIES SHOULD CONSULT LEGAL COUNSEL BEFORE SIGNING

This lease, dated December 4, 1996, is between Country Hills Investments, as Landlord, and Kaire International, Inc., as Tenant.

In consideration of the payment of the rent and the performance of the covenants and agreements by the Tenant set Forth herein, the Landlord does hereby lease to the Tenant the following described premises situate in Boulder County, in the State of Colorado; the address of which is 380 Lashley, 310 Lashley #107 and 310 Lashley #108 Longmont, CO 80501

Said premises, with all the appurtenances, are leased to the Tenant from the date of March 1, 1997, until the date of March 1, 1999 at and for a rental for the full term of \$223,433.44 payable in monthly installments of \$9,309.73, in advance, on the 1st day of each calendar month during the term of this lease, payable at 2249 N. Country Club Loop, Westminster, CO 80234, without notice.

THE TENANT, IN CONSIDERATION OF THE LEASING OF THE PREMISES AGREES AS FOLLOWS:

1. The Tenant shall pay the rent for the premises above-described.
2. The Tenant shall, at the expiration of this lease, surrender the premises in as good a condition as when the Tenant entered the premises, ordinary wear and tear excepted. The Tenant shall keep all sidewalks on and around the premises free and clear of ice and snow, keep the entire exterior premises free from all litter, dirt, debris and obstructions; and keep the premises in a clean and sanitary condition as required by the ordinances of the city and county in which the property is situate.
3. The Tenant shall not sublet any part of the premises, nor assign the lease, or any interest therein, without the written consent of the Landlord.
4. The Tenant shall use the premises only as offices and shall not use the premises for any purposes prohibited by the laws of the United States or the State of Colorado, or of the ordinances of the city or town in which said premises are located, and shall neither permit nor suffer any disorderly conduct, noise or nuisance having a tendency to annoy or disturb any persons occupying adjacent premises.
5. The Tenant shall neither hold, nor attempt to hold, the Landlord, its agents, contractors and employees, liable for any injury, damage, claims or loss to person or property occasioned by any accident, condition or casualty to, upon, or about the premises including, but not limited to, defective wiring, the breaking or stopping of the plumbing or sewage upon the premises, unless such accident, condition or casualty is directly caused by intentional or reckless acts or omission of the Landlord. Notwithstanding any duty the Landlord may have hereunder to repair or maintain the premises, in the event that the improvements upon the premises are damaged by the negligent, reckless or intentional act or omission of the Tenant or any employees, agents, invitees, licensees or contractors, the Tenant shall bear the full cost of such repair or replacement. The Tenant shall hold Landlord, Landlord's agents and their respective successors and assigns, harmless and indemnified from all injury, loss, claims or damage to any person or property while on the demised premises or any other part of Landlord's property, or arising in any way out of Tenant, business, which is occasioned by an act or omission of Tenant, its employees, agents, invitees, licensees or contractors. The Landlord is not responsible for any damage or destruction to the Tenant's personal property.
6. The Tenant shall neither permit nor suffer said premises, or the walls or floors thereof to be endangered by overloading, nor said premises to be used for any purpose which would render the insurance thereon void or the insurance risk more hazardous, nor make any alterations in or changes in, upon, or about said premises without first obtaining the written consent of the Landlord.
7. The Tenant shall obtain and keep in full force, at Tenant's expense, fire and liability insurance as may be reasonably required by the Landlord. Tenant shall provide copies of such insurance policies upon the Landlord's request.
8. The Tenant shall permit the Landlord to place a "For Rent" sign upon the leased premises at any time after sixty (60) days before the end of this lease.
9. The Tenant shall allow the Landlord to enter upon the premises at any reasonable hour.

IT IS EXPRESSLY UNDERSTOOD AND AGREED BETWEEN LANDLORD AND TENANT AS FOLLOWS:

10. The Tenant shall be responsible for paying the following: Electric
 Gas Water Sewer Phone Refuse Disposal Janitorial
Services Other _____.

The Landlord Tenant agrees to keep all the improvements upon the premises, including but not limited to, structural components, exterior walls, roofs, sewer connections, plumbing, wiring and glass in good maintenance and repair at their expense. In the event the Landlord is responsible for repair of the premises, the Tenant shall be obliged to notify the Landlord of any condition upon the premises requiring repair and the Landlord shall be provided a reasonable time to accomplish said repair.

11. No assent, express or implied, to any breach or default of any one or more of the agreements hereof shall be deemed or taken to be a waiver of any succeeding or other breach or default.

12. If after the expiration of this lease, the Tenant shall remain in possession of the premises and continue to pay rent without a written agreement as to such possession, then such tenancy shall be regarded as a month-to-month tenancy, at a monthly rental, payable in advance, equivalent to the last month's rent paid under this lease, and subject to all the terms and conditions of this lease.

13. If the premises are left vacant and any part of the rent reserved hereunder is not paid, then the Landlord may, without being obligated to do so, and without terminating this lease, retake possession of the said premises and rent the same for such rent, and upon such conditions as the Landlord may think best, making such changes and repairs as may be required, giving credit for the amount of rent so received less all expenses of such changes and repairs, and the Tenant shall be liable for the balance of the rent herein reserved until the expiration of the term of this lease.

14. The Landlord acknowledges receipt of a deposit in the amount of \$8,380 to be held by the Landlord for the faithful performance of all of the terms, conditions and covenants of this lease. The Landlord may apply the deposit to cure any default under the terms of this lease and shall account to the Tenant for the balance. The Tenant may not apply the deposit hereunder to the payment of the rent reserved hereunder or the performance of other obligations.

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15. If the Tenant shall be in arrears in payment of any installment of rent, or any portion thereof, or in default of any other covenants or agreements set forth in this lease, and the default remains uncorrected for a period of three (3) days after the Landlord has given written notice thereof pursuant to applicable law, then the Landlord may, at the Landlord's option, undertake any of the following remedies without limitation: (a) declare the term of the lease ended; (b) terminate the Tenant's right to possession of the premises and reenter and repossess the premises pursuant to applicable provisions of the Colorado Forcible Entry and Retainer Statute; (c) recover all present and future damages, costs and other relief to which the Landlord is entitled; (d) pursue breach of contract remedies; and/or (e) pursue any and all available remedies in law or equity. In the event possession is terminated by a reason of default prior to expiration of the term, the Tenant shall be responsible for the rent occurring for the remainder of the term, subject to the Landlord's duty to mitigate such damages. Pursuant to applicable law [13-40-104(d.5), (e.5) and 13-40-107.5, C.R.S.] which is incorporated by this reference, in the event repeated or substantial default(s) under the lease occur, the Landlord may terminate the Tenant's possession upon a written Notice to Quit, without a right to cure. Upon such termination, the Landlord shall have available any and all of the above-listed remedies.

16. If the property or the premises shall be destroyed in whole or in part by fire, the elements, or other casualty and if, in the sole opinion of the Landlord, they cannot be repaired within ninety (90) days from said injury and the Landlord informs the Tenant of said decision; or if the premises are damaged in any degree and the Landlord informs the Tenant it does not desire to repair same and desires to terminate this lease; then this lease shall terminate on the date of such injury. In the event of such termination, the Tenant shall immediately surrender the possession of the premises and all rights therein to

the Landlord; shall be granted a license to enter the premises at reasonable times to remove the Tenant's property; and shall not be liable for rent accruing subsequent to said event. The Landlord shall have the right to immediately enter and take possession of the premises and shall not be liable for any loss, damage or injury to tile property or person of the Tenant or occupancy of, in or upon the premises.

If the Landlord repairs the premises within ninety (90) days, this lease shall continue in full force and effect and the Tenant shall not be required to pay rent for any portion of said ninety (90) days during which the premises are wholly unfit for occupancy.

17. In the event any dispute arises concerning the terms of this lease or the non-payment of any sums under this lease, and the matter is turned over to an attorney, the party prevailing in such dispute shall be entitled, in addition to other damages or costs, to receive reasonable attorneys' fees from the other party.

18. In the event any payment required hereunder is not made within ten (10) days after the payment is due, a late charge in the amount of 5% of the payment will be paid by the Tenant.

19. In the event of a condemnation or other taking by any governmental agency, all proceeds shall he paid to the Landlord hereunder, the Tenant waiving all right to any such payments.

20. This lease is made with the express understanding and agreement that in the event the Tenant becomes insolvent, the Landlord may declare this lease ended, and all rights of the Tenant hereunder shall terminate and cease.

21. The Tenant and the Landlord further agree:

See Additional Provisions attached

This lease shall be subordinate to all existing and future security interests on the premises. All notices shall be in writing and be personally delivered or sent by first class mail, unless otherwise provided by law, to the respective parties. If any term or provision of this lease shall be invalid or unenforceable, the remainder of this lease shall not be affected thereby and shall be valid and enforceable to the full extent permitted by law. This lease shall only be modified by amendment signed by both parties. This lease shall be binding on the parties, their personal representatives, successors and assigns. When used herein, the singular shall include the plural.

Attest: Country Hills Investments

Date
by: /s/ [Illegible] 12/4/96

Date

Attest: Kaire International, Incl

Date
by: /s/ Robert L Richard 16 JAN 97

Date

GUARANTEE

For value received, I guarantee the payment of the rent and the performance of the covenants and agreements by the Tenant in the within lease.

Signature Date

ASSIGNMENT AND ACCEPTANCE

For value received _____ assignor, assigns all right, title and interest in and to the within lease to _____, assignee, the heirs, successors and assigns of the assignee, with the express understanding and agreement that the assignor shall remain liable for the full payment of the rent reserved and the performance of all the covenants and agreements made in the lease by the Tenant. The assignor will pay the rent and fully perform the covenants and agreements in case the assignee fails to do so. In consideration of this assignment, the assignee assumes and agrees to make all the payments and perform all the covenants and agreements contained in the lease and agreed to by the Tenant.

Assignor Date Assignee Date

CONSENT OF ASSIGNMENT

Consent to the assignment of the within lease to _____ is hereby given, on the express condition, however, that the assignor shall remain liable for the prompt payment of the rent and performance of the covenants on the part of the Tenant as herein mentioned, and that no further assignment of said lease or sub-letting of the premises, or any part thereof, shall be made without further written agreement.

Signature Date Signature Date

LANDLORD'S ASSIGNMENT

In consideration of One Dollar, in hand paid, I hereby assign to _____ my interest in the within lease, and the rent therein reserved.

Landlord Date

ADDITIONAL PROVISIONS

- A. The Tenant agrees, throughout the term of this lease, at Tenant's sole cost, to provide and keep in force the following insurance: Public Liability Insurance and Property Damage Insurance for the protection of the Lessee and Lessor against comprehensive claims for bodily injury or property damage occurring upon the premises with a combined single limit coverage of not less than \$500,000, insuring against claims of any and all personal injury, death, or damage to person, or property occurring in or about the leased premises. The lessor to be named in said policies as an insured. The Lessee shall deliver to Lessor Certificates of Insurance certifying that such insurance is in full force and effect and such policies shall provide for ten (10) days prior written notice to the Lessor in the event of modification, cancellation, or termination.
- B. The Landlord shall maintain the Common Area, sidewalks, driveways, parking lot, lawns and shrubbery, including snow removal (over two(2) inches).
- C. Signs must conform to City of Longmont sign code and must be approved by Landlord prior to installation.
- D. Landlord shall pay for major repairs or replacement of HVAC, electrical and plumbing to the leased space provided that such repairs and replacement were not caused by the misuse or negligence of Tenant. Tenant shall conduct semi-annual inspections and servicing (including filter changes) on the heating and air conditioning units for said space during the term of this lease. Landlord shall be responsible for freon maintenance.
- E. Tenant shall have the right to extend the term of this Lease for an additional one (1) year. This option shall be valid only if all of Tenant's obligations in this Lease have been fully performed and all defaults, if any, have been cured. This option may be exercised by giving the Landlord written notice of intent to extend at least sixty (60) days prior to the expiration of the initial term.

All provisions of the initial lease shall remain the same except for the rent which shall be increased by the amount of the Denver/Boulder CPI for the

prior two years, as compiled by the U.S. Bureau of Labor Statistics.

Country Hills Investment Kaire International, Inc.

By: /s/ [Illegible]

By: /s/ Robert L Richard

Exhibit 10.6

THIS ASSIGNMENT OF PATENTS AGREEMENT, dated May 23, 1997 (as the same may be supplemented, modified, amended and/or restated from time to time, this "Agreement"), is by and between (1) MikeCo, Inc., a New York corporation (the "Company"), whose offices are now located at 7710 Maltlage Drive, Liverpool, New York 13090, (2) Troy Laboratories, Inc., a New York corporation ("Troy") whose offices are now located at 7710 Maltlage Drive, Liverpool, New York 13090 and (3) H. Edward Troy ("ETroy"), a shareholder of Troy and/or the Company.

WHEREAS, the Company is principally engaged in the business of producing, marketing and distributing Natural Relief-1222, a patented medicinal product (NR-1222"), the composition and methods of use of which are covered by United States Patent No. 5,032,400 (the "Patent"). NR-1222 was developed and patented (as the named inventors) by ETroy and Jeffrey Weirsum, M.D., and the Patent was originally issued to Erie Laboratories, Inc., a Virginia corporation ("Erie"). NR-1222 is currently contemplated to be used to treat (or to be adapted for use in the treatment of) arthritis; acne, herpes, fungus, warts and athletes foot in human beings (among other applications);

WHEREAS, by an assignment instrument, dated January 20, 1994, acknowledged January 29, 1994 and recorded in the United States Patent and Trademark Office on February 4, 1994 (the "Purported Assignment"), Erie assigned its rights to the Patent to ETroy and (jointly with ETroy) Patricia J. Fisher, Richard Aji and Edward G. Coyne (the "Patent Claimants"). In an action styled ERIE LABORATORIES, INC. AND H. EDWARD TROY V. PATRICIA J. FISHER, RICHARD AJI AND EDWARD G. COYNE pending in the Supreme Court of the State of New York, Onondaga County (Index No. 95-1497); plaintiffs Erie and ETroy are seeking to have the Purported Assignment declared null and void and to have Erie be declared the lawful owner of the Patent. The Patent Claimants (INTER ALIA) deny the ineffectiveness of the Purported Assignment and claim an equal right of ownership of the Patent with ETroy (the "Patent Claims"). Effective May 16, 1995, Erie merged with and into Troy, with Troy being the surviving corporation;

WHEREAS, under that certain Marketing and Distribution Agreement, dated February 24, 1995 (as amended by that certain amendment instrument dated November 1, 1996 between the Company and Troy (the "First Amendment") and the Annex 1 executed by the Company and Troy (the "Second Amendment") to that certain letter agreement (captioned "Option Agreement"), dated 5 December 1996, as amended from Global Health Alternatives, Inc. addressed to the Company and Troy) (such Marketing and Distribution Agreement, as amended by the First Amendment and the Second Amendment, the "Existing License"), Troy engaged the Company as Troy's exclusive agent to market and sell products under the Patent throughout the world for an indefinite period of time (such rights as are provided for under the Existing License, the "NR Marketing Rights");

WHEREAS, by an assignment instrument, dated March 24, 1997, and recorded in the United States Patent and Trademark Office on May 22, 1997, ETroy assigned its rights to the Patent to Troy;

WHEREAS, the Company desires to purchase from Troy, and Troy desires to sell to the Company, any and all of Troy's interest in, to and under the Patent and any and all patents to be obtained therefor;

NOW, THEREFORE, in consideration of the mutual benefits to be derived and the representations and warranties, conditions, covenants and agreements herein contained, and intending to be legally bound hereby, the parties hereto hereby agree as follows:

1. ASSIGNMENT OF PATENTS. (a) On the Closing Date (as defined in Section 6), Troy shall execute and deliver to the Company an Assignment of Patents in the form of Exhibit A hereto (the "Patent Assignment") and thereby (among other things) sell, transfer, grant, convey, assign and set over to the Company, and its successors and assigns forever, and the Company shall purchase and receive from Troy, free and clear of any and all liens, security interests, mortgages, pledges, covenants, easements, encumbrances, defects in title, agreements and claims and rights of third parties ("Liens") (other than the Patent Claims and the rights of Troy and ETroy under Sections 2 and 3), all of the right, title and interest of Troy in, to and under the Patent, the names

"Natural Relief-1222" and "NR-1 222", all goodwill associated therewith and all other NR Ownership Rights (as hereinafter defined), all as the same shall exist on the Closing Date (the foregoing being hereinafter sometimes collectively referred to as the "Patent Rights").

(b) For purposes of this Agreement, the term "NR Ownership Rights" means any and all Intellectual Property Rights (as hereinafter defined) (including full rights to manufacture, market, distribute, sell and otherwise exploit) in, to and under (i) the Patent, (ii) NR-1222 and all other products under the Patent, (iii) all products that may be directly or indirectly derivative of NR- 1222 and/or the Patent (the products described in the foregoing clauses (ii) and (iii), the "NR Products") and (iv) all know-how that may be incorporated, embodied, employed, used and/or exploited in (or in the preparation or production of) any NR Products (collectively, the "NR Ownership Rights") and the term "Intellectual Property Rights" means all registered and unregistered patents, patent applications, trade names, service marks, trademarks, trademark applications, copyrights, copyright applications, inventions, trade secrets, computer software, logos, slogans, proprietary processes and formulae and all other proprietary, technical and other information, know-how and intellectual property rights, whether patentable or unpatentable, owned, licensed or used by Troy and all goodwill of Troy associated with any of the foregoing.

2. CONSIDERATION. (a) In consideration of Troy's sale of the Patent Rights to the Company, the Company shall pay to Troy and ETroy royalties and minimum royalties on all sales of a topical analgesic containing shark oil, garlic oil, almond oil and soybean oil, the use of which is covered by a claim of U.S. Patent No. 5,032,400, as follows:

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<TABLE>
<CAPTION>

365-day period after the Closing Date	Royalty to ETroy		Royalty to Troy	
	Per Ounce	Minimum for Period	Per Ounce	Minimum for Period
First	\$.25	\$187,000	\$.50	\$ 500,000
Second	\$.25	\$312,000	\$.50	\$ 625,000
Third	\$.25	\$500,000	\$.50	\$1,000,000
Fourth	\$.25	\$750,000	\$.50	\$1,500,000
Thereafter	\$.25	\$750,000	\$.50	\$1,500,000

</TABLE>

(b) The minimum royalties to ETroy shall be payable monthly in arrears on the 7th day following the end of each month and shall be applied against the per ounce royalties to ETroy which shall be payable quarterly in arrears on the 30th day following the end of each quarter. The minimum royalties to Troy shall be payable quarterly in arrears on the 7th day following the end of each quarter and shall be applied against the per ounce royalties to Troy which shall be payable quarterly in arrears on the 30th day following the end of each quarter. In the event any dispute arises as to whom royalties should be paid, the Company may pay the royalties to an escrow account, and such payment shall be deemed as due payment of the royalties.

3. REVERSIONARY RIGHT. (a) Should the Company, or successors in its interest in the NR Ownership Rights (the "Rights Holder"), fail to make the payments provided for in Section 2, and shall fail to remedy such arrearage within 60 days, then, upon Troy's and/or ETroy's election and notification to the Rights Holder of such election, the NR Ownership Rights shall revert to Troy (the "Reversion"). Any such Reversion of the NR Ownership Rights shall be subject to the perpetual, worldwide, non-exclusive right and license of the

Rights Holder (and its successors and assigns) to manufacture, market, distribute, sell and otherwise exploit (including through third party sublicensees and contractors) NR-1222, all other products under the Patent and all products that may be directly or indirectly derivative of NR-1222 and/or the Patent (the "Reversion License") provided that: (i) any arrearage in the royalty payments due under Section 2 shall have been paid; and (ii) the Rights Holder shall continue to pay the per ounce (but not the minimum) royalty payments due under Section 2 in respect of all future sales by it (or through its rights).

(b) In the event of such Reversion of the NR Ownership Rights under the foregoing Section 3(a): (i) the Rights Holder shall execute and deliver to Troy an assignment of the Patent in a form acceptable for recordation in the United States Patent and Trademark Office; (ii) the Rights Holder shall execute and deliver such other agreements, instruments or other documents as shall be reasonably requested by Troy in order to further or better evidence and effect the Reversion; and (iii) Troy shall execute and deliver such agreements, instruments or other documents as shall be reasonably requested by the Rights Holder in order to further or better evidence and effect the Reversion License.

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4. REPRESENTATIONS AND WARRANTIES OF TROY AND ETROY. Troy and ETroy, jointly and severally, hereby represent and warrant to the Company as follows, and acknowledge and confirm that the Company is relying upon such representations and warranties in connection with its execution, delivery and performance of this Agreement, notwithstanding any investigation made by the Company or on its behalf:

(a) Troy is a corporation duly organized, validly existing and in good standing under the laws of the State of New York. Troy has the full corporate power and authority to own, lease and operate its properties and assets, and to carry on businesses as presently conducted;

(b) Neither the execution and delivery by Troy of this Agreement, the Patent Assignment or any of the other agreements, instruments, certificates or other documents executed and delivered by Troy in connection with this Agreement (collectively, the "Troy Documents"), nor the performance by Troy of its obligation hereunder or thereunder, require any governmental authority or private party consent waiver, approval, authorization or exemption (collectively, "Consents") or the giving of notice ("Notice") applicable to Troy (as opposed to the Company) except for such Consents and Notices that have been duly obtained (in the case of Consents) or give (in the case of Notices) and are unconditional and in full force and effect. This Agreement has been, and from and after the Closing each other Troy Document will be, duly authorized, executed and delivered by Troy and constitutes the legal, valid and binding obligations of Troy, enforceable against Troy in accordance with its terms, except as such enforceability may be limited by bankruptcy, reorganization, insolvency, fraudulent conveyance or similar laws of general application relating to or affecting the enforcement of creditors' rights. The execution and delivery by Troy of this Agreement and each Troy Document, and the performance by Troy of its obligations hereunder and thereunder, does not and will not contravene, conflict or be inconsistent with, result in a breach, constitute a violation of or default under, or require or result in any right of acceleration or create or impose any lien under: (x) Troy's certificate or articles of incorporation or by-laws, each as amended and in effect on the date hereof; (y) any laws applicable or relating to Troy or any of the businesses or assets of Troy; or (z) any contract, agreement or instrument to which Troy is a party or by which it is bound; and

(c) INTELLECTUAL PROPERTY RIGHTS. Troy owns all the Intellectual Property Rights, free and clear of all liens, except for the Patent Claims. There are no pending or threatened claims (x) against Troy or ETroy by any person or entity claiming any adverse right of ownership or use of any of the Intellectual Property Rights (other than the Patent Claims), or (y) that Troy or ETroy is infringing any rights in or to the intellectual property of any other person or entity; and, no valid basis for any such claim exists. Troy is the sole and exclusive owner of the NR Ownership Rights and all Ancillary Rights and Assets (as hereinafter defined), free and clear of all Liens (other than the Patent Claims and the Existing License). For purposes of this Agreement, the term "Ancillary Rights and Assets" means any and all (i) Intellectual Property Rights associated with the marketing or other use of any NR Products, (ii) inventory and work-in-process of NR Products and (iii) packaging materials, descriptive

materials, advertising copy and sales literature and other similar items relating to any NR Products.

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5. REPRESENTATIONS AND WARRANTIES OF THE COMPANY. The Company hereby represents and warrants to Troy and ETroy as follows, and acknowledges and confirms that Troy and ETroy are relying upon such representations and warranties in connection with their execution, delivery and performance of this Agreement notwithstanding any investigation made by any of Troy or ETroy or on behalf of any of them:

a. The Company is a corporation duly organized, validly existing and in good standing under the laws of the State of New York. The Company has the full corporate power and authority to own, lease and operate its properties and assets, and to carry on its businesses as presently conducted.

b. Neither the execution and delivery by the Company of this Agreement or any of the other agreements, instruments, certificates or other documents executed and delivered by the Company in connection with this Agreement (collectively, the "Company Documents"), nor the performance by the Company of its obligations hereunder or thereunder, require any Consent or the giving of any Notice applicable to the Company (as opposed to Troy and ETROY) except for such Consents and Notices that have been duly obtained (in the case of Consents) or given (in the case of Notices) and are unconditional and in full force and effect. This Agreement has been, and from and after the Closing each other Company Document will be, duly authorized, executed and delivered by the Company and constitutes the legal, valid and binding obligations of the Company, enforceable against it in accordance with its terms, except as such enforceability may be limited by bankruptcy, reorganization, insolvency, fraudulent conveyance or similar laws of general application relating to or affecting the enforcement of creditors' rights. The execution and delivery by the Company of this Agreement and each Company Documents and the performance by the Company of its obligations hereunder and thereunder, does not and will not contravene, conflict or be inconsistent with, result in a breach of, constitute a violation of or default under, or require or result in any right of acceleration or create or impose any lien under: (x) the Company's certificate or articles of incorporation or by-laws, each as amended and in effect on the date hereof; (y) any laws applicable or relating to the Company or any of the businesses or assets of the Company; or (z) any contract, agreement or instrument to which the Company is a party or by which it is bound.

6. CLOSING. The closing of the transactions contemplated hereby (the "Closing") shall take place at 10:00 A.M., local time, at such place and on such date mutually agreed upon by the Company and Troy (the "Closing Date").

7. INDEMNIFICATION. From and after the Closing Date, Troy shall indemnify the

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Company and its directors, officers, employees and agents (collectively, Company's Indemnified Persons"), against, and hold the Company's Indemnified Persons harmless from, any and all losses, claims, liabilities, damages, judgments, payments, costs and expenses directly or indirectly incurred, suffered, sustained or required to be paid, or sought to be imposed upon, any of the Company's Indemnified Persons resulting from, relating to or arising out of any breach of the representations and warranties of Troy or ETroy set forth in Section 4(c) hereof. If any amount is due to any of the Company's Indemnified Persons under this Section 7, then the Company shall have the right to set its royalty payment obligations to Troy against such amount due to any of the Company's Indemnified Persons.

8. RECORDS AND INSPECTION. The Company agrees during the term of this Agreement to keep full and accurate records for Troy and ETroy showing all sales

of topical analgesic containing shark oil, garlic oil, almond oil and soybean oil, the use which is covered by a claim of U.S. Patent No. 5,032,400, and/or such other information as provides the basis for the calculation of the royalties hereunder and the reporting thereon. Such records shall be maintained for a period of three (3) years after each royalty payment or, in the event of a dispute between the parties, until such disputes resolved, whichever occurs later. These records shall be open to inspection by Troy's or ETroy's representative or certified public accountant, not reasonably objectionable to the Company, during reasonable business hours, not more than once each calendar year, for the purpose of verifying the amount of royalty payments paid hereunder. Troy and/or ETroy shall be responsible for its own costs and expenses in connection with a such verification, except that the Company shall reimburse Troy and/or ETroy for all such costs and expenses in connection with such verification which determines that the Company's actual payments with respect to two out of any four consecutive quarters were less than the amounts payable according to the verification by an amount to equals or exceeds ten percent (10%) of the amounts payable according to the verification for such quarter.

9. ENTIRE AGREEMENT. This Agreement, which includes the Exhibit hereto, and the other Troy Documents and Company Documents contain the entire agreement among the parties hereto with respect to the subject matter hereof and thereof, and supersedes all prior agreements, arrangements and understandings with respect thereto.

10. NOTICES. Any notice or other communication which is required or permitted Thereunder or under any other Troy Document or Company Document shall be in writing and shall be deemed to have been delivered and received (x) on the day of (or, if not a business day, the first business day after) its having been personally delivered or telecopied to the following address or telecopy number, (y) on the first business day after its having been sent by overnight delivery service to the following address, or (z) if sent by regular, air, registered or certified mail, when actually received at the following address:

If to the Company:

[c/o] MikeCo, Inc.
7710 Maltlage Drive
Liverpool, New York 13090

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ATTENTION: _____
Telecopier No. _____
Telephone No. _____

with a copy to:

Mackenzie Smith Lewis Michell & Hughes, LLP
600 OnBank Building
P.O. Box 4967
Syracuse, NY 13221-4967
ATTENTION: Edward J. Moses, Esq.
Telecopier No. (315) 474-6409
Telephone No. (315) 474-7571

If to Troy or ETroy:

[c/o] Troy Laboratories, Inc.
7710 Maltlage Drive
Liverpool, New York 13090
ATTENTION: _____
Telecopier No. _____
Telephone No. _____

with a copy to:

Mackenzie Smith Lewis Michell & Hughes, LLP
600 OnBank Building
P.O. Box 4967
Syracuse, NY 13221-4967
ATTENTION: Edward J. Moses, Esq.
Telecopier No. (315) 474-6409
Telephone No. (315) 474-7571

Any party may by notice change the address or telecopier number to which notices or other communications to it are to be delivered, telecopied or sent.

11. GOVERNING LAW AND FORUM. This Agreement shall be governed by and construed in accordance with the laws of the State of New York (other than the choice of law principles thereof). Any claim, action, suit or other proceeding initiated by the Company against Troy or ETroy or by Troy or ETroy against the Company in connection with this Agreement may be asserted, brought, prosecuted and maintained in any federal or state court in the State of New York, as the party bringing such action, suit or proceeding shall elect, having jurisdiction over the subject matter thereof, and each of the parties hereto hereby irrevocably (i) submits to the jurisdiction of such courts, (ii) waives any and all rights to object to the laying of venue in any such court, (iii) waives any and all rights to claim that any such court may be an inconvenient forum, and (iv) agrees that service of process on it, him or her in any such action, suit or

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proceeding may be effected by the means by which notices may be given to it under this Agreement.

12. ASSIGNMENT. This Agreement shall not be assignable by any party without the prior written consent of the other parties, except that all of the Company's right, title and interest in this Agreement may be assigned to (i) any direct or indirect successor to the business of the Company or (ii) any purchaser of all or substantially all the assets or capital stock of the Company, which successor or purchaser ("Assignee") shall thereafter be deemed substituted for the Company as the party hereto, MUTATIS MUTANDIS, effective upon such assignment. In the case of the assignments contemplated in clauses (i) and (ii) hereof, the Assignee shall assume (and the Company shall cause the Assignee to assume) all of the obligations of the Company hereunder. This Agreement shall inure to the benefit of and be binding upon the parties, and their respective successors and permitted assigns.

13. LICENSING. In the case of any licensing or sub-licensing of the Company's rights hereunder, the Company shall cause such licensee or sub-licensee to take such license or sub-license subject to the obligations of the Company under this Agreement

14. COUNTERPARTS. This Agreement may be executed in any number of counterparts, and each such counterpart shall be deemed to be an original instrument but all such counterparts together shall constitute but one agreement.

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IN WITNESS WHEREOF, the undersigned have executed this Agreement as of the date first above written.

MIKECO, INC.

By:

Name:

Title:

TROY LABORATORIES, INC.

By:

Name:

Title:

H. Edward Troy

Exhibit 10.7
AGREEMENT

Agreement made the ___ day of April, 1998, among GLOBAL HEALTH ALTERNATIVES, INC. ("GHA") and MIKECO, INC. ("MikeCo"), TROY LABORATORIES, INC. ("Troy"), H. EDWARD TROY ("E. Troy"), KEVIN UNDERWOOD ("Underwood") and PATRICK KILLORIN ("Killorin").

WITNESSETH

WHEREAS, pursuant to the Assignment of Patents Agreement (the "Assignment") dated May 23, 1997 among MikeCo, Troy and E. Troy, Troy agreed, among other things, to assign United States Patent No. 5,032,400 (the "Patent") to MikeCo, Inc. (the "Assignment Agreement"); and

WHEREAS, pursuant to the Assignment of Patents dated May 23, 1997, Troy assigned the Patent to MikeCo; and

WHEREAS, pursuant to the Agreement and Plan of Reorganization dated May 23, 1997 by and among GHA, MikeCo, E. Troy, Killorin, Underwood, Mark Colosi, Joe Grace and William Deehan, GHA acquired all of the capital stock of MikeCo (the "Reorganization Agreement"); and

WHEREAS, the parties are desirous of modifying the Assignment Agreement, the Reorganization Agreement and the agreements executed among the parties in connection therewith (collectively, the "Prior Agreements").

NOW, THEREFORE, in consideration of the mutual premises and the sum of ten (\$10) dollars and other good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, the parties hereby agree as follows:

1. WAIVER

Troy, E. Troy, Underwood and Killorin hereby waive any and all defaults by GHA and MikeCo through the date hereof in connection with the Prior Agreements. Except as otherwise indicated herein, Troy, E. Troy, Underwood and Killorin waive any and all rights to amounts due from GHA and MikeCo in connection with the Prior Agreements through the date hereof and the closing of the transactions contemplated hereunder.

2. INCONSISTENCY

The Prior Agreements shall remain in full force and effect except as modified by the terms of this Agreement. However, in the event of any inconsistency or ambiguity between this Agreement and the Prior Agreements, the terms and conditions of this Agreement shall govern.

3. MODIFICATION OF ASSIGNMENT AGREEMENT

(a) The capitalized terms in this paragraph 3 shall have the meanings ascribed to such terms in the Assignment Agreement.

(b) Paragraph 2 of the Assignment Agreement is hereby deleted in its entirety and is amended to read as follows:

2. CONSIDERATION. (a) In consideration of Troy's sale of the Patent Rights to the Company, the Company shall pay to Troy royalties on all sales of a topical analgesic containing shark oil, garlic oil, almond oil and soybean oil, the use of which is covered by a claim of U.S. Patent No. 5,032,400, as follows on Net Sales commencing on or after April 1, 1998:

(A) Three (3%) percent of Net Sales until Net Sales equals \$2,000,000;

(B) Two (2%) percent of Net Sales in excess of \$2,000,000 until Net Sales are equal to \$4,000,000; and

(C) One (1%) percent of Net Sales in excess of \$4,000,000.

2(a)(i). Net Sales shall mean gross sales actually received by the Rights Holder in connection with the sale of the products incorporating the Patent less discounts, allowances, bad debts, chargebacks, credits, returns and other customer off-the-top deductions from gross sales.

2(a)(ii). In the event that gross sales equals or exceeds \$1,000,000 per month, the Company agrees to re-evaluate the royalty structure provided for in this paragraph 2(a) and to consider increasing the royalties payable to Troy.

(c) Paragraph 3(a) of the Assignment Agreement is hereby deleted in its entirety and is amended to read as follows:

3. REVERSIONARY RIGHT. (a) Should the Company, or successors in its interest in the NR Ownership Rights (the "Rights Holder"), fail to make the payments provided for in Section 2, and shall fail to remedy such arrearage within 60 days after written notice, then, upon Troy's election and notification to the Rights Holder of such election, the NR Ownership Rights and the Patent Rights shall revert to Troy (the "Reversion").

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4. CREDIT AGAINST ROYALTIES

The Assignment Agreement is hereby modified to provide as follows:

(a) The royalties payable to Troy pursuant to paragraph 2 of the Assignment Agreement shall be reduced by the payments made, payments to be made, and the amounts assumed, by GHA pursuant to paragraphs 5 through 8 of this Agreement (the "GHA Obligations").

(b) Notwithstanding the foregoing, in the event that the GHA Obligations in any twelve month period exceed 90% of the amounts due to Troy pursuant to paragraph 2(a) of the Assignment Agreement, then GHA shall pay to Troy 10% of the amount due to Troy pursuant to paragraph 2(a) of the Assignment Agreement and any amount in excess of 90% of the amount due to Troy pursuant to paragraph 2(a) of the Assignment Agreement shall be credited against the royalties due to Troy pursuant to paragraph 2(a) of the Assignment Agreement in succeeding periods.

5. REPAYMENT OF DEBT

(a) GHA shall within two (2) days of the date hereof, pay the sum of \$140,000 to First National Bank of Rochester (the "Rochester Debt") in reduction of a loan in the amount of \$240,000 from First National Bank of Rochester to Patco Corp., a corporation controlled by Killorin. GHA shall pay to Killorin the sum of \$25,000 on June 30, 1998, \$50,000 on September 30, 1998 and \$25,000 on December 31, 1998.

(b) GHA shall within two (2) days of the date hereof, pay to the First National Bank of Lisbon a loan in the amount of approximately \$185,000 owed by Troy, Killorin and E. Troy to the First National Bank of Lisbon (the "Lisbon Debt").

6. E. TROY CONSULTING AGREEMENT

MikeCo hereby agrees to employ E. Troy as a consultant and E. Troy hereby accepts such consultancy. The term of such consultancy shall be one year. E. Troy shall be paid a consulting fee of \$100,000, of which \$50,000 shall be payable within two (2) days of the date hereof and the balance of which shall be paid in equal monthly payments commencing May 15, 1998 to (i) E. Troy, or (ii) in the event of the death of E. Troy, his estate. E. Troy shall devote up to ten (10) hours per week to the business of MikeCo, or such time as reasonably requested by MikeCo to perform his consulting services, subject to his availability due to his health.

7. AGREEMENTS WITH KILLORIN

(a) GHA shall within, two (2) days of the date hereof, pay to Killorin the sum of \$25,000. GHA agrees to pay \$50,000 to Killorin in equal monthly payments commencing May 15, 1998 over a 12 month period from the date hereof together with interest thereon at the prime rate plus 1% of Citibank, N.A.

(b) The employment agreement between GHA (or MikeCo/Natural Health Laboratories, Inc.) and Killorin is hereby terminated and no further benefits, salary or payments shall be due thereunder.

(c) GHA agrees to guarantee and assume the lease payments for Killorin's Lexus. Killorin shall surrender the car to GHA within ten (10) days of the date hereof.

(d) Killorin agrees to use his best efforts to provide assistance in negotiating payments of the various obligations pursuant to Schedule A.

8. ASSUMPTION OF MISCELLANEOUS DEBT

GHA agrees to assume the miscellaneous debt of Troy in accordance with Schedule A, annexed hereto, up to a maximum amount of \$35,000 which amount shall be verified through documentation to be supplied by Troy and/or Killorin and as agreed by GHA. GHA has assumed legal fees due to Woods, Oviatt, Gilman, Sturman and Clarke, LLP, attorneys, which were incurred in connection with litigation between Erie Laboratories and H. Edward Troy vs. Patricia J. Fischer, Richard Aji, and Edward G. Coyne in addition to the other obligations assumed under this paragraph 8.

9. UNDERWOOD EMPLOYMENT AGREEMENT

(a) The employment agreement dated May 23, 1997 between MikeCo and Underwood is hereby terminated.

(b) MikeCo and Underwood hereby agree to enter into a one year employment agreement, which shall provide for a base salary to Underwood of \$70,000 plus commissions of 8% of net sales generated by Underwood. The base salary shall be contingent upon minimum performance standards to be determined by Underwood and GHA. Pursuant to the employment agreement, Underwood's present arrangement regarding a company car and health insurance for his family will remain as presently in place. However, the failure of Underwood and GHA to agree on the terms of the employment agreement shall not otherwise affect this Agreement.

10. REVERSIONARY RIGHT. Should GHA, or successors in its interest in the NR Ownership Rights, as defined in the Assignment Agreement fail to:

(i) make the payment provided for in (A) the first sentence of paragraph 5(a),

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(B) paragraph 5(b), (C) the first sentence in paragraph 7(a), or (D) make the \$50,000 payment which is due within two (2) days of the date hereof provided for in Section 6; and shall fail to remedy such arrearage within six (6) days after written notice, or

(ii) shall breach any of its other obligations under this Agreement and shall fail to remedy such breach within thirty (30) days after written notice;

then, upon Troy's election and notification to the Rights Holder, as defined in the Assignment Agreement, of such election, the NR Ownership Rights and the Patent Rights, as defined in the Assignment Agreement, shall revert to Troy (the "Reversion").

11. INDEMNITY

GHA agrees to indemnify and hold harmless Troy, E. Troy, Underwood and Killorin from any and all liability for debts or obligations solely pursuant to

the obligations assumed by GHA pursuant to this Agreement and the agreements to be executed in connection herewith. Such indemnification shall extend to any counsel fees, costs or disbursement incurred by any party in defending any action commenced against the indemnified parties by the holder of any debt or obligation expressly assumed by GHA hereunder, as well as reasonable counsel fees and disbursements incurred in enforcing this indemnification.

E. Troy, Underwood, Troy and Killorin hereby agrees to indemnify and hold harmless GHA and MikeCo from any and all liability for debts or obligations for any liability to any shareholder of Troy as a result of the execution of this Agreement.. Such indemnification shall extend to any counsel fees, costs or disbursement incurred by any party in defending any action commenced against the indemnified parties, as well as reasonable counsel fees and disbursements incurred in enforcing this indemnification.

12. MEDIATION

The parties agree that any disputes, differences or disagreements regarding this Agreement shall first be submitted to non-binding mediation with C. Andrew Pappas, Esq., and Norman Arnoff, Esq., and /or designees acting as mediators.

13. ARBITRATION

This Agreement shall be construed in accordance with the laws of the State of New York. In the event that any dispute arises under this Agreement which cannot be resolved by negotiation and/or mediation as provided herein, the parties agree to arbitrate under the auspices of the American Arbitration Association ("AAA") in New York, New York.

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14. ASSIGNMENT

Except in connection with a merger, consolidation, recapitalization, sale of all or substantially all of the assets of GHA, or other form of corporate reorganization, this Agreement may not be assigned to any other person or entity by GHA without the prior written consent of Troy, which consent shall not be unreasonably withheld or delayed.

15. MODIFICATION

This Agreement may not hereinafter be amended or modified except by written consent of all parties. Each party agrees that any attempt at oral modification of this Agreement, shall be null and void and shall not change the relative rights, duties and obligations of any party hereto. Notwithstanding this paragraph, any future agreements regarding royalties may be modified in writing by GHA and Troy.

16. EXPENSES

Except as otherwise provided herein, all costs and expenses incurred in connection with this Agreement and the transactions contemplated hereby shall be paid by the party incurring such costs and expenses.

17. NOTICES

All notices and other communications given or made pursuant hereto shall be in writing and shall be deemed to have been duly given or made as of the date delivered or mailed if delivered personally or by nationally recognized courier or mailed by registered mail (postage prepaid, return receipt requested) or by telecopy to the Parties at the following addresses (or at such other address for a Party as shall be specified by like notice, except that notices of changes of address shall be effective upon receipt):

(a) If to GHA or MikeCo.

193 Middle Street
Portland, Maine 04101
Attention: John Eldredge
Telecopier No.(207)772-8493

with copies to:

Sir Brian Wolfson
44 Welbeck Street W1M 7HF

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London, England
Telecopier No. 011-44-171-486-6217

McLaughlin & Stern, LLP
260 Madison Avenue
New York, NY 10016
Attention: Martin C. Licht, Esq.
Telecopier No.:(212) 448-6260

(b) If to the other parties to this Agreement then to:

C. Andrew Pappas, Esq.
224 Harrison Street
Syracuse, New York 13202
Telecopier No. (315) 472-8299

18. AUTHORITY TO ENTER AGREEMENT. This Agreement and the transactions contemplated hereunder, have been duly authorized, validly executed and delivered on behalf of the parties hereto and is a valid and binding agreement on each of the parties hereto in accordance with its terms.

19. WAIVER

Any party may (a) extend the time for the performance of any of the obligations or other acts of the other party and (b) waive compliance with any of the agreements or conditions contained herein. Any such extension or waiver shall be valid only if set forth in an instrument in writing signed by the party to be bound thereby.

20. HEADINGS

The headings contained in this Agreement are for reference purposes only and shall not affect in any way the meaning or interpretation of this Agreement.

21. SEVERABILITY

If any term or other provision of this Agreement is invalid, illegal or incapable of being enforced by any rule of law or public policy, all other conditions and provisions of this Agreement shall nevertheless remain in full force and effect.

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22. ENTIRE AGREEMENT

This Agreement shall constitute the entire agreement and supersede all prior agreements and undertakings, both written and oral, with respect to the subject matter hereof and, except as otherwise expressly provided herein, is not intended to confer upon any other person any rights or remedies hereunder.

23. BENEFIT

This Agreement shall inure to the benefit of and be binding upon the successors and assigns of the parties.

24. GOVERNING LAW

This Agreement shall be governed by, and construed in accordance with, the law of the State of New York.

25. COUNTERPARTS

This Agreement may be executed in one or more counterparts, and by the different parties in separate counterparts, each of which when executed shall be deemed to be an original but all of which when taken together shall constitute one and the same agreement.

26. PAYMENTS UNDER THIS AGREEMENT

Troy, E. Troy, Underwood and Killorin hereby agree that any amounts sent to Ali, Pappas & Cox, P.C. by the Company shall be credited towards the amounts due pursuant to this Agreement.

[BALANCE OF THIS PAGE INTENTIONALLY LEFT BLANK]

27. FURTHER ASSURANCES.

From time to time after the date of this Agreement, each of the parties hereto, at the request of the other, and without further consideration, shall execute and deliver such further documents or instruments and shall take such other actions as the requesting party may reasonably request in order to effect complete consummation of the transactions contemplated by this Agreement

IN WITNESS WHEREOF, the parties have set this hands and seal this ___ day of April, 1998.

GLOBAL HEALTH ALTERNATIVES, INC.

By: _____
Name:
Title:

MIKECO, INC.

By: _____
Name:
Title:

TROY LABORATORIES, INC.

By: _____
Name:
Title:

H. EDWARD TROY

KEVIN UNDERWOOD

EXHIBIT 23.1

CONSENT OF INDEPENDENT AUDITORS

We consent to use in this Registration Statement on Form S-1 of our report dated February 26, 1999, except for Note 17 as to which the date is April 14, 1999, relating to the financial statements of Natural Health Trends Corp. and Subsidiaries for the years ended December 31, 1998, 1997 and 1996, and the reference to our firm under the caption 'Experts' in this Registration Statement.

/s/ FELDMAN SHERB EHRLICH & CO.,
P.C.

FELDMAN SHERB EHRLICH & CO., P.C.
Certified Public Accountants

New York, New York
June 11, 1999

EXHIBIT 23.3

CONSENT OF CERTIFIED PUBLIC ACCOUNTANTS

Kaire International, Inc.
Longmont, Colorado

We hereby consent to the use in the Prospectus constituting a part of this Registration Statement of our report dated March 8, 1999, relating to the consolidated financial statements of Kaire International, Inc. which is contained in that Prospectus. Our report contains an explanatory paragraph regarding the Company's ability to continue as a going concern.

We also consent to the reference to us under the caption "Experts" in the Prospectus.

/s/ BDO Seidman, LLP

Denver, Colorado
June 10, 1999

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