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U.S. SECURITIES AND EXCHANGE COMMISSION |-----  
F O R M 4 | Washington, D.C. 20549 | OMB APPROVAL |  
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Check this box if [ ] no longer Subject to Section 16.  
ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP | OMB Number 3235-0287 |  
Expires: January 31, 2005 |  
Estimated average burden |  
hours per response.....0.5|  
Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, -----  
Section 17(a) of the Public Utility Holding Company Act of 1935 or  
Section 30(f) of the Investment Company Act 1940  
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<S> <C> <C>  
1.Name and Address of Reporting Person\* | 2.Issuer Name and Ticker or Trading Symbol | 6.Relationship of Reporting Person to |  
(Last) (First) (MI) | Issuer (Check all Applicable) |  
Woodburn Mark D. | Natural Health Trends Corp. (NHTC) | X Director 10% Owner |  
(Voluntary) | 3.IRS or Soc. Sec. No. | 4.Statement for Month/ | X Officer Other |  
of Reporting Person | Year | --- (give title below) --- (Specify below)|  
5605 N. MacArthur Blvd. | 11/13/02 | President and Chief Financial Officer |  
(Street) | 5.If Amendment, Date of | 7. Individual or Joint/Group Filing |  
Original (Month/Year) | (Check Applicable Line) |  
Irving, TX 75038 | X Form filed by One Reporting Person |  
--- Form filed by More than One |  
(City) (State) (Zip) | --- Reporting Person |

TABLE I - Non-Derivative Securities Acquired, Disposed of or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Mon/Day/Yr)	3. Transaction Code (Instr. 8)	4. Security Acquired (A) or Disposed of (D) (Instr. 3, 4 & 5)	5. Amount of Securities Owned at End of (D) or Beneficially Owned (I) (Instr. 4)	6. Amount of Securities Owned (D) or Beneficially Owned (I) (Instr. 4)	7. Nature of Indirect Ownership
Common Stock, \$.001 par value	11/13/02	P	1,295,337 A	\$ .0193	37,913,337	By LaCore & Woodburn a partnership

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FORM 4 (continued) TABLE II - Derivative Securities Acquired, Disposed of, Beneficially Owned  
 (e.g., puts, calls, warrants, options, convertible security)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Date (Mon/Day/Year) (Instr. 8)	3. Transaction Code (Instr. 8)	4. Transacted Date (Mon/Day/Year) (Instr. 3, 4 & 5)	5. Number of Securities Acquired (A) or Disposed of (D) (Instr. 8)	6. Date Exercisable and Expiration Date (Month/Day/Year) (Instr. 3 & 4)	7. Title and Amount of Underlying Securities (Instr. 3 & 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned (Instr. 4)	10. Nature of Ownership (Instr. 4)	11. Beneficial Owner (Instr. 4)
Common Stock Option										
Common Stock Option										

Explanation of Responses:

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

/s/ \_\_\_\_\_

Date

\*\*Signature of Reporting Person

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

SEC 2270 (7-97)

Potential persons who are to respond to the collections of information contained in this form are not required to respond unless the form displays a currently valid OMD Number

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