UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, DC 20549

FORM 8-K

CURRENT REPORT
Pursuant to Section 13 OR 15(d) of The Securities Exchange Act of 1934

November 4, 2020 Date of Report (Date of earliest event reported)

NATURAL HEALTH TRENDS CORP.

Delaware (State or other jurisdiction of incorporation) (Exact name of registrant as specified in its charter) 001-36849 (Commission File Number)

59-2705336 (IRS Employer Identification No.)

Units 1205-07, 12F, Mira Place Tower A 132 Nathan Road, Tsimshatsui, Kowloon, Hong Kong (Address of principal executive offices, including zip code)

+852-3107-0800 (Registrant's telephone number, including area code)

	e appropriate box below if the Form 8-K filing is intended to sin nstruction A.2. below):	nultaneously satisfy the filing	obligation of the registrant under any of the following provisions (see				
	Written communications pursuant to Rule 425 under the Secur	rities Act (17 CFR 230.425)					
	Soliciting material pursuant to Rule 14a-12 under the Exchange	ge Act (17 CFR 240.14a-12)					
	Pre-commencement communications pursuant to Rule 14d-2(b	b) under the Exchange Act (17	7 CFR 240.14d-2(b))				
	□ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))						
	by check mark whether the registrant is an emerging growth concurities Exchange Act of 1934 (§240.12b-2 of this chapter).	npany as defined in Rule 405	of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2				
	Emerging growth company						
	☐ If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.						
Securities	s registered pursuant to Section 12(b) of the Exchange Act:						
	Title of each class	Trading Symbol(s)	Name of each exchange on which registered				
	Common Stock, par value \$0.001 per share	NHTC	The NASDAQ Stock Market LLC				

Item 2.02 Results of Operations and Financial Condition.

On November 4, 2020, Natural Health Trends Corp. issued an earnings release announcing its results for the quarter ended September 30, 2020. The press release is attached hereto as exhibit 99.1.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

99.1

<u>Press Release of Natural Health Trends Corp. dated November 4, 2020</u> Cover Page Interactive Data File (embedded within the Inline XBRL document). 104

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: November 4, 2020

NATURAL HEALTH TRENDS CORP.

By: /s/ Timothy S. Davidson Timothy S. Davidson

Senior Vice President and Chief Financial Officer

Natural Health Trends Reports Third Quarter 2020 Financial Results

- Maintained profitability with third quarter earnings per share improving to \$0.06
- Achieved positive third quarter sales momentum in markets outside of Hong Kong
- Strong balance sheet with ample liquidity
- Declared a quarterly cash dividend of \$0.20 per share

HONG KONG – November 4, 2020 – Natural Health Trends Corp. (NASDAQ: NHTC), a leading direct-selling and e-commerce company that markets premium quality personal care, wellness and "quality of life" products under the NHT Global brand, today announced its financial results for the third quarter ended September 30, 2020.

Third Quarter 2020 Financial Highlights

- Revenue of \$14.1 million decreased 14% compared to \$16.4 million in the second quarter of 2020 and decreased 17% compared to \$17.0 million in the third quarter of 2019.
- Operating income was \$668,000 compared to \$183,000 in the second quarter of 2020 and a loss of \$1.1 million in thethird quarter of 2019.
- Net income was \$635,000, or \$0.06 per diluted share, compared to \$34,000, or break-even per diluted share, in the second quarter of 2020 and net loss of \$1.2 million, or \$0.12 per diluted share, in the third quarter of 2019.
- The number of Active Members¹ decreased 2% to 53,300 at September 30, 2020 compared to 54,370 at June 30, 2020, and decreased 22% compared to 68,150 at September 30, 2019.
- 1 Natural Health Trends defines Active Members as those that have placed at least one product order with the Company during the preceding twelve-month period.

Year-to-Date 2020 Financial Highlights

- Revenue of \$45.5 million decreased 24% compared to \$59.8 million in the first nine months of 2019.
- Operating loss was \$597,000 compared to a loss of\$3.8 million in the first nine months of 2019.
- Net income was \$96,000, or \$0.01 per diluted share, compared to a net loss of \$2.8 million, or \$0.25 per diluted share, in the first nine months of 2019.

Management Commentary

"The challenging macroeconomic conditions inherent in the global economy as a result of the COVID-19 pandemic continued to weigh on our financial performance with third quarter revenue of \$14.1 million down 14% compared to the prior quarter," commented Chris Sharng, President of Natural Health Trends Corp. "Our total third quarter orders were relatively consistent with both the prior quarter and the first quarter of 2020 with our deferred revenue balance increasing by \$832,000 from June to September 2020. Additionally, there were a number of bright spots in certain markets with third quarter order volume exceeding that of the first two quarters of the year and revenue outside of Hong Kong increasing 10% over the prior quarter. When coupled with our proactive cost reduction efforts, we were able to maintain our profitability on reduced sales in the third quarter."

Mr. Sharng concluded, "We have continued to manage the elements of our business that are within our control to preserve our profitability and leader base which we view as critical to our success. Further, we were pleased to remain in a position to return value to our stockholders through our quarterly cash dividend, made possible by our strong balance sheet. I'd like to extend my thanks to all of our leaders, members, preferred customers and shareholders for their ongoing commitment to NHT Global. Through all of the challenges 2020 has presented, we are very grateful to continue supporting our mission of improving health and quality of life through our superior products and global opportunity."

Balance Sheet and Cash Flow

- Net cash used in operating activities was \$1.5 million in the first nine months of 2020, compared to \$18.7 million in the first nine months of 2019.
- Total cash and cash equivalents were \$90.8 million at September 30, 2020, down slightly from \$93.2 million at June 30, 2020.
- On November 2, 2020, the Company's Board of Directors declared a quarterly cash dividend of \$0.20 on each share of common stock outstanding. The dividend will be payable on November 27, 2020 to stockholders of record as of November 17, 2020.

Third Quarter 2020 Financial Results Conference Call

Management will host a conference call to discuss the third quarter 2020 financial results today, Wednesday, November 4, 2020 at 11:30 a.m. Eastern Time. The conference call details are as follows:

Date: Wednesday, November 4, 2020

Time: 11:30 a.m. Eastern Time / 8:30 a.m. Pacific Time

Dial-in: 1-877-407-0789 (Domestic) 1-201-689-8562 (International)

Conference ID: 13711362

Webcast: http://public.viavid.com/index.php?id=141728

For those unable to participate during the live broadcast, a replay of the call will also be available from 2:30 p.m. Eastern Time on November 4, 2020 through 11:59 p.m. Eastern Time on November 18, 2020 by dialing 1-844-512-2921 (domestic) and 1-412-317-6671 (international) and referencing the replay pin number: 13711362.

About Natural Health Trends Corp.

Natural Health Trends Corp. (NASDAQ: NHTC) is an international direct-selling and e-commerce company operating through its subsidiaries throughout Asia, the Americas, and Europe. The Company markets premium quality personal care products under the NHT Global brand. Additional information can be found on the Company's website at www.naturalhealthtrendscorp.com.

Forward-Looking Statements

Safe Harbor Statement under the Private Securities Litigation Reform Act of 1995 -- Forward-looking statements in this press release do not constitute guarantees of future performance. Such forward-looking statements are subject to risks and uncertainties that could cause the Company's actual results to differ materially from those anticipated. Such risks and uncertainties include the risks and uncertainties detailed under the caption "Risk Factors" in Natural Health Trends Corp.'s Annual Report on Form 10-K filed on March 9, 2020 with the Securities and Exchange Commission (SEC), as well as in subsequent reports filed this year with the SEC. The Company assumes no obligation to update any forward-looking information contained in this press release or with respect to the announcements described herein.

CONTACTS:

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NATURAL HEALTH TRENDS CORP. CONSOLIDATED BALANCE SHEETS (In thousands, except share data)

	Septem	September 30, 2020		December 31, 2019		
	(Ut	(Unaudited)				
ASSETS						
Current assets:						
Cash and cash equivalents	\$	90,789	\$	96,035		
Inventories		4,259		6,404		
Other current assets		4,972		5,936		
Total current assets		100,020		108,375		
Property and equipment, net		581		735		
Operating lease right-of-use assets		4,200		3,135		
Restricted cash		517		3,390		
Deferred tax asset		1,069		2,039		
Other assets		701		823		
Total assets	\$	107,088	\$	118,497		
LIABILITIES AND STOCKHOLDERS' EQUITY						
Current liabilities:						
Accounts payable	\$	887	\$	680		
Accrued commissions		3,046		2,931		
Other accrued expenses		1,786		2,387		
Deferred revenue		3,477		4,506		
Amounts held in eWallets		9,831		12,938		
Operating lease liabilities		1,217		1,655		
Other current liabilities		1,067		1,205		
Total current liabilities		21,311		26,302		
Income taxes payable		13,748		15,365		
Deferred tax liability		203		202		
Operating lease liabilities		3,150		1,564		
Total liabilities		38,412		43,433		
Stockholders' equity:						
Preferred stock		_		_		
Common stock		13		13		
Additional paid-in capital		86,102		86,102		
Retained earnings		9,358		16,117		
Accumulated other comprehensive loss		(893)		(1,264)		
Treasury stock, at cost		(25,904)		(25,904)		
Total stockholders' equity		68,676		75,064		
Total liabilities and stockholders' equity	\$	107,088	\$	118,497		
				4		

NATURAL HEALTH TRENDS CORP. CONSOLIDATED STATEMENTS OF OPERATIONS (UNAUDITED) (In thousands, except per share data)

	Three Months Ended September 30,			Nine Months Ended September 30,				
		2020		2019		2020		2019
Net sales	\$	14,124	\$	17,023	\$	45,476	\$	59,779
Cost of sales		3,635		4,371		12,966		15,002
Gross profit		10,489		12,652		32,510		44,777
Operating expenses:								
Commissions expense		5,620		7,362		19,336		28,258
Selling, general and administrative expenses		4,201		6,354		13,771		20,296
Total operating expenses		9,821		13,716		33,107		48,554
Income (loss) from operations		668		(1,064)		(597)		(3,777)
Other income, net		385		323		603		1,128
Income (loss) before income taxes		1,053		(741)		6		(2,649)
Income tax provision (benefit)		418		502		(90)		120
Net income (loss)	\$	635	\$	(1,243)	\$	96	\$	(2,769)
Net income (loss) per common share:								_
Basic	\$	0.06	\$	(0.12)	\$	0.01	\$	(0.25)
Diluted	\$	0.06	\$	(0.12)	\$	0.01	\$	(0.25)
Weighted-average common shares outstanding:								
Basic		10,678		10,623		10,581	_	11,010
Diluted		11,424		10,623		11,424	_	11,010
								5

NATURAL HEALTH TRENDS CORP. CONSOLIDATED STATEMENTS OF CASH FLOWS (UNAUDITED) (In thousands)

	Ni	Nine Months Ended September 30,			
		2020	2019		
CASH FLOWS FROM OPERATING ACTIVITIES:					
Net income (loss)	\$	96 \$	(2,769)		
Adjustments to reconcile net income (loss) to net cash used in operating activities:					
Depreciation and amortization		301	290		
Noncash lease expense		1,199	1,336		
Deferred income taxes		979	(3)		
Changes in assets and liabilities:					
Inventories		2,193	4,104		
Other current assets		923	(1,674)		
Other assets		120	2		
Accounts payable		206	(1,002)		
Accrued commissions		136	(8,683)		
Other accrued expenses		(598)	(1,779)		
Deferred revenue		(1,045)	(3,485)		
Amounts held in eWallets		(3,163)	(1,508)		
Operating lease liabilities		(1,120)	(1,392)		
Income taxes payable		(1,617)	(1,617)		
Other current liabilities		(140)	(235)		
Long-term incentive			(333)		
Net cash used in operating activities		(1,530)	(18,748)		
CASH FLOWS FROM INVESTING ACTIVITIES:					
Purchases of property and equipment		(147)	(181)		
Net cash used in investing activities		(147)	(181)		
CASH FLOWS FROM FINANCING ACTIVITIES:	<u></u>				
Repurchase of common stock		_	(9,564)		
Dividends paid		(6,855)	(2,736)		
Net cash used in financing activities		(6,855)	(12,300)		
Effect of exchange rates on cash, cash equivalents and restricted cash		413	(428)		
Net decrease in cash, cash equivalents and restricted cash		(8,119)	(31,657)		
CASH, CASH EQUIVALENTS AND RESTRICTED CASH, beginning of period		99,425	135,651		
CASH, CASH EQUIVALENTS AND RESTRICTED CASH, end of period	\$	91,306 \$	103,994		
SUPPLEMENTAL DISCLOSURES OF OTHER CASH FLOW INFORMATION:	<u> </u>	<i>γ</i> 1,200 φ	100,55		
Issuance of treasury stock for employee awards, net	\$	•	8,289		
Right-of-use assets obtained in exchange for operating lease liabilities	\$ \$	2.724 \$	5,058		
Aight-of-use assets obtained in exchange for operating lease habilities	Þ	4,144 \$	5,038		