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 16, 2026
Date of Report (Date of earliest event reported)

NATURAL HEALTH TRENDS CORP.

(Exact name of registrant as specified in its charter)

Delaware	001-36849	59-2705336
(State or other jurisdiction of incorporation)	(Commission File Number)	(IRS Employer Identification No.)

609 Deep Valley Drive, Suite 395 Rolling Hills Estates, California, 90274
(Address of principal executive offices, including zip code)

(310) 541-0888
(Registrant's telephone number, including area code)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

☐ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

☐ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

☐ Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

☐ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities 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

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

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 or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. ☐

Item 3.01 Notice of Delisting or Failure to Satisfy a Continued Listing Rule or Standard; Transfer of Listing.

On November 16, 2026, Natural Health Trends Corp. (the "Company") received a notification letter (the "Notice") from the Listing Qualifications Department of The Nasdaq Stock Market LLC ("Nasdaq") notifying the Company that, based upon the closing bid price of the Company's common stock for the 30 consecutive business days from October 5, 2026 through November 13, 2026, the Company no longer satisfies Nasdaq Listing Rule 5550(a)(2), which requires listed securities to maintain a minimum bid price of $1.00 per share for continued listing on The Nasdaq Capital Market (the "Minimum Bid Price Requirement").

The Notice has no immediate effect on the listing of the Company's common stock, which continues to trade on The Nasdaq Capital Market under the symbol "NHTC."

Pursuant to Nasdaq Listing Rule 5810(c)(3)(A), the Company has been provided an initial compliance period of 180 calendar days, or until May 17, 2027, to regain compliance with the Minimum Bid Price Requirement. To regain compliance, the closing bid price of the Company's common stock must be at least $1.00 per share for a minimum of 10 consecutive business days during the compliance period. Nasdaq Staff may, in its discretion, require the Company to satisfy the Minimum Bid Price Requirement for a longer period, generally not more than 20 consecutive business days, before determining that the Company has regained compliance.

The Notice further states that, if the Company elects to implement a reverse stock split as a means of regaining compliance with the Minimum Bid Price Requirement, the reverse stock split must be completed no later than 10 business days prior to May 17, 2027 in order to regain compliance during the initial compliance period.

If the Company does not regain compliance by May 17, 2027, the Company may be eligible for an additional 180-calendar-day compliance period. To qualify for an additional compliance period, the Company would be required to meet the continued listing requirement for market value of publicly held shares and all other applicable initial listing standards for The Nasdaq Capital Market, other than the Minimum Bid Price Requirement, and to provide written notice of its intention to cure the deficiency during the second compliance period, including by effecting a reverse stock split if necessary. If the Company is not eligible for an additional compliance period, or if Nasdaq Staff otherwise determines that the Company will not be able to cure the deficiency, Nasdaq would provide notice that the Company's securities are subject to delisting, at which time the Company may appeal the determination to a Nasdaq Hearings Panel.

The Company intends to monitor the closing bid price of its common stock and evaluate available alternatives to regain compliance with the Minimum Bid Price Requirement. If necessary, the Company may pursue a reverse stock split, subject to approval by the Company's Board of Directors and stockholders, as applicable. There can be no assurance that the Company will regain compliance with the Minimum Bid Price Requirement within the applicable compliance period or otherwise maintain compliance with Nasdaq's continued listing requirements.

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 19, 2026

NATURAL HEALTH TRENDS CORP.

By: /s/ Timothy S. Davidson
Timothy S. Davidson
Senior Vice President and Chief Financial Officer