

**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

**Notice of Effectiveness**

**Effectiveness Date:** March 24, 2010  
**Accession Number:** 0000950123-10-025839  
**Submission Type:** POS AM

---

**CIK:** 0000912061  
**Company Name:** NATURAL HEALTH TRENDS CORP  
**File Number:** 333-144219