FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1 Marris														
1. Name and Address of Reporting Person* BROADY GEORGE K			2. Issuer Name and Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [NHTC]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ Director Officer (give title below) Other (specify below)					
751 CAN		(First) IVE, SUITE	(Middle) E 100	3. Date of Earliest 05/17/2019	Transact	ion (M	Ionth/Day	//Year)						
(Street) COPPELL, TX 75019				4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
	(City) (State) (Zip)			Table I - Non-Derivative Securities Acqu					Acqui	ired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)		4. Securities Acquir (A) or Disposed of (Instr. 3, 4 and 5)			Beneficia Reported	ant of Securities ally Owned Following d Transaction(s)		6. Ownership Form:	7. Nature of Indirect Beneficial Ownership	
				(Monun/Day/ Year	Code	V	Amount	(A) or (D)	Price	(Instr. 3 and 4)			Direct (D) or Indirect (I) (Instr. 4)	(Instr. 4)
Common	Stock		05/17/2019		D		50,456	$\int_{\mathbb{R}} D = \int_{\mathbb{R}}^{S}$	§ 10.91	815,967	7		I	(1)
	report on a s	separate line to	or each class of secu	rities beneficially o	wned dire	- -	•	, <u> </u>	ad 4 a 4	مالحم مطاعم	-4i		SEC	1474 (0.02)
	responsible and	eparate line to	Table II -	Derivative Securit	ies Acqui	Person the	sons wh tained in form dis	o responding this for splays a of, or Ben	m are currer eficiall	not requ ntly valid		formation spond unleader	ss	1474 (9-02)
1. Title of	2.	3. Transaction Date (Month/Day/	Table II - n 3A. Deemed Execution Day any	Derivative Securit (e.g., puts, calls, wate, if Transaction Code Year) (Instr. 8)	ies Acqui	Person the control of	sons wh tained in form dis	or respondent this for splays a cooperatible securitishes on Date	eficiall rities) 7. Ti Amo Unde Secu	not requ ntly valid	OMB conf	spond unle	of 10. Owners Form of Derivati Security Direct (or Indire	11. Nathip of India Benefit Owner (Instr.

Reporting Owners

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
BROADY GEORGE K						
751 CANYON DRIVE, SUITE 100	X					
COPPELL, TX 75019						

Signatures

/s/ Timothy S. Davidson by Power of Attorney	05/20/2019
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Remarks:

(1) Securities held by the George K. Broady 2012 Irrevocable Trust, of which Mr. Broady is the trustee and a beneficiary.

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

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.