Edgar Filing: NATURAL HEALTH TRENDS CORP - Form 5

NATURAL HEALTH TRENDS CORP

Form 5

February 01, 2007

OMB APPROVAL FORM 5 **OMB** UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 Check this box if no longer subject to Section 16. ANNUAL STATEMENT OF CHANGES IN BENEFICIAL Form 4 or Form OWNERSHIP OF SECURITIES 5 obligations

January 31, Expires: 2005 Estimated average burden hours per

Number:

response...

3235-0362

1.0

may continue. See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 1(b).

Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

Form 4

Transactions Reported

Reported

Cavanaugh John Francis Symbol NATU			RAL HEALTH TRENDS [BHIP]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last)	(First) ((3. Statem (Month/I 12/31/2	s Fiscal Ye	ar End	X	Director 10% Owner Symbol Officer (give title Other (specify below) below) President Market Vision Comm				
2050 DIPL	OMAT DRIVE							President M	arket v ision Co	omm	
	(Street)			endment, Date nth/Day/Year)	Original		6. Ii	ndividual or Joir	nt/Group Repo	rting	
DALLAS,Ã	À TXÂ 75234							Form Filed by Or Form Filed by Mo			
(City)	(State)	(Zip)	Tab	le I - Non-Der	rivative Sec	curitie	s Acquire	d, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemee Execution I any (Month/Day	Date, if	3. Transaction Code (Instr. 8)	4. Securiti or Dispose (Instr. 3, 4	ed of (5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	Ownership Form:	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	12/22/2006	Â		S <u>(1)</u>	20,000	D	\$ 1.3886	178,404	D	Â	
Common Stock	12/27/2006	Â		S <u>(1)</u>	20,000	D	\$ 1.5498	158,404	D	Â	
	port on a separate line							ction of inform		SEC 2270 (9-02)	

the form displays a currently valid OMB control number.

Edgar Filing: NATURAL HEALTH TRENDS CORP - Form 5

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

	1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Titl	le and	8. Price of
	Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	Number	Expiration D	ate	Amou	int of	Derivative
	Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security
	(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Secur	ities	(Instr. 5)
		Derivative				Securities			(Instr.	3 and 4)	
		Security				Acquired					
		•				(A) or					
						Disposed					
						of (D)					
						(Instr. 3,					
						4, and 5)					
										A	
										Amount	
							Date	Expiration	m: .1	or	
						Exercisable	Date		Number		
					(A) (D)				of		
						(A) (D)				Shares	

of D

> Is Fi

Reporting Owners

Reporting Owner Name / Address	Relationships						
1 8	Director	10% Owner	Officer	Other			
Cavanaugh John Francis 2050 DIPLOMAT DRIVE DALLAS, TX 75234	Â	Â	President MarketVision Comm	Â			

Signatures

/s/ Gary C. Wallace, by power of attorney

**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).
- (1) The sales reported on this Form 4 were effected pursuant to written instructions under Rule 10b5-1(c)(1)(i)(A)(2) by the reporting person delivered prior to December 10, 2006.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.

Reporting Owners 2