### Edgar Filing: Sharng Chris Tahjiun - Form 4

Sharng Chris Form 4	-										
May 20, 200	9										
FORM	14								PPROVAL		
	UNITEL	) STATES		SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 Filed pursuant to				SECUR	ITIES			January 3:Expires:200Estimated averageburden hours perresponse0.			
obligation may cont <i>See</i> Instru 1(b).	ns Section 17	(a) of the	Public Ut		ing Com	ipany	Act of	f 1935 or Sectio	n		
(Print or Type F	Responses)										
1. Name and A Sharng Chri	2. Issuer Name <b>and</b> Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [BHIP]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Last) C/O NATUI CORP., 205	3. Date of Earliest Transaction (Month/Day/Year) 05/19/2009					Director 10% Owner Officer (give title Other (specify below) President					
DALLAS, T	(Street) TX 75234		ndment, Dat th/Day/Year)	-			<ul> <li>6. Individual or Joint/Group Filing(Check</li> <li>Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> <li>Person</li> </ul>				
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ities Acc	quired, Disposed o	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)		saction Date 2A. Deemed h/Day/Year) Execution Date, if any (Month/Day/Year)			on(A) or Di (D)	spose	d of	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership 7. Nature of Form: Direct Indirect (D) or Beneficial Indirect (I) Ownership (Instr. 4) (Instr. 4)		
Common Stock	05/19/2009			Code V P	Amount 500	(D) A	Price \$ 0.49	(Inst. 3 and 4) 287,311	D		
Common Stock	05/19/2009			Р	500	А	\$ 0.48	287,811	D		
Common Stock	05/19/2009			Р	500	A	\$ 0.45	288,311	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	of (Month/Day/Year) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		Date	Amou Unde Secur	le and int of rlying ities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owno Follo Repo Trans (Instr
Repo	rtina O	wners		Code V	4, and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

#### Relationships **Reporting Owner Name / Address** Director 10% Owner Officer Other Sharng Chris Tahjiun C/O NATURAL HEALTH TRENDS CORP. President 2050 DIPLOMAT DRIVE DALLAS, TX 75234 Signatures /S/ Gary C. Wallace by Power of 05/20/2009 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).

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.

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