

NATURE'S SUNSHINE®

FOR IMMEDIATE RELEASE

NATURE'S SUNSHINE PRODUCTS TO ANNOUNCE SECOND QUARTER 2019 FINANCIAL RESULTS AND TO HOST CONFERENCE CALL ON THURSDAY, AUGUST 8TH

LEHI, Utah, July 25, 2019 — Nature's Sunshine Products (Nasdaq: NATR), a leading natural health and wellness company engaged in the manufacture and direct selling of nutritional and personal care products, today announced that it will report its second quarter 2019 financial results for the period ended June 30, 2019, on Thursday, August 8, 2019, after the market close. Members of Nature's Sunshine Products' senior management team will host a conference call that same day at 5:00 p.m. Eastern Time. The call will be broadcast live over the Internet hosted on the Investor's Events section of the Company's website at www.naturessunshine.com.

Nature's Sunshine Products' Second Quarter 2019 Conference Call Details

Date: Thursday, August 8, 2019

Time: 2:00 p.m. Pacific Time
3:00 p.m. Mountain Time
5:00 p.m. Eastern Time

Dial-In: 1-800-239-9838 (domestic)
1-323-794-2551 (international)

Conference ID: 7565503

Webcast: Directly at <http://public.viavid.com/index.php?id=135352> or on the Investor section of the Company's website at www.naturessunshine.com

For those unable to participate during the live broadcast, a replay of the call will also be available beginning that same day at 8:00 p.m. Eastern Time, until 11:59 p.m. Eastern Time, on Thursday, August 22, 2019, by dialing 1-844-512-2921 (domestic) or 1-412-317-6671 (international) and entering the replay pin number: 7565503. The webcast will remain on the Investor's Events section of Nature's Sunshine Products' website at: www.naturessunshine.com for 90 days.

About Nature's Sunshine Products

Nature's Sunshine Products (NASDAQ: NATR), a leading natural health and wellness company, markets and distributes nutritional and personal care products through a global direct sales force of approximately 494,000 independent Managers, Distributors and Customers in more than 40 countries. Nature's Sunshine manufactures most of its products through its own state-of-the-art

facilities to ensure its products continue to set the standard for the highest quality, safety and efficacy on the market today. Additional information about the Company can be obtained at its website, www.naturessunshine.com.

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