

February 24, 2014



Natural Health Trends Announces Conference Call to Discuss Fourth Quarter and Full Year 2013 Results

**Management to Discuss Results With Shareholders and Interested
Parties at 4:30 p.m. on Monday, March 10, 2014**

DALLAS, Feb. 24, 2014 (GLOBE NEWSWIRE) --[Natural Health Trends Corp.](#) (OTCQB:NHTC), a leading direct selling company that markets premium quality personal care, wellness and "quality of life" products under the [NHT Global brand](#), today announced that management will conduct a conference call to discuss its financial results for the quarter and full year ended December 31, 2013.

Details of the call are as follows:

- Date: Monday, March 10, 2014
- Time: 4:30 p.m. ET/3:30 p.m. CT
- Dial-in number: 1-877-941-1427 (domestic) 1-480-629-9664 (international)
- Webcast link: <http://public.viavid.com/index.php?id=107955>

A replay will be available from 7:30 p.m. ET on March 10 through 11:59 p.m. ET on March 17, by dialing 1-877-870-5176 (domestic) and 1-858-384-5517 (international) and referencing replay pin number 4669596.

About Natural Health Trends Corp.

Natural Health Trends Corp. is an international direct-selling and e-commerce company operating through its subsidiaries throughout Asia, North America, and Europe. The company markets premium quality personal care products under the NHT Global brand.

Additional information can be found on the company's website, www.naturalhealthtrendsCorp.com.

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Source: Natural Health Trends Corp.