

April 30, 2019



Natural Health Trends to Report First Quarter 2019 Financial Results on May 7th

HONG KONG, April 30, 2019 (GLOBE NEWSWIRE) -- Natural Health Trends Corp. (NASDAQ: NHTC), a leading direct-selling and e-commerce company that markets premium quality personal care, wellness, and "quality of life" products under the NHT Global brand, today announced the Company will report its financial results for the first quarter ended March 31, 2019 on Tuesday, May 7, 2019 at 9:00 a.m. Eastern Time. Chris Sharng, Natural Health Trends' President, and Scott Davidson, Senior Vice President and Chief Financial Officer, will host a conference call to discuss the first quarter 2019 financial results on the same day at 1:30 p.m. Eastern Time. The details for the conference call can be found below.

First Quarter 2019 Financial Results Conference Call

Date: Tuesday, May 7, 2019
Time: 1:30 p.m. Eastern Time / 10:30 a.m. Pacific Time
Dial-in: 1-877-407-0789 (Domestic)
1-201-689-8562 (International)

Conference ID: 13689758

ID:

Webcast: <http://public.viavid.com/index.php?id=134051>

Replay: For those unable to participate during the live broadcast, a replay of the call will also be available from 4:30 p.m. Eastern Time on May 7, 2019 through 11:59 p.m. Eastern Time on May 21, 2019 by dialing 1-844-512-2921 (domestic) and 1-412-317-6671 (international) and referencing the replay pin number: 13689758.

About Natural Health Trends Corp.

Natural Health Trends Corp. (NASDAQ: NHTC) is an international direct-selling and e-commerce company operating through its subsidiaries throughout Asia, the Americas, 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 at www.naturalhealthtrends.com.

CONTACTS:

Company Contact:

Scott Davidson
Senior Vice President and Chief Financial Officer
Natural Health Trends Corp.
Tel (Hong Kong): +852-3107-0800
Tel (U.S.): 310-541-0888
scott.davidson@nhtglobal.com

Investors:

ADDO Investor Relations
Tel: 310-829-5400
investor.relations@nhtglobal.com

Source: Natural Health Trends Corp.