

October 22, 2013



Nature's Sunshine Products to Announce Third Quarter 2013 Financial Results on Wednesday, November 6th and to Host Conference Call on Thursday, November 7th

LEHI, Utah, Oct. 22, 2013 (GLOBE NEWSWIRE) -- Nature's Sunshine Products, Inc. (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 third quarter financial results for the period ended September 30, 2013 on Wednesday, November 6th, after the close of market. Greg Probert, Nature's Sunshine Products' Chairman of the Board and Chief Executive Officer, Wynne Roberts, President and Chief Operating Officer, and Steve Bunker, Executive Vice President, Chief Financial Officer and Treasurer, will host a conference call on Thursday, November 7th at 11:00 a.m. Eastern Time. The call will be broadcast live over the internet hosted on the Investing section of the Company's website at www.naturessunshine.com.

Nature's Sunshine Products' Third Quarter 2013 Conference Call Details

Date: Thursday, November 7, 2013

Time: 8:00 a.m. Pacific Time
9:00 a.m. Mountain Time
11:00 a.m. Eastern Time

Dial-In: 1-877-407-0789 (domestic)
1-201-689-8562 (international)

Conference ID: 10000529

Webcast: Investing 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 2:00 p.m. Eastern Time until 11:59 p.m. Eastern Time on Thursday, November 21, 2013 by dialing 1-877-870-5176 (domestic) or 1-858-384-5517 (international) and entering the replay pin number: 10000592. The webcast will remain on

the Investing 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 over 340,000 active 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. The Company has three reportable business segments that are divided based on the characteristics of their Distributor base, similarities in compensation plans, as well as the internal organization of NSP's officers and their responsibilities (NSP Americas, Asia Pacific and Europe; NSP Russia, Central and Eastern Europe; and Synergy WorldWide). The Company also supports health and wellness for children around the world through its partnership with the Little Heroes Foundation. Additional information about the Company can be obtained at its website, www.natr.com.

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Source: Nature's Sunshine Products, Inc.