

SCHEDULE 13G

Amendment No. 1  
Natural Alternatives International Incorporated  
Common Stock  
Cusip # 638842302

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Item 1: Reporting Person - FMR Corp.  
Item 4: Commonwealth of Massachusetts  
Item 5: None  
Item 6: None  
Item 7: None  
Item 8: None  
Item 9: None  
Item 11: 0.00%  
Item 12: HC

Cusip # 638842302  
Item 1: Reporting Person - Edward C. Johnson 3d  
Item 4: United States of America  
Item 5: None  
Item 6: None  
Item 7: None  
Item 8: None  
Item 9: None  
Item 11: 0.00%  
Item 12: IN

Cusip # 638842302  
Item 1: Reporting Person - Abigail P. Johnson  
Item 4: United States of America  
Item 5: None  
Item 6: None  
Item 7: None  
Item 8: None  
Item 9: None  
Item 11: 0.00%  
Item 12: IN

SCHEDULE 13G - TO BE INCLUDED IN STATEMENTS  
FILED PURSUANT TO RULE 13d-1(b) or 13d-2(b)

Item 1(a). Name of Issuer:

Natural Alternatives International Incorporated

Item 1(b). Name of Issuer's Principal Executive Offices:

1185 Linda Vista Drive, Suite D  
San Marcos, CA 92069-3823

Item 2(a). Name of Person Filing:

FMR Corp.

Item 2(b). Address or Principal Business Office or, if None, Residence:

82 Devonshire Street, Boston, Massachusetts 02109

Item 2(c). Citizenship:

Not applicable

Item 2(d). Title of Class of Securities:

Common Stock

Item 2(e). CUSIP Number:

638842302

Item 3. This statement is filed pursuant to Rule 13d-1(b) or 13d-2(b) and the person filing, FMR Corp., is a parent holding company in accordance with Section 240.13d-1(b)(ii)(G). (Note: See Item 7).

Item 4. Ownership

(a) Amount Beneficially Owned:

None

(b) Percent of Class:

0.00%

(c) Number of shares as to which such person has:

(i) sole power to vote or to direct the vote:

None

(ii) shared power to vote or to direct the vote:

None

(iii) sole power to dispose or to direct the disposition of:

None

(iv) shared power to dispose or to direct the disposition of:

None

Item 5. Ownership of Five Percent or Less of a Class.

If this statement is being filed to report the fact that as of the date hereof, the reporting person has ceased to be the beneficial owner of any of the class of securities, check the following (X).

Item 6. Ownership of More than Five Percent on Behalf of Another Person.

Not applicable.

Item 7. Identification and Classification of the Subsidiary Which Acquired the Security Being Reported on By the Parent Holding Company.

Not applicable.

Item 8. Identification and Classification of Members of the Group.

Not applicable.

Item 9. Notice of Dissolution of Group.

Not applicable.

Item 10. Certification.

Inasmuch as the reporting persons are no longer the beneficial owners of any of the number of shares outstanding, the reporting persons have no further reporting obligation under Section 13(d) of the Securities and Exchange Commission thereunder, and the reporting persons have no obligation to amend this Statement if any material change occurs in the facts set forth herein.

Signature

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this Schedule 13G in connection with FMR Corp.'s beneficial ownership of the common stock of Natural Alternatives International Incorporated at December 31, 1997 is true, complete and correct.

February 14, 1998  
Date

/s/Eric D. Roiter  
Signature

Eric D. Roiter  
Duly authorized under Power of  
Attorney  
dated December 30, 1997, by  
and on behalf  
of FMR Corp. and its direct  
and indirect  
subsidiaries