## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response: 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person <sup>*</sup> WEAVER RANDELL				NA	2. Issuer Name and Ticker or Trading Symbol <u>NATURAL ALTERNATIVES</u> <u>INTERNATIONAL INC</u> [NAII]									neck all D	nship of Reportir applicable) Director	10%	Owner	
(Last) (First) (Middle) 1185 LINDA VISTA DRIVE				3. Date of Earliest Transaction (Month/Day/Year) 01/06/2004										Officer (give title elow) Pres	below	r (specify /)		
(Street) SAN MARCOS CA 92069 (City) (State) (Zip)			4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									e) <mark>X</mark> F F	vidual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person				
		Tabl	e I - N	lon-Deriv	ative S	Secu	rities	s Acc	luired, l	Disp	osed o	f, or	Bene	ficia	lly Ov	vned		
D		2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		Transaction Dispose Code (Instr. and 5)		ities Acquired ( d Of (D) (Instr. :			Se Be Ov	Amount of curities eneficially vned llowing	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)				
									Code	v	Amount		A) or D)	Price	Re Tra	eported ansaction(s) str. 3 and 4)	(1150.4)	(1150.4)
Common	Stock			01/06/2	2004				Р		2,200	)	Α	<b>\$6.2</b>	5	19,000	D	
		Та	ble II	- Derivat (e.g., p						•	sed of, onvertib				' Own	ed		
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	if any	emed tion Date, n/Day/Year)	4. Transac Code (li 8) Code		5. Nu of Deriv Secu (A) of Dispo of (D) (Instr and 5	rities ired osed . 3, 4	6. Date E: Expiratio (Month/D Date Exercisat	n Dat ay/Ye	ear) Expiration	Amou Secu Unde Deriv	erlying rative rity (In I 4) Amo or Nun of	str. ount nber	8. Price of Derivati Securit <u>;</u> (Instr. 5	derivative ive Securities y Beneficially	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership

Explanation of Responses:

Randy Weaver
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\*\* Signature of Reporting Person Date

01/06/2004

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.