FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPRO	VAL
	OMB Number:	3235-0287
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l	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).

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

d Address o	of Reporting Persor	*		10.1-									\neg					
lon C	i Reporting Fersor	2. Issuer Name and Ticker or Trading Symbol NATURAL ALTERNATIVES										5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
Dunn Alan G							INTERNATIONAL INC [NAII]										Owner	
(Last) (First) (Middle)																	Other (specify below)	
1535 FARADAY AVENUE							03/15/2019										,	
(Street)					4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line)				
SAD C	AD CA)2008												, , ,			
(5	State)	(Zip)													Form filed by More than One Reporting Person			
	Tal	ole I - No	n-Deriv	ative	Sec	curitie	s Acc	uired,	Dis	posed o	f, or	Bene	ficia	lly Ow	ned	3		
Date						Execution Date, f any		Transaction Disposed Code (Instr. 5)					Seci Ben Owr	urities eficially ed Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									v	Amount			Price	Tran	saction(s)		(1130.4)	
Stock		2019			A ⁽¹⁾		10,000	2) A \$		\$0	49,328		D					
	-													Owne	d			
		te Execution onth/Day/Year) if any	Date, T	Transaction Code (Instr.				6. Date Exercisable and Expiration Date (Month/Day/Year)			Amour or Numbe		ount	Derivative Security	derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
3	Stock 2. Conversior or Exercise Price of Derivative	(First) RADAY AVENUE BAD CA (State) Tak Security (Instr. 3) Stock T Conversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle) RADAY AVENUE BAD CA 92008 (State) (Zip) Table I - No Security (Instr. 3) Stock Table II - 2. Conversion or Exercise Price of Derivative (Month/Day/Year) Conversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle) RADAY AVENUE BAD CA 92008 (State) (Zip) Table I - Non-Deriv Security (Instr. 3) 2. Transa Date (Month/D Stock 03/15. Table II - Derivati (e.g., pt (e.g., pt (Month/Day/Year) 3A. Deemed Execution Date if any (Month/Day/Year) Security (Month/Day/Year)	(First) (Middle) RADAY AVENUE 3. Do 03/3 4. If Table I - Non-Derivative Security (Instr. 3) 2. Transaction Date (Month/Day/Year) Table II - Derivative Security 2. Conversion Oate (Month/Day/Year) A Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. 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If Amendment, Date of Execution Date, if any (Month/Day/Year) [INTERNATION] 3. Date of Earliest Trans 03/15/2019 4. If Amendment, Date of Execution Date, if any (Month/Day/Year) [INTERNATION] 4. If Amendment, Date of Execution Date, if any (Month/Day/Year) [INTERNATION] 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	(First) (Middle) RADAY AVENUE 3. Date of Earliest Transaction (MO3/15/2019) 4. If Amendment, Date of Original Table I - Non-Derivative Securities Acquired, Security (Instr. 3) 2. 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Explanation of Responses:

- 1. This transaction represents a grant of restricted stock pursuant to the Issuer's 2009 Omnibus Incentive Plan.
- 2. One third (3,334 shares) of the restricted stock vests on March 7, 2020; one third (3,333 shares) of the restricted stock vests on March 7, 2021, and the final third (3,333 shares) of the restricted stock vests on March 7, 2022.

/s/ Alan G. Dunn By Kenneth E. Wolf Attorney in Fact

03/19/2019

** Signature of Reporting Person

Date

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.