FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL
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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 Addres		son*	2. Issuer Name and Ticker or Trading Symbol <u>NATURAL ALTERNATIVES</u> <u>INTERNATIONAL INC</u> [NAII]		ationship of Reporting Pers k all applicable) Director Officer (give title	erson(s) to Issuer 10% Owner Other (specify below)
(Last) 1185 LINDA VIS	(First) STA DR.	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 09/20/2006		below)	
(Street) SAN MARCOS (City)	CA (State)	92078 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indi Line) X	vidual or Joint/Group Filing Form filed by One Repo Form filed by More than Person	orting Person

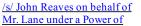
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
		Code	v	Amount	(A) or (D)	Price	Following Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	(Instr. 4)
Common Stock	09/20/2006	S		1,129	D	\$9.1	4,871	D	
Common Stock	09/20/2006	S		200	D	\$9.11	4,671	D	
Common Stock	09/20/2006	S		300	D	\$9.12	4,371	D	
Common Stock	09/20/2006	S		100	D	\$9.13	4,271	D	
Common Stock	09/20/2006	S		70	D	\$9.14	4,201	D	
Common Stock	09/20/2006	S		2,400	D	\$9.15	1,801	D	
Common Stock	09/20/2006	S		500	D	\$9.23	1,301	D	
Common Stock	09/20/2006	S		301	D	\$9.25	1,000	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transact Code (In 8)		of Deriv Secu Acqu (A) o Dispo of (D	posed (D) str. 3, 4		Amour Securit Underl Derivat	nt of ties ying tive ty (Instr.	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Direct (D)	Beneficial Ownership	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:



Attorney

09/21/2006

** 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.