



WITH

8 SHARED DISPOSITIVE POWER

9 AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON

224,200

10 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES\*

11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)

3.9%

12 TYPE OF REPORTING PERSON\*

00 Trust

\*SEE INSTRUCTIONS BEFORE FILLING OUT

SCHEDULE 13G

CUSIP No. 638842302

13G

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1 NAME OF REPORTING PERSON  
S.S. OR I.R.S. IDENTIFICATION NO. OF ABOVE PERSON

Carl J. Terranova

2 CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP\*

(a)   
(b)

3 SEC USE ONLY

4 CITIZENSHIP OR PLACE OF ORGANIZATION

United States

5 SOLE VOTING POWER

180,700

NUMBER OF  
SHARES  
BENEFICIALLY  
OWNED BY  
EACH  
REPORTING  
PERSON  
WITH

6 SHARED VOTING POWER

7 SOLE DISPOSITIVE POWER

180,700

8 SHARED DISPOSITIVE POWER

9 AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON

180,700

10 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES\*

11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)

3.2%

12 TYPE OF REPORTING PERSON\*

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\*SEE INSTRUCTIONS BEFORE FILLING OUT

- Item 1 (a). Name of Issuer:  
Natural Alternatives, Inc.
- Item 1 (b). Address of Issuer's Principal Executive Offices:  
1185 Linda Vista Drive  
San Marcos, CA 92069
- Item 2 (a). Name of Person Filing:  
(i) Trust U/W of Vincent Terranova  
(ii) Carl J. Terranova
- Item 2 (b). Address of Principal Business Office or, if None, Residence:  
The business address of Carl J. Terranova and the Trust U/W of Vincent Terranova is P.O. Drawer H, Valley Cottage, New York 10989.
- Item 2 (c). Citizenship:  
(i) Carl J. Terranova is a United States citizen.  
(ii) Trust U/W of Vincent Terranova is a trust created under the laws of the State of New York.
- Item 2 (d). Title of Class of Securities:  
Common Stock
- Item 2 (e). CUSIP No:  
638842302
- Item 3. If this statement is filed pursuant to Sec. 240.13d-1(b) or 240.13d-2(b) or (c), check whether the person filing is a:
- (a)  Broker or dealer registered under Section 15 of the Act.
  - (b)  Bank as defined in Section 3(a)(6) of the Act.
  - (c)  Insurance Company as defined in Section 3(a)(19) of the Act.
  - (d)  Investment Company registered under Section 8 of the Investment Company Act.
  - (e)  Investment Adviser in accordance with Sec. 240.13d-1(b)(1)(ii)(E).
  - (f)  Employee Benefit Plan or Endowment Fund in accordance with Sec. 240.13d-1(b)(1)(ii)(F).
  - (g)  Parent holding company, in accordance with Sec. 240.13d-1(b)(ii)(G).
  - (h)  A savings association as defined in Section 3(b) of the Federal Deposit Insurance Act.
  - (i)  A church plan that is excluded from the definition of an investment company under Section 3(c)(14) of the Investment Company Act of 1940.
  - (j)  Group, in accordance with Sec. 240.13d-1(b)(1)(ii)(J).
- Item 4. Ownership
- (a) Amount beneficially owned: The reporting persons in the aggregate beneficially own 404,900 shares of Common Stock.
  - (b) Percent of Class: The reporting persons in the aggregate beneficially own 7.0% of the issuer's Common Stock.
  - (c) Number of shares as to which the Trust U/W Vincent Terranova has:

- (i) Sole power to vote or to direct the vote: 224,200
- (ii) Shared power to vote or to direct the vote: 0
- (iii) Sole power to dispose or to direct the disposition: 224,200
- (iv) Shared power to dispose or to direct the disposition of: 0

Number of shares as to which Carl J. Terranova has:

- (i) Sole power to vote or to direct the vote: 180,700
- (ii) Shared power to vote or to direct the vote: 0
- (iii) Sole power to dispose or to direct the disposition: 180,700
- (iv) Shared power to dispose or to direct the disposition of: 0

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

Not Applicable.

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 Reported on the Parent Holding Company.

Not Applicable.

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

See Exhibit A.

Item 9. Notice of Dissolution of Group.

Not Applicable.

Item 10. Certification.

By signing below, each of the reporting persons hereby certifies that, to the best of its knowledge and belief, the securities referred to above were not acquired and are not being held for the purpose of or with the effect of changing or influencing the control of the issuer of the securities and were not acquired and are not held in connection with or as a participant in any transaction having that purpose or effect.

SIGNATURE

After reasonable inquiry and to the best of the undersigned's knowledge and belief, the undersigned certifies that the information set forth in this statement is true, complete, and correct.

Dated: August 22, 2001

TRUST U/W VINCENT TERRANOVA

By: /s/ Robert Becht

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Name: Robert Becht  
Title: Trustee

/s/ Carl J. Terranova

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Carl J. Terranova

Exhibit Index

Exhibit A - Identification and Classification of Members of the Group.

Identification and Classification of Members of the Group

1. Trust U/W of Vincent Terranova is a trust established under the laws of the State of New York.
2. Carl J. Terranova is an individual.