

SCHEDULE 13G

Amendment No. 1
Natural Alternatives International Incorporated
common stock
Cusip # 638842302

Cusip # 638842302
Item 1:Reporting Person - FMR Corp.
Item 4:Commonwealth of Massachusetts
Item 5:0
Item 6:0
Item 7:0
Item 8:0
Item 9:0
Item 11:0.000%
Item 12: HC

Cusip # 638842302
Item 1:Reporting Person - Edward C. Johnson 3d
Item 4:United States of America
Item 5:0
Item 6:0
Item 7:0
Item 8:0
Item 9:0
Item 11:0.000%
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 7:0
Item 8:None
Item 9:0
Item 11:0.000%
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,
San Marcos, CA 92069

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: 0

(b) Percent of Class: 0.000%

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

(i) sole power to vote or to direct the vote: 0

(ii) shared power to vote or to direct the vote: 0

(iii) sole power to dispose or to direct the disposition of:
0

(iv) shared power to dispose or to direct the disposition of:
0

Item 5. Ownership of Five Percent or Less of a Common Stock.

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 more than five percent 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, 1999 is true, complete and correct.

February 14, 2000
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

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Strategic Advisers, Inc., 82 Devonshire Street, Boston, MA
02109, a wholly-owned subsidiary of FMR Corp. and an investment adviser
registered under Section 203 of the Investment Advisers Act of 1940,
provides investment advisory services to individuals. It does not have
sole power to vote or direct the voting of shares of certain securities
held for clients and has sole dispositive power over such securities.
As such, FMR Corp.'s beneficial ownership may include shares
beneficially owned through Strategic Advisers, Inc.

Members of the Edward C. Johnson 3d family are the predominant
owners of Class B shares of common stock of FMR Corp., representing
approximately 49% of the voting power of FMR Corp. Mr. Johnson 3d owns
12.0% and Abigail Johnson owns 24.5% of the aggregate outstanding
voting stock of FMR Corp. Mr. Johnson 3d is Chairman of FMR Corp. and
Abigail P. Johnson is a Director of FMR Corp. The Johnson family group
and all other Class B shareholders have entered into a shareholders'
voting agreement under which all Class B shares will be voted in
accordance with the majority vote of Class B shares. Accordingly,
through their ownership of voting common stock and the execution of the
shareholders' voting agreement, members of the Johnson family may be
deemed, under the Investment Company Act of 1940, to form a controlling
group with respect to FMR Corp.

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RULE 13d-1(f) (1) AGREEMENT

The undersigned persons, on February 14, 2000, agree and consent
to the joint filing on their behalf of this Schedule 13G in connection
with their beneficial ownership of the common stock of Natural
Alternatives International Incorporated at December 31, 1999.

FMR Corp.

By /s/Eric D. Roiter
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

Edward C. Johnson 3d

By /s/Eric D. Roiter
Eric D. Roiter
Duly authorized under Power of Attorney
dated December 30, 1997, by and on behalf
of Edward C. Johnson 3d

Abigail P. Johnson

By /s/Eric D. Roiter
Eric D. Roiter
Duly authorized under Power of Attorney
dated December 30, 1997, by and on behalf
of Abigail P. Johnson

