SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

OMB APPRC	DVAL
OMB Number:	3235-0287
Estimated average burd	en
hours per response:	0.5

1. Name and Addre	1 0	Person*	2. Issuer Name and Ticker or Trading Symbol NATURAL ALTERNATIVES	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner				
(Last) (First) (Middle)		(Middlo)	_ INTERNATIONAL INC [NAII]	X Officer (give title Other (specify below)				
		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/15/2019	CEO/Chairman				
(Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line)				
CARLSBAD	CA	92008		X Form filed by One Reporting Person				
(City)	(State)	(Zip)	-	Form filed by More than One Reporting Person				
		Table I - Non-Deriv	ative Securities Acquired, Disposed of, or Benefi	icially Owned				

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

1. Title of Security (Instr. 3)			Date	l. Transaction Date Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Disposed Of 5)	Acquired (D) (Instr.	(A) or 3, 4 and	5. Amount of Securities Beneficially Owned Following Reported		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	Transact (Instr. 3	tion(s)		(1130.1.4)
Common	Stock		03/15/	2019		A ⁽¹⁾		25,000 ⁽²⁾	A	\$0	81,	,009	D	
Common	Stock										176	5,500	I	By Self a Trustee for the LeDoux Family Trust U/D/T Decembe 21, 1992
Common	Stock										535	i,000	I	By LeDoux Family Limited Partnersh
Common Stock											69,	416	I	By IRA
Common Stock										7,2	200	I	By Self as Custodiar for Marcelle Jeannette LeDoux	
Common Stock										8	00	I	By Self a Custodian for Jean- Marc Emile LeDoux	
Common Stock										4,(000	I	By Self a Custodian for Aime LeDoux	
		Ta	ble II - Deriva								Owned			<u>.</u>
Derivative Conversion Date Execut Security or Exercise (Month/Day/Year) if any		3A. Deemed Execution Date,	4. Transact Code (In 8)			Exerc	isable and ate ′ear)	7. Title an Amount o Securities Underlyin Derivative Security (and 4)	d f g	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securitie Beneficia Owned Following Reported Transacti (Instr. 4)	e Ownersh s Form: Illy Direct (D or Indirec (I) (Instr.	Benefici Ownersh t (Instr. 4)	

		Та	ble II - Deriva (e.g., p					options,	convertit		lor i	y Owned			
1. Title of Derivative	2. Conversion	3. Transaction	3A. Deemed Execution Date,	Code Transa		€A)NL	um (10))r	Date ExDectisEbler Expiration D		7itītētle Amour	of aSolidiares tof	8. Price of Derivative	9. Number of derivative	10. Ownership	11. Nature of Indirect
Esectantation	of Elespises	s a grant of restricted	if any '	Code	(Instr.	Deriv Secu	vative urities us Incen uired	(Month/Day/		Securi Underl	ties ying	Security (Instr. 5)	Securities Beneficially	Form: Direct (D)	Beneficial Ownership
	8, Security res) o	f the restricted stock				,3(AS)sol Disp	mares) of osed		stock vests on	MSecuri and 4)			Reported	tl (l) (lenstct4)) s	stock vests on
						of (D (Inst and	r. 3, 4			-	-	f on behal			
				<u> </u>		Lana	-,				Doux pur Attorney	r <u>suant to a</u>	<u>03/19/201</u>	<u>.9</u> 	
											v	ing Person	Date		
Reminder: R	eport on a se	parate line for each	class of securities	benefi	cially ov	wned	directly	or indirectly.							
* If the form	is filed by mor	e than one reportir	g person, see Inst	ruction	4 (b)(v)						Amount				
** Intentiona	l misstatemen	ts or omissions of this Form, one of w	acts constitute Fe	eral Cr	iminal \	liolati	ons Se	e 18 U.S.C. 1	001 and 15 l	.S.C. 7	ngr _{a).} Number				
		the collection of										ys a currer	tly valid OMB I	lumber.	