



Fat Grabbers Clinical Study

**Clinical Study Shows Nature's Sunshine
Fat Grabbers® Produces Significant Weight Loss
Provo, Utah -- (Business Wire) -- May 5, 1999 --**

***No Side Effects, Lowered Cholesterol --
Also Reported for All-Natural Product***

Results of clinical trials recently completed in Norway showed that an all-natural weight reduction product, manufactured and marketed by Nature's Sunshine Products, Inc. (NASDAQ: NATR), effectively produced an average weight loss of 16 pounds over a 12-week period for individuals in a test group of 64 participants, the Company reported today.

Nature's Sunshine said that the double-blind study involved its Fat Grabbers® capsule, which consists of a patented, high-fibre herbal combination. "The unique formula has been proven in laboratory tests to trap fat molecules inside the intestinal tract before they can be absorbed into the bloodstream," said Dr. Alvin Segelman, Vice President of Health Services at Nature's Sunshine. "The study supports our view that Fat Grabbers® is simple, safe, and effective. Fat Grabbers® allows fat to be eliminated from the body, and it enables people to lose weight without taking stimulant drugs."

In the study, Fat Grabbers® was administered orally to 22 male and 42 female overweight or obese subjects over a 12-week period. The average weight loss experienced by the Fat Grabbers® group was 16 pounds, whereas the placebo group showed an average weight loss of only 8 pounds. In addition to weight loss, subjects experienced a total cholesterol reduction of 0.53 mmol/l with Fat Grabbers®, compared to 0.38 mmol/l in the study's placebo group. Conclusively, the Fat Grabbers® group experienced an 81% weight reduction due to fat loss, with a minimum loss of water and lean muscle tissue when consuming the product three times per day complemented with light exercise and a low-fat diet.

In addition, Nature's Sunshine reported, Fat Grabbers® significantly reduced hunger pangs in trial subjects. No side effects were reported, and there was wide tolerance of the product for the duration of the trials, as 97% of the test group completed the study. Further studies are underway to determine the long-term efficacy and tolerability of Fat Grabbers®.

The recent study was conducted in Norway by Dr. Erling Thom. Dr. Thom received his Ph.D. in biochemistry from the University of Oslo in 1966 and has 25 years of expertise in clinical trial management. He currently works as the head of clinical operations in the Parexel Medstat Region to build clinical operation units in Nordic countries. Dr. Thom's research has been published extensively, including several reports on weight-loss strategies and vitamin supplements.

Nature's Sunshine Products, founded in 1972, is a direct selling company that is a leader in manufacturing and marketing tableted and encapsulated herbal products, high quality natural vitamins, food supplements, skin care and other complementary products. The Company operates in 18 countries throughout the world and maintains exclusive distribution agreements with selected companies in Australia, New Zealand, Malaysia, and Norway.

Statements in this press release concerning the Company's business outlook or future economic performance, anticipated profitability, revenues, expenses or other financial items; and product line growth, together with other statements that are not historical facts, are "forward-looking statements" as that term is defined under Federal Securities Laws. "Forward-looking statements" are subject to risks, uncertainties and other factors which could cause actual results to differ materially from those stated in such statements. Such risks, uncertainties and factors include, but are not limited to, foreign business risks, industry cyclicality, fluctuations in customer demand and order pattern, the seasonal nature of the business, changes in pricing, and general economic conditions, as well as other risks detailed in the Company's filings with the Securities and Exchange Commission.