

True Nature Holding, Inc.  
Form 8-K  
March 18, 2019

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**UNITED STATES**

**SECURITIES AND EXCHANGE COMMISSION**

**Washington, D.C. 20549**

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**FORM 8-K**

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**CURRENT REPORT**

**Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934**

Date of Report (Date of earliest event Reported): **March 18, 2019**

**TRUE NATURE HOLDING, INC.**

(Exact name of registrant as specified in its charter)

**Delaware**

(State or other Jurisdiction of Incorporation)

**000-53601**

(Commission File Number)

**87-0496850**

(IRS Employer Identification No.)

**1355 Peachtree Street, Suite 1150**

**Atlanta, GA 30309**

(Address of Principal Executive Offices) (Zip Code)

**(844) 383-8689**

(Registrant's telephone number, including area code)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

**Item 7.01 Regulation FD Disclosure**

On Monday, March 18, 2019 the Company published a press release with information from an interview with its President, Mr. James Crone. The actual interview is available on the Company's web site at [www.truenatureholding.com](http://www.truenatureholding.com) . The actual press release can be found in Exhibit 99.1 of this document.

**Item 9.01 Exhibits**

<b>Exhibit Number</b>	<b>Description</b>
99.1	<u>Press Release dated March 18, 2019</u>

**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

**TRUE  
NATURE  
HOLDING  
INC.**

Dated: March 18, 2019 By: */s/ James  
Crone*  
Name: James  
Crone  
President  
and  
Title: Interim  
Chief  
Financial  
Officer