BELANGER TIMOTHY E

Form 4

February 12, 2003

SEC Form 4

FORM 4

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

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility

Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL

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1. Name and Address of Reporting 2. Issuer Name 4. Statement for 6. Relationship of Reporting Person(s) Person' and Ticker or Trading (Month/Day/Year to Issuer Belanger, Timothy E. Symbol (Check all applicable) 02/11/2003 **Natural Alternatives** Director _ 10% Owner (Last) (First) X Officer (give title below) (Middle) International _ Other NAII (specify below) 1185 Linda Vista Drive 5. If Amendment, Suite 200 Date of Original Description Sr. VP Sales & 3. I.R.S. Identification (Month/Day/Year) Marketing Number of Reporting (Street) Person, if an entity San Marcos, CA 92069 (voluntary) 7. Individual or Joint/Group Filing (Check Applicable Line) (City) (State) (Zip) X Form filed by One Reporting Person Form filed by More than One Reporting Person

		Table I	- Non-Deriva	tive Sec	urit	ies Acquir	ed, Di	sposed	of, or Beneficiall	y Owned			
1. Title of Security (Instr. 3)	2.Transaction Date (Month/Day/Y	Exec	2A. Deemed Execution Date, if any (Month/Day/Year)		actio de tr.	4. Securit n(A) or Dis (Instr. 3	sposed	d Of (D)	Of (D) d 5) Securities Beneficially Owned Following		7. Nature of Indirect Beneficity Owners	sial ship	_
					V	Amount	A/D	Price	Reported Transaction(s) (Instr. 3 and 4)	or Indirect (I) (Instr. 4)	(Instr. 4)		
Common Stock	02/11/2003			Р		1,000	Α	\$3.60	3,000	D			
				Tal	ole I				Acquired, Disporants, co		•	Owned	
1. Title of Derivative Security (Instr. 3)	Exercise Price of Deri- vative Day/ Executi Date Date, if any		n Deemed Execution Date, if any (Month/	Code		5. Number ion of Derivative Securities Acquired (A) or Disposed		6. Date Exercisable(DE) and Expiration Date(ED) (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr.5)	9. Numbe Derivat Securiti Benefic Owned Followi Reporte Transac

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		Year)			Of (D) (Instr. 3, 4 and 5)						(Instr.4)
			Code	٧	Α	D	DE	ED	Title	Amount or Number of Shares	
Common Stock Options	\$2.07						05/31/2005	05/31/2007	Common Stock Options	30,000	\$

Explanation of Responses:

By:	Date:

02/11/2003

/s/ Timothy E. Belanger

Sr. VP. Sales & Marketing

** Signature of Reporting Person SEC 1474 (9-02)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not

required to respond unless the form displays a currently valid OMB Number.

^{*} If the form is filed by more than one reporting person, see Instruction 4(b)(v).

^{**} Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).