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NATURAL ALTERNATIVES INTERNATIONAL INC

Form 4

September 10, 2008

FORM 4	UNITED STATES SECURITIES AND EXCHANGE COMMISSION
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OMB APPROVAL

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obligations

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

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading LEDOUX MARK A Issuer Symbol NATURAL ALTERNATIVES (Check all applicable) INTERNATIONAL INC [NAII] (Last) (First) (Middle) 3. Date of Earliest Transaction _X_ Director X__ 10% Owner _X__ Officer (give title _ Other (specify (Month/Day/Year) below) 1185 LINDA VISTA DR 09/08/2008 CEO/Chairman (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting SAN MARCOS, CA 92078 Person

(City)	(State)	(Zip) Tab	ole I - Non-	Derivative	Secui	rities Acq	uired, Disposed	of, or Benefic	ially Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)				of (D)	5. Amount of Securities Ownership Beneficially Form: Owned Direct (D) Following or Indirect Reported (I) Transaction(s) (Instr. 4) (Instr. 3 and 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	09/08/2008		Code V F	Amount 22,933 (1)	(D) D (1)	Price \$ 7.5 (1)	102,243	D	
Common Stock	09/08/2008		M	30,000 (1)	A (1)	\$ 5.588 (1)	132,243	D	
Common Stock							575,851	I	By LeDoux Family Limited Partnership
Common Stock							800	I	By self as Custodian

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			for Jean-Marc Emile LeDoux
Common Stock	40,000	I	By IRA
Common Stock	28,000	I	By 401(k) Plan
Common Stock	800	I	By self as Custodian for Jeannette LeDoux
Common Stock	171,951	I	By self as Trustee for Marie Altmann LeDoux Family Trust
Common Stock	29,459	I	By self as Trustee for the LeDoux Family Trust, U/D/T December 21, 1992
Reminder: Report on a separate line for each class of securities benefic		-11£	CEC 1474
	Persons who respond to the colle information contained in this form		SEC 1474 (9-02)

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

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	ercise of ative	3A. Deemed Execution Date, if any (Month/Day/Year)	4. 5. Number of TransactiorDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		Underlyin	7. Title and Amount Underlying Securitie (Instr. 3 and 4)		
				Code '	V (A)	(D)	Date Exercisable	Expiration Date	Title	Amour or Numbe

Incentive Stock Option (right to buy)	\$ 5.588	09/08/2008	M	23,630	(2)	09/08/2008	Common Stock	23,63
Nonqualified Stock Option (right to buy)	\$ 5.588	09/08/2008	M	6,370	(2)	09/08/2008	Common Stock	6,37

of Sha

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
LEDOUX MARK A 1185 LINDA VISTA DR SAN MARCOS, CA 92078	X	X	CEO/Chairman				

Signatures

/s/ Ken Wolf on behalf of Mr. LeDoux under a Power of
Attorney 09/10/2008

**Signature of Reporting Person Date

Explanation of Responses:

- * 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).
- Represents the exercise of incentive and nonqualified stock options. The exercise was accomplished using a form of cashless, net exercise whereby Mr. LeDoux provided an attestation to the Company as to his ownership of a sufficient number of shares of common stock of the Company to pay the aggregate exercise price and applicable federal and state tax withholdings based on the last reported sale price for the
- (1) Company to pay the aggregate exercise price and applicable federal and state tax withholdings based on the last reported sale price for the common stock as reported by Nasdaq on September 8, 2008, which shares were deemed to be "surrendered" to the Company as payment for the exercise price. The actual number of new shares issued to Mr. LeDoux was equal to the difference between the number of shares underlying the options exercised and the shares deemed to have been surrendered.
- (2) The securities vested 34% on September 8, 2004 and 66% on April 27, 2005.

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.

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