NATURAL ALTERNATIVES INTERNATIONAL INC Form SC 13D/A August 23, 2006

SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

SCHEDULE 13D

(Rule 13d-101)

INFORMATION TO BE INCLUDED IN STATEMENTS FILED PURSUANT TO RULE 13d-1(a) AND AMENDMENTS THERETO FILED PURSUANT TO RULE 13d-2(a)

(Amendment No. 4)*

Natural Alternatives International, Inc.

(Name of Issuer)

Common Stock \$.001 Par Value

(Title of Class of Securities)

638842302

(CUSIP Number)

Robert Becht, P.O. Drawer H, Valley Cottage, New York 10989 (845) 268-6828

(Name, Address and Telephone Number of Person Authorized to Receive Notices and Communications)

August 16, 2006

(Date of Event which Requires Filing of this Statement)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition that is the subject of this Schedule 13D, and is filing this schedule because of Rule 13d-1(e), 13d-1(f) or 13d-1(g), check the following box $|_{|}$.

*The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter the disclosures provided in a prior cover page.

Note. Schedules filed in paper format shall include a signed original and five copies of the schedule, including all exhibits. See Rule 13d-7 for other parties to whom copies are to be sent.

(Continued on following pages)

(Page 1 of 7 Pages)

CUSIP	No. 6388	42302	13D	Page 2 of	7 P	ages	
1			ING PERSONS ICATION NOS. OF ABOVE PERSONS (ENTITIES ON	LY)			
	Carl J.	Terran	ova				
2	СНЕСК ТН	E APPF	OPRIATE BOX IF A MEMBER OF A GROUP*			X _	
3	SEC USE	EC USE ONLY					
4	SOURCE C	F FUND					
	PF						
5			ISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED EMS 2(d) OR 2(e)			_	
6	CITIZENS	HIP OF	PLACE OF ORGANIZATION				
	United S	tates					
		7	SOLE VOTING POWER				
			522,900				
NUMBER OF SHARES		8	SHARED VOTING POWER				
BENE	BENEFICIALLY OWNED BY		0				
E.	ACH ORTING	9	SOLE DISPOSITIVE POWER				
PE	RSON		522,900				
WITH		10	SHARED DISPOSITIVE POWER				
			0				
11	AGGREGAT	E AMOU	NT BENEFICIALLY OWNED BY EACH REPORTING PE	RSON			
	522,900						
12	СНЕСК ВС	 X IF 1	THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES C	ERTAIN SHA	 ∖RES*	_	
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)						
	7.95%						
14	TYPE OF REPORTING PERSON*						
	IN						
			*SEE INSTRUCTIONS BEFORE FILLING OUT!				

CUSIP	No. 6388	42302	13D	Page 3 of	7 Pa	ages	
1			ING PERSONS ICATION NOS. OF ABOVE PERSONS (ENTITIES ON)	ΥY)			
	Thomas H	. Hans	en				
2	СНЕСК ТН	E APPR	OPRIATE BOX IF A MEMBER OF A GROUP*			X _	
3	SEC USE	SE ONLY					
4	SOURCE O	F FUND	S*				
	PF						
5			ISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED EMS 2(d) OR 2(e)			_	
6	CITIZENSHIP OR PLACE OF ORGANIZATION						
	United S	tates					
		7	SOLE VOTING POWER				
			209,300				
SH	BER OF ARES FICIALLY ED BY ACH ORTING RSON	8	SHARED VOTING POWER				
		 9	SOLE DISPOSITIVE POWER				
REP PE			209,300				
W	ITH	 10	SHARED DISPOSITIVE POWER				
			0				
11	AGGREGAT	e amou	NT BENEFICIALLY OWNED BY EACH REPORTING PE	RSON			
	209,300						
12	CHECK BO	X IF T	HE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CH		RES*	_	
13	PERCENT	OF CLA	SS REPRESENTED BY AMOUNT IN ROW (11)				
	3.18%						
14	TYPE OF	REPORT	ING PERSON*				
	IN						

3

*SEE INSTRUCTIONS BEFORE FILLING OUT!

This Amendment No. 4 (this "Amendment") amends the Schedule 13D filed with the Securities and Exchange Commission (the "Commission") on November 5, 2001, as amended by Amendment No. 1 filed on December 6, 2001 and further amended by Amendments No. 2 and 3, filed on May 7, 2004 and on June 8, 2005, respectively, by the Trust U/W of Vincent Terranova, Carl J. Terranova and Thomas H. Hansen, relating to the common stock, \$.001 par value (the "Common Stock"), of Natural Alternatives International, Inc., a Delaware corporation (the "Company"). Capitalized terms used and not defined herein shall have the meanings attributed to them in the Schedule 13D.

Item 3: Source and Amount of Funds or Other Consideration.

The information set forth in the second paragraph of Item 3 of the Schedule 13D is hereby amended by replacing said paragraph with the following information:

The aggregate amount of funds used by Carl J. Terranova to acquire Shares purchased by Mr. Terranova since the filing of the previously filed Schedule 13D amendment was \$1,099,437. Such amount was paid out of the personal funds of Mr. Terranova.

The aggregate amount of funds used by Thomas H. Hansen to acquire Shares purchased by Mr. Hansen since the filing of the previously filed Schedule 13D amendment was \$131,838. Such amount was paid out of the personal funds of Mr. Hansen.

Item 5: Interest in Securities of the Issuer.

The information set forth in the second sentence of each of subparagraphs (a) and (b) of Item 5 of the Schedule 13D is hereby amended by replacing said sentences with the following information:

(a) Carl J. Terranova beneficially owns 522,900 shares of Common Stock, representing approximately 7.95% of the total Common Stock outstanding. Thomas H. Hansen beneficially owns 209,300 shares of Common Stock, representing approximately 3.18% of the total Common Stock outstanding.

(b) Carl J. Terranova has the sole power to vote and the sole power to dispose of 522,900 shares of Common Stock. Thomas H. Hansen has the sole power to vote and sole power to dispose of 209,300 shares of Common Stock.

The information set forth in subparagraph (c) of Item 5 of the Schedule 13D is hereby amended and supplemented with the following information:

(c) The following is a list of all transactions in shares of Common Stock made by Mr. Terranova in the last sixty days. All such transactions were open market purchases:

	Number of		
Date	Shares	1	Price
8/3/06	10,000	\$	9.20
8/4/06	16,000	\$	9.03
8/8/06	4,500	\$8	.8986
8/9/06	33,000	\$	9.27

8/11/06	10,000	\$ 8.90
8/14/06	13,200	\$ 8.72
8/15/06	2,000	\$ 8.03
8/15/05	3,300	\$ 8.53
8/16/06	13,000	\$ 7.93
8/21/06	18,000	\$ 9.20

The following is a list of all transactions in shares of Common Stock made by Mr. Hansen in the last sixty days. All such transactions were open market purchases made on August 18, 2006:

Number	
of Shares	Price
5,000	\$ 9.205
3,400	\$ 8.165
6,600	\$8.7957

Item 7. Material to be Filed as Exhibits

The information set forth in Item 7 of the Schedule 13D is hereby amended and supplemented with the following:

1. Joint Filing Agreement.

Signatures

After reasonable inquiry and to the best of the knowledge and belief of the undersigned, the undersigned certify that the information set forth in this statement is true, complete and correct.

August 21, 2006

TRUST U/W OF VINCENT TERRANOVA

By: /s/ Robert Becht

Name: Robert Becht Title: Trustee

/s/ Carl J. Terranova

Carl J. Terranova

/s/ Thomas H. Hansen ------Thomas H. Hansen

Exhibit 1

Agreement regarding joint filing under Rule 13d-1(k) of the Exchange Act

In accordance with Rule 13d-1(k) under the Securities Exchange Act of 1934, as amended, each of the undersigned agrees to the filing on behalf of each of a statement on Schedule 13D, and all amendments thereto trustees with respect

to the shares of common stock of Natural Alternatives, Inc.

Dated: August 21, 2006

TRUST U/W OF VINCENT TERRANOVA

By: /s/ Robert Becht

Name: Robert Becht Title: Trustee

/s/ Carl J. Terranova Carl J. Terranova

/s/ Thomas H. Hansen

Thomas H. Hansen