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ACCOUNT NO. : 072100000032

REFERENCE : 964022 7370990

AUTHORIZATION :

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ORDER DATE: March 12, 2003

ORDER TIME : 11:16 AM

ORDER NO. : 964022-005

CUSTOMER NO: 7370990

CUSTOMER: Mark D. Woodburn

Natural Health Trends Corp. 5605 North Macarthur Blvd.

11th Floor

Irving, TX 75038

DOMESTIC AMENDMENT FILING

NAME: NATURAL HEALTH TRENDS CORP.

EFFECTIVE DATE: MARCH 18, 2003

XX ARTICLES OF AMENDMENT RESTATED ARTICLES OF INCORPORATION

PLEASE RETURN THE FOLLOWING AS PROOF OF FILING:

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CERTIFICATE OF GOOD STANDING

CONTACT PERSON: Amanda Haddan -- EXT# 1155

EXAMINER'S INITIALS:

ARTICLES OF AMENDMENT TO ARTICLES OF INCORPORATION OF NATURAL HEALTH TRENDS CORP.

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ration attorney

Pursuant to the provisions of section 607.1006, Florida Statutes, this Florida profit corporation following articles of amendment to its articles of incorporation:

FIRST: Article IV is hereby amended by inserting the following paragraph after the first paragraph of Article IV:

Each one hundred (100) shares of the Corporation's common stock, \$.001 par value per share, issued and outstanding as of the close of business on the date this Articles of Amendment is filed, shall be converted into one (1) share of the Corporation's common stock, \$.001 par value per share, so that each share of the corporation's common stock issued and outstanding is hereby converted and reclassified. No fractional interests resulting from such conversion shall be issued, but in lieu thereof, shareholders who ostensibly would be entitled to receive fractional shares because they hold a number of shares not evenly divisible by one hundred (100) will be entitled, upon surrender to the Exchange Agent of certificates representing such shares, to receive one (1) additional share of common stock for any fractional share they may be entitled to.

SECOND: The date of amendment's adoption: March 11, 2003

THIRD: Adoption of Amendment(s) (CHECK ONE)

\boxtimes	The amendment(s) was/were approved by the shareholders. The number of votes cast for the amendment(s) was/were sufficient for approval.	
	The amendment(s) was/were approved by the shareholders through voting groups. The following statement must be separately provided for each voting group entitled to vote separately on the amendment(s):	
	"The number of votes cast for the amendment(s) was/were sufficient for approval by"	
	(voting group)	
	The amendment was adopted by the board of directors on, 2003 without shareholder action and shareholder action was not required.	
	The amendment(s) was/were adopted by the incorporators without shareholder action and shareholder action was not required.	

FOURTH: The amendment to the articles of incorporation does not adversely affect the rights or preferences of the holders of outstanding shares of any class or series and does not result in the percentage of authorized shares that remain unissued after the division or combination exceeding the percentage of authorized shares that were unissued before the division or combination.

FIFTH: This amendment shall become effective on March 18, 2003.

Signed this 11th day of March, 2003

Mark D Woodburn
President and Chief Financial
Officer