HASTINGS CARL W Form 4

January 12, 2005

# FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB Number:

3235-0287

Expires:

January 31, 2005

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**OMB APPROVAL** 

response...

if no longer subject to Section 16. Form 4 or Form 5 obligations

Check this box

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

(Print or Type Responses)

1(b).

(Last)

(City)

1. Name and Address of Reporting Person \* HASTINGS CARL W

2. Issuer Name and Ticker or Trading Symbol

Issuer

5. Relationship of Reporting Person(s) to

below)

RELIV INTERNATIONAL INC

(Check all applicable)

[RELV]

3. Date of Earliest Transaction

Director 10% Owner X\_ Officer (give title Other (specify

Vice President

(Month/Day/Year) 12/31/2004

136 CHESTERFIELD INDUSTRIAL BOULEVARD

(First)

(Street)

(State)

(Middle)

(Zip)

4. If Amendment, Date Original

Applicable Line)

Filed(Month/Day/Year)

\_X\_ Form filed by One Reporting Person Form filed by More than One Reporting

6. Individual or Joint/Group Filing(Check

Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

CHESTERFIELD, MO 63005

	Tuble 1 110h Berryanye Securities required, Bisposed of, or Benericany Symed							
1. Title of 2. Transaction Date 2A. Deemed 3. 4. Securities	3. 4. Securities Acquired		6. Ownership	7. Nature of				
Security (Month/Day/Year) Execution Date, if Transaction(A) or Disp	osed of	Securities	Form: Direct	Indirect				
(Instr. 3) any Code (D)	Code (D)		(D) or	Beneficial				
(Month/Day/Year) (Instr. 8) (Instr. 3, 4 a	and 5)	Owned	Indirect (I)	Ownership				
		Following	(Instr. 4)	(Instr. 4)				
,	( <b>.</b> )	Reported						
	(A)	Transaction(s)						
	or D:	(Instr. 3 and 4)						
`	(D) Price							
Common $12/31/2004$ $J_{(1)}^{(1)}$ V 277 A	<b>Δ</b> \$	1,122,368	D					
Stock $\frac{12/31/2004}{}$	8.57	1,122,300	D					
Common $01/07/2005$ $G^{(2)}$ V 8,620 D	0 \$ 0	1.113.748	D					
Stock 01/01/2003 0 0 0,020 E	<b>υ</b> ψ 0	1,113,740	D					

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Title	and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration D	ate	Amoun	t of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Underly	ying	Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securit	ies	(Instr. 5)	Bene
	Derivative				Securities			(Instr. 3	3 and 4)		Own
	Security				Acquired						Follo
	•				(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									A manuat		
									Amount		
						Date	Expiration		Or Number		
						Exercisable	Date		Number		
				C + V	(A) (D)				of		
				Code V	(A) (D)				Shares		

# **Reporting Owners**

Relationships Reporting Owner Name / Address Officer 10% Owner Other Director

HASTINGS CARL W Vice 136 CHESTERFIELD INDUSTRIAL BOULEVARD President CHESTERFIELD, MO 63005

### **Signatures**

Carl Hastings 01/12/2005 \*\*Signature of Date Reporting Person

### **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).
- Exempt purchase through Company's 401(k) Plan, 201,610 shares owned in Plan as of 12/31/04.
- (2) Price ommitted pursuant to Release 8.6, due to the nature of the disposition being a gift

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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