

Crone James Philip
Form 3
November 02, 2018

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *	2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol
Â Crone James Philip	(Month/Day/Year)	True Nature Holding, Inc. [TNTY]
(Last) (First) (Middle)	10/15/2018	
1355 PEACHTREE STREET,Â SUITE 1150		4. Relationship of Reporting Person(s) to Issuer
(Street)		5. If Amendment, Date Original Filed(Month/Day/Year)
		(Check all applicable)
ATLANTA,Â GAÂ 30309		<input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below) Pres, Interim CFO, Sec, Dir
(City) (State) (Zip)		6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock, par value \$0.01 per share	100,000 ⁽¹⁾	D	Â
Common Stock, par value \$0.01 per share	600,000 ⁽²⁾	D	Â

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

SEC 1473 (7-02)

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of	5. Ownership Form of Derivative	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Derivative Security	Security: Direct (D) or Indirect (I) (Instr. 5)
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Crone James Philip 1355 PEACHTREE STREET SUITE 1150 ATLANTA, GA 30309	Â X	Â	Â Pres, Interim CFO, Sec, Dir	Â

Signatures

/s/ James Philip
Crone

11/02/2018

__Signature of
Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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).
- (1) On September 28, 2018, Mr. Crone was issued 100,000 shares of restricted common stock as compensation for his services as a member of the Advisory Board. These shares are not subject to vesting condition or performance requirements.
- (2) On October 15, 2018, Mr. Crone was awarded in the aggregate 600,000 shares (the "Shares") of restricted common stock in connection with that certain Employment Agreement (the "Agreement") entered into with True Nature Holding Inc., a Delaware corporation (the "Company"), subject to certain vesting requirements. Mr. Crone shall earn 200,000 of the Shares upon his employment with the Company for 30 days from the effective date of the Agreement; 200,000 of the Shares shall be earned upon his employment with the Company for 90 days from the effective date of the Agreement; and 200,000 of the Shares upon the Company's completion of a capital raise of \$2,000,000.

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.