

True Nature Holding, Inc.  
Form 3  
June 15, 2016

# 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 \*

Driscoll James Michael  
(Last) (First) (Middle)

34 BALL MILL PLACE

(Street)

SANDY  
SPRINGS, GA 30350

(City) (State) (Zip)

2. Date of Event Requiring Statement

(Month/Day/Year)  
06/13/2016

3. Issuer Name and Ticker or Trading Symbol  
True Nature Holding, Inc. [TNTY]

4. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

☒ Director ☐ 10% Owner  
☒ Officer ☐ Other  
(give title below) (specify below)  
CEO

5. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
☒ Form filed by One Reporting Person  
☐ 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)

True Nature Holdings

200,000

D

^

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

SEC 1473 (7-02)

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### 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 Derivative Security

5. Ownership Form of Derivative Security:  
Direct (D)  
or Indirect

6. Nature of Indirect Beneficial Ownership  
(Instr. 5)

Date Exercisable

Expiration Date

Title

Amount or Number of

# Edgar Filing: True Nature Holding, Inc. - Form 3

				Shares		(I) (Instr. 5)	
True Nature Holdings option	06/08/2016	Â (1)	True Nature Holdings Common	250,000	\$ 1	D	Â
True Nature Holdings option	05/31/2017	Â (1)	True Nature Holdings Common	250,000	\$ 1.5	D	Â
True Nature Holdings option	05/31/2018	Â (1)	True Nature Holdings Common	250,000	\$ 2	D	Â
True Nature Holdings option	05/31/2019	Â (1)	True Nature Holdings Common	250,000	\$ 2.5	D	Â

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Driscoll James Michael 34 BALL MILL PLACE SANDY SPRINGS, GA 30350	Â X	Â	Â CEO	Â

## Signatures

/s/ James Driscoll 06/14/2016

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) The Non-Qualified Stock Option Agreement between True Nature and James Driscoll does not provide for an expiration date, only eventualities in the case of a sale of the company, termination, death or disability.

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### Remarks:

First, I purchased 100,000 shares from Rick Smyth in a private sale. Second, I was awarded 100,000 shares.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *See* Instruction 6 for procedure.

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