

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

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FORM 8-K  
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CURRENT REPORT

Pursuant to Section 13 or 15(d) of  
The Securities Exchange Act of 1934

Date of Report (Date of Earliest Event Reported):  
May 29, 2003  
USANA HEALTH SCIENCES, INC.

(Exact name of registrant as specified in its charter)

Commission File No. 0-21116

Utah  
(State or other jurisdiction of  
incorporation)

87-0500306  
(IRS Employer Identification  
Number)

3838 West Parkway Boulevard  
Salt Lake City, Utah 84120  
(Address of principal executive offices, Zip Code)

Registrant's telephone number, including area code: (801) 954-7100

Former name or former address, if changed since last report: Not Applicable

Item 9. Regulation FD Disclosure

On May 28, 2003, USANA Health Sciences, Inc. announced to distributors the definitive date of the company's opening in Korea. On May 29, 2003, the company issued a press release to disclose that it would open its Korean operations on July 14, 2003, consistent with the company's earlier statements that the opening would occur during the third quarter of fiscal year 2003. A copy of the press release is furnished herewith as Exhibit 99.1 to this Form 8-K and is incorporated herein by reference.

The information in this Current Report is being furnished and shall not be deemed "filed" for the purposes of Section 18 of the Securities and Exchange Act of 1934, as amended, or otherwise subject to the liabilities of that Section. The information in this Current Report shall not be incorporated by reference into any registration statement or other document pursuant to the Securities Act of 1933, as amended. The furnishing of the information in this Current Report is not intended to, and does not, constitute a representation that such furnishing is required by Regulation FD or that the information this Current Report contains is material investor information that is not otherwise publicly available.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

USANA HEALTH SCIENCES, INC.

By: /s/ Gilbert A. Fuller

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Gilbert A. Fuller, Chief Financial Officer

Date: June 2, 2003

For more information contact: Riley Timmer  
USANA Health Sciences, Inc.  
Investor Relations Analyst  
(801) 954-7100  
investor.relations@us.usana.com

#### USANA Announces Official Date For Entering Korea

May 29, 2003 -- USANA Health Sciences, Inc., (NASDAQ: USNA) announces definitive plans to open its full-service, South Korean headquarters and walk-in distribution center in Seoul on July 14, 2003.

Commenting on the announcement, Dave Wentz, President of USANA, said, "We're pleased that the preparations for this market launch have progressed smoothly enough for us to open the market in the front end of our previously announced window. We are excited about the enthusiasm we are seeing from our Associates as they anticipate the opening of the Korean market.

"South Korea will be the 10th country where USANA products are sold and distributed," Mr. Wentz continued. "According to the World Federation of Direct Selling Associations, South Korea represents the third largest market for direct sales, with yearly revenues in excess of \$4.6 billion in 2002."

USANA develops and manufactures high quality nutritional, personal care, and weight management products that are sold directly to Preferred Customers and Associates throughout the United States, Canada, Australia, New Zealand, Hong Kong, Japan, Taiwan and the United Kingdom. More information on USANA can be found at <http://www.usanahealthsciences.com>.

This press release contains forward-looking statements within the meaning of Section 27A of the Securities Act and Section 21E of the Securities Exchange Act. Actual results could differ materially from those projected in the

forward-looking statements, which involve a number of risks and uncertainties, including reliance upon the Company's independent Associate network, government regulation of products, manufacturing and marketing, and risks associated with international expansion. These statements and the other contents of this release should be considered in conjunction with the warnings and cautionary statements contained in USANA's most recent filings with the Securities and Exchange Commission on Forms 10-Q and 10-K.