

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):

June 24, 2003

USANA HEALTH SCIENCES, INC.

(Exact name of registrant as specified in its charter)

Commission File No. 0-21116

Utah	87-0500306
(State or other jurisdiction of incorporation)	(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 June 24, 2003, USANA Health Sciences, Inc. issued a press release updating its estimate for sales and earnings per share for the second quarter of fiscal 2003. The press release dated June 24, 2003 updated the previous sales and earnings per share guidance provided by the company in a press release dated April 15, 2003, previously furnished on Form 8-K. A copy of the press release dated June 24, 2003 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 25, 2003

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

For Immediate Release

USANA Expects Second Quarter Sales and Earnings to Exceed Earlier Forecast

SALT LAKE CITY, June 24, 2003--USANA Health Sciences, Inc. (NASDAQ: USNA) announced today that, based upon preliminary estimates, it currently expects sales and earnings per share for the second quarter ending June 28, 2003 to exceed the Company's earlier guidance.

The Company now expects that second quarter sales will approach \$47 million and earnings per share will be in the range of \$0.38 to \$0.40. Initial guidance for the second quarter was for sales to approximate \$42 million and earnings per share to be in the range of \$0.34 to \$0.36.

Gilbert A. Fuller, Chief Financial Officer, said, "Strong top-line growth of about 47 percent year-over-year is driving the increased earnings. We estimate that earnings per share for the quarter will be up as much as 150 percent year-over-year and up about 18 percent compared to the first quarter of 2003. Sales continue to grow in each of our markets, with this quarter representing the fourth consecutive quarter of record sales."

USANA plans to announce its second quarter earnings along with new guidance for the third quarter and for the year on July 15, 2003; executives will hold a conference call with investors on July 16, 2003, to provide an update.

USANA develops and manufactures high quality nutritionals, 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. Those statements include the statements that (1) "it currently expects sales and earnings per share for the second quarter ending June 28, 2003 to exceed the Company's earlier guidance," (2) "The Company now expects that second quarter sales will approach \$47 million and earnings per share will be in the range of \$0.38 to \$0.40," (3) "Strong top-line growth of about 47 percent year-over-year is driving the increased earnings," and (4) "that earnings per share for the quarter will be up as much as 150 percent year-over-year and up about 18 percent compared to the first quarter of 2003." The 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.