

OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person * <u>WENTZ MYRON W</u> <hr/> (Last) (First) (Middle) C/O USANA HEATH SCIENCES, INC. 3838 WEST PARKWAY BLVD <hr/> (Street) SALT LAKE CITY UT 84120 <hr/> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>USANA HEALTH SCIENCES INC [ USNA ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director <input checked="" type="checkbox"/> 10% Owner Officer (give title below) Other (specify below)
	3. Date of Earliest Transaction (Month/Day/Year) <u>12/13/2023</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) Form filed by One Reporting Person <input checked="" type="checkbox"/> Form filed by More than One Reporting Person

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	12/13/2023		G		102,000	D	\$0	7,883,743	I <sup>(1)</sup>	Shares owned of record by Gull Global Limited <sup>(1)</sup>

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					

1. Name and Address of Reporting Person * <u>WENTZ MYRON W</u> <hr/> (Last) (First) (Middle) C/O USANA HEATH SCIENCES, INC. 3838 WEST PARKWAY BLVD <hr/> (Street) SALT LAKE CITY UT 84120 <hr/> (City) (State) (Zip)		
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1. Name and Address of Reporting Person \*

[Gull Global Ltd](#)

(Last) (First) (Middle)

PO BOX N-4899, 2/F BAHAMAS FINANCIAL CTR  
SHIRLEY & CHARLOTTE STREETS

(Street)

NASSAU C5 BH1-1000

(City) (State) (Zip)

**Explanation of Responses:**

1. The holder of record of the shares of Common Stock disposed of is Gull Global Limited, an entity wholly indirectly owned and controlled by Dr. Myron W. Wentz. Gull Global Limited is directly owned 50% by Viron Company Limited and 50% by Myogen Limited, each of which is a company formed under the Commonwealth of the Bahamas and is wholly indirectly owned and controlled by Dr. Wentz.

[Myron W. Wentz /s/ Valarie A. Hing, Attorney-in-Fact](#) [12/14/2023](#)

[GULL GLOBAL LIMITED /s/ Valarie A. Hing, Attorney-in-Fact](#) [12/14/2023](#)

\*\* Signature of Reporting Person Date

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

\* 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).

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

**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 Number.**