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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

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**SCHEDULE 14A**

**Proxy Statement Pursuant to Section 14(a) of the Securities Exchange Act of 1934**

**(Mark One)**

**Filed by the Registrant**

**Filed by a Party other than the Registrant**

**Check the appropriate box:**

- Preliminary Proxy Statement  
 Confidential, For use of the Commission Only (as permitted by Rule 14a-6(c)(2))  
 Definitive Proxy Statement  
 Definitive Additional Materials  
 Soliciting Material Pursuant to § 240.14a-12

**USANA HEALTH SCIENCES, INC.**

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**(Name of Registrant as Specified in its Charter)**

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(Name of Person(s) Filing Proxy Statement, if Other Than the  
Registrant)

Payment of Filing Fee (Check the appropriate box):

- No fee required.  
 Fee paid previously with preliminary materials.  
 Fee computed on table in exhibit required by Item 25(b) per Exchange Act Rules 14a-6(i)(1) and 0-11.

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

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# Your Vote Counts!

USANA HEALTH SCIENCES, INC.

2024 Annual Meeting

Vote by May 5, 2024 11:59 PM ET. For shares held in a Plan,  
vote by May 1, 2024 11:59 PM ET.

USANA HEALTH SCIENCES, INC.  
47TH FLOOR SUITES  
350 W. PARKWAY SOUTH  
SALT LAKE CITY, UT 84103



V35460-702567

## You invested in USANA HEALTH SCIENCES, INC. and it's time to vote!

You have the right to vote on proposals being presented at the Annual Meeting. **This is an important notice regarding the availability of proxy material for the shareholder meeting to be held on May 6, 2024.**

### Get informed before you vote

View the Notice and Proxy Statement and Annual Report online OR you can receive a free paper or email copy of the material(s) by requesting prior to April 22, 2024. If you would like to request a copy of the material(s) for this and/or future shareholder meetings, you may (1) visit [www.ProxyVote.com](http://www.ProxyVote.com), (2) call 1-800-579-1639 or (3) send an email to [sendmaterial@proxyvote.com](mailto:sendmaterial@proxyvote.com). If sending an email, please include your control number (indicated below) in the subject line. Unless requested, you will not otherwise receive a paper or email copy.



For complete information and to vote, visit [www.ProxyVote.com](http://www.ProxyVote.com)

Control #

#### Smartphone users

Point your camera here and  
vote without entering a  
control number



#### Vote Virtually at the Meeting\*

May 6, 2024  
11:00 AM MDT

Virtually at:  
[www.virtualshareholdermeeting.com/USNA2024](http://www.virtualshareholdermeeting.com/USNA2024)

\*Please check the meeting materials for any special requirements for meeting attendance.

