

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT

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

Date of Report (Date of Earliest Event Reported):
September 11, 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)

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

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

Item 9. Regulation FD Disclosure

On September 11, 2003, USANA Health Sciences, Inc., at its international convention issued a press release regarding plans to open operations in Singapore in the fourth quarter of 2003. A copy of the press release dated September 11, 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

Gilbert A. Fuller, Chief Financial Officer

Date: September 11, 2003

USANA Announces Plans to Enter Singapore

SALT LAKE CITY--(BUSINESS WIRE)--Sept. 11, 2003--USANA Health Sciences Inc. (NASDAQ: USNA), at its annual international convention, today announced plans to open operations in Singapore in the fourth quarter of 2003. Singapore will be the 10th country where USANA products are sold and distributed. Earlier this year the company opened operations in South Korea.

Dave Wentz, president of USANA, commented, "As a hub for international business in the region, Singapore represents a strategic location for future expansion throughout Southeast Asia. We have seen considerable Associate interest expressed related to opening the Singapore market and believe our business model of scientifically based products and income opportunity will position USANA for long-term growth in this region."

USANA plans to establish an office and call center along with a full-service walk-in distribution center.

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, South Korea 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, the possible continued spread of severe acute respiratory syndrome (SARS) in Asia, and risks associated with international expansion. Forward-looking statements in this release include the company's statements that (1) Singapore represents a strategic location for future expansion throughout Southeast Asia, and (2) the company's belief that its "business model of scientifically based products and income opportunity will position USANA for long-term growth in this region." 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.

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