

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 23, 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 (IRS Employer Identification
incorporation) 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 September 23, 2003, USANA Health Sciences, Inc. issued a press release updating its estimate for sales and earnings per share for the third quarter of fiscal 2003. The press release dated September 23, 2003 updated the previous sales and earnings per share guidance provided by the company in a press release dated July 15, 2003, previously furnished on Form 8-K. A copy of the press release dated September 23, 2003 is furnished herewith as Exhibit 99.1 to this Form 8-K and is incorporated herein by reference. The company will also post the press release on its corporate website, www.usanahealthsciences.com under the "investor relations" link.

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.

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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 23, 2003

USANA Expects Earnings to Significantly Exceed Earlier Guidance; Sales In-line with Prior Forecast

SALT LAKE CITY--(BUSINESS WIRE)--Sept. 23, 2003--USANA Health Sciences Inc. (NASDAQ: USNA) announced today that it now expects earnings per share for the third quarter to exceed the company's earlier guidance and looks for sales to be in-line with its prior forecast.

The company continues to expect that sales for the quarter ending Sept. 27, 2003 will approach \$52 million. However, earnings per share are expected to be approximately \$0.54, of which about \$0.03 would be attributable to an adjustment of the company's effective tax rate for 2003. Initial guidance for the third quarter had earnings per share in the range of \$0.43 to \$0.45.

Gilbert A. Fuller, chief financial officer, commented, "We are pleased with the strong earnings and sales growth we are experiencing this quarter. We continue to see operating margin improvements as we leverage the physical and information technology infrastructure investments made over the last several years. Earnings per share and sales for the quarter are expected to be up approximately 145% and 48%, respectively, on a year-over-year basis. The third quarter of 2003 will represent the seventh consecutive quarter in which we have more than doubled the prior year EPS mark."

USANA plans to announce its third quarter earnings along with new guidance for the fourth quarter and for the fiscal year 2004, on Oct. 14, 2003; executives will hold a conference call with investors on Oct. 15, 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, 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. Those statements include the statements that (1) "The company continues to expect that sales for the quarter ending Sept. 27, 2003 will approach \$52 million," (2) "earnings per share are expected to be approximately \$0.54," (3) "about \$0.03 would be attributable to an adjustment of the company's effective tax rate for 2003," and (4) "Earnings per share and sales for the quarter are expected to be up approximately 145% and 48%, respectively, on a year-over-year basis." 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.

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