

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):
January 6, 2004

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 January 6, 2004, USANA Health Sciences, Inc. issued a press release updating its estimate for sales and earnings per share for the fourth quarter and fiscal 2003. The press release dated January 6, 2004 updated the previous sales and earnings per share guidance provided by the company in a press release dated October 14, 2003, previously furnished on Form 8-K. A copy of the press release dated January 6, 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: January 6, 2004

USANA Provides Preliminary Fourth Quarter Results

SALT LAKE CITY--(BUSINESS WIRE)--Jan. 6, 2004--USANA Health Sciences Inc. (NASDAQ: USNA) announced today the preliminary results for the fourth quarter of 2003.

Sales are expected to be approximately \$59 million for the quarter ending Jan. 3, 2004 and will total about \$200 million for the fiscal year. Earnings per share for the fourth quarter are expected to be approximately \$0.32 on a fully diluted basis, of which about \$0.02 is attributable to an adjustment of the company's effective tax rate for 2003. Earnings per share for the fiscal year ended Jan. 3, 2004 are expected to be about \$0.98. These amounts are adjusted to reflect the 2-for-1 forward split of the company's stock effected in October 2003.

Commenting on the fourth quarter, Gilbert A. Fuller, USANA's chief financial officer, said, "We are expecting to achieve record sales and earnings in the fourth quarter and we are very pleased with these results. Our expected fourth quarter sales growth of more than 50 percent is driven by continued growth in the number of active Associates in both domestic and international markets. Our expected earnings per share growth of more than 100 percent illustrates efficiencies generated by our operations. USANA's commitment to producing the highest quality, scientifically proven nutritional supplements that are safe and effective continues to create strong market response and fuel our optimism about the future."

USANA plans to announce its final fourth quarter and year-end results on Feb. 3, 2004; executives will hold a conference call with investors on Feb. 4, 2004.

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, Singapore 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. 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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