

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: July 20, 2004

USANA Reports Record Second Quarter Results

SALT LAKE CITY--(BUSINESS WIRE)--July 20, 2004--

-- Net Sales up 43%; EPS increased 80% over Q2 2003

-- 2004 Guidance Raised

USANA Health Sciences Inc. (NASDAQ: USNA) today announced record financial results for the second quarter ended July 3, 2004.

Net sales for the quarter were \$67.2 million, up 43% from \$47.2 million in the second quarter of 2003. The total number of active Associates increased 35% to 104,000 in the second quarter of 2004, compared to 77,000 in the second quarter of 2003.

Net earnings in the second quarter were \$7.4 million, up 70% from \$4.3 million in the second quarter of 2003. Earnings per share increased for the second quarter to \$0.36 per share, up 80% from \$0.20 per share during the second quarter of 2003.

For the six-month period ended July 3, 2004, net sales were \$129 million, up 47% from \$88 million for the same period in 2003. Net earnings for the first six months of 2004 were \$13.6 million, up 72% from \$7.9 million for the same period in 2003. Earnings per share for the six-month period ended July 3, 2004 were \$0.66, up 78% from \$0.37 for the same period in 2003.

"The overall strength of the business continues to be driven by our growing Associate base," said Dave Wentz, USANA's president. "We continue to see the same positive growth trends in our direct selling model and were pleased to achieve robust top-line growth. In the second quarter, we increased the number of active Associates by 35% compared to last year, reflecting an improvement in recruiting and leadership levels. We will continue to pursue our major strategic initiatives, which include expanding our Associate base, enhancing retention, and building associate commitment to the business opportunity available through our science-based nutritional products.

"During the second quarter we made key leadership changes in both Korea and Japan. We have not performed up to expectations in these two significant markets, but are confident that, with the recent management changes performance will improve," concluded Wentz.

Commenting on USANA's financial performance, Gilbert A. Fuller, chief financial officer, noted, "We were encouraged to see another quarter of double-digit, year-over-year sales growth in each of our markets. The U.S. continues to post strong sales, up 27% compared to last year, benefiting from the synergies associated with the opening of the Mexico market. In addition, the number of Associates in the U.S. increased 25% compared to last year. Mexico completed its first full quarter of sales and, with all our key products registered and in-country, this important new market is off to a good start.

"We were also pleased to see our operating performance improve in the second quarter," continued Fuller. "We acquired Wasatch, our personal care products manufacturing subsidiary, in the third quarter of 2003 and achieved \$3.1 million in sales in the second quarter of 2004, which was higher than anticipated. The construction efforts at our Wasatch facility are now complete, and we expect to begin integrating the manufacturing of our personal care products there in the third quarter.

"We continued to generate strong cash flow from operations. Since the first of the year, we have invested approximately \$15 million in share repurchases. At the end of the second quarter of 2004, we had \$13.8 million in cash and no debt.

"Looking ahead, we expect third quarter net sales to approach \$69 million, with earnings per share between \$0.36 and \$0.38. In addition, our outlook for the year has been increased. We now expect net sales to approach \$270 million and earnings per share between \$1.42 and \$1.44."

USANA executives will hold a conference call and live webcast to discuss this announcement with investors on July 21, 2004 at 11 a.m. EDT. Investors may listen to the call by accessing USANA's Web site at <http://www.usanahealthsciences.com> and by clicking on the "Investors" icon.

USANA develops and manufactures high-quality nutritional and personal care products that are sold directly to Associates and Preferred Customers throughout the United States, Canada, Australia, New Zealand, Hong Kong, Japan, Taiwan, South Korea, Singapore, Mexico, the Netherlands and the United Kingdom. More information on USANA can be found at <http://www.usanahealthsciences.com>.

Safe Harbor

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, and risks associated with international expansion. The contents of this release should be considered in conjunction with the risk factors, warnings and cautionary statements contained in USANA's most recent filings with the Securities and Exchange Commission.

USANA Health Sciences Inc.
Consolidated Statements of Earnings
(In thousands, except per share data)

	Quarter Ended		Six Months Ended	
	28-Jun-03	3-Jul-04	28-Jun-03	3-Jul-04
	(Unaudited)(Unaudited)(Unaudited)(Unaudited)			
Net sales	\$47,157	\$67,246	\$88,021	\$129,021
Cost of sales	10,417	16,195	19,637	31,253
Gross profit	36,740	51,051	68,384	97,768
Operating expenses				
Associate incentives	18,662	25,556	34,759	49,168
Selling, general and administrative	10,574	13,656	20,146	26,918
Research and development	373	607	707	1,185
Earnings from operations	7,131	11,232	12,772	20,497
Other income (expense)	(228)	(1)	(194)	148
Earnings before income taxes	6,903	11,231	12,578	20,645
Income taxes	2,554	3,818	4,654	7,019
NET EARNINGS	\$4,349	\$7,413	\$7,924	\$13,626
Earnings per share - diluted	\$0.20	\$0.36	\$0.37	\$0.66
Weighted average shares outstanding - diluted	21,450	20,523	21,247	20,688

(in thousands)

As of 3-Jan-04 As of 3-Jul-04

(Unaudited)

ASSETS

Cash and cash equivalents	\$18,965	\$13,798
Inventories, net	14,069	13,574
Other current assets	5,215	5,327
Total current assets	38,249	32,699
Property and equipment, net	20,195	24,062
Goodwill	4,267	5,690
Other assets	2,416	2,498
Total assets	\$65,127	\$64,949

LIABILITIES AND STOCKHOLDERS' EQUITY

Accounts payable	\$5,215	\$4,103
Other current liabilities	14,704	15,197
Total current liabilities	19,919	19,300
Other long-term liabilities	837	772
Stockholders' equity	44,371	44,877
Total liabilities and stockholders' equity	\$65,127	\$64,949

USANA Health Sciences Inc.
Sales by Market
(in thousands)

Quarter Ended

28-Jun-03 3-Jul-04

(Unaudited) (Unaudited)

Region				
United States	\$21,884	46.4%	\$27,821	41.4%
Canada	11,271	23.9%	12,378	18.4%
Australia-New Zealand	7,084	15.0%	8,471	12.6%
Hong Kong	2,105	4.5%	2,750	4.1%
Japan	1,445	3.1%	2,176	3.2%
Taiwan	3,368	7.1%	3,898	5.8%
Korea	-	0.0%	1,804	2.7%
Singapore	-	0.0%	2,612	3.9%
Mexico	-	0.0%	2,216	3.3%
Wasatch	-	0.0%	3,120	4.6%
	\$47,157	100.0%	\$67,246	100.0%

Active Associates by Market

As of

28-Jun-03 3-Jul-04

(Unaudited) (Unaudited)

Region				
United States	32,000	41.5%	40,000	38.5%
Canada	18,000	23.4%	20,000	19.2%
Australia-New Zealand	12,000	15.6%	13,000	12.5%

Hong Kong	4,000	5.2%	5,000	4.8%
Japan	3,000	3.9%	4,000	3.8%
Taiwan	8,000	10.4%	8,000	7.7%
Korea	-	0.0%	3,000	2.9%
Singapore	-	0.0%	6,000	5.8%
Mexico	-	0.0%	5,000	4.8%
	77,000	100.0%	104,000	100.0%

Active Preferred Customers by Market

Region	As of			
	28-Jun-03		3-Jul-04	
	(Unaudited)	(Unaudited)	(Unaudited)	(Unaudited)
United States	30,000	60.0%	36,000	61.0%
Canada	15,000	30.0%	16,000	27.1%
Australia-New Zealand	4,000	8.0%	5,000	8.5%
Hong Kong	1,000	2.0%	1,000	1.7%
Japan	(a)	0.0%	(a)	0.0%
Taiwan	(a)	0.0%	1,000	1.7%
Korea	-	0.0%	(a)	0.0%
Singapore	-	0.0%	(a)	0.0%
Mexico	-	0.0%	(a)	0.0%
	50,000	100.0%	59,000	100.0%

(a) Count of Active Preferred Customers is less than 500.

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