

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):
July 19, 2005

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 (IRS Employer Identification
of 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

Check the appropriate box below if the Form 8-K filing is intended to
simultaneously satisfy the filing obligation of the registrant under any of the
following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17
CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR
240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the
Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the
Exchange Act (17 CFR 240.13e-4(c))

Item 2.02 Results of Operations and Financial Condition

On July 19, 2005, USANA Health Sciences, Inc. issued a press release announcing its financial results for the second quarter ended July 2, 2005. The release also announced that executives of the company would discuss these results with investors on a conference call broadcast over the World Wide Web and by telephone and provided access information, dates and times for the conference call. A copy of the press release is furnished herewith as Exhibit 99 to this Current Report on Form 8-K and is incorporated herein by reference. The company

will also post this document on its corporate Web site,
www.usanahealthsciences.com, under the "investors" 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 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.

Item 9.01 Financial Statements and Exhibits (furnished herewith)

(c) Exhibits

Exhibit 99 Press release issued by USANA Health Sciences, Inc. dated July 19, 2005.

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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 hereunto duly authorized.

USANA HEALTH SCIENCES, INC.

By: /s/ Gilbert A. Fuller

Gilbert A. Fuller, Chief Financial Officer

Date: July 20, 2005

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USANA Announces Record Second Quarter Sales and Profits

SALT LAKE CITY--(BUSINESS WIRE)--July 19, 2005--

Net Sales up 22 Percent; Earnings Per Share up 33 Percent

USANA Health Sciences Inc. (NASDAQ:USNA) today announced record financial results for the second fiscal quarter of 2005 (ended July 2, 2005). The company achieved record net sales in the second quarter of \$82 million, an increase of 22%, compared with \$67.2 million in the second quarter of 2004. This growth was primarily driven by a 20% increase in the number of active associates and double-digit, year-over-year net sales gains achieved in all but one of the company's 12 markets.

Earnings from operations in the second quarter of 2005 grew 31.3% to \$14.7 million, or 18% of net sales, compared with \$11.2 million, or 16.7% of net sales, in the second quarter of 2004. The company achieved net earnings in the second quarter of 2005 of \$9.5 million, an increase of 28.7%, compared with net earnings of \$7.4 million in the second quarter of 2004. Earnings per share in the second quarter increased to \$0.48 per share, an increase of 33.3%, compared with \$0.36 per share in the second quarter of 2004.

For the six-month period ended July 2, 2005, net sales were \$158.6 million, an increase of 22.9%, compared with \$129 million in the first six months of 2004. Earnings from operations for the first six months of 2005 were \$28.3 million, an increase of 38.2%, compared with \$20.5 million for the same period in 2004. The company achieved net earnings in the first six months of 2005 of \$18.5 million, an increase of 35.6%, compared with net earnings of \$13.6 million in the first six months of 2004. Earnings per share increased 41% in the first six months of 2005 to \$0.93, compared with \$0.66 in the first six months of 2004.

During the second quarter, the company, through its current share buyback program, purchased and retired 353,000 shares for an investment of \$15 million. Approximately \$25 million remains under the share buyback authorization.

"We are pleased to report our 12th consecutive quarter of record net sales," said Dave Wentz, president of USANA. "On a year-over-year basis, we achieved double-digit growth in all but one of our 12 markets. Mexico was a particularly strong performer in the quarter, posting sales gains of over 76% and associate growth of 80%, compared with the same period in the prior year. In addition, Taiwan and Singapore both posted impressive revenue growth of 38%. In line with sales, the number of active associates grew to 125,000, an increase of 20%, compared with the second quarter of last year. Furthermore, sales grew sequentially in all of our markets.

"We continue to execute our strategy to increase sales in our existing markets," continued Wentz. "In the third quarter, we will begin an initiative of increasing the investment in our associates. We believe this initiative will bring additional associates into the business and accelerate our top-line growth. We also continue to prepare for opening a new market, which we now believe will occur in the fourth quarter."

Gilbert A. Fuller, USANA's chief financial officer, said, "We achieved another outstanding quarter for both sales and earnings. Operating profit improved both year over year and sequentially in the second quarter to 18% of net sales. This improvement was primarily driven by proportionately lower SG&A expenses.

"To update our guidance," Fuller continued, "we expect net sales in the third quarter of 2005, typically our slowest quarter of sequential growth, to be \$82 million to \$84 million, an increase of as much as 22%, compared with \$68.7 million in the third quarter of last year. We also expect earnings per share in the third quarter of 2005 to be \$0.47 to \$0.49, as we begin our initiative to provide additional incentives to our associates. In addition, we are increasing our previously announced guidance for 2005. We now believe that net sales for the full year will be between \$325 million and \$330 million. This represents sales growth of 19% to 21%, compared with 2004. Finally, we now believe earnings per share for 2005 will be between \$1.88 and \$1.92, representing growth of 25% to 27%, compared with 2004."

USANA will hold a conference call and webcast to discuss this

announcement with investors on Wednesday, July 20, 2005, at 11 a.m. EST. Investors may listen to the call by accessing USANA's Web site at <http://www.usanahealthsciences.com> and by clicking on the "Investors" icon.

About USANA

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, 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 these forward-looking statements, which involve a number of risks and uncertainties, including reliance upon our network of independent associates, the governmental regulation of our products, manufacturing and marketing risks, and uncertainties associated with our planned international expansion. The contents of this release should be considered in conjunction with the risk factors, warnings, and cautionary statements that are contained in our 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	
	3-Jul-04	2-Jul-05
	-----	-----
	(Unaudited)	(Unaudited)
Net sales	\$ 67,246	\$ 82,015
Cost of sales	16,195	19,499
	-----	-----
Gross profit	51,051	62,516
Operating expenses		
Associate incentives	25,556	31,911
Selling, general and administrative	13,656	15,168
Research and development	607	689
	-----	-----
Earnings from operations	11,232	14,748
Other income (expense)	(1)	(67)
	-----	-----
Earnings before income taxes	11,231	14,681
Income taxes	3,818	5,138
	-----	-----
NET EARNINGS	\$ 7,413	\$ 9,543
	=====	=====
Earnings per share - diluted	\$ 0.36	\$ 0.48
	=====	=====
Weighted average shares outstanding - diluted	20,523	19,821
	=====	=====

	Six Months Ended	
	3-Jul-04	2-Jul-05
	-----	-----
	(Unaudited)	(Unaudited)

Net sales	\$129,021	\$158,593
Cost of sales	31,253	37,509
	-----	-----
Gross profit	97,768	121,084
Operating expenses		
Associate incentives	49,168	61,461
Selling, general and administrative	26,918	30,017
Research and development	1,185	1,288
	-----	-----
Earnings from operations	20,497	28,318
Other income (expense)	148	98
	-----	-----
Earnings before income taxes	20,645	28,416
Income taxes	7,019	9,945
	-----	-----
NET EARNINGS	\$ 13,626	\$ 18,471
	=====	=====
Earnings per share - diluted	\$ 0.66	\$ 0.93
	=====	=====
Weighted average shares outstanding - diluted	20,688	19,896
	=====	=====

USANA Health Sciences Inc.
Consolidated Balance Sheets
(in thousands)

	As of 1-Jan-05	As of 2-Jul-05

	(Unaudited)	
ASSETS		
Cash and cash equivalents	\$ 15,067	\$ 20,428
Inventories, net	17,722	22,044
Other current assets	8,034	7,611
	-----	-----
Total current assets	40,823	50,083
Property and equipment, net	23,194	23,233
Goodwill	5,690	5,690
Other assets	1,957	2,812
	-----	-----
Total assets	\$ 71,664	\$ 81,818
	=====	=====
LIABILITIES AND STOCKHOLDERS' EQUITY		
Accounts payable	\$ 5,106	\$ 4,814
Other current liabilities	17,644	20,706
	-----	-----
Total current liabilities	22,750	25,520
Other long-term liabilities	1,071	1,495
Stockholders' equity	47,843	54,803
	-----	-----
Total liabilities and stockholders' equity	\$ 71,664	\$ 81,818
	=====	=====

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

	Quarter Ended	

	3-Jul-04	2-Jul-05

Region	-----		-----	
	(Unaudited)		(Unaudited)	
United States	\$ 27,821	41.4%	\$ 33,067	40.3%
Canada	12,378	18.4%	15,287	18.6%
Australia-New Zealand	8,471	12.6%	11,241	13.7%
Hong Kong	2,750	4.1%	3,377	4.1%
Japan	2,176	3.2%	2,620	3.2%
Taiwan	3,898	5.8%	5,381	6.6%
Korea	1,804	2.7%	1,323	1.6%
Singapore	2,612	3.9%	3,606	4.4%
Mexico	2,216	3.3%	3,910	4.8%
Contract Manufacturing	3,120	4.6%	2,203	2.7%
	-----	-----	-----	-----
	\$ 67,246	100.0%	\$ 82,015	100.0%
	=====	=====	=====	=====

Active Associates by Market

Region	As of			
	-----		-----	
	3-Jul-04		2-Jul-05	
	(Unaudited)		(Unaudited)	
United States	40,000	38.5%	46,000	36.8%
Canada	20,000	19.2%	22,000	17.6%
Australia-New Zealand	13,000	12.5%	16,000	12.8%
Hong Kong	5,000	4.8%	5,000	4.0%
Japan	4,000	3.8%	4,000	3.2%
Taiwan	8,000	7.7%	12,000	9.6%
Korea	3,000	2.9%	2,000	1.6%
Singapore	6,000	5.8%	9,000	7.2%
Mexico	5,000	4.8%	9,000	7.2%
	-----	-----	-----	-----
	104,000	100.0%	125,000	100.0%
	=====	=====	=====	=====

Active Preferred Customers by Market

Region	As of			
	-----		-----	
	3-Jul-04		2-Jul-05	
	(Unaudited)		(Unaudited)	
United States	36,000	61.0%	41,000	62.1%
Canada	16,000	27.1%	18,000	27.3%
Australia-New Zealand	5,000	8.5%	5,000	7.6%
Hong Kong	1,000	1.7%	(a)	0.0%
Japan	(a)	0.0%	1,000	1.5%
Taiwan	1,000	1.7%	(a)	0.0%
Korea	(a)	0.0%	(a)	0.0%
Singapore	(a)	0.0%	(a)	0.0%
Mexico	(a)	0.0%	1,000	1.5%
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	59,000	100.0%	66,000	100.0%
	=====	=====	=====	=====

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

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