

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 18, 2006

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)

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 18, 2006, USANA Health Sciences, Inc. issued a press release announcing its financial results for the second quarter and six months ended July 1, 2006. 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, date and time 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 website, 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.

(d) Exhibits

Exhibit 99 Press release issued by USANA Health Sciences, Inc. dated July 18, 2006 (furnished herewith).

2

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 18, 2006

3

Exhibit 99

USANA Reports 16th Consecutive Quarter of Record Net Sales;
Q2 Net Sales Reached \$93.9 Million; EPS of \$0.55
(\$0.59 Excluding Equity-Based Compensation Expense)

SALT LAKE CITY--(BUSINESS WIRE)--July 18, 2006--USANA Health Sciences Inc. (NASDAQ: USNA) today announced record net sales for the fiscal second quarter of 2006 (ended July 1). Consolidated net sales in the second quarter of 2006 increased 14.5% to \$93.9 million, compared with \$82.0 million in the second quarter of the prior year. This is the highest level of quarterly sales recorded in the company's history. Net sales growth for the second quarter of 2006 was driven primarily by a 13.6% increase in the number of Active Associates, compared with the second quarter of the prior year.

Financial Performance

Earnings from operations in the second quarter of 2006 grew 4.1% to \$15.4 million, or 16.4% of net sales, compared with \$14.7 million, or 18.0% of net sales, in the second quarter of the prior year. Earnings from operations in the second quarter of 2006 were reduced by \$1.2 million due to the required expensing of equity-based compensation. The company achieved net earnings in the second quarter of 2006 of \$10.3 million, an increase of 8.4%, compared with net earnings of \$9.5 million in the second quarter of the prior year. Excluding the expense of equity-based compensation, this increase in net earnings would have been 17.0%. Earnings per share in the second quarter of 2006 improved to \$0.55 per share, an increase of 14.6%, compared with \$0.48 per share in the second quarter of the prior year. Excluding the expense of equity-based compensation, this increase in earnings per share would have been 22.9%.

During the second quarter of 2006, the company's estimated tax rate was adjusted on a year-to-date basis to 34.8%, which is lower than the 35.5% tax rate that the company had previously forecasted for the full year. This lower tax rate increased earnings per share in the quarter by approximately \$0.01. During the second quarter, the company, through its share buyback program, purchased and retired approximately 800,000 shares with an investment of \$30.1 million. Approximately \$10.7 million remains available under the current share buyback authorization.

For the six-month period ended July 1, 2006, consolidated net sales were \$183.6 million, an increase of 15.7%, compared with \$158.6 million in the first six months of 2005. Earnings from operations for the first six months of 2006 were \$29.9 million, an increase of 5.5%, compared with \$28.3 million for the same period in 2005. Earnings from operations for the first six months of 2006 were reduced by \$2.2 million due to the required expensing of equity-based compensation. The company achieved net earnings in the first six months of 2006 of \$19.9 million, an increase of 7.8%, compared with net earnings of \$18.5 million in the first six months of 2005. Excluding the expense of equity-based compensation, this increase in net earnings would have been 15.9%. Earnings per share increased 11.8% in the first six months of 2006 to \$1.04, compared with \$0.93 in the first six months of 2005. Excluding the expense of equity-based compensation, this increase in earnings per share would have been 20.4%.

"We are pleased with our strong sales results which continue to be driven by our consistent growth of Active Associates," said Dave Wentz, president of USANA. "In North America, second quarter sales grew by 19%, compared with last year. We believe this growth in our most mature region reflects the continued interest in our products and the business opportunity that USANA offers its Associates. The engagement and effort of our Associate leaders in North America has been one of the driving forces behind this success. Additionally, interest in our low-glycemic, macro optimizer products remained strong and was a growth driver in the second quarter, as this product group reached 14.1% of product sales."

Regional Results

Net sales in North America, the company's most mature region, increased 19.0%, compared with the second quarter of 2005. Excluding

the positive impact of currency fluctuations, this sales increase would have been 15.8%. This growth was driven by particularly strong sales in the United States, the company's largest market, and in Canada. Sales during the second quarter were up 20.4% in the United States, and up 17.8% in Canada, compared with the second quarter of last year. Mexico also aided the growth in this region, improving 11.8% over the second quarter of last year. The number of Active Associates in North America increased 16.9% to 90,000, compared with 77,000 in the second quarter of 2005.

In the Pacific Rim region, net sales improved 4.8% over the second quarter of last year. Excluding the negative impact of currency fluctuations, this sales increase would have been 7.7%. This increase was primarily attributable to growth in the Australia-New Zealand market, which was up 9.3%, and in South Korea, which was up 33.2%, over the second quarter of last year. The number of Active Associates in the Pacific Rim region increased 8.3% to 52,000, compared with 48,000 in the second quarter of 2005. "During the second quarter, we achieved 8.5% sequential quarterly sales growth in the Pacific Rim, which was the strongest increase achieved in that region in the last four quarters," continued Wentz. "We remain very optimistic about our growth prospects in this region, as we continue to focus on providing science-based products and a unique home-based business opportunity."

Outlook

The company continues to wait for government approval for its business license in its planned new market. Due to the uncertainty of obtaining this license, the company has decided to remove any potential revenue in that market from its 2006 guidance.

"We are updating our full year guidance and issuing third quarter guidance, neither of which includes any sales from our planned new market," said Gilbert A. Fuller, executive vice president and chief financial officer. "Accordingly, we expect net sales in the third quarter of 2006 to be in the range of \$94 million to \$96 million, compared with \$82.2 million in the third quarter of last year, a growth rate of 14% to 17%. We expect earnings per share in the third quarter of 2006 to be between \$0.55 and \$0.57, including the adjustment for expensing of equity-based compensation, a growth rate of 8% to 12%. Excluding the expensing of equity-based compensation, we expect earnings per share in the third quarter of 2006 to be between \$0.60 and \$0.62, a growth rate of 18% to 22%.

"For the full year 2006," continued Fuller, "excluding entry into a new market, we now believe that net sales growth will range between 15% and 17%, compared with 2005. Additionally, we expect earnings per share growth for the full year 2006 to be between 17% and 20%, excluding the impact of expensing equity-based compensation. We expect equity-based compensation to decrease our earnings per share for the full year 2006 by approximately \$0.18. This earnings per share estimate also assumes a tax rate for 2006 of 34.8%, compared with the 33.7% tax rate for 2005. While we are disappointed that the opening of our new market has taken longer than planned, we are pleased with our ability to continue to generate strong growth in our existing markets. We continue to believe that we are well-positioned to capitalize on excellent long-term growth opportunities, both in new and existing markets," concluded Fuller.

Conference Call

USANA will hold a conference call and webcast to discuss this announcement with investors on Wednesday, July 19, 2006, 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 risks associated with our 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		Six Months Ended	
	2-Jul-05	1-Jul-06	2-Jul-05	1-Jul-06
	(Unaudited)(Unaudited)(Unaudited)(Unaudited)			
Net sales	\$82,015	\$93,911	\$158,593	\$183,562
Cost of sales	19,499	22,276	37,509	43,614
Gross profit	62,516	71,635	121,084	139,948
Operating expenses				
Associate incentives	31,911	37,454	61,461	72,882
Selling, general and administrative	15,168	17,991	30,017	35,617
Research and development	689	830	1,288	1,562
Earnings from operations	14,748	15,360	28,318	29,887
Other income (expense)	(67)	336	98	631
Earnings before income taxes	14,681	15,696	28,416	30,518
Income taxes	5,138	5,352	9,945	10,614
NET EARNINGS	\$9,543	\$10,344	\$18,471	\$19,904
Earnings per share - diluted	\$0.48	\$0.55	\$0.93	\$1.04
Weighted average shares outstanding - diluted	19,821	18,884	19,896	19,056

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

	As of	As of
	31-Dec-05	1-Jul-06
	(Unaudited)	
ASSETS		
Cash and cash equivalents	\$10,579	\$9,173
Inventories	22,223	20,458
Other current assets	9,028	8,580

Total current assets	41,830	38,211
Property and equipment, net	23,302	23,777
Goodwill	5,690	5,690
Other assets	2,886	2,612
Total assets	\$73,708	\$70,290

LIABILITIES AND STOCKHOLDERS' EQUITY

Accounts payable	\$4,955	\$6,303
Other current liabilities	21,601	24,479
Total current liabilities	26,556	30,782
Other long-term liabilities	1,414	69
Stockholders' equity	45,738	39,439
Total liabilities and stockholders' equity	\$73,708	\$70,290

USANA Health Sciences Inc.
Sales by Segment and Region
(in thousands)

Region	Quarter Ended			
	2-Jul-05		1-Jul-06	
	(Unaudited)		(Unaudited)	
North America				
United States	\$33,067	40.3%	\$39,818	42.4%
Canada	15,287	18.6%	18,010	19.2%
Mexico	3,910	4.8%	4,373	4.6%
North America Total	52,264	63.7%	62,201	66.2%
Pacific Rim				
Australia-New Zealand	11,241	13.7%	12,291	13.1%
Hong Kong	3,377	4.1%	3,480	3.7%
Japan	2,620	3.2%	2,417	2.6%
Taiwan	5,381	6.6%	5,034	5.4%
South Korea	1,323	1.6%	1,762	1.9%
Singapore	3,606	4.4%	3,892	4.1%
Pacific Rim Total	27,548	33.6%	28,876	30.8%
Segment Total	79,812	97.3%	91,077	97.0%
Contract Manufacturing	2,203	2.7%	2,834	3.0%
Consolidated	\$82,015	100.0%	\$93,911	100.0%

Active Associates by Region

Region	As of	
	2-Jul-05	1-Jul-06
	(Unaudited)	(Unaudited)
North America		

United States	46,000	36.8%	57,000	40.1%
Canada	22,000	17.6%	23,000	16.2%
Mexico	9,000	7.2%	10,000	7.1%

North America Total	77,000	61.6%	90,000	63.4%
Pacific Rim				
Australia-New Zealand	16,000	12.8%	18,000	12.7%
Hong Kong	5,000	4.0%	6,000	4.2%
Japan	4,000	3.2%	4,000	2.8%
Taiwan	12,000	9.6%	13,000	9.2%
South Korea	2,000	1.6%	2,000	1.4%
Singapore	9,000	7.2%	9,000	6.3%

Pacific Rim Total	48,000	38.4%	52,000	36.6%

Total	125,000	100.0%	142,000	100.0%
	=====			

Active Preferred Customers by Region

As of

2-Jul-05 1-Jul-06

(Unaudited) (Unaudited)

Region

North America				
United States	41,000	62.1%	48,000	64.0%
Canada	18,000	27.3%	18,000	24.0%
Mexico	1,000	1.5%	2,000	2.7%

North America Total	60,000	90.9%	68,000	90.7%
Pacific Rim				
Australia-New Zealand	5,000	7.6%	6,000	8.0%
Hong Kong	(a)	0.0%	(a)	0.0%
Japan	1,000	1.5%	1,000	1.3%
Taiwan	(a)	0.0%	(a)	0.0%
South Korea	(a)	0.0%	(a)	0.0%
Singapore	(a)	0.0%	(a)	0.0%

Pacific Rim Total	6,000	9.1%	7,000	9.3%

Total	66,000	100.0%	75,000	100.0%
	=====			

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

CONTACT: USANA Health Sciences Inc.
Riley Timmer, 801-954-7100 (Investor Relations)
investor.relations@us.usana.com