

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
WASHINGTON, D.C. 20549

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FORM 8-K  
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CURRENT REPORT

Pursuant to Section 13 or 15(d) of  
the Securities Exchange Act of 1934

Date of Report (Date of Earliest Event Reported):  
March 19, 2007

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

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 8.01 Other Events

On March 19th, 2007, USANA Health Sciences, Inc. issued a press release voluntarily disclosing that it received notification from the U.S. Securities and Exchange Commission ("SEC"), Salt Lake District Office, that the SEC has begun an informal inquiry regarding the Company. The Company believes the inquiry relates to assertions appearing in the mass media about USANA. The Company also announced in the press release that its legal counsel has formally

requested that the SEC investigate convicted felon Barry Minkow's short or other derivative positions in its stock, as well as the false public statements made by Mr. Minkow, which USANA believes constitutes a scheme to profit from driving down the Company's stock. 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](http://www.usanahealthsciences.com), under the "investors" link.

Item 9.01 Financial Statements and Exhibits

(d) Exhibits

Exhibit 99 Press release issued by USANA Health Sciences, Inc. dated March 19, 2007 (furnished herewith).

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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: March 21, 2007

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## EXHIBIT 99

### USANA Voluntarily Discloses Informal SEC Inquiry

The Company Formally Requests That SEC Investigate Barry Minkow's Recent Statements in the Mass Media, Put Options in USANA Stock

SALT LAKE CITY--(BUSINESS WIRE)--March 19, 2007--USANA Health Sciences Inc. (NASDAQ:USNA) announced today that it has received notification from the U.S. Securities and Exchange Commission ("SEC"), Salt Lake District Office, that it has begun an informal inquiry regarding the Company. The Company believes the inquiry relates to assertions appearing in the mass media about USANA.

The SEC has indicated in its correspondence with USANA that this informal inquiry should not be construed as an indication that any violation of law has occurred, nor should it be considered a reflection upon any person, entity, or security. USANA is cooperating fully with the SEC in this matter. The Company is disclosing this inquiry to its shareholders due to the highly public nature of Mr. Minkow's recent allegations, which it believes to be false and defamatory.

"We believe that this is a routine inquiry made in response to a series of false and defamatory statements about our company that have appeared on the Internet and in the mass media," said David A. Wentz, president of USANA Health Sciences, Inc. "We look forward to resolving these issues, and we are committed to defending our company and keeping our shareholders fully informed of important developments."

Separately, USANA announced that its legal counsel, in a letter March 16, 2007, formally requested that the SEC investigate convicted felon Barry Minkow's short or other derivative positions in its stock, as well as the false public statements made by Mr. Minkow, which USANA believes constitutes a scheme to profit from driving down the Company's stock.

USANA announced on March 15, 2007 that it filed a lawsuit against the Fraud Discovery Institute and Barry Minkow in U.S. District Court in Salt Lake City, Utah for defamation.

Note to editors / correction: The USANA press release of March 15, 2007 incorrectly identified the year as 1998 that Barry Minkow was convicted on 57 counts of fraud and conspiracy related to his carpet cleaning business, ZZZZ Best. In fact, Mr. Minkow's convictions occurred in 1988.

#### About USANA

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, Malaysia, the Netherlands, and the United Kingdom. More information on USANA can be found at <http://www.usanahealthsciences.com>.

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