

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):
April 4, 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 2.02 Results of Operations and Financial Condition.

On April 4, 2007, USANA Health Sciences, Inc. issued a press release announcing its preliminary financial results for the first quarter ended March 31, 2007. The release also announced that executives of the company would discuss these preliminary results with investors on a conference call broadcast over the World Wide Web and by telephone and confirmed 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.

The information in this Item 2.02 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 April 4, 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: April 4, 2007

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USANA Has Record Sales Week to End First Quarter 2007; Reiterates Q1
Earnings per Share Guidance

Company Announces Preliminary First Quarter 2007 Results and
Expects 19th Consecutive Record Quarter

Company to Host Conference Call and Webcast Today, Wednesday, April
4, 2007 at 10:00 AM EDT

SALT LAKE CITY--(BUSINESS WIRE)--April 4, 2007--USANA Health Sciences Inc. (NASDAQ:USNA) ("USANA" or "the Company") announced today that it expects to report record net sales of approximately \$102 million for the first quarter of 2007 ending March 31, a 15.6% increase over the first quarter of the prior year. Expected sales for the quarter are slightly below previously issued guidance of \$103 million to \$105 million.

USANA continues to expect earnings per share in the range of \$0.61 and \$0.63 for the first quarter of 2007, reiterating the guidance provided on February 6, 2007.

"We are pleased that our earnings per share is in line with guidance and that our revenue is expected to be solid," said David Wentz, president of USANA. "We are also pleased to report that the last week of the quarter was the highest single week of sales in our company's history, reflecting what we believe is the steadfast commitment of our Associates and customers."

USANA also announced today that a record number of Associates and guests attended its regional celebration in Las Vegas, Nevada, last weekend, the largest attendance ever for a Company U.S. regional event. This event included Associates and guests from each of USANA's North American markets. The Company holds four such regional events (outside Salt Lake City) per year in North America to focus on product and business training, in addition to recognizing outstanding Associates.

Conference Call Information

USANA management will hold a conference call and webcast to discuss this announcement with investors today, Wednesday, April 4, 2007 at 10:00 AM EDT. The conference call numbers are 800-366-7449 for domestic calls and 303-262-2140 for calls made outside of the United States. Investors may listen to the call by accessing USANA's website at <http://www.usanahealthsciences.com>.

About USANA

USANA develops and manufactures high quality nutritional, 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, Malaysia, 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. Our 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.

CONTACT: Investors contact:

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Edelman

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