

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 17, 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 17, 2007, USANA Health Sciences, Inc. issued a press release announcing its financial results for the first quarter ended March 31, 2007. 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.

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 April 17, 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 17, 2007

Exhibit 99

USANA Announces Record Q1 2007 Net Sales and Earnings Per Share

Consolidated Net Sales up 16.3%; Direct Selling Segment Net Sales up 17.9%

SALT LAKE CITY--(BUSINESS WIRE)--April 17, 2007--USANA Health Sciences, Inc. (NASDAQ: USNA) today announced financial results for the fiscal first quarter of 2007, ended March 31. The first quarter of 2007 represented the 19th consecutive quarter of record sales for the Company.

Financial Performance

Consolidated net sales in the first quarter of 2007 increased by 16.3% to \$102.6 million, compared with \$88.2 million in the first quarter of the prior year. Net sales in the Direct Selling segment increased by 17.9% to \$100.6 million, compared with \$85.3 million in the first quarter of the prior year. Net sales growth in the Direct Selling segment for the first quarter of 2007 resulted primarily from a 17.6% net increase in the number of active Associates and includes those who have purchased products directly from the Company in the preceding three months, either for personal consumption or resale.

Earnings from operations in the first quarter of 2007 grew by 23.4% to \$17.9 million, or 17.5% of net sales, compared with \$14.5 million, or 16.5% of net sales, in the first quarter of the prior year. The improvement in operating earnings as a percentage of net sales was primarily due to increased gross profit margins and was partially offset by higher selling, general, and administrative expenses. Earnings per share in the first quarter of 2007 increased by 26.0% to \$0.63 per share, compared with \$0.50 per share in the first quarter of the prior year. During the first quarter of 2007, the Company repurchased 97,400 shares for an investment of \$5.0 million. Following the end of the first quarter of 2007 until today, the Company repurchased an additional 791,579 shares for an investment of \$34.5 million.

"The first quarter of 2007 marked another record quarter for both product sales and earnings," said Dave Wentz, president of USANA. "We continue to return value to shareholders through our share buyback program, and we remain committed to improving processes and lowering our variable costs."

Regional Results

During the first quarter of 2007, net sales in North America, the Company's most mature region, increased by 9.0% to \$64.6 million, compared with the first quarter of the prior year. This growth was driven primarily by increased sales, resulting from a 12.8% net improvement in the number of active Associates in this region. Strong sales in Mexico, which increased by 32.1% over the first quarter of last year, aided growth in the North America region.

"As we previously noted during our conference call on April 5, 2007, we believe that our business in North America is sound; however, with the lack of marketing initiatives offered during the quarter, sales were not as strong as expected," continued Wentz. "We have taken steps to increase Associate activity, and we are committed to fostering strong growth in this important region."

During the first quarter of 2007, net sales in the Asia Pacific region increased by 38.1% to \$36.1 million, compared with the first quarter of the prior year. The growth in this region was led by double-digit, year-over-year growth in each of the markets in this region, except in Japan. The successful opening of Malaysia in January 2007 added \$3.1 million of incremental revenue in the first quarter. The number of active Associates in the Asia Pacific region increased by 26.0% to 63,000, compared with 50,000 in the first quarter of the prior year. The number of Associates in the Malaysian market reached 6,000 in its first quarter of operations.

Cost of sales	21,338	22,587

Gross profit	66,891	79,980
Operating expenses		
Associate incentives	34,006	39,549
Selling, general and administrative	17,626	21,525
Research and development	732	974

Earnings from operations	14,527	17,932
Other income	295	471

Earnings before income taxes	14,822	18,403
Income taxes	5,262	6,717

NET EARNINGS	\$9,560	\$11,686
	=====	=====
Earnings per share - diluted	\$0.50	\$0.63
	=====	=====
Weighted average shares outstanding - diluted	19,228	18,463
	=====	=====

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

	As of	As of
	30-Dec-06	31-Mar-07

	(Unaudited)	
ASSETS		
Cash and cash equivalents	\$27,029	\$32,496
Inventories, net	22,483	21,900
Other current assets	11,103	9,499

Total current assets	60,615	63,895
Property and equipment, net	30,323	37,979
Goodwill	5,690	5,690
Other assets	3,374	3,457

Total assets	\$100,002	\$111,021
	=====	=====
LIABILITIES AND STOCKHOLDERS' EQUITY		
Accounts payable	\$10,241	\$7,201
Other current liabilities	29,564	32,065

Total current liabilities	39,805	39,266
Other long-term liabilities	-	-
Stockholders' equity	60,197	71,755

Total liabilities and stockholders' equity	\$100,002	\$111,021
	=====	=====

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

	Quarter Ended

	1-Apr-06 31-Mar-07

	(Unaudited)		(Unaudited)	
Region	-----			
North America				
United States	\$38,468	43.6%	\$42,060	41.0%
Canada	16,701	18.9%	17,141	16.7%
Mexico	4,053	4.6%	5,352	5.2%

North America Total	\$59,222	67.1%	\$64,553	62.9%
Asia Pacific				
Australia-New Zealand	11,100	12.6%	13,026	12.7%
Hong Kong	3,064	3.5%	5,564	5.4%
Japan	2,399	2.7%	2,003	2.0%
Taiwan	4,939	5.6%	6,252	6.1%
South Korea	1,180	1.3%	1,604	1.6%
Singapore	3,427	3.9%	4,484	4.4%
Malaysia	-	0.0%	3,123	3.0%

Asia Pacific Total	26,109	29.6%	36,056	35.2%

Segment Total	85,331	96.7%	100,609	98.1%

Contract Manufacturing	2,898	3.3%	1,958	1.9%

Consolidated	\$88,229	100.0%	\$102,567	100.0%
	=====			

Active Associates by Region

	As of			

	1-Apr-06		31-Mar-07	

	(Unaudited)		(Unaudited)	
Region	-----			
North America				
United States	54,000	39.7%	60,000	37.5%
Canada	23,000	16.9%	25,000	15.6%
Mexico	9,000	6.6%	12,000	7.5%

North America Total	86,000	63.2%	97,000	60.6%
Asia Pacific				
Australia-New Zealand	17,000	12.5%	18,000	11.2%
Hong Kong	5,000	3.7%	9,000	5.6%
Japan	5,000	3.7%	4,000	2.5%
Taiwan	13,000	9.6%	14,000	8.7%
South Korea	1,000	0.7%	2,000	1.3%
Singapore	9,000	6.6%	10,000	6.3%
Malaysia	-	0.0%	6,000	3.8%

Asia Pacific Total	50,000	36.8%	63,000	39.4%

Total	136,000	100.0%	160,000	100.0%
	=====			

Active Preferred Customers by Region

	As of			

	1-Apr-06		31-Mar-07	

	(Unaudited)		(Unaudited)	
Region	-----			
North America				
United States	46,000	63.0%	52,000	65.0%

Canada	18,000	24.7%	18,000	22.5%
Mexico	2,000	2.7%	2,000	2.5%

North America Total	66,000	90.4%	72,000	90.0%
Asia Pacific				
Australia-New Zealand	6,000	8.2%	6,000	7.4%
Hong Kong	**	0.0%	1,000	1.3%
Japan	1,000	1.4%	1,000	1.3%
Taiwan	**	0.0%	**	0.0%
South Korea	**	0.0%	**	0.0%
Singapore	**	0.0%	**	0.0%
Malaysia	-	0.0%	**	0.0%

Asia Pacific Total	7,000	9.6%	8,000	10.0%

Total	73,000	100.0%	80,000	100.0%
	=====			

** Count of Active Preferred Customers is less than 500.

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