

FORM 4

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

OMB APPROVAL	
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person * Richardson Bradford			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) _____ E.V.P. of Asia Pacific		
(Last) 3838 WEST PARKWAY BLVD	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 02/27/2006					
(Street) SALT LAKE CITY, UT 84120	(City)	(State)	4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	02/27/2006		M		25,000	A	\$ 0.83	35,500	D	
Common Stock	02/27/2006		M		4,000	A	\$ 2.45	39,500	D	
Common Stock	02/27/2006		S		4,000	D	\$ 42.50	35,500	D	
Common Stock	02/28/2006		M		3,500	A	\$ 2.45	39,000	D	
Common Stock	02/28/2006		M		500	A	\$ 0.83	39,500	D	
Common Stock	02/28/2006		S		4,000	D	\$ 43.05	35,500	D	
Common Stock	03/01/2006		M		4,000	A	\$ 0.83	39,500	D	
Common Stock	03/01/2006		S		4,000	D	\$ 42.75	35,500	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Options (right to buy)	\$ 0.83	02/27/2006		M		25,000	03/01/2002	03/01/2012	Common Stock	25,000	\$ 0.83	84,500	D	
Stock Options (right to buy)	\$ 0.83	02/28/2006		M		500	03/01/2002	03/01/2012	Common Stock	500	\$ 0.83	84,000	D	
Stock Options (right to buy)	\$ 0.83	03/01/2006		M		4,000	03/01/2002	03/01/2012	Common Stock	4,000	\$ 0.83	80,000	D	
Stock Options (right to buy)	\$ 2.45	02/27/2006		M		4,000	01/11/2000	01/11/2010	Common Stock	4,000	\$ 2.45	3,500	D	

Stock Options (right to buy)	\$ 2.45	02/28/2006		M			3,500	01/11/2000	01/11/2010	Common Stock	3,500	\$ 2.45	0	D
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Richardson Bradford 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			E.V.P. of Asia Pacific	

Signatures

Bradford Richardson		03/01/2006
<small>Signature of Reporting Person</small>		<small>Date</small>

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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