FORM 4

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

OMB APPR	OVAL				
OMB Number:	3235-0287				
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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

ype Response	(8)												
1. Name and Address of Reporting Person * 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							
	(First) WAY BLVD		3. Date of Earliest Transaction (Month/Day/Year) 02/26/2007					X Officer (give title below) Other (specify below) E.V.P. of Marketing 6. Individual or Joint/Group Filing(Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
AKE CITY	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)										
	(State)	(Zip)		Т	able I	- Non-Deriva	tive Securi	ies Acquir	ed, Disposed	l of, or Ben	eficially Owr	ıed	
Security		2. Transaction Date (Month/Day/Year)	Executio any	n Date, if	Code (Instr	. 8) (A	A) or Dispose nstr. 3, 4 and	ed of (D) (15) T	Owned Follow Transaction(s	wing Report	ted (Ownership of Form: Direct (D) or Indirect (I)	Seneficial Ownership
n Stock		02/26/2007						\$	7,255			,	
1 Stock		02/26/2007			5	5 7,	255 D	\$ 61 0)		I)	
		(calls, wa	rrants	, options, cor	vertible se	curities)					
Title of conversion or Exercise (Month/Day/Year) 3. Transaction Date Execution Date, (Month/Day/Year)		4. 5. Num Transaction of Derivat (Instr. 8) Securit Acquin (A) or Disposo of (D) (Instr. 2)			mber 6. Date Exercisable and Expiration Date (Month/Day/Year) (Instruction of the Company of the			unt of Derivative Security (Instr. 5) Benefication (In		Derivative Securities Beneficially Owned Following Reported	Ownership of Ir Form of Derivative Security: Direct (D) or Indirect	Beneficia Ownersh (Instr. 4)	
			and s	5)	Date	Expiration	Title	Amount or Number					
			Code	V (A)	(D)	Exercisable	Date		of Shares				
i i	AKE CITY ast) EST PARK AKE CITY ity) Security Security 1 Stock 1 Stock 2 Conversion or Exercise Price of Derivative	evin ast) (First) EST PARKWAY BLVD (Street) AKE CITY, UT 84120 ity) (State) Security an Stock an Stock an Stock an Exercise Price of Derivative Conversion of Exercise Price of Derivative and Transaction Date (Month/Day/Year)	evin ast) (First) (Middle) EST PARKWAY BLVD (Street) AKE CITY, UT 84120 ity) (State) (Zip) Security 2. Transaction Date (Month/Day/Year) an Stock 02/26/2007 Table II - 1 (Conversion or Exercise Price of Derivative) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year)	evin USANA ast) (First) (Middle) 3. Date of 02/26/20 (Street) 4. If Amer AKE CITY, UT 84120 ity) (State) (Zip) Security 2. Transaction Date (Month/Day/Year) 2A. Deer Executio any (Month/I In Stock 02/26/2007 Table II - Derivative (e.g., puts, any (Month/Day/Year)) 2. Table II - Derivative (e.g., puts, any (Month/Day/Year)) Table II - Derivative (e.g., puts, any (Month/Day/Year)) [Security 2. Table II - Derivative (e.g., puts, any (Month/Day/Year)] [Security 3. Transaction Date (e.g., puts, any (Month/Day/Year)]	USANA HEALT ast) (First) (Middle) 3. Date of Earliest 7 02/26/2007 (Street) 4. If Amendment, F AKE CITY, UT 84120 ast) (State) (Zip) T Security 2. Transaction Date (Month/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year) and Stock 02/26/2007 Table II - Derivative Securities beneficially owners Table II - Derivative Securities Date (Month/Day/Year) 3A. Deemed Execution Date, if (e.g., puts, calls, was a concept of Exercise Price of Derivative Security (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) Security (A) of Code (Instr. 8) Security (Instr. 8) Security (Instr. 8)	USANA HEALTH SC ast) (First) (Middle) 3. Date of Earliest Transaction (2/26/2007) (Street) 4. If Amendment, Date Or AKE CITY, UT 84120 ast) (State) (Zip) Table I Security 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Instruction Date) 3. Transaction Code (Reg., puts, calls, warrants (Reg., puts, calls, warrants (Reg., puts, calls, warrants (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Reg., puts, calls, warrants (R	USANA HEALTH SCIENCES IN INSTITUTE OF TABLE IT - Non-Derivative Securitive Security WISHORD TO A SECURITY OF TABLE IT - Non-Derivative Security WISHORD TO A SECURITY OF TABLE IT - Non-Derivative Security WISHORD TO A SECURITY OF TABLE IT - Non-Derivative Security WISHORD TO A SECURITY OF TABLE IT - Non-Derivative Securitive Security WISHORD TO A SECURITY OF TABLE IT - Non-Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4, 4) WISHORD TO A SECURITY OF TABLE IT - Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, 4)	USANA HEALTH SCIENCES INC [USNA ASI) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 02/26/2007 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) AKE CITY, UT 84120 (State) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Instr. 8) (Instr. 3, 4 and (D) (D) (Instr. 8) (Table I - Non-Derivative Securities Acquired, Disposed of (D) (Instr. 8) (Ray Original Filed(Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) (A) Or Disposed (Instr. 8) (A) Or Disposed of (D) (Instr. 8) (Month/Day/Year)	USANA HEALTH SCIENCES INC [USNA] Set) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (02/26/2007 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 6 AKE CITY, UT 84120 Security Security 2. Transaction Date (Month/Day/Year) (Mo	USANA HEALTH SCIENCES INC [USNA] Street Str	USANA HEALTH SCIENCES INC [USNA] (Chec (Street) (Street) (Street) (Street) (Street) (State) (State) (Zip) (Zip) (Zip) (Zip) (State) (Zip) (Zip) (Zip) (State) (Zip) (Zip) (State) (Zip) (Zip) (State) (Zip) (State) (Zip) (Zip) (Zip) (Zip) (State) (Zip) (Zip) (State) (Zip) (Zip) (State) (Zip) (Zip) (State) (Zip) (Zip) (Zip) (A) or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 3, 4 and 4) (Instr. 3, 4 and 5) (Instr. 3, 4 and 5)	USANA HEALTH SCIENCES INC [USNA] USANA HEALTH SCIENCES INC [USNA] Check all applicable Check all applicable	USANA HEALTH SCIENCES INC [USNA] Signature USANA HEALTH SCIENCES USNA

Daniel Communication (Addition	Relationships					
Reporting Owner Name / Address	Director 10% Owner		Officer	Other		
Guest Kevin 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			E.V.P. of Marketing			

Signatures

Gilbert A. Fuller, as attorney in fact	02/28/2007
**Signature of Reporting Person	Date

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.

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