FORM 4

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

OMB APP	ROVAL				
DMB Number:	3235-0287				
Estimated average burden					
ours per respon	se 0.5				

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

Response	-,															
. Name and Address of Reporting Person * 2. Issuer Name and Ticker									5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner							
ΓPARKV	(First) WAY BLV	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 08/15/2007					X Officer (give title below) Other (specify below) CEO							
E CITY,	(Street) , UT 84120		4. If Amendment, Date Orig				ginal	inal Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting PersonForm filed by More than One Reporting Person				
	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned						Owned							
(Instr. 3)		2. Transaction Date (Month/Day/Year)	any		Code (Instr. 8)		(A) or Disposed		ed of (I	d of (D) Benefic 5) Reporte		eially Owned Following ed Transaction(s)		6. Ownership Form:	7. Nature of Indirect Beneficial	
			(Month/Day/Year)		Code	V	Amoun	(A) or (D)	Pric	ce	(Instr. 3 and 4)			or Indirect (I) (I) (Instr. 4)	Ownership (Instr. 4)	
tock		08/15/2007				Р		28,000 (1)	A	\$ 35.48 (2)	835	8,236,40	64 ⁽¹⁾		I	Shares owned of record by Gull Holdings
port on a s	separate line	for each class of seco	urities	beneficial	ly c	owned di	rectly	or								
							co	ntained i	n this	form	are	not req	uired to re	spond un	less	EC 1474 (9- 02)
												ly Owned				
Derivative Conversion Da		(Year) Execution Da	ate, if	Code		of Derivati Securitie Acquire (A) or Dispose of (D) (Instr. 3,	an (Mes	and Expiration Da (Month/Day/Year			Amo Unde Secu (Instr	ount of erlying rities		Derivative Securities Beneficially Owned Following Reported	Ownersh Form of Derivativ Security: Direct (I or Indire	Ownership (Instr. 4) Co
								ite ercisable	Expir	ration	Title	Amount or Number				
T to	PARKY E CITY: rity nversion Exercise ce of rivative	Address of Reporting PYRON W (First) PARKWAY BLV (Street) E CITY, UT 84120 (State) Trity 3. Transaction Date Exercise cofrivative (Month/Day	PARKWAY BLVD (Street) E CITY, UT 84120 (State) 2. Transaction Date (Month/Day/Year) Dock 08/15/2007 Table II - I (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date Exercise (Month/Day/Year) (Month/Day/Year)	PARKWAY BLVD (Street) (Street) (Street) (Street) (Street) (Street) (A. If Derivative (e.g., privative) (First) (Middle) (Middle) (A. If Derivative (A. If Derivative) (A. If Derivative (Middle) (A. If Derivative (A. If Derivative) (A. I	ARON W (First) (Middle) PARKWAY BLVD (Street) E CITY, UT 84120 (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) Port on a separate line for each class of securities beneficial any (Month/Day/Year) Table II - Derivative Securities beneficial any (Month/Day/Year) Table II - Derivative Securities beneficial any (Month/Day/Year) (Month/Day/Year) A. Deemed Execution Date (e.g., puts, calls, any (Month/Day/Year) any (Month/Day/Year) (Month/Day/Year) Table II - Derivative Securities beneficial any (Month/Day/Year) (Instr. 8)	ARON W (First) (First) (First) (Street) (Street) (Street) (Street) (State) (Zip) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A. If Amendment, E CITY, UT 84120 (State) (Zip) (A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A. Deemed Execution Date, if any (Month/Day/Year)	(First) (Middle) 3. Date of Earliest Transact 08/15/2007 4. If Amendment, Date Oriently (State) (Zip) Table I - Notate (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code Instr. 8) (Code Instr. 8	(First) (Middle) 2. Date of Earliest Transaction (108/15/2007 4. If Amendment, Date Original E CITY, UT 84120 (State) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Transaction Date (Month/Day/Year) 4. Transaction Date (Month/Day/Year) 5. Number 6. And Date (Month/Day/Year) 4. Transaction Date (Month/Day/Year) 4. Transaction Date (Month/Day/Year) 5. Number 6. And Date (Month/Day/Year) 6. Da	WRON W (First) (Middle) (Street) (A. Gecunder Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code V Amount of the form displayed in the form	USANA HEALTH SCIENCES INC [US 2. Transaction Date (Month/Day/Year) (Month/Day/Y	VRON W (First) (Middle) (Midd	USANA HEALTH SCIENCES INC [USNA]	USANA HEALTH SCIENCES INC [USNA] PARKWAY BLVD (Street) (A) (Code (Instr. 8) (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3, 5 and 4 and expiration Date a	USANA HEALTH SCIENCES INC [USNA] X Director X Officer (give title bele No. N	USANA HEALTH SCIENCES INC [USNA] (First) (PARKWAY BLVD) (Stree) (Stree) (Stree) (Stree) (Stree) (Stree) (Stree) (Stree) (Stree) (An ord) Date (Month/Day/Year) Date (CEO (A) or Disposed of (D) (Instr. 3, 4, and 5) Date (Cac) (Month/Day/Year) Date (CEO (A) or Disposed of (D) (Instr. 3, 4, and 5) Date (Instr. 4) Date (CEO (A) or Disposed of (D) (Instr. 3, 4, and 5) Date (Code (A) or Disposed of (D) (Instr. 3, 4, and 5) Date (Code (A) or Disposed of (D) (Instr. 3, 4, and 5) Date (Code (A) or Disposed of (D) (Instr. 3, 4, and 5) Date (CED (Mont	Check all applicable Check all applicable

Reporting Owners

Reporting Owner Name / Address	Relationships						
itoporting o where remains a remainder	Director	10% Owner	Officer	Other			
WENTZ MYRON W 3838 WEST PARKWAY BLVD	X	Х	CEO				
SALT LAKE CITY, UT 84120							

Signatures

Gilbert A. Fuller, as attorney in fact	08/16/2007
**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).
- (1) The holder of record of the shares of Common Stock acquired is Gull Holdings, Ltd., an entity owned and controlled by Dr. Myron W. Wentz.
- (2) Average Price. Price Range was \$34.77 to \$36.00.

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.