FORM 4

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

OMB APPROVAL					
DMB Number:	3235-0287				
Estimated average burden					
ours per respons	se 0.5				

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

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)									
(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/17/2007								pelow)						
	4. If Amendment, Date Original Filed(Month/Day/Year)			_X_ Form	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person										
)									Form filed by More than One Reporting Person						
(Zip)		,	Table	e I - No	n-Dei	rivative S	Securit	ties Ac	quired, Dis	posed of, or	Beneficially	Owned			
2. Transaction Date (Month/Day/Year)	Execution any	on Date.	, if C (I ear)	Code		(A) or I (Instr. 3	(A) or	ed of (I	Benefic Reporte (Instr. 3	ially Owned d Transactio	Following	Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
08/17/2007				Р		13,000 (1)		\$ 37.77 (2)	766 8,254,	452 <u>(1)</u>		I	Shares owned of record by Gull Holdings		
08/20/2007				P		13,000 (1)	A	\$ 36.44 (3)	8,267,	452 (1)		I	Shares owned of record by Gull Holdings		
for each class of sec	urities be	neficial	lly ow	vned di	rectly	or									
					con	ıtained i	n this	form	are not re	quired to re	espond un	less	EC 1474 (9- 02)		
				-		•			•	ed					
										8 Price of	9 Number	of 10	11. Natu		
Execution D any	ate, if C	ransacti ode	ion of D Se A (A D of (In	f Derivation ecurities (cquired A) or Disposed f (D) Instr. 3,	and Expirative (Month/Day, ies ed ed 3,		6. Date Exercisable and Expiration Date (Month/Day/Year)		and Expiration Date (Month/Day/Year) Am Und Section 2		Amount of Inderlying Securities Instr. 3 and	Derivative Security (Instr. 5)		Owners Form of Derivat Security Direct (or Indir	rship of Indire Benefic Owners: (Instr. 4 t (D))
									Amour	nt					
	(Zip) 2. Transaction Date (Month/Day/Year) 08/17/2007 08/20/2007 Table II -	(Middle) 3. Date 08/17/2007 2. Transaction Date (Month/Day/Year) 2A. Dee Execution any (Month/Day/Year) 2A. Dee Execution 2A. Dee Executi	USANA HE O	USANA HEALT (Middle) (Middle) (Discrete Fig. 1) (Zip) (Zip) (Zip) (Zip) (A. If Amendment, Discrete Fig. 2 (A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year)	USANA HEALTH SC. (Middle) 3. Date of Earliest Transact 08/17/2007 4. If Amendment, Date Orion (Zip) Table I - No (Zip) Za. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) P (Sode (Instr. 8) Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, of code (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) (Middle) 3. Deemed Execution Date, if any (Code (Instr. 8)) (Code (Instr. 8) (Month/Day/Year) (Month/Day/Year) (Instr. 8)	USANA HEALTH SCIENCE (Middle) 3. Date of Earliest Transaction (No8/17/2007) 4. If Amendment, Date Original 10 (Zip) Table I - Non-Deternation Date (Month/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year) Code (Instr. 8) Per for each class of securities beneficially owned directly Table II - Derivative Securities Acquired, Instruction (Seg., puts, calls, warrants, option any (Month/Day/Year) A. Deemed Execution Date, if and (Month/Day/Year) B. Number of Derivative Securities Acquired (A) or Disposed of (D)	USANA HEALTH SCIENCES INC 3. Date of Earliest Transaction (Month/Da 08/17/2007 4. If Amendment, Date Original Filed(Month/Day/Year) 2. Transaction Date (Execution Date, if any (Month/Day/Year) 08/17/2007 P	USANA HEALTH SCIENCES INC [US Jacob State State	USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 08/17/2007 4. If Amendment, Date Original Filed(Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Instr. 8) 2. Transaction (A) or Disposed of (Instr. 3, 4 and 5) (A) or Price (A) or Disposed of (Instr. 3) 2. Transaction (A) or Disposed of (B) Sacurities (A) or Disposed of (D) (Instr. 3) (Month/Day/Year) 2. Transaction Date (A) or Disposed of (D) (Instr. 3) 3. Transaction (Month/Day/Year) (A) or Disposed of (D) (Instr. 3) (A) Or Disposed of (D) (Instr. 3) (A) Or Disposed of (D) (Instr. 3)	USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) (08/17/2007 4. If Amendment, Date Original Filed(Month/Day/Year) 2A. Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year) 2A. Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year) 2A. Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year) P	USANA HEALTH SCIENCES INC [USNA] A James James	USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Following (Instr. 3, and 4) 2. Transaction Date, if Ocde (Instr. 8) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) (Code V Amount (D) (D) (D) (D) (D) (D) (D) (D)	USANA HEALTH SCIENCES INC [USNA] (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) (Zep) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Following (Instr. 4) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Derivative Securities Securiti		

Reporting Owners

Paradia Oma Nama / Addama	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
WENTZ MYRON W 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	X	X	CEO				

Signatures

Gilbert A. Fuller, as attorney in fact	08/21/2007
**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 \$37.14 to \$38.00.
- (3) Average Price. Price Range was \$35.15 to \$38.74.

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.