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

OMB APPR	OVAL	
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nours per response	э	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

Print or Ty	pe Response	es)														
1. Name and Address of Reporting Person * GULL HOLDINGS LTD				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 X 10% Owner					
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD					3. Date of Earliest Transaction (Month/Day/Year) 09/11/2007)	Officer (give title below) Other (specify below)				
(Street) SALT LAKE CITY, UT 84120			4. If	4. If Amendment, Date Original Filed(Month/Day/Year)						ear)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting PersonForm filed by More than One Reporting Person					
(City)	(State)	(Zip)		Ta	ble I -	- Non-	-Der	ivative S	ecurit	ies Acqui	red, Disp	osed of, or l	Beneficially	Owned	
1.Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year	Execu any	Deemed ation Date, if	f Code (Instr. 8)		tion 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			Reported Transaction(s)		Following n(s)	Ownership of Form:	7. Nature of Indirect Beneficial	
			(Mont	(Month/Day/Year)		ode	V	Amount	(A) or (D)	Price	(Instr. 3 and 4)			Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Common	Stock		09/11/2007			I	P		10,000 (1)	A	\$ 40.9793 (2)	8,302,4	52 (1)		D	
Reminder: indirectly.	Report on a	separate line	for each class of se	curities	beneficially	owned		Per:	sons wh	n this	form are	e not req	uired to re	formation espond unl	ess	EC 1474 (9- 02)
			Table II -		tive Securi							lly Owned	l			
1. Title of Derivative Security (Instr. 3)	Conversion	rivative	Execution Day/Year) any	Date, if	4. Transaction Code (Year) (Instr. 8)		of ar		nd Expiration Date Month/Day/Year) S (I		e Amo Und Secu	nount of derlying Derivativ		f 9. Number of e Derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Owners: Form of Derivati Security Direct (I	Ownership (Instr. 4)
					Code V	(A)	(D)	Dat Exe	e ercisable	Expira Date	rition Title	Amount or Number of Shares				
Renor	ting ()	wners														

Providence Occasional Additional	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
GULL HOLDINGS LTD 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120		X						

Signatures

Gilbert A. Fuller, as attorney in fact	09/12/2007
**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) Gull Holdings, Ltd., the holder of record of the shares of Common Stock acquired, is an entity owned and controlled by Dr. Myron W. Wentz.
- (2) Average Price. Price Range was \$40.79 to \$41.00.

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 nu	mber.