FORM 4

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

OMB APPROVAL
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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

pe Response															
1. Name and Address of Reporting Person *- WENTZ MYRON W		2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner							
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD			3. Date of Earliest Transaction (Month/Day/Year) 11/10/2010									w)		elow)	
(Street) SALT LAKE CITY, UT 84120			4. If Amendment, Date Original 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					
7)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
1.Title of Security (Instr. 3)			any	ation Date,	if Code (Instr. 8)		(A) or Di		Disposed	of (D)	Beneficially Owned Following Reported Transaction(s)		Following	Ownership Form:	7. Nature of Indirect Beneficial
				ar)	Code	V	Amour	(A) or (D)	Price	(Instr. 3 a	. 3 and 4)			Ownership (Instr. 4)	
Stock		11/10/2010				S		10,500 (1) (2)	D	\$ 43.51	8,022,54	10		I	Shares owned of record by Gull Holdings
Report on a	separate line fo	or each class of secu	ırities 1	beneficially	y ov	vned dire	,				41	-41	£41		50.1474 (0
							con	tained i	n this fo	orm ar	e not req	uired to re	spond un	less	EC 1474 (9- 02)
												l			
Conversion	Date	Execution Da (Year) any	Code		n o: D S A (// D o: (I	of		and Expiration Date		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		Derivative	Derivative Securities Beneficially Owned Following Reported	Ownersl Form of Derivati Security Direct (I or Indirect)	(Instr. 4)
							Dat	e rcisable	Expiration	on Title	Amount or e Number				
	AKE CITY Security Stock Report on a 2. Conversion or Exercise Price of Derivative	AKE CITY, UT 84120 Security Stock Report on a separate line for Exercise Price of Derivative	MYRON W (Street) (Street) AKE CITY, UT 84120 (State) (State) (Zip) Security 2. Transaction Date (Month/Day/Year) Stock 11/10/2010 Table II - E (Conversion or Exercise Price of Derivative Price of Derivative (Middle) (Middle) (Zip) (Zip) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year)	MYRON W (First) (Middle) (Str PARKWAY BLVD (Street) (AKE CITY, UT 84120 (State) (Month/Day/Year) (Month/Day/Year) (e.g., price of Derivative (Month/Day/Year) (Middle) (Middle) (AKE CITY, UT 84120 (Zip) (Zip) (Zip) (Zip) (Zip) (AKE CITY, UT 84120 (Amiddle) (Amiddle)	MYRON W (First) (ST PARKWAY BLVD (Street) (Street) (Street) (Street) (AKE CITY, UT 84120 (State) (State) (Zip) T (Security 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (E.g., puts, calls, vertice of Derivative (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8)	MYRON W (Street) (Street) (Street) (Street) (Street) (Street) (AKE CITY, UT 84120 (State) (State) (State) (State) (State) (State) (State) (State) (State) (AKE CITY, UT 84120 (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Conversion or Exercise Price of Derivative Security (Month/Day/Year) (Month/Day/Year)	MYRON W (First) (ST PARKWAY BLVD (Street) (Street) (Street) (Street) (State) (State) (State) (Zip) (State) (Zip) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code (Instr. 8) Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, op any (Month/Day/Year) (Month/Day/Year)	MYRON W (First) (Middle) (ST PARKWAY BLVD (Street) (Street) (Street) (Street) (AKE CITY, UT 84120 (State) (State) (State) (Zip) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Code V) Stock (Instr. 8) (Code V) Table I - Non-Derivative Securities beneficially owned directly of the factor of Date of Execution Date, if any (Month/Day/Year) (E.g., puts, calls, warrants, options of Execution Date, if any (Month/Day/Year) (A.g., puts, calls, warrants, options of Date or Exercise (Month/Day/Year) (Month/Day/Year)	MYRON W (First) (Middle) (Street) (Month/Day/Year) (Street) (Month/Day/Year) (Month/Day/Year)	MYRON W (First) (Middle) (Street) AKE CITY, UT 84120 (Month/Day/Year) Security (Month/Day/Year) Stock 11/10/2010 (Strate) (Zip) (Zip) (Zip) (Zip) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Stock 11/10/2010 (Strate) (Zip) (Zip) (Zip) (A) (Dode (Instr. 8) (A) or (Code (Instr. 8) (A) or (D) (Code (Instr. 8) (A) or (D) (Code (Instr. 8) (A) or (D) (Code (Instr. 8) (A) or (D) (Instr. 8) (A) or (D) (Instr. 8) (Month/Day/Year) (Month/Day/Year)	MYRON W USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 11/10/2010 4. If Amendment, Date Original Filed(Month/Day/Year) AKE CITY, UT 84120 2. Transaction Date (Month/Day/Year) Security 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 3. Transaction Date (Instr. 8) Code V Amount (D) Report on a separate line for each class of securities beneficially owned directly or Table II - Derivative Securities Acquired (A) or Disposed of, Or Disposed	Stock 11/10/2010 USANA HEALTH SCIENCES INC [USNA] X Direct Office Offic	WYRON W USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 11/10/2010 (Che	Stock 11/10/2010 Stock	Address of Reporting Person.* 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 5. Relationship of Reporting Person(s) to Issue (Check all applicable) 1/10/2010

Reporting Owners

Reporting Owner Name / Address	Relationships						
Troporting Owner Plante, Frances	Director	10% Owner	Officer	Other			
WENTZ MYRON W							
3838 WEST PARKWAY BLVD	X						
SALT LAKE CITY, UT 84120							

Signatures

James Bramble, as attorney in fact	11/12/2010
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 disposed is Gull Holdings, Ltd., an entity owned and controlled by Dr. Myron W. Wentz.
- (2) The sales reported in this Form 4 were effected pursuant to Rule 10b5-1 trading plans adopted by the reporting person on June 18, 2009 and November 3, 2010.

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.