FORM	4

Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

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

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#### 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

	2. Issuer Name <b>and</b> Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
	3. Date of Earliest Transaction (Month/Day/Year) 07/27/2011					Officer (give title below)     Other (specify below)     CFO and Executive V.P.				
4	4. If Amendment, Date Original Filed(Month/Day/Year)						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 I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
2. Transaction Date (Month/Day/Year)	Execution Date, if	xecution Date, if Code (A) or Disposed of (D)		Owned Following Reported	Ownership	7. Nature of Indirect Beneficial				
	(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	× · · ·	or Indirect (I)		
	(Middle) 3 ( (Zip) 2 2. Transaction Date	USANA HEALTH (Middle) 3. Date of Earliest Tr 07/27/2011 4. If Amendment, Da (Zip) 2. Transaction Date (Month/Day/Year) 2A. Deemed Execution Date, if any	USANA HEALTH SCIENC       (Middle)     3. Date of Earliest Transaction (N 07/27/2011       4. If Amendment, Date Original I       (Zip)       Z. Transaction Date       2. Transaction (Month/Day/Year)       2A. Deemed (Month/Day/Year)       3. Transaction (Instr. 8)	USANA HEALTH SCIENCES I       (Middle)     3. Date of Earliest Transaction (Month. 07/27/2011       4. If Amendment, Date Original Filed(I)       (Zip)       Table I - Non-Der       2. Transaction Date (Month/Day/Year)       2. Transaction Date (Month/Day/Year)       3. Transaction Code (Instr. 8)	USANA HEALTH SCIENCES INC [US       (Middle)     3. Date of Earliest Transaction (Month/Day/Yea       07/27/2011     4. If Amendment, Date Original Filed(Month/Day/Yea       (Zip)     Table I - Non-Derivative S       2. Transaction     2A. Deemed       Date     S. Transaction       (Month/Day/Year)     3. Transaction       (Instr. 8)     (Instr. 3, North Colstant)	USANA HEALTH SCIENCES INĆ [USNA]       (Middle)     3. Date of Earliest Transaction (Month/Day/Year)       07/27/2011     07/27/2011       4. If Amendment, Date Original Filed(Month/Day/Year)       (Zip)     Table I - Non-Derivative Securities       2. Transaction Date (Month/Day/Year)     3. Transaction Code (Instr. 8)       (Month/Day/Year)     (A) or Disposed of (Instr. 3, 4 and 5)	USANA HEALTH SCIENCES INC [USNA]       (Middle)     3. Date of Earliest Transaction (Month/Day/Year)       07/27/2011     07/27/2011       4. If Amendment, Date Original Filed(Month/Day/Year)       (Zip)     Table I - Non-Derivative Securities Acque       2. Transaction Date (Month/Day/Year)     3. Transaction (Code (A) or Disposed of (D) (Instr. 3, 4 and 5)       (Month/Day/Year)     (A) or	USANA HEALTH SCIENCES INC [USNA]         (Middle)         3. Date of Earliest Transaction (Month/Day/Year)         07/27/2011       000000000000000000000000000000000000	(Middle)       (Check all applicable)         (Middle)       3. Date of Earliest Transaction (Month/Day/Year)         (Middle)       (Check all applicable)         (Middle)         3. Date of Earliest Transaction (Month/Day/Year)         (Middle)         (CFO and Executive V.P.         (A. If Amendment, Date Original Filed(Month/Day/Year)         (Zip)         Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned         (Zip)         Table I - Non-Derivative Securities Acquired, Disposed of (D)         (Month/Day/Year)         (A. Deemed         Execution Date, if <td colsp<="" td=""></td>	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained SEC 1474 (9-02) in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)															
1. Title of	2.	3. Transaction	3A. Deemed	4.	5. Number		6. Date Exercisable and		7. Title and		8. Price of	9. Number of	10.	11. Nature	
Derivative	Conversion	Date	Execution Date, if	Transact				Expiration Date		Amount of		Derivative	Derivative	Ownership	of Indirect
		(Month/Day/Year)		Code		Derivat	ive	(Month/Day/Yea	ur)	Underlying Security		Security		Form of	Beneficial
(	Price of		(Month/Day/Year)	(Instr. 8)		Securit						(Instr. 5)		Derivative	
	Derivative					Acquir	ed			(Instr. 3 and 4)				Security:	(Instr. 4)
	Security					(A) or							•	Direct (D)	
						Dispos	ed						1	or Indirect	
						of (D) (Instr. 3	3 4						Transaction(s) (Instr. 4)	(I) (Instr. 4)	
						and 5)	, <del>т</del> ,						(IIISU. 4)	(111301.4)	
									I		Amount				
											or				
									Expiration		Number				
								Exercisable	Date	11110	of				
				Code	V	(A)	(D)				Shares				
Stock-															
Settled										G					
Stock	\$ 28.16	07/27/2011		А		8,000		07/27/2014(1)	01/27/2017	Common	8,000	\$ 0	8,000	D	
Appreciation	• • • •					- ,		0//2//2011		Stock	- ,	• •	- ,		
Rights															
itigitto															

# **Reporting Owners**

Reporting Owner Name / Address	Relationships								
reporting owner runner runness	Director	10% Owner	Officer	Other					
FULLER GILBERT A 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	Х		CFO and Executive V.P.						

### Signatures

James Bramble, as attorney in fact	07/29/2011
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) Stock-Settled Stock Appreciation Rights vest 50% on the fourth and fifth anniversary of the date of grant.

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.