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

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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

02)

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

(Thit of Type Responses)												
1. Name and Address of Reporting Po GULL HOLDINGS LTD	2. Issuer Name a USANA HEAL			0.		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X 10% Owner						
3838 WEST PARKWAY BLVI	3. Date of Earliest 07/15/2011	Transactio	on (M	onth/Day/Y	(ear)	Officer (give title below)	Other (specify b	pelow)				
(Street) SALT LAKE CITY, UT 84120	4. If Amendment,	Date Origi	nal F	iled(Month/D	ay/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						
(City) (State)	(Zip)	Tab	le I - Non-	-Deri	vative Sec	urities	Acqui	ired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)	Date (Month/Day/Year)	Execution Date, if	Code (Instr. 8)		(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		Beneficial Ownership		
			Code	v	Amount	(A) or (D)	Price		(I) (Instr. 4)	(1150.4)		
Common Stock	07/15/2011		G <u>(1)</u>	v	450,000 (<u>2</u>)	D	\$ 0	7,534,040	D			

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

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

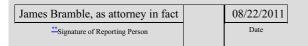
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

	(e.g., puts, calls, warrants, options, convertible securities)														
1. Title of	2.	3. Transaction	3A. Deemed	4.	5.	Numb	er 6	. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	n of		a	nd Expirati	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code	De	rivativ	ve (1	Month/Day	/Year)	Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Se	curitie	s			Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				Ac	quired	1			(Instr	. 3 and		Owned	Security:	(Instr. 4)
	Security				(A) or				4)			Following	Direct (D)	
					Di	sposed	1						Reported	or Indirect	
						(D)							Transaction(s)	< /	
					· ·	str. 3,							(Instr. 4)	(Instr. 4)	
					4, :	and 5))								
											Amount				
							Г	Date	Expiration		or				
								Exercisable	Expiration Date	Title	Number				
								Acreisable	Date		of				
				Code V	(A	A) (D))				Shares				

Reporting Owners

Describe Open News (Address	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
GULL HOLDINGS LTD 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120		Х						

Signatures



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) This transaction involved a gift of securities by the reporting person.

(2) Gull Holdings, Ltd., the holder of record of the shares of Common Stock disposed, is an entity owned and controlled by Dr. Myron W. Wentz.

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.