| FORM 4 | ŀ |
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| Check this box if no |
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| 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.

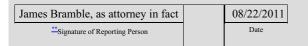
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

| | (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.