FORM 4

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

(D

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

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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

			(Third of Type Responses)									
1. Name and Address of Reporting Person + 2. Issuer Name and Ticker or Trading Symbol GULL HOLDINGS LTD USANA HEALTH SCIENCES INC [USNA]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X 10% Owner						
Date of Earliest Transaction ((Moi	nth/Day/Y	(ear)		Officer (give title below) Other (specify below)							
/11/2011												
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								
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
		4. Securities Acquired				6.	7. Nature					
ecution Date, if Code						· ·						
· · · · · · · · · · · · · · · · · · ·	`	· /			•		Beneficial					
lonth/Day/Year)	((Instr. 3, 4 and 5)			(Instr. 3 and 4)	· · ·	Ownership					
			(A)			or Indirect	(Instr. 4)					
Cada	v	Amount		Drico		(Instr. 4)						
Code	·		(D)	Price		(
S		/	D	\$ 35	7,485,040	D						
SA Da /1 If .	ANA HEALTH SCIEN te of Earliest Transaction 1/2011 Amendment, Date Origina Table I - Non-D Deemed ation Date, if th/Day/Year) Code (Instr. 8)	ANA HEALTH SCIENCES te of Earliest Transaction (Mor 1/2011 Amendment, Date Original File Table I - Non-Deriva Deemed ation Date, if th/Day/Year) Code (Instr. 8) Code V Code V	ANA HEALTH SCIENCES INC [U te of Earliest Transaction (Month/Day/Y 1/2011 Amendment, Date Original Filed(Month/D Table I - Non-Derivative Secu Deemed 3. Transaction 4. Securiti (A) or Dis (Instr. 8) (D) (Instr. 3, 4) Code V Amount Code V Amount 7.000	INC [USNA INC [USNA te of Earliest Transaction (Month/Day/Year) 1/2011 Table I - Non-Derivative Securities Deemed 3. Transaction A securities Acq (A) or Disposed of (Instr. 8) (A) or Disposed of (Instr. 8) (A) or Code V Amount (D) S 7,000	ANA HEALTH SCIENCES INC [USNA] te of Earliest Transaction (Month/Day/Year) 1/2011 Amendment, Date Original Filed(Month/Day/Year) Table I - Non-Derivative Securities Acqui Deemed ation Date, if (h/Day/Year) 3. Transaction Code (Instr. 8) between the securities of the secure of the securities of the securities of the securiti	NA HEALTH SCIENCES INC [USNA] (Check all applic te of Earliest Transaction (Month/Day/Year) Officer (give title below) 1/2011	NA HEALTH SCIENCES INC [USNA] (Check all applicable) ite of Earliest Transaction (Month/Day/Year) Director _X_10% Owner 1/2011 (Check all applicable) X_10% Owner Amendment, Date Original Filed(Month/Day/Year) 6. Individual or Joint/Group Filing(Check Applica _X_Form filed by One Reporting Person Y_Form filed by More than One Reporting Person Table I - Non-Derivative Securities Acquired 5. Amount of Securities Gode (A) or Disposed of (Instr. 8) (A) or (D) (Instr. 3 and 4) (Instr. 4) (D) S 7,000 S 7,000 S 7,000					

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

			(<i>e.g.</i> , p	uts, cans, v	var	rants	, opu	ions, conver	uble securi	ues)					
1. Title of	2.	3. Transaction	3A. Deemed	4.	5	. Nun	nber	6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transactio	n o	f		and Expirati	on Date	Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code	Ε	Deriva	ative	(Month/Day	/Year)	Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	S	Securi	ties			Secu	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative				A	Acquir	red			(Instr	. 3 and		Owned	Security:	(Instr. 4)
	Security				(.	A) or				4)			Following	Direct (D)	
					Ε	Dispos	sed						Reported	or Indirect	
					0	f(D)							Transaction(s)	(I)	
					~	Instr.	-						(Instr. 4)	(Instr. 4)	
					4	, and	5)								
											Amount				
								Date	Expiration		or				
								Exercisable		Title	Number				
								Excicisable	Date		of				
				Code V	/ ((A)	(D)				Shares				

Reporting Owners

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

Signatures

James Bramble, as attorney in fact	11/14/2011
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) 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.

(2) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on 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.