FORM 4

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

OMB APPROVAL					
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ours per response	э	0.5			

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

be Response																
d Address o MYRON V	dress of Reporting Person * 2. Issuer Name and Ticker RON W USANA HEALTH SC				U ,				5	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
ST PARK	(First) WAY BLV	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 02/13/2013								w)		elow)			
(Street) 4. If Amendment, Date Orig SALT LAKE CITY, UT 84120					inal 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						
	(State)	(Zip)			Tal	ble I - No	n-De	rivative S	ecuri	ties Ac	cquir	ed, Dispo	osed of, or l	Beneficially	Owned	
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	Execu	Execution Date, if	Code (Instr. 8)		(A) or Disposed		ed of (Benefic S) Benefic Report		eficially Owned Following orted Transaction(s)		Ownership Form:	7. Nature of Indirect Beneficial	
			(Mont	nth/Day/Year)		Code	or		(A) or (D)	Prie	ce	(instr. 3 and 4)			. ,	Ownership (Instr. 4)
Stock		02/13/2013				S		7,000 (1) (2)	D	\$ 42.29 (3)	923	6,637,10	67		I	Shares owned of record by Gull Holdings
Report on a	separate line	for each class of sec	urities	beneficia	lly (owned dia	ectly	or								
							cor	ıtained i	n this	form	n are	not req	uired to re	spond un	less	EC 1474 (9- 02)
												ly Owned				
ecurity or Exercise (Month/Day/Year) any Cod		Code		n of		and Expiration Date (Month/Day/Year)			7. Title and Amount of Underlying Securities (Instr. 3 and 4)			Derivative Securities Beneficially Owned Following Reported	Ownersh Form of Derivativ Security: Direct (Dor Indirect)	Ownership (Instr. 4)		
										ation	Title	Amount or Number of				
	d Address of MYRON V ST PARK KE CITY ecurity Stock Report on a second or Exercise Price of Derivative	d Address of Reporting PMYRON W (First) ST PARKWAY BLV (Street) KE CITY, UT 84120 (State) ecurity Stock Report on a separate line 2. Conversion or Exercise Price of Derivative (Month/Day	d Address of Reporting Person MYRON W (First) (Middle) ST PARKWAY BLVD (Street) KE CITY, UT 84120 (State) (Zip) Ecurity 2. Transaction Date (Month/Day/Year) Stock 02/13/2013 Report on a separate line for each class of section or Exercise Price of Derivative (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3A. Deemed Execution Date (Month/Day/Year) any (Month/Day/Year)	d Address of Reporting Person 2. I MYRON W (First) (Middle) 3. Da 02/1 (Street) 4. If KE CITY, UT 84120 (State) (Zip) ecurity 2. Transaction Date (Month/Day/Year) Stock 02/13/2013 Conversion of Exercise Price of Derivative (Month/Day/Year) Table II - Deriva (e.g., p) (Month/Day/Year)	d Address of Reporting Person 2 MYRON W (First) (Middle) ST PARKWAY BLVD (Street) (Street) (Street) (State) (Zip) 2. Issuer Nam USANA HE 02/13/2013 4. If Amendment (Month/Day/Year) 2. Transaction Date (Month/Day/Year) Stock 02/13/2013 2. Transaction Date (Month/Day/Year) Table II - Derivative Securities benefician (Month/Day/Year) Transaction Date (Month/Day/Year) (Month/Day/Year) (Instr. 8)	MYRON W (First) (ST PARKWAY BLVD (Street) (Street) (Street) (State) (Zip) (State) (Zip) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (E.g., puts, calls, wa concertion of Exercise Price of Derivative (Month/Day/Year) (Middle) (Middle) (A. If Amendment, 2A. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (E.g., puts, calls, wa concertion Date of Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)	MYRON W (First) (First) (Street) (Street) (Street) (State) (A) Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) or Dispose of (D) (Instr. 3) (Instr. 8)	WYRON W (First) (Middle) ST PARKWAY BLVD (Street) (Street) (Street) (State) (State) (Zip) (State) (Zip) (State) (Zip) (State) (Zip) (State) (Zip) (A) Jable I - Non-Detection Date (Code (Instr. 8)) (Month/Day/Year) (Month/Day/Year) (Code V) Stock (A) Or Disposed of (D) (Instr. 3, 4, and 5) (Middle) 3. Date of Earliest Transaction (No2/13/2013) 4. If Amendment, Date Original (Code (Instr. 8)) (Code V) (Code V) (State) (A) Or Disposed of (D) (Instr. 3, 4, and 5) (Month/Day/Year) (Middle) 3. Date of Earliest Transaction (No2/13/2013) 3. Date of Earliest Transaction (No2/13/2013) 4. If Amendment, Date Original (Code (Instr. 8)) (Code V) (Code V) (Code V) (Code V) (Instr. 8) (Month/Day/Year) (Month/Day/Year)	Address of Reporting Person — 2. Issuer Name and Ticker or Trading Sy USANA HEALTH SCIENCES INC (Middle) 3. Date of Earliest Transaction (Month/Da 02/13/2013 4. If Amendment, Date Original Filed(Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Instr. 8) (Month/Day/Year) 2. Table II - Derivative Securities Acquired, Disposed (e.g., puts, calls, warrants, options, converting to reservise Price of Derivative Security (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) (Month/Day/Year) (Mon	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [US ST PARKWAY BLVD	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]	Address of Reporting Person 2 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) (Street) (Street) (State) (Zip) (Zip) Table I - Non-Derivative Securities Acquired (A) or Disposed of Contained in this form are the form displays a current Conversion Date or Exercise Price of Date or Exercise Price of Date or Exercise Price of Derivative Security (Month/Day/Year) (Month/Day/Year) 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) (Month/Day/Year) 3. Transaction Code (Instr. 8) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 3. Transaction convertible securities beneficially owned directly or Persons who respond to contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays a current contained in this form are the form displays and current contained in this form are the form displays and current contained in this form are the form displays and current contained in this for	Address of Reporting Person - Address of Reporting Person - (Street) (Str	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] S. Relationship of Reg (Che Y Differed First) S. Date of Earliest Transaction (Month/Day/Year) Street Str	Address of Reporting Person	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] 5. Relationship of Reporting Person(\$) to Issue (First) (Middle) (Middle) (Oddidle) (

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	02/14/2013
**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 a Rule 10b5-1 trading plan adopted by the reporting person on June 1, 2012.
- (3) Average price. Price range was \$42.08 to \$42.80.

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.