FORM 4
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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

1. Name and Address o Brown Jim (Last) 3838 WEST PARK	f Reporting Person – (First)	(Middle)	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 07/25/2013						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X_Officer (give title below) Chief Production Officer				
SALT LAKE CITY	(Street) , UT 84120		4. If Amendment, Date Original Fil						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)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Ov								ned		
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transact Code (Instr. 8) Code		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Amount (A) or (D) Price		of (D)	Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership		
Common Stock		07/25/2013		М		8,101 (<u>1)</u>	А	\$ 26.06	8,101	D			
Common Stock		07/25/2013		S		8,101	D	\$ 73.34	0	D			

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)														
2.	3. Transaction	3A. Deemed	4.		5. N	umber	6. Date Exerc	isable and	7. Title and		8. Price of	9. Number of	10.	11. Nature
Conversion	Date	Execution Date, if	Transact	ion	of Expiration Date		ite	Amount of I		Derivative	Derivative	Ownership	of Indirect	
or Exercise	(Month/Day/Year)	any	Code		Deri	vative	e (Month/Day/Year)		Underlying Security		Securities	Form of	Beneficial	
Price of		(Month/Day/Year)	(Instr. 8)		Secu	urities			Securities		(Instr. 5)	Beneficially	Derivative	Ownership
Derivative					-				(Instr. 3 and	14)				(Instr. 4)
Security												0		
						posed of						1		
												(Instr. 4)	(Instr. 4)	
			T		anu	5)		-						
							Date	Expiration						
							Exercisable	Date	The					
			Code	v	(A)	(D)				-				
			Coue	•	(11)	(D)				Shares				
									Common					
	07/25/2013		Μ			12,600	07/21/2009	01/21/2014		12,600	\$ 0	0	D	
									SIDCK					
	Conversion or Exercise Price of Derivative Security \$ 26.06	Conversion Date or Exercise (Month/Day/Year) Price of Derivative Security \$ 26.06 07/25/2013	2. 3. Transaction Date 3A. Deemed Execution Date, if any (Month/Day/Year) Price of Derivative Security (Month/Day/Year) \$ 26.06 07/25/2013	2. 3. Transaction Conversion Date 3. Conversion or Exercise (Month/Day/Year) Price of Derivative Security Security Security Security Security Security Security Security Month/Day/Security Month/Day/Secur	2. 3. Transaction Conversion Date Month/Day/Year Price of Derivative Security Security Security Security Security Security Security Security Security Month/Day/Security Security Secur	2. 3. Transaction Conversion Date (Month/Day/Year) Price of Derivative Security Security Security Security Security Security Security Security Security Month/Day Month/Day Security Month/Day M	2. 3. Transaction Date 3A. Deemed Execution Date, if or Exercise Derivative Security 4. 5. 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Reporting Owners

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Brown Jim 3838 WEST PARKWAY BLVD. SALT LAKE CITY, UT 84120			Chief Production Officer					

Signatures

Jim Brown	07/29/2013
-**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 shares acquired resulted from the reporting person's settlement of the stock-settled stock appreciation rights disclosed in Table II.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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