# FORM 4

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

OMB APPROVAL					
DMB Number:	3235-0287				
Stimated average burden					
ours per respon	se 0.5				

Check this box if no 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

Person *	2. Issuer Name <b>and</b> Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X. Director 10% Owner							
(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/10/2016							elow)			
	4. If Amendment, Date Original Filed(Month/Day/Year)			/Year)	6. Individual or Joint/Group Filing(Check Applicable Line)  X_Form filed by One Reporting Person						
						-	roini inec	u by More than	One Reporting	reison	
(Zip)	Ta	ble I - Nor	ı-Dei	rivative S	Secur	ities Acqui	red, Dispo	sed of, or l	Beneficially	Owned	
Date Execution Date, if Code (A) or Disposed of (Instr. 8) (Instr. 3, 4 and 5)		ed of (D)	(D) Beneficially Owned Following Reported Transaction(s)			6. Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership				
	(	Code	V	Amount	(A) or (D)	Price	(IIISti. 3 aliu 4)			· /	(Instr. 4)
08/10/2016		S		10,000 (1) (2)	D	\$ 135.0783	6,339,1	10		I	Shares owned of record by Gull Global Limited (1)
e for each class of sec	urities beneficially	owned dire	ectly	or							
			cor	ntained i	n thi	s form are	not requ	uired to re	spond un	less	EC 1474 (9- 02)
							ly Owned				
Execution D y/Year) any		of	and e (M	d Expirati	on D	ate Amo Und Secu (Inst	ount of erlying	8. Price of Derivative Security (Instr. 5)		Ownersh Form of Derivati Security	ve Ownershi : (Instr. 4)
		(A) or Disposed of (D) (Instr. 3, 4, and 5)				4)			Reported Transaction (Instr. 4)	Direct (I or Indirect (I) (Instr. 4)	ect
	(Zip)  2. Transaction Date (Month/Day/Year)  08/10/2016  Table II -  ion 3A. Deemed Execution D any	USANA HEAD  (Middle)  (Middle)  (January 1997)  (Zip)  (Zip)  (A. If Amendment  (Month/Day/Year)  (Month/Day/Year)  (A. Deemed Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (A. Deemed Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  (A. Deemed Execution Date, if any (Month/Day/Year)  (A. Deemed Execution Date, if any (A. Deemed Execution Date, if any (Month/Day/Year)	USANA HEALTH SCI  3. Date of Earliest Transaction 08/10/2016  4. If Amendment, Date Original Of Table I - Noriginal Of Execution Date, if (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Instr. 8)  Code  Code  O8/10/2016  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, option Sa. Deemed Execution Date, if Code (Instr. 8)  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, option Sa. Deemed Execution Date, if Code (Instr. 8)  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, option Sa. Deemed Execution Date, if Code (Instr. 8)	USANA HEALTH SCIENCE  (Middle)  3. Date of Earliest Transaction (198/10/2016  4. If Amendment, Date Original  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Execution Date, if any (Month/Day/Year)  Code  V  08/10/2016  S  Code V  Per Core the  Table II - Derivative Securities Acquired, I (e.g., puts, calls, warrants, option of Execution Date, if any (James Per Core)  Table II - Derivative Securities Acquired, I (e.g., puts, calls, warrants, option of any (James Per Core)  Transaction Date, if Transaction (Institute Per Core)  Table II - Derivative Securities Acquired, I (e.g., puts, calls, warrants, option of any (James Per Core)  Transaction Date, if Transaction (Institute Per Core)  Transaction Date, if Transaction (Institute Per Core)  Transaction Date, if Transaction (Institute Per Core)  Transaction Date, if (Institute Per Core)	USANA HEALTH SCIENCES INC    3. Date of Earliest Transaction (Month/Da)   08/10/2016	USANA HEALTH SCIENCES INC [USANA HEALTH SCIENCES	USANA HEALTH SCIENCES INC [USNA]  3. Date of Earliest Transaction (Month/Day/Year) 08/10/2016  4. If Amendment, Date Original Filed(Month/Day/Year) 0  Table I - Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 8) (Instr. 8)  (Month/Day/Year)  2A. Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year)  Solution  Code V Amount (D) Price  Persons who respond to contained in this form are the form displays a curre  Table II - Derivative Securities Acquired, Disposed of, or Beneficial (e.g., puts, calls, warrants, options, convertible securities)  ion 3A. Deemed Execution Date, if Transaction (Code (Instr. 3))  Execution Date, if Transaction (A) or Beneficial (e.g., puts, calls, warrants, options, convertible securities)  5. Number of and Expiration Date (Month/Day/Year)  Amendment, Date Original Filed(Month/Day/Year)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)  (A) or Price  Persons who respond to contained in this form are the form displays a curre  Table II - Derivative Securities Acquired, Disposed of, or Beneficial (e.g., puts, calls, warrants, options, convertible securities)  ion 3A. Deemed Execution Date, if Transaction (Code (Month/Day/Year))  Execution Date, if Transaction (Code (Month/Day/Year))	USANA HEALTH SCIENCES INC [USNA]   XDirect Officer	USANA HEALTH SCIENCES INC [USNA]  3. Date of Earliest Transaction (Month/Day/Year)  08/10/2016  4. If Amendment, Date Original Filed(Month/Day/Year)  2. Transaction Date (Month/Day/Year)  3. Transaction Code (Instr. 3, 4 and 5)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 3 and 4)  Code  V Amount (D)  Price  Persons who respond to the collection of incontained in this form are not required to rethe form displays a currently valid OMB cor  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Title and Amount of Derivative Securities  7. Title and Amount of Derivative Securities  Reported Transaction of incontained in this form are not required to rethe form displays a currently valid OMB cor  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Transaction Date, if Transaction of Code Derivative (Month/Day/Year)  Transaction Date, if Transaction Derivative (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Title and Amount of Derivative Securities  Transaction Date Securities Securities  Termination Date Securities  Transaction Date Securi	USANA HEALTH SCIENCES INC [USNA]  3. Date of Earliest Transaction (Month/Day/Year)  08/10/2016  4. If Amendment, Date Original Filed(Month/Day/Year)  (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Omed (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Omed (e.g., puts, calls, warrants, options, convertible securities)  (Check all applic (Check all applic officer (give title below)  Table II - Non-Derivative Securities Acquired (A) or Disposed of, or Beneficially Omed (e.g., puts, calls, warrants, options, convertible securities)  (Check all applic (Check all applic (Check all applic (Month/Day/Year))  (Individual or Joint/Group Filing, X. Form filed by More than One Reporting Person of Form filed by More than One Reporting Person of Form filed by More than One Reporting Person of Form filed by More than One Reporting Person of Form filed by More than One Reporting Person of Form filed by More than One Reporting Person of Form filed by More than One Reporting Person of Form filed by More than One Reporting Person of Code (A) or Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 3 and 4)  Solve Individual or Joint/Group Filing, X. Form filed by More than One Reporting Person of Code (A) or Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 3 and 4)  Solve Individual or Joint/Group Filing, X. Form filed by More than One Reporting Person of Code (A) or Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 3 and 4)  Solve Individual or Joint/Group Filing, X. Form filed by More than One Reporting Person of Code (A) or Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 3 and 4)  Solve Individual or Joint/Group Filing, X. Form filed by More than One Reporting Person of Code (A) or Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 3 and 4)  Solve Individual or Joint/Group Filing, X. Form filed by More than One Reporting Promited Person (Disposed of (D) (Instr. 3, 4 and 5)  (Instr. 3)  Solve Individual or Joint/Group Filing, X. Form	USANA HEALTH SCIENCES INC [USNA]   X_Director   10% Owner   10%

#### **Reporting Owners**

Day of a Oran Name / Allians	Relationships					
Reporting Owner Name / Address	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.	08/11/2016
**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 Global Limited, an entity wholly indirectly 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 August 18, 2015.
- Weighted average price. Price range in multiple transactions was \$133.41 to \$137.13, inclusive. The reporting person undertakes to provide USANA Health Sciences, Inc., (3) any security holder thereof or the staff at the Securities and Exchange Commission information regarding the number of shares sold at each price within the ranges set

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.