

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

OMB APPR	OVAL
OMB Number:	3235-0287
Estimated average	burden
nours per response	e 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

es)									1.		1			
of Reporting Person	n -	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
Y BLVD	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/01/2017				-					w)			
(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)				r) (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)	Table I New Posity of the Committee Association												
	2. Transaction	2A. I	Deeme	ed										. Nature
	Date	Exec	ution	Date	e, if (1	Code Instr. 8	(A (In	or Dispose str. 3, 4 and	ed of (D) I 1 5) I	D) Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			Ownership of Form: Direct (D) or Indirect (I)	of Indirect Beneficial Ownership
1. Title of Derivative Conversion Date Conversion Or Exercise (Month/Day/Year) 3A. Deemed Execution Date Of Execution Date On Exercise (Month/Day/Year)		(e.g., puts, calls, warrants 4. 5. Number of Derivative Securities Acquired			mber rative rities ired	dired, Disposed of, or Beneficial options, convertible securities) 6. Date Exercisable and Expiration Date (Month/Day/Year) (Month/Day/Year) Graph Tritle Amoun Underly Securit			and 8. Price of 9. Derivative bying Security Se (Instr. 5) Brand 4)		9. Number of Derivative Ow Securities Beneficially Owned Sec	Ownershi Form of Derivativ Security:	Benefici Ownersl (Instr. 4	
Security			Dis of (In		Disposed of (D) (Instr. 3, 4, and 5)							Reported	or Indirec	
		Code	V	(A)	(D)	Date Exercisable		Title	Amount or Number of Shares					
			A		1,880	0	(2)	(2)	Commo	1 1 880	(1)	3,660	D	
	(First) Y BLVD (Street) 7, UT 84120 (State) separate line for each of the separate line for ea	(First) (Middle) Y BLVD (Street) 7, UT 84120 (State) (Zip) 2. Transaction Date (Month/Day/Year) separate line for each class of securit Table II - 1 (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Deemed Execution Date, any	. USA (First) (Middle) 3. Da Y BLVD 05/0 (Street) 4. If A T, UT 84120 (State) (Zip) 2. Transaction Date (Month/Day/Year) any (Mor separate line for each class of securities between the Month/Day/Year) 3. Transaction Date (e.g., p (Month/Day/Year) AA. Deemed Execution Date, if Tany (Month/Day/Year) (Ir	. USANA (First) Y BLVD (Street) (State) (Zip) 2. Transaction Date (Month/Day/Year) separate line for each class of securities benefici Table II - Derivative (e.g., puts, c. puts, puts	. USANA HEA (First) (Middle) 3. Date of Earli 05/01/2017 (Street) 4. If Amendment (J. UT 84120 (State) (Zip) 2. Transaction Date (Month/Day/Year) Separate line for each class of securities beneficially of the company of the compa	USANA HEALTH (First) Y BLVD (Street) (Street) (State) (Zip) (State) (Zip) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) separate line for each class of securities beneficially owned Execution Date, if any (Month/Day/Year) Table II - Derivative Securities (e.g., puts, calls, warred) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) (Instr. 8)	USANA HEALTH SCI (First) (First) (Street) (Street) (Street) (Street) (State) (Zip) (State) (Zip) (State) (Zip) (State) (An onth/Day/Year) (An or Disposed of (D) (Instr. 3, 4, and 5) (Instr. 3, 4, and 5) (Instr. 3, 4, and 5)	USANA HEALTH SCIENCES II (First) Y BLVD (Street) (Street) (State) (Zip) (State) (Zip) (State) (Zip) (A. Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A. Deemed Execution Date, if (Instr. 8) (Instr. 8) (Instr. 8) (Month/Day/Year) (Month/Day/Year)	USANA HEALTH SCIENCES INC [USNATE STEPP ST	USANA HEALTH SCIENCES INC [USNA] (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 05/01/2017 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 05/01/2017 (State) 2. Transaction Date (Month/Day/Year) 3. Transaction (A) or Disposed of (D) (Instr. 3, 4 and 5) 1. Transaction (A) or Disposed of OD (Date (Month/Day/Year)) 3. Transaction (A) or Disposed of OD (Date (Month/Day/Year)) 3. Transaction (Month/Day/Year) 3. Transaction (A) or Disposed of OD (Date (Month/Day/Year)) 3. Transaction (Month/Day/Year) 3. Transaction (Month/Day/Year) 3. Transaction (Month/Day/Year) 3. Transaction (A) or Disposed of OD (Date (Month/Day/Year)) 4. Securities Acquired (A) or Disposed of OD (Instr. 3, 4, and 5) 1. Transaction (Month/Day/Year) 4. Transaction (Month/Day/Year) 4. Transaction (Month/Day/Year) 4. Transaction (Month/Day/Year) 4. Transaction (Month/Day/Year) 6. Date Exercisable (Month/Day/Year) 4. Transaction (Month/Day/Year) 4. Transaction (Month/Day/Year) 6. Date Exercisable (Month/Day/Year) 4. Transaction (Month/Day/Year) 4. Transaction (Month/Day/Year) 6. Date Exercisable (Month/Day/Year) 4. Transaction (Month/Day/Year) 4. Transaction (Month/Day/Year) 6. Date Exercisable (Month/Day/Year) 6. Date Exercisable (Month/Day/Year) 6. Date Exercisable Expriration Date (Month/Day/Year) 6. Date Exercisable	USANA HEALTH SCIENCES INC [USNA] (First) (Middle) (Street) (Street) (JT 84120 (State) (A) or Disposed of (D) (Instr. 3, 4 and 5)	USANA HEALTH SCIENCES INC [USNA] (First) (Middle) (Street) (JUT 84120 (State) (Zip) Table I - Non-Derivative Securities Acquired (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Separate line for each class of securities beneficially owned directly or indirectly. Table II - Derivative Securities Acquired (Month/Day/Year) (Month/Day/Year) A. Transaction Date (E.g., puts, calls, warrants, options, convertible securities) Table II - Derivative Securities Acquired (Month/Day/Year) (Month/Day/Year) A. Securities Acquired (Instr. 3, 4, and 5) (Instr. 3 and 4) (Month/Day/Year) Table II - Derivative Securities Acquired (Month/Day/Year) (Month/Day/Year) Date Execution Date, if Transaction of Derivative Securities Acquired (Month/Day/Year) Date (Month/Day/Year) Date Execution Date, if Transaction of Derivative Securities Acquired (Month/Day/Year) Date Execution Date, if Transaction of Derivative Securities Acquired (Month/Day/Year) Date Execution Date, if Transaction of Derivative Securities Acquired (Month/Day/Year) Date Execution Date, if Transaction of Derivative Securities Acquired (Month/Day/Year) Date Execution Date, if Transaction of Derivative Securities Acquired (Month/Day/Year) Date Exercisable Expiration Title Amount of Nounber of No	USANA HEALTH SCIENCES INC [USNA] (First) (Fir	USANA HEALTH SCIENCES INC [USNA] (First) (Middle) (Middl

D (O N /411	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Williams Donald R.							
3838 W PARKWAY BLVD	X						
SALT LAKE CITY, UT 84120							

Signatures

James Bramble, as attorney in fac	05/03/2017
**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) Each Deferred Stock Unit ("DSU") represents the issuer's obligation to transfer one share of common stock in accordance with the terms of the deferred stock unit agreement pursuant to which the DSU's were granted.
- (2) Following termination of the undersigned's service on the issuer's Board of Directors, the issuer will distribute to the undersigned shares of common stock equal to the number of DSU's granted.

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.