

## **FORM 4**

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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

**OMB Number:** 3235-0287  
**Estimated average burden**  
**hours per response:** 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934  
or Section 30(h) of the Investment Company Act of 1940

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person*			2. Issuer Name and Ticker or Trading Symbol <b>USANA HEALTH SCIENCES INC [ USNA ]</b>		5. Relationship of Reporting Person(s) to Issuer (Check all applicable)	
<u>Guest Kevin</u>  (Last) (First) (Middle) <b>3838 WEST PARKWAY BLVD</b>			3. Date of Earliest Transaction (Month/Day/Year) <b>02/06/2026</b>		<input checked="" type="checkbox"/> Director	10% Owner
					<input checked="" type="checkbox"/> Officer (give title below) <b>CEO &amp; EXEC. CHAIRMAN OF BOARD</b>	Other (specify below)
			4. If Amendment, Date of Original Filed (Month/Day/Year)		6. Individual or Joint/Group Filing (Check Applicable Line)	
(Street) <b>SALT LAKE CITY</b> UT 84120					<input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person	
(City)			(State)		(Zip)	

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	02/06/2026		M		12,061	A	(1)	39,843	D	
Common Stock	02/06/2026		F		5,345	D	\$21.34	34,498	D	
Common Stock	02/07/2026		M		6,601	A	(1)	41,099	D	
Common Stock	02/07/2026		F		2,796	D	\$21.34	38,303	D	
Common Stock	02/08/2026		M		4,425	A	(1)	42,728	D	
Common Stock	02/08/2026		F		1,875	D	\$21.34	40,853	D	

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned  
(e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
Restricted Stock Units	(1)	02/06/2026		M			12,061	(2)	(2)	Common Stock	12,061	\$0	63,362	D
Restricted Stock Units	(1)	02/07/2026		M			6,601	(3)	(3)	Common Stock	6,601	\$0	56,761	D
Restricted Stock Units	(1)	02/08/2026		M			4,425	(4)	(4)	Common Stock	4,425	\$0	52,336	D

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### Explanation of Responses:

1. Each restricted stock unit represents a contingent right to receive one share of USNA common stock.
2. Restricted Stock Units vest 25% on the anniversary of February 6th, 2023.
3. Restricted Stock Units vest 25% on the anniversary of February 7th, 2022.
4. Restricted Stock Units vest 25% on the anniversary of February 8th, 2024.

### Remarks:

/s/ Joshua Foukas, Attorney-in-Fact

02/10/2026

\*\* Signature of Reporting Person

Date

\* 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).

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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