FORM 4

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

OMB APPROVAL
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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

	I											
1. Name and Address of Reporting Person* Jones Paul A.				2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner			
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD.			3. Date of Earliest Transaction (Month/Day/Year) 08/15/2022					X Officer (give title below) Other (specify below) CHIEF PEOPLE OFFICER				
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person				
20							Form file	ed by More than	One Reporting P	erson		
(Zip)	T	able I - N	on-De	rivative S	Securities	Acqui	red, Dispo	osed of, or l	Beneficially (Owned		
2. Transaction Date (Month/Day/Year)	any	f Code (Instr. 8)				of (D)			Collowing (s)	Ownership of	Beneficial	
	(Month/Day/Year) Code V Amount (D) Pri		Price	or (I)			or Indirect	Ownership (Instr. 4)				
08/15/2022		S			,	2	3,682			,		
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Execution Da any	Transaction Code Year) (Instr. 8)	Number of Derivatir Securities Acquired (A) or Disposed of (D) (Instr. 3,	and (Mo	and Expiration Date (Month/Day/Year)		Amo Undo Secu	ount of erlying rities		Derivative Securities Beneficially Owned Following Reported	Ownersh Form of Derivativ Security: Direct (D or Indirect	Beneficia Ownershi (Instr. 4)	
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	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Jones Paul A. 3838 WEST PARKWAY BLVD. SALT LAKE CITY, UT 84120			CHIEF PEOPLE OFFICER				

Signatures

/s/ Joshua Foukas, Attorney-in-Fact	08/17/2022
**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).

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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