FORM 4

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

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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OMB Number:	3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

10b5-1(c). See Inst	ruction 10.							
1. Hame and Address of Reporting Forces			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]	(Check	tionship of Reporting Person all applicable)	,		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 07/24/2023	X	Director Officer (give title below)	10% Owner Other (specify below)		
3838 WEST PARKWAY BLVD			4. If Amendment, Date of Original Filed (Month/Day/Year) 07/25/2023	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person				
(Street) SALT LAKE CITY	UT	84120			Form filed by More than C	ne Reporting Person		
(City)	(State)	(Zip)						

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

	2. Transaction Date (Month/Day/Year)	 Transaction Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	Form: Direct (D)	Beneficial Ownership
		Code	v	Amount (A) or (D)		Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	07/24/2023	M		491	A	(1)	491	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. Transac Code (In 8)		Derivative		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	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		Transaction(s) (Instr. 4)		
Restricted Stock Units	(1)	07/24/2023		M			491	(2)	(2)	Common Stock	491(3)	\$0	1,471	D	

Explanation of Responses:

- 1. Each restricted stock unit represents a contingent right to receive one share of USNA common stock.
- $2.\ Restricted\ Stock\ Units\ vest\ 25\%\ on\ July\ 24,\ 2023,\ October\ 24,\ 2023,\ January\ 24,\ 2024,\ and\ April\ 24,\ 2024.$
- $3.\ The\ Form\ 4\ filed\ 07/25/2023\ disclosed\ an\ incorrect\ amount\ of\ 1,471\ underlying\ securities\ related\ to\ this\ vesting.\ The\ correct\ amount\ is\ 491.$

/s/ Joshua Foukas, Attorney-in-

Fact

** Signature of Reporting Person

07/26/2023

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.